

WebMD®

FREE  
DOWNLOAD THIS ISSUE  
ON YOUR TABLET FOR  
FREE FROM THE APP STORE  
OR GOOGLE PLAY!

# diabetes

at *Walgreens*

## VEG OUT!

Recipes to  
make veggies  
spring to life

**ALSO**

**ORAL HEALTH  
POSITIVE THINKING  
FITNESS DO'S &  
DON'TS**

SPRING 2016  
WIC: 912141



# Spring 2016 CONTENTS



## VEG OUT!

Rise and shine! Wake up your dishes with everything vegetables have to offer. Start fresh with these tips and recipes

Cover: Photography by Leigh Beisch  
Food styling by Dan Becker  
Prop styling by Sara Slavin



### 04 diabetes Wire

The importance of regular dental visits, keeping your blood sugar under control after meals, and more news you can use

### 06 diabetes 101

Is type 2 diabetes reversible? See how your lifestyle and genes play a role

### 07 type 1 SMARTS

Make our expert's healthy habits part of your routine with these tips and tools

### 09 food IQ

Get carb-smart and keep your blood sugar in check

### 10 fitness MATTERS

The do's and don'ts of working out

### 16 body SHOP

Prevent dental problems now

### 17 pop QUIZ

Are your feet ready for spring? Test your smarts

### 18 inside OUT

Push negative thoughts aside with strategies for positive thinking

### 19 healthy LIVING

Did you know stress can raise blood sugar levels? Find out how

### 22 ask THE EXPERT

How can insulin help manage diabetes?

### 23 up Close

A mother who had a weight problem shares how she helped herself and her children



**Plus:** Look for these icons to get instant access to more resources and tools at WebMD.com.

# WebMD

## EDITOR IN CHIEF

Kristy Hammam

## EDITORIAL DIRECTOR

Colleen Paretty

## SENIOR EDITOR

Sylvia Davis

## WEBMD.COM SENIOR DIRECTOR, EDITORIAL

Stephanie Snipes

## WEBMD.COM ART DIRECTOR

Noel Triplett

## CHIEF MEDICAL EDITOR

Michael W. Smith, MD

## MEDICAL EDITORS

Brunilda Nazario, MD;  
Hansa Bhargava, MD;  
Arefa Cassoobhoy, MD,  
MPH

## PUBLISHER

Vanessa Cognard

## DIRECTOR, BUSINESS OPERATIONS

Mathew Reynnders

## SENIOR DIRECTOR, MARKETING

Kathleen Cusack

## SALES OPERATIONS ANALYST

Kisha Jackson

## ADVERTISING SALES

### NEW YORK

Claudia Fern  
cfern@webmd.net  
212-624-3728

Patria Rodriguez  
prodriguez@webmd.net  
212-417-9542

John Schaeztle  
jschaeztle@webmd.net  
212-624-3787

WEST COAST  
Nicole Jones  
njones@webmd.net  
213-718-5550

## CHIEF EXECUTIVE OFFICER

David J. Schlanger

## PRESIDENT

Steven L. Zatz, MD

## CHIEF FINANCIAL OFFICER

Peter Anevski

## CO-GENERAL COUNSEL & SECRETARY

Douglas Wamsley

## CO-GENERAL COUNSEL

Michael Glick

## SENIOR VICE PRESIDENT, PRODUCT MARKETING

Yiatin Chu

## VICE PRESIDENT, SALES DEVELOPMENT

Robyn Mait Levine

## VICE PRESIDENT, FINANCE

James McCann

## DIRECTOR, POLICY & GOVERNANCE

Theresa Saladino

## CHIEF COMMUNICATIONS OFFICER

Adam Grossberg

### CHICAGO

Tracy Kennedy  
tkennedy@webmd.net  
312-416-9275

Anna Novinger  
anovinger@webmd.net  
312-416-9278

### SOUTHEAST

Courtney Cofield  
WNP Media  
courtney@wnpmedia.com  
770-569-8188

# WebMD diabetes

at Walgreens

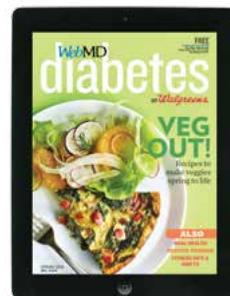
## WHAT'S HOT AT WEBMD.COM



Connect and share!

Join more than 500 conversations in the **Diabetes Community**.

## DOWNLOAD THE FREE APP



Look for the **WebMD Magazine** app in the iTunes App Store and on Google Play.

## Instant Extras!



**1** Look for the icon at left throughout the information-packed pages of the magazine.

**2** Download the free **Digimarc Discover** app, available at iTunes App Store and Google Play.

**3** Open the app. Hold your device 4 to 7 inches away from the icon to scan it.

**4** Your browser will open to display a **Web page** where you can access articles, videos, slideshows, and more.

# Be healthy. Get rewarded.



More ways to get more points and more rewards:

## MANIFEST

### DEPUTY EDITOR

Andrea Gabrick

### MANAGING EDITOR

Rebecca Scherr

### ART DIRECTOR

Melissa H. Miller

### PHOTO EDITOR

Katie Ellsworth

### PRODUCTION DIRECTOR

Connie Otto

### PRODUCTION MANAGER

Judi Sheffer

### ADVERTISING TRAFFIC MANAGER

Tommy Dingus

### PRODUCTION ARTIST

Brenda M. Waugh

### COPY EDITOR

Sharon K. Congdon

### SENIOR VICE PRESIDENT, MARKETING SERVICES

Joanne LoPinto

### SENIOR MARKETING MANAGER

Laura Cassella



**POINTS**  
at the pharmacy\*



**POINTS**  
on products\*



**POINTS**  
for healthy choices†

Start today at [Walgreens.com/Balance](http://Walgreens.com/Balance)

WebMD Diabetes is distributed at Walgreens stores and to doctors' offices throughout the U.S., online at WebMD.com, and by download from the App Store or Google Play. WebMD Diabetes is not responsible for advertising claims. WebMD Diabetes (ISSN 1553-9946) is published by WebMD, LLC and may not be reproduced in whole or in part without written permission of WebMD, LLC.

All WebMD editorial content is reviewed by our board-certified physicians, is for informational purposes only, and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. WebMD does not endorse any specific product, service, or treatment. Always seek the advice of your health care provider with any questions regarding a medical condition and never disregard professional medical advice or delay seeking it because of something you have read in WebMD Diabetes. If you think you have a medical emergency, call your doctor or 911 immediately. © 2016 WebMD, LLC, except as noted. All rights reserved.

\*Due to state and federal laws, points cannot be earned or redeemed on some items, and points will not be earned in a transaction where store credit or redemption dollars are used. Excludes prescriptions and immunizations purchased in AR, NJ, or NY or on prescriptions transferred to a Participating Store located in AL, MS, OR, or PR. Points on prescriptions and other pharmacy transactions limited to 50,000 per calendar year. Restrictions and other limitations apply. See full terms and details at [Walgreens.com/Balance](http://Walgreens.com/Balance).

†Limitations apply to earning points. Information provided to Walgreens online is covered by the terms of our Online Privacy and Security Policy and the terms and conditions of Balance Rewards. Personally identifiable information reported to earn points is not covered under HIPAA or the Walgreens Notice of Privacy Practices. For full program terms and conditions, visit [Walgreens.com/healthychoices](http://Walgreens.com/healthychoices).

## WINE NOT?

A glass of wine could be just what the doctor ordered. In a study of 224 people with type 2 diabetes, one group had a glass of red with dinner every night. Another group had white, and the rest had water. Otherwise, their diet was the same. After two years, the red wine drinkers had higher good cholesterol and lower overall cholesterol. White wine drinkers had lower fasting blood sugar. Neither group saw any negative effects of the nightly drink—their blood pressure and liver function were unchanged. Nor did the wine interfere with their medications or quality of life. Ask your doctor if a glass of vino may be right for you.

Source: JAMA



# 205

### Number of calories

a 150-pound woman burns playing on the playground with kids for 45 minutes

Source: USDA



# 2

### NUMBER OF TIMES PER YEAR

you should have your A1c checked. This test shows an average of blood sugar measurements during the last three months.

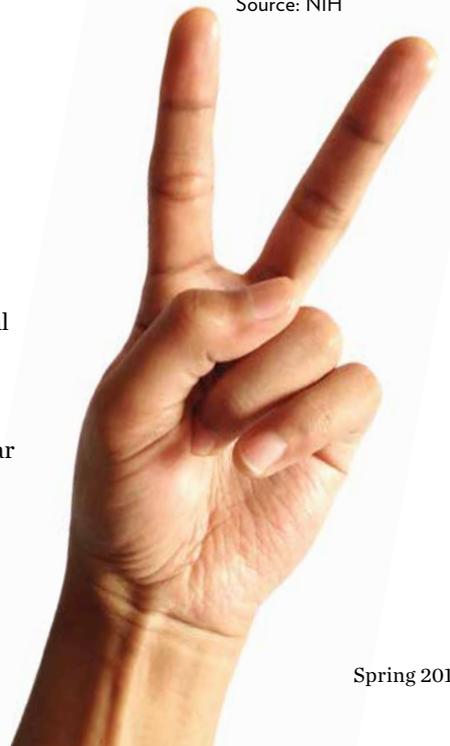
Source: NIH



## MEAT FIRST

Want to keep blood sugar under control after meals? Eat your carbs last. In a small study, adults with type 2 diabetes ate the same meal of chicken, vegetables, bread, and orange juice on two different days. One day they had the bread and juice 15 minutes before the rest of the meal. The other day, they ate the chicken and veggies first. When those in the study started their meal with meat and veggies, their blood sugar was 28% lower 30 minutes after the meal than when they started with carbs. Their blood sugar levels remained lower for up to two hours after the meal.

Source: *Diabetes Care*



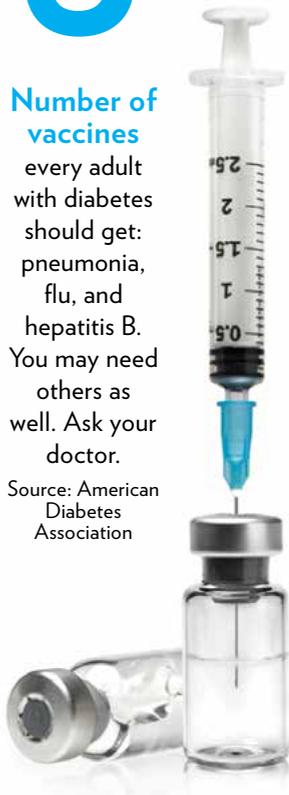
CLOCKWISE FROM TOP RIGHT: ALBERTO GUGLIELMI/GETTY IMAGES; PIONEER111/THINKSTOCK; SAFRUL IZHAM RAMLAN/EYEM/GETTY IMAGES; BRETT STEVENS/GLOW IMAGES

# 3

## Number of vaccines

every adult with diabetes should get: pneumonia, flu, and hepatitis B. You may need others as well. Ask your doctor.

Source: American Diabetes Association



## TOOTH BE TOLD

If you have diabetes, regular checkups with your dentist are especially important. Researchers studied the rates of tooth loss among more than 37,000 people ages 25 and older during a 40-year period. Those who had diabetes lost twice as many teeth as those who didn't. At your next visit, make sure your dentist knows you have diabetes, and ask how often you need a checkup.

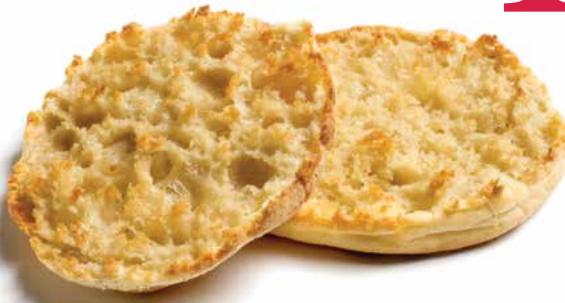
Source: *Preventing Chronic Disease*

# 132

## CALORIES IN AN ENGLISH MUFFIN.

A bagel has more than twice as many.

Source: USDA



## CASH COW

Want to lose weight? Make a friendly wager.

In a study of 4,000 people, dieters who stood to lose money if they didn't reach their goals lost more weight than those who dieted risk-free. Dieters faced one of four consequences if they didn't lose the weight:

Their money would go to a charity they didn't support; it would go to an unnamed charity; it would go to a designated friend; or the dieter would lose no money at all.

Regardless of where their money was headed, dieters who had cash on the line lost more weight than those who didn't.

Source: American Public Health Association



CLOCKWISE FROM TOP: SOUTHERN STOCK/GETTY IMAGES; RENNE COMET/GETTY IMAGES; JAMIE GRILL/GLOW IMAGES; MARIA TOUTOUDAKI/GETTY IMAGES



## You Turn

Can you reverse type 2 diabetes? It depends on lifestyle and genes

BY SONYA COLLINS

Can you reverse type 2 diabetes? With diet, exercise, and weight loss, some people can restore their blood sugar and insulin to normal levels so they no longer need medication. Not everyone can achieve this—it depends on how long you've had diabetes, how severe it is, and your genes.

Many people who have type 2 diabetes are overweight. The more you weigh, the harder it is for your pancreas to make the amount of insulin your body needs to control blood sugar, says Yehuda Handelsman, MD, an endocrinologist in Tarzana, Calif.

That's why, when you're newly diagnosed with type 2 diabetes, doctors typically recommend that you lose 5% to 10% of your body weight and try to build up to 150 minutes of physical activity per week.

"Five to 10 percent should be sufficient to control your diabetes. But how to reverse it? This may require losing, say, 25% of your body weight," Handelsman says. Exactly how much weight a person must lose to bring insulin and blood sugar back to nondiabetic levels varies by the individual, and getting there requires radical change.

In a study in the U.K., researchers supervised 11 people with type 2 diabetes who

cut their calories to just 600 per day for two months. In that time, they each lost about 33 pounds and their diabetes went into remission. Three months later, seven of the 11 were still diabetes-free.

To stay that way, you have to keep the weight off. "People use the term 'reversal' when they can go off medication, but you must still engage in a lifestyle program to stay off the medication," says Ann Albright, PhD, RD, director of the division of diabetes translation at the CDC. This lifestyle may require more exercise and a more restrictive diet than you would need to simply control diabetes.

Lifestyle alone doesn't cause diabetes. "Not everybody who is overweight or obese gets diabetes. The ones who do get it have a genetic predisposition," Handelsman says. If you reverse diabetes through aggressive life changes, you will still have a greater risk of developing the condition again than someone who has never had it.

Also, the longer you've had diabetes, the less likely it is you can reverse it because diabetes damages your insulin-producing cells. "If you have diabetes for 20 years and then you lose weight, you may not have any cells that produce insulin left," Handelsman says.

REVIEWED BY BRUNILDA NAZARIO, MD, WEBMD LEAD MEDICAL EDITOR

### ASK YOUR DOCTOR

Is it possible that I could reverse my diabetes?

How much weight should I aim to lose?

How should I modify my diet?

How many calories can I have each day to reach my goals?

What other steps can I take?



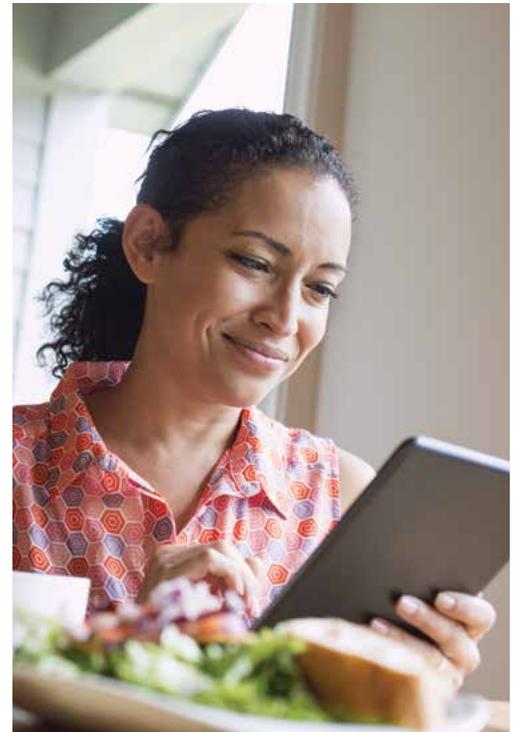
Check out [12 Tips to Avoid Diabetes Complications](#), a slideshow at [WebMD.com](#).

LEARN HOW ON PAGE 3

# Get Smart

Make sure these healthy habits are part of your management plan

BY ERIN O'DONNELL



**Try tech tools.** Consider using websites and apps to stay on top of your disease. Knapp watches the Diabetes Daily page on Facebook for news about new medications and other developments. To track carbs, she suggests the CalorieKing and MyFitnessPal apps.

**Aim to educate.** Most people with type 1 diabetes encounter “experts” who share unwelcome advice on diabetes management, often based on outdated information—like that aunt who freaks whenever you eat a cookie. “The most important thing you can do is educate the people around you,” Knapp says.

**Banish the word “bad.”** Many people with type 1 diabetes were diagnosed as children, and this colored their thinking about less-than-perfect blood sugars. “As a kid, you might interpret a high blood sugar as ‘I ate something I shouldn’t have. I was bad,’” Knapp explains. “They can feel like a failure, which can linger into adult life.” Ditch the good/bad labels. “Your blood sugars are either in your target, or out of it,” she says. “Out of your target is just a sign that you need to figure it out and make some changes.”

## ASK YOUR DIABETES EDUCATOR

Are there any particular types of exercise that I should try?

If I have trouble balancing my blood sugar after exercise, what should I do?

Can you recommend any nearby support groups for people with type 1 diabetes?

Which apps and websites do you like for people with type 1 diabetes?

What target zone do you recommend for my blood sugars and A1c?



Get [The Truth About Type 1 Diabetes](#). Take the quiz at [WebMD.com](#).

LEARN HOW ON  
PAGE 3

Staying healthy with type 1 diabetes means maintaining a routine of smart habits, says Shannon Knapp, RN, CDE, manager of diabetes education at Cleveland Clinic. Knapp, who was diagnosed with type 1 diabetes at age 13, offers these tips.

**Move more—but be patient.** Physical activity can reduce your blood pressure and cholesterol and prevent weight gain, so it’s essential for overall health. But Knapp advises people with type 1 to approach it with patience. “Because they’re on insulin, type 1s always have the potential for low blood sugar,” Knapp says. “Most people need medication adjustments any time they change their exercise level, intensity, or duration, and it can take some trial and error to figure out the best adjustments.”

**Seek support.** People with type 1 diabetes make up just 5% to 10% of the diabetes population, which can feel isolating. Knapp recommends joining a type 1 support group or finding other ways to connect with people with the same disease. At Cleveland Clinic, she often helps with a “shared medical appointment,” in which people with type 1 diabetes attend medical checkups together and share support and ideas. That camaraderie can keep them upbeat and on track with healthy habits.

**See your CDE.** Visit a certified diabetes educator (CDE) at least once a year, even if you’ve had diabetes for 30 years. “Technology, treatment methods, and medications all change over time,” Knapp says. A diabetes educator can keep you up to date, answer any questions, and review your current treatment plan.

REVIEWED BY BRUNILDA NAZARIO, MD, WEBMD LEAD MEDICAL EDITOR

# Health Happenings

Products, Ideas  
& Promotions  
for Healthy  
Living

## Lose Weight with Nutrisystem® D®



serving suggestion

Nutrisystem® | **D**®

Enjoy your favorite foods as you lose weight to help manage your diabetes.

- Choose from over 145 delicious menu options
- Food is shipped right to your door
- Eat 6 times a day
- Balanced, nutrient-rich meal plan

**888-495-diet**  
[nutrisystem.com/web216](http://nutrisystem.com/web216)

## Helps Minimize Blood Sugar Spikes



When you're living with diabetes, steady is exciting. Only Glucerna has CARBSTEADY®, clinically proven to help minimize blood sugar spikes.\* So you stay steady ahead.

[glucerna.com](http://glucerna.com)

\* Has CARBSTEADY® designed to help manage blood sugar response compared to a standard shake. Use Glucerna® products under medical supervision as part of your diabetes management plan.

## Take Control of Your Type 2



Jenny Craig  
for **type2**™

Proven to help those with type 2 manage their diabetes, Jenny Craig gives you everything you need to lose weight and improve glycemic control.\*

[jennycraig.com/diabetes](http://jennycraig.com/diabetes)

\*Diabetes Care 2014; 37:1573-80 DOI 10.2337/dc13-2900

# Energy Rewards

Get carb-smart and keep your blood sugar in check

BY SONYA COLLINS



## ASK YOUR DIETITIAN

How many carbohydrates should I eat at every meal?

What's the best timing for meals and snacks?

How does medication affect the foods that I eat?

How can I make healthy choices at restaurants, parties, and family gatherings?

Confused about carbs? Chances are you either think they're the enemy, or you're not sure what they have to do with diabetes at all. Let's get one thing straight. Carbs are not off-limits. But too many—especially the wrong kind—can wreak havoc on blood sugar.

“Carbohydrates—found in fruits, vegetables, and starches like bread and pasta—are the body’s main source of energy,” says Lori Zanini, RD, a California-based dietitian. The body turns carbohydrates into sugar (glucose), and sugar fuels your cells.

How your cells get that fuel can be tricky when you have diabetes. “Insulin is like a key that unlocks your red blood cells to let the sugar in,” says Zanini, a certified diabetes educator. But if insulin doesn’t unlock those cells so they can burn sugar for fuel, the sugar flows freely in the bloodstream and raises blood sugar.

That’s why you want to enjoy carbs in a way that will have the least impact on blood sugar. Zanini offers these tips:

**Have a carb routine.** “You want to have around the same amount of carbs, around the same time every day, so your body knows what to do with the insulin that it’s making or that you’re giving it,” Zanini says. Your doctor or dietitian can tell you exactly how many carbs you should get at each meal, but the rule of thumb is 45 to 60 grams.

**Choose “slow” carbs.** “Some carbs digest faster than others, and when it comes to managing diabetes, you want to choose carbs that digest slowly,” Zanini says. Carb-rich foods with more nutrients, especially fiber, digest more slowly.

Consider these swaps: whole wheat bread

instead of white, whole wheat pasta instead of regular, brown rice instead of white, sweet potatoes instead of white potatoes, whole grain oatmeal instead of boxed cereal, and whole fruit instead of fruit juice.

Under-ripe, rather than over-ripe, bananas go through your system more slowly. Slightly undercooking rice and pasta can slow digestion, too. “Cooked al dente, it’s going to have less effect on your blood sugar because the fiber stays intact,” Zanini says.

**Pair with protein.** Because carbs do raise blood sugar to some degree, get the biggest bang for your buck when you eat them. “Combining a carb with a protein will not only keep you full longer, but it also helps stabilize blood sugar because protein doesn’t raise blood sugar,” Zanini says.

You may typically serve up protein and carbs at mealtimes, but don’t forget to add protein to snacks, too. Rather than having an apple alone, spread a little peanut butter on it. Eat a stick of string cheese with wheat crackers.

**Save carbs for last.** In a small study, blood sugar was significantly lower after mealtimes for people who ate their veggies and protein first and saved their carbs for the end of their meal. Give it a try.



Watch *Keys to Better Daily Control*, a video at WebMD.com.

LEARN HOW ON PAGE 3

REVIEWED BY HANSA BHARGAVA, MD, WEBMD MEDICAL EDITOR

## ASK YOUR DOCTOR

How can I exercise safely, even with joint or bone problems?

Are there certain exercises I should avoid because of other health conditions (like vision problems, nerve problems, or heart disease)?

Sometimes I have pain in my chest. Is it still safe to exercise?

I'm ready to move up to the next level. Is it safe to do more intense exercise than I usually do?

Will changing my exercise program have any impact on my medication?



Check out [10 Muscle Moves to Help Tame Diabetes](#), a slideshow at [WebMD.com](#).

LEARN HOW ON  
PAGE 3



# Move Ahead

An expert explains the do's and don'ts of working out

BY KARA MAYER ROBINSON

Exercise is a powerful way to manage diabetes. Your blood sugar, blood pressure, and cholesterol levels stay on track and insulin works better. But to exercise safely with diabetes, you need to take a few precautions. Certified fitness trainer Jeanette DePatie weighs in with some facts about what to do—and what not to do.

**Start slow and increase gradually.** If you haven't exercised regularly in a while, don't assume you can pick up right where you left off, DePatie says. First, get cleared by your doctor.

After you get a thumbs-up, start small. Try something gentle—like walking, dancing, or biking—for five to 10 minutes a day. Build up to 30 minutes a day, five or more days a week.

**Keep an eye on glucose levels.** “Check them frequently before and after exercise, especially if you're new to exercise,” DePatie says. Working out may cause your glucose levels to drop. “Make sure you've got some fast-acting carbohydrates, like sports drinks, juice, or glucose tabs, so you can quickly bring your sugar back up,” DePatie says.

**Take care of your body.** This starts

with your feet. Wear a clean pair of socks and supportive athletic shoes that fit you well, DePatie says. Check your feet for blisters, redness, or irritation. Stay hydrated before, during, and after your workout. Protect yourself from extreme hot or cold temperatures.

**Be active all day.** Burn extra calories even when you're not working out. If you're sitting for a long time, get up at least every 90 minutes and move. Walk instead of drive. Take the stairs rather than the elevator. Park at the end of the parking lot.

**Don't exercise if glucose levels are too low or too high.** If your blood sugar is lower than 100 mg/dL or higher than 250–300 mg/dL, it may not be safe to work out. Eat a snack or wait for it to reach a better level before getting started.

**Don't keep going if you feel pain.** Stop exercising if you feel dizziness, shortness of breath, disorientation, or pain.

**Don't miss working out more than two days in a row.** Be consistent with your exercise plan. Missing a day here or there is OK, but health experts say it's best to avoid two consecutive days off.

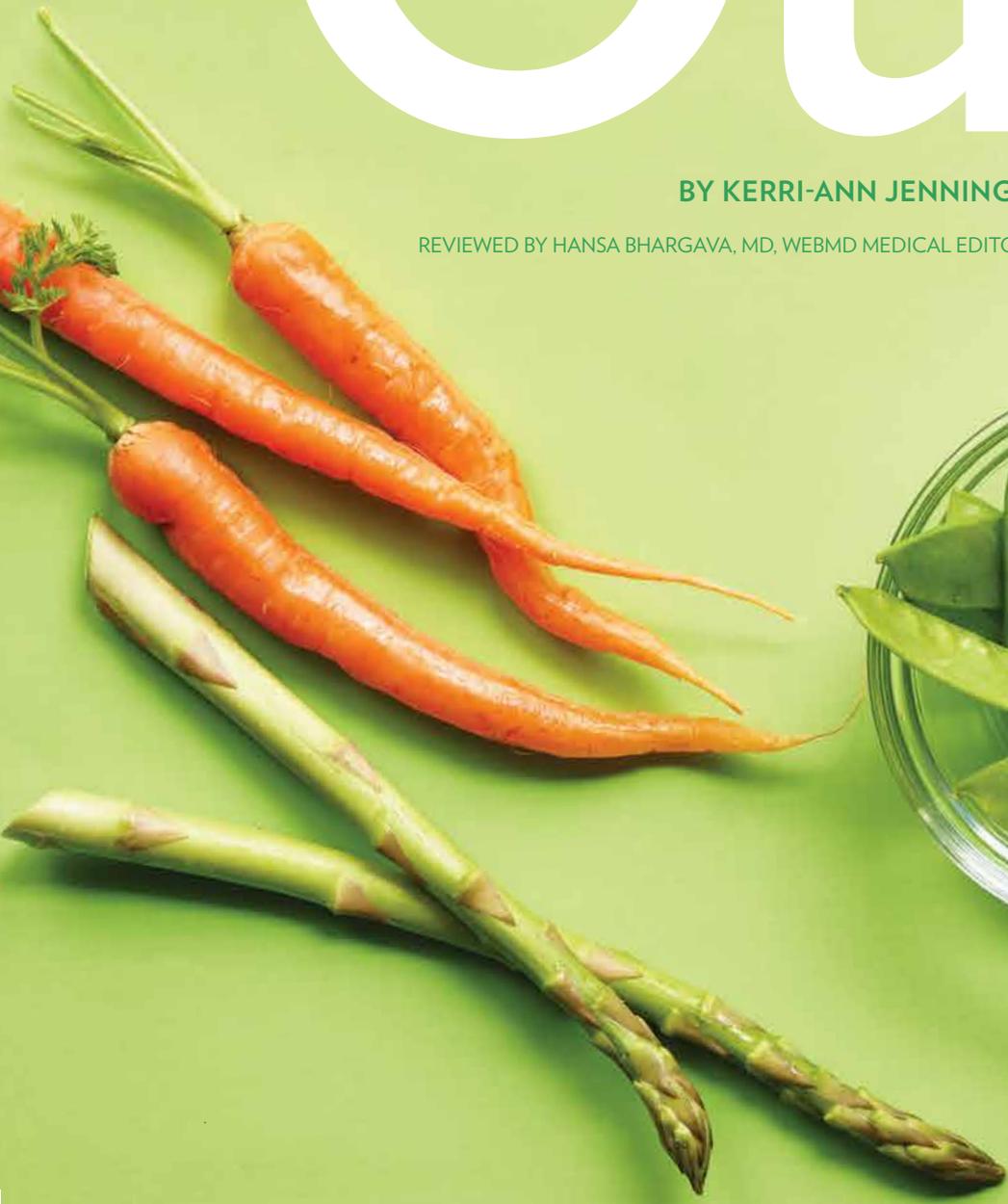
REVIEWED BY MICHAEL W. SMITH, MD, CPT, WEBMD CHIEF MEDICAL EDITOR

# Veg out!

It's time to wake up your dishes with everything vegetables have to offer. Start fresh with these tips and recipes

BY KERRI-ANN JENNINGS

REVIEWED BY HANSA BHARGAVA, MD, WEBMD MEDICAL EDITOR



Fresh, vibrant, and delicious, spring vegetables—and the dishes you make with them—are a welcome change after winter's hearty fare.

“Spring vegetables are younger and sweeter,” says Keith T. Ayooob, EdD, a registered dietitian and professor at Albert Einstein College of Medicine in The Bronx, N.Y. They're also brimming with nutrition—as are all vegetables, Ayooob notes—as well as versatility. Here are some of his best tips for getting spring vegetables onto your plate.

PHOTOGRAPHY BY LEIGH BEISCH

FOOD STYLING BY DAN BECKER

PROP STYLING BY SARA SLAVIN



## EAT THE WHOLE PLANT

Root-to-shoot eating is the vegetable form of the snout-to-tail movement. Many of us toss perfectly edible parts of plants. Those green fronds on carrots and fennel? Ayooob blitzes the greens into pesto, or uses them to garnish. “They’re loaded with potassium and vitamin C and everything that leafy greens have.” If you buy artichokes, get the ones with the longest stems—the stem is an extension of the heart, Ayooob says.

## TRY VEGGIES UNGARNISHED FIRST

Really fresh vegetables are so flavorful that you don’t need to do much to enhance them. Ayooob suggests first trying vegetables, such as steamed artichokes, without any dressings or salt. “I recommend that to educate your palate a bit, because if you’re always filled up with fatty stuff, you don’t get to really taste the vegetable.”

## Spring Vegetable Curry

Try this flavorful curry with whatever vegetables you have on hand (leafy greens are a great addition). And make sure to set the table with extra basil and cilantro.

Makes 6 servings

### INGREDIENTS

- 13.5-oz can coconut milk (about 3¼ cups)
- 2 tbsp yellow curry paste
- 1 cup low-sodium chicken broth
- 1 lb new potatoes
- ½ cups julienned baby carrots
- 5 spring onions, chopped
- 5 sprigs Thai or regular basil, with stems
- 1 Thai or serrano chili, stemmed and thinly sliced (discard seeds for less spicy flavor)
- ½ tbsp fish sauce
- 1½ lbs raw shrimp, any size (if you use precooked shrimp, add at the end and heat through)
- 1½ cups asparagus
- 3 cups snow peas
- ¼ cup chopped fresh basil leaves
- ¼ cup chopped fresh cilantro leaves
- ¼ cup chopped unsalted peanuts

### DIRECTIONS

1. In a large saucepan, bring coconut milk, curry paste, and chicken broth to a boil over medium-high heat, whisking until smooth. Add potatoes, carrots, spring onions, basil, chili, and fish sauce. Bring mixture to a simmer over medium-low heat. Cover the pan and cook until vegetables are tender, about 20 minutes.
2. Remove the lid from curry and add shrimp, asparagus, and snow peas. Simmer, uncovered, until shrimp is cooked through, 5 to 7 minutes. Remove basil sprigs and discard.
3. Ladle curry into bowls. Garnish with basil, cilantro, and peanuts.

### PER SERVING

345 calories, 31 g protein, 24 g carbohydrate, 15 g fat (7 g saturated fat), 221 mg cholesterol, 7 g fiber, 7 g sugar, 546 mg sodium. Calories from fat: 39%

## Watercress Salad With Sesame Dressing

This salad is fresh and bright, featuring contrasting textures of crunchy snap peas, creamy avocado, and light, peppery watercress married with a savory ginger-sesame dressing.

Makes 4 servings

### INGREDIENTS

#### Salad

- 4 cups watercress, washed
- 2 cups sugar snap peas, sliced
- ½ Haas avocado, diced

#### Dressing

- ¼ cup sesame oil
- 2 tbsp rice vinegar
- 1 tsp low-sodium soy sauce
- 1 tsp sugar
- 2 tsp minced ginger
- 1 tsp minced garlic

### DIRECTIONS

1. Layer salad ingredients in a salad bowl.
2. In a blender or mini food processor, blitz dressing ingredients until blended. (You can also simply whisk ingredients, but dressing will be less smooth.)
3. Dress salad, toss, and serve.

### PER SERVING

183 calories, 2 g protein, 6 g carbohydrate, 17 g fat (2 g saturated fat), 3 g fiber, 3 g sugar, 98 mg sodium. Calories from fat: 81%



## SHOP THE RAINBOW

Even spring’s daintier vegetables come in an array of colors: Blushing radishes, bright green peas, and new white onions are among the colorful produce this time of year. Eating a variety of colors and types of vegetables ensures you get an array of phytochemicals—those plant-based nutrients have disease-fighting benefits. The leafy greens that are abundant in spring deliver lots of carotenoids. “We think of carotenoids as being orange, but all the chlorophyll in greens masks that color,” Ayooob says.

## FRESHEN UP FAVORITE RECIPES

Since spring vegetables are tender (think peas, leafy greens, new potatoes, and radishes), they cook up quickly, making them an easy add-in to curries, frittatas, soups, and stir-fries.



Find diabetes-friendly recipes on the [Healthy Recipe Finder](#) at [WebMD.com](#).

LEARN HOW ON PAGE 3





## Green Eggs and Ham Crustless Quiche

Turns out you don't need crust to enjoy quiche. Serve this flavorful, spinach-packed "quiche" with a large green salad with fennel, radishes, and orange segments.

Makes 4 servings

### INGREDIENTS

2 tbsp whole wheat panko  
1 tbsp olive oil  
8 spring onions, bulbs and greens, trimmed and minced  
10 cups baby spinach  
2 eggs  
2 additional egg whites  
½ tsp salt  
1½ cups fat-free evaporated milk  
1 cup shredded Gruyère  
¼ cup dill, minced (or substitute other fresh herbs)  
1 cup lean, low-sodium diced ham

### DIRECTIONS

1. Preheat oven to 350°F. Spray a 9-inch pie plate with cooking spray. Evenly sprinkle panko on bottom of pan and set aside.
2. Heat a large sauté pan over

medium heat; add olive oil and heat. Add spring onions and sauté until fragrant. Add spinach in handfuls until wilted. Remove from heat and let cool.

3. In a large bowl, beat together eggs, egg whites, salt, evaporated milk, Gruyère, dill, and ham. Fold in cooled greens.
4. Pour into prepared pie dish. Bake 40–45 minutes, or until just set (center should be a bit jiggle).

### PER SERVING

271 calories, 24 g protein, 22 g carbohydrate, 11 g fat (4 g saturated fat), 114 mg cholesterol, 3 g fiber, 12 g sugar, 619 mg sodium. Calories from fat: 36%



## PUT HERBS ON THE TABLE

"Herbs and spices can help you eat more fruits and vegetables, plus they have their own antioxidants they can bring to the table," Ayoob says. And of course, using herbs and spices adds flavor, which lets you use less salt. Mint, for instance, wakes up salads, including chicken and tuna salad. Get in the habit of setting out chopped spices and herbs along with the salt and pepper.

## PLANT A GARDEN

At the very least, grow some potted herbs and veggies. It doesn't get fresher than pulling a carrot from your backyard or trimming cilantro and basil from the pots on your windowsill. Not only do they look attractive, they're a visible reminder to eat more vegetables.



# Brush Up

Your mouth can tell you a lot about your overall health

BY CHRISTINA BOUFIS



## ASK YOUR DOCTOR

How does having diabetes affect my teeth and gums?

What kinds of mouth symptoms should I watch out for?

What can I do to prevent dry mouth?

Could medications be causing dry mouth?

How often should I get my teeth checked?

You've no doubt heard this advice for good oral hygiene your entire life: Brush, floss, and see your dentist for regular checkups.

"These are things that all of us should be doing," says Robert A. Gabbay, MD, PhD, chief medical officer at Joslin Diabetes Center in Boston. "But it's even more important for people with diabetes because the stakes are a lot higher."

Why? If you have diabetes, you're at greater risk for dental problems, including periodontal (gum) disease, Gabbay says. What's more, poor oral health puts you in a catch-22 with diabetes management. "Having poor glucose control makes it more likely to get infections of the mouth," Gabbay says. "And infections of the mouth make it more likely that blood sugars are poorly controlled."

Diabetes can also lead to dry mouth, caused by decreased saliva, which can make you more prone to cavities. And high blood sugar increases your risk of thrush—an often painful fungal infection that causes white or red patches in your mouth, according to the American Diabetes Association.

What are some warning signs that you should see your dentist immediately? Tooth pain, bleeding when brushing, gums pulling away from your teeth, or dentures that start to fit poorly, Gabbay says. "And of course infection—painful, red, swollen, tender gums or pus. Even persistent bad breath can be a sign of poor oral hygiene that should be cared for."

Some people may not have any warning signs of gum disease, so be sure to see your dentist twice a year for checkups.

To keep your mouth healthy, practice good daily habits: Brush twice a day with a fluoride toothpaste, floss daily, and remove and clean

dentures if you wear them. If you smoke, quit. Smoking increases your risk of gum disease and makes it harder to treat. Ask your dentist or doctor if you should use mouthwash.

How else can you prevent mouth problems when you have diabetes? Control your blood sugar. "When we think about better control of blood sugar, there are four key things we keep in mind," Gabbay says. "Diet, which includes eating the right foods and having the right portion size; exercise; medication; and monitoring to be able to tell whether things are working or not."

Another reason to brush up when you have diabetes? "There does seem to be a link between periodontal disease and cardiovascular disease," Gabbay says. While the cause-and-effect connection isn't clear, one recent study found that people who had a stroke were more likely to have an oral infection than those in a control group, according to the American Academy of Periodontology.

Just one more reason to be vigilant about taking care of your pearly whites.

REVIEWED BY BRUNILDA NAZARIO, MD, WEBMD LEAD MEDICAL EDITOR



Visit WebMD's Oral Care Center for more healthy smile info.

LEARN HOW ON PAGE 3

JOHN KUCZALA/GETTY IMAGES



# Are Your Feet Ready for Spring?

Spring has officially sprung—it's time to release your toes from their winter slumber. With sandal season right around the corner, are your feet ready? People with diabetes need to pay special heed to their heels and toes. The condition can leave feet dry, cracked, and peeling. You can also develop sores and ulcers you might not feel because of nerve damage. Before you slip into open-toed shoes, take this quiz and learn how to give your feet a seasonal makeover.

## QUIZ

- How often should you check your feet?**
  - Once a month
  - Once a week
  - Once a day
- Where should you apply lotion?**
  - All over your feet
  - On the tops and bottoms of your feet
  - In between your toes
- What's the best way to treat corns and calluses?**
  - Cut them off with a razor blade
  - Use a liquid corn or callus remover
  - See your podiatrist
- How should you cut your toenails?**
  - On a diagonal
  - In a curve
  - Straight across

**ANSWERS:** **1. c.** Cracks, cuts, sores, and blisters can pop up on your feet, and if you have nerve damage, you might not feel them until they get infected. Give your feet a thorough check every day. Have trouble seeing the bottoms of your feet? Ask your partner to help or use a mirror. **2. b.** Apply a thin layer of cream, lotion, or petroleum jelly to the tops and bottoms of your feet daily to keep your skin soft and supple. Don't put cream between your toes, because the moisture could encourage fungus growth. Instead, sprinkle talcum powder or cornstarch between the toes to keep the area dry. **3. c.** Corns and calluses are thickened areas of skin on the feet that hurt when they rub up against shoes. Don't try to cut or burn them off yourself—you could injure your skin and cause an infection. Instead, make an appointment with your podiatrist to take care of these growths. **4. c.** Cut your toenails straight across and smooth the edges with a file. That way, they can't grow and cut into your skin. If you have trouble trimming your toenails, ask your foot doctor to take over the job.

### SOURCES:

American Diabetes Association, National Diabetes Education Program, WebMD Diabetes Health Center

REVIEWED BY AREFA CASSOQBHOY, MD, MPH, WEBMD MEDICAL EDITOR

## ASK YOUR DOCTOR

How often should I see you for foot exams?

How should I care for my feet at home?

What kinds of shoes are best for my feet?

What can I do if I have foot problems?

## TRACK CHANGE

Write it down. Keep a journal and write down your negative thoughts—reframed as positive.

**Seek out the upbeat.** Which friends and family members are consistently optimistic and supportive? Try to spend more time with them.

**Distract yourself.** When you start hearing those negative words in your head, be ready with something more uplifting to focus on, like a playlist of your favorite upbeat music, or an engaging podcast like Megan Tietz's "Sorta Awesome," Robyn Stratton-Berkessel's "Positivity Strategist," or the "TED Radio Hour."



Read *Don't Blame Me for My Diabetes*, a blog post at WebMD.com.

LEARN HOW ON  
PAGE 3

# Proof Positive

## Are negative thoughts taking over your mind?

BY GINA SHAW

"What good is losing a couple of pounds? I need to lose 50!" "I never manage to get to the gym. It's useless!" "I just don't have enough willpower to stick to healthy eating."

Do these sound like things you've said to yourself lately? Negative self-talk is something everyone does. But for people with diabetes, it's much more common, says John Zrebiec, LICSW, director of behavioral health at Joslin Diabetes Center in Boston. "We've found that people with diabetes tend to describe themselves in much more negative ways than people who don't have diabetes. 'I'm lazy. I don't have any self-control. I just keep making bad choices.'"

You can muffle that critical inner voice using techniques from a form of therapy called cognitive behavioral therapy (CBT). "How you think translates into how you act, so CBT focuses on changing how people think about something in order to act more positively," says Zrebiec, a licensed independent clinical social worker.

Start by identifying the kinds of negative thoughts you typically have, and what they do.

**All-or-nothing thinking.** These kinds of thoughts frame your experiences and behavior as totally good or totally bad (usually bad). Maybe you ate really well for a few weeks, and then you gave in at the office holiday party and overindulged. "I was doing great and then that one party completely ruined it!"

**Moral judgments, or "blaming and shaming."** When you don't measure up to your expectations, you think you're a "bad person." "I should be able to eat right and

REVIEWED BY AREFA CASSOOBHOY, MD, MPH, WEBMD MEDICAL EDITOR



go to the gym every day. I'm a smart person. There must be something wrong with me since I can't do this."

**Rationalization.** These thoughts can be seductive—you talk yourself out of the behavior you know you need to pursue. "I can't exercise right now. I'm too busy to go to the gym. But I'll start walking outside as soon as the weather warms up."

Once you recognize negative thought patterns, start talking back to yourself in a different way. Ask yourself: Is this thought true? Is this thought logical? Where did I learn this thought? Does this thought help me reach my goal?

"Look at what the evidence tells you about the answers to these questions," Zrebiec says. "Instead of judging yourself harshly or painting things in black and white, you can begin to recognize that you're not a 'failure' every time you slip, and focus on doing better next time. The more you practice this, the more you'll be able to learn to act in a smart and positive way, even when you have these negative thoughts."



# Dis Stress

Mental health plays a role in your overall well-being

BY BARBARA BRODY

You don't need to be a research scientist to understand that emotional turmoil can wreak havoc on your physical health. Chronic stress causes even more serious trouble: It can make you more likely to develop conditions ranging from rheumatoid arthritis to ulcers, and can worsen these ailments if you already have them. If you have diabetes, stress hormones can raise your blood sugar levels.

New research published in the journal *Diabetes Care* shows that people with diabetes who are stressed or depressed are significantly more likely to suffer a stroke, heart attack, or other serious cardiac condition.

## Why stress is so bad for your heart

Simply having diabetes hurts your heart—more than 68% of people ages 65 and older with diabetes die from heart disease.

The findings from the new study suggest that being chronically stressed or depressed is associated with higher levels of C-reactive protein, a sign of inflammation in the arteries.

Behavior plays a role, too. "It's a catch-22,"

says Eliot LeBow, LCSW, a New York City-based psychotherapist and certified diabetes educator. "Attention, concentration, and motivation are all essential to diabetes self-management, but when you're depressed you lack these things and are less likely to take care of yourself."

## The diabetes-stress connection

The physical signs of diabetes can also pose a problem. For example, high blood sugar causes symptoms that can mimic or worsen depression, such as loss of energy, poor recall, and changes in sleep patterns, says LeBow.

Another problem is that people with diabetes tend to blame themselves for their condition, says Kara Harrington, PhD, a staff psychologist at Joslin Diabetes Center in Boston. Sometimes comments made by friends or family members also get in the way. "People might have told them they're lazy or that they just don't care, but what I usually see is that they care too much." So they end up feeling bad about a high blood glucose reading or poor A1c test result, she says.

## GET HELP

Find a way to decompress. Try out meditation, deep breathing, or walking.

Remember that a number is just a number. A glucose reading simply tells you what to do next, such as take more insulin or have a carbohydrate-rich snack.

Join a support group. Whether it's online or in-person, connecting with others who share your condition can help you feel less isolated.

Help raise money for diabetes. Sign up for a walkathon or other fundraising event. It's a great way to feel more connected to the diabetes community.



Check out [10 Ways to Stop Stress Now](#), a slideshow at [WebMD.com](#).

LEARN HOW ON  
PAGE 3



# DIABETES won't slow you down

Who says diabetes has to get in the way of what's amazing in life? Not us. Find what you need to live better with diabetes at Walgreens.

- Medications and supplies from all major brands
- Expert pharmacy advice
- 100 Balance® Rewards points on all prescriptions\*

Learn more at [Walgreens.com/Diabetes](http://Walgreens.com/Diabetes).

**Walgreens**  
at the corner of **happy & healthy**®

\*Points on prescriptions and other pharmacy transactions limited to 50,000 per calendar year and cannot be earned in AR, NJ or NY or on prescriptions transferred to a participating store located in AL, MS, OR or PR. Due to state and federal laws, points cannot be earned or redeemed on some items, and points will not be earned in a transaction where store credit or redemption dollars are used. Restrictions apply. See full terms and details at [Walgreens.com/Balance](http://Walgreens.com/Balance).





# WHAT'S NEW AT WALGREENS

Manage chronic health conditions including diabetes, heart disease, and asthma with ease.

## YOUR DIGITAL HEALTH ADVISOR<sup>1</sup>

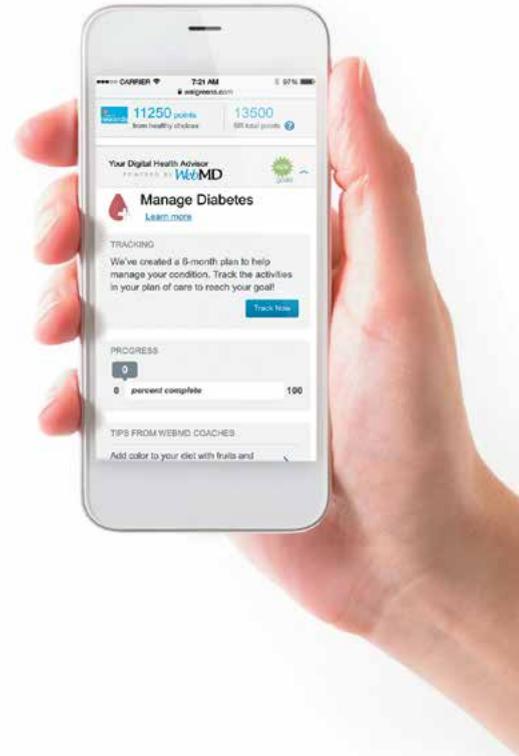
POWERED BY  
**WebMD**

Stay healthy with online coaches who can help you 24/7:

- Choose your goals
- Design a personalized action plan
- Track and manage your condition

Plus, you'll earn 250 Balance<sup>®</sup> Rewards points when you set and achieve a goal.<sup>2</sup>

Start today at [Walgreens.com/healthychoices](http://Walgreens.com/healthychoices)



Now  
**100**  
POINTS  
on Medicare  
prescriptions<sup>3</sup>



# NEW!

Get 100 points on every prescription and vaccination, including Medicare.<sup>3</sup>

Talk to us today or visit [Walgreens.com/Balance](http://Walgreens.com/Balance)

**Walgreens**

at the corner of **happy & healthy**<sup>®</sup>

<sup>1</sup> Your Digital Health Advisor is an online resource provided by WebMD in connection with Walgreens that provides a digital coaching experience similar to one-on-one health coaching. Any recommendations provided by Your Digital Health Advisor are for educational purposes only and do not constitute professional medical advice.

<sup>2</sup> Daily and monthly rewards limits apply; see Balance<sup>®</sup> Rewards terms and conditions. For full details, visit [Walgreens.com/healthychoices](http://Walgreens.com/healthychoices). Information provided to Walgreens online is covered by the terms of our Online Privacy and Security Policy and the terms and conditions of Balance Rewards. Personally identifiable information reported to earn points is not covered under HIPAA or the Walgreens Notice of Privacy Practices. See full terms and details at [Walgreens.com/Balance](http://Walgreens.com/Balance)

<sup>3</sup> Points on prescriptions or other pharmacy transactions limited to 50,000 per calendar year, and cannot be earned in AR, NJ or NY or on prescriptions transferred to a Participating Store located in AL, MS, OR or PR. Due to state and federal laws, points cannot be earned or redeemed on some items, and points will not be earned in a transaction where store credit or redemption dollars are used. Restrictions apply. See full terms and details on [Walgreens.com/Balance](http://Walgreens.com/Balance).

# Q

## How can insulin help manage diabetes, and how should I take it?



**Robert A. Gabbay, MD, PhD**  
chief medical officer,  
Joslin Diabetes  
Center, and  
associate professor  
of medicine,  
Harvard Medical  
School

The goal in taking insulin is to control blood sugar. When blood sugar is well controlled, you can prevent diabetes complications such as eye disease, kidney disease, amputations, heart disease, and stroke. People with type 1 diabetes need insulin to stay alive. Those with type 2 diabetes can eventually lose the ability to make enough insulin and will then need it to control blood sugar.

Which type of insulin you take—short-acting or long-acting—depends on your needs. If you have type 2 diabetes and your body still makes some insulin, you may only have to take long-acting insulin. If you have type 1 diabetes, or you have type 2 diabetes but you've lost more of the ability to make insulin, you'll need short-acting insulin to cover your needs when you eat, and long-acting insulin for overnight and between meals.

Your insulin dose is initially based on your weight, but that's just the starting point. After that, the dose is based on blood sugar measurements you take at home. Those measurements help you determine whether you're taking the right amount of insulin so you can adjust the dose accordingly. To prevent blood sugar from swinging too high or low, measure it often. Eventually, you'll learn how to adjust your insulin dose based on your blood sugar level, the number of carbohydrates you eat, and your exercise routine.

You can inject insulin with a syringe, pen, or pump, inhale it, or use a needle-free jet injector that gives you insulin under the skin. Most people use either the pen or needle and syringe, because these are least expensive and insurance often covers the cost. Inhaled insulin tends to be reserved for people who are less comfortable with the idea of injections, particularly those with type 2 diabetes. If you check your blood sugar often, the pump allows you to fine-tune the dose if you need to and are comfortable with the technology.

To store unopened insulin, put several vials or pens in the refrigerator until the expiration date. Remove them one at a time when you're ready to inject. Once opened, you can store insulin at room temperature for about a month.

It's not unusual for people with diabetes to be concerned about starting on insulin, but you don't need to be afraid. Insulin injections hurt less than taking blood sugar level readings. The needles are now smaller and less uncomfortable. Once you get over your reservations, you should find that insulin helps you manage diabetes much better.

REVIEWED BY BRUNILDA NAZARIO, MD, WEBMD LEAD MEDICAL EDITOR



Join 500+ convos in  
WebMD's **Diabetes**  
Community.

LEARN HOW ON  
PAGE 3

# Game Changer

How gastric surgery helped a mom and her children overcome diabetes

BY APRIL LEOPIN, WEBMD.COM COMMUNITY MEMBER



**D**iabetes runs in my family—everybody has it on my father’s side—so it didn’t really come as a big surprise when I was diagnosed in 2000. I was 30 years old and pregnant with my first child. My baby was born at almost 11 pounds, which is typical of a mother with diabetes.

With that first pregnancy I gained only 20 pounds, but during my second one I gained about 45 pounds. Throughout both pregnancies, I had to give myself insulin injections numerous times a day. After pregnancy, I took pills to control my diabetes.

All my life, I’ve struggled with my weight. I was heavy as a child, teenager, and adult and took after my father’s side of the family, where everyone is overweight. I’d lose weight and gain more back, thinking I could eat the same as I did before. It was a vicious cycle. No matter how much I tried to diet, I never seemed to get my weight or diabetes under control.

In 2014, I learned about a surgery called the gastric sleeve. I thought, “How wonderful. They make your stomach smaller, and you can control your diabetes.” Surgery isn’t the answer for everyone. For me, it was a tool to help me eat smaller and healthier portions of food. I decided with

REVIEWED BY MICHAEL W. SMITH, MD, WEBMD CHIEF MEDICAL EDITOR

my doctor it was worth a try. I had to go through a series of tests to see if I qualified, and I did because of the diabetes.

I came home a couple of days after the surgery and had a sugar low because I was still taking medication. My doctor told me, “Don’t take it anymore.” Ever since then, I’ve never taken another pill. More than a year later, I’ve lost 75 pounds and I’m a lot healthier. I don’t have diabetes anymore.

The thing that scares me today is that my older son, Ozzy, is borderline diabetic, just as I assume I was when I was a kid. Since having the surgery, I don’t bring any sweets in the house. I encourage him to eat real food instead of junk food. We all eat more fruit, vegetables, and lean meat.

Because I’m not bringing unhealthy foods into the house anymore, my older son has lost about 17 pounds. At his last doctor’s visit, his blood sugar levels didn’t send up a red flag.

Now that I’m eating lighter, I feel more energetic. Instead of watching TV, we go out in the driveway and play basketball or hockey as a family. Or we’ll go for a walk or bike ride. I’m trying to be more active and get my boys to be more active, because it makes me nervous that they have the diabetes gene on both sides of the family.

Getting off that vicious cycle of losing and gaining weight has been so good for my body and mind. I feel like I have a second chance in life now. I’m 45 and feel like I’m going to live longer. And I want to pass that along to my children as well.

## APRIL'S ADVICE

“What helped me most was connecting on social media with people who had gone through or were going through the surgery.”

“Surgery isn’t the answer. It’s just a tool to get you where you want to be.”

“Losing weight is about changing your way of thinking and lifestyle.”