Grand Sam

Chef Sam Talbot shares his healthy-living philosophy and his favorite diabetes-friendly dishes pg. 8
**HOT TOPICS!**

**Diabetes Now**

**What You Need to Know About Diabetes**

**LESS THAN 130/80**

Healthy Blood Pressure Goal for Most People with Diabetes

Source: National Diabetes Education Program

**346 Million**

Number of People Worldwide with Diabetes

Source: World Health Organization

**1921**

The Year Insulin Was Discovered at the University of Toronto

Source: NobelPrize.org

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**Spice of Life**

Curcumin, a substance in curry powder, may reduce the risk of developing type 2 diabetes, research shows. In a Thai study of 240 people with prediabetes, none of the participants who took curcumin capsules for nine months developed type 2 diabetes. But 16.4% of those who got a placebo capsule developed the disease. People who took curcumin also lost weight. Those in the placebo group did not. Researchers aren’t sure how curcumin might help fight the condition. But they know it has anti-inflammatory properties, and some scientists think inflammation may play a role in many diseases, including diabetes.

Source: Diabetes Care

**Weight Watcher**

People who are overweight or obese when they’re diagnosed with type 2 diabetes appear to live longer than people whose body weight is normal when their diabetes is detected, a Northwestern University study shows. The researchers looked at data on 2,600 adults with diabetes and found that people with normal BMIs were about twice as likely to die during the studies than people who were overweight. But they’re not sure why and caution this doesn’t mean that overweight people with diabetes should abandon their weight-loss efforts. Experts say the study suggests that people who are normal weight when they are diagnosed may be at increased risk of poor health and that normal-weight people with diabetes need closer attention.

Source: Journal of the American Medical Association

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**No. 7**

Ranking of Diabetes Among Causes of Death in the United States

Source: CDC
For most people, a blister, cut, or scrape on the foot is no big deal—an "ouch!" and a hurriedly applied bandage, and it's over. Not so if you have diabetes; meticulous daily foot care is as important as monitoring blood glucose, cholesterol, and blood pressure levels.

"Unfortunately, diabetes foot-health awareness doesn't have a colored ribbon or national voice," says diabetes-related foot care expert James Wrobel, DPM, MS, at the University of Michigan Medical School. "If you don't manage them early, small problems that start in the feet can cause really big ones."

Show your hardworking feet some love by preventing ulcers, open sores that can lead to serious complications like infection and even amputation.

"Taking good care of your feet is critical to managing diabetes," Wrobel says. "These tips can help you keep your feet healthy and reduce the risk of complications."

HEALTHY HABITS

Foot Soldiers

As many as 50% of people with diabetes have nerve damage to their feet.

HEALTHY APPETITES ENCOURAGED

Healthy Recipe Finder

Easily search hundreds of nutritious recipes to create tasty meals for every member of the family, low-carb, gluten-free, kid-friendly and many more!
Nerve damage can also compromise your body’s ability to sweat, which means skin on the feet can get dry and crack, opening the body’s natural infection barrier.

When tissue dies (a condition called gangrene), amputation may follow. The lifetime risk that a person with diabetes will develop a foot ulcer may be as high as 40%. To lower your chances of having this happen and to keep your feet in tip-top shape, Wrobel recommends taking these steps.

**Take care.** Wash feet daily with warm water and soap, dry well, then soften with lotion, cream, or petroleum jelly, avoiding the areas between toes. Trim or file toenails into a shape that’s almost square but with no corner points to break skin or cause ingrown toenails.

**Be sure the shoe fits.** Indoors or out, wear properly fitting, closed-toe shoes to protect feet from stubs and bangs. After age 40, when feet get wider, consider prescription orthopedic footwear—often covered by insurance—made to fit your unique foot shape. Never go barefoot. When walking, take advantage of the extra room in the arch, which means your feet get less oxygen and vital nutrients that fight infection and heal wounds.

**RELIEF MAP**

Another critical aspect of diabetes management is staying stress-free. A little bit of stress can send your blood sugar out of control. Geralyn Spollett, NP, president of health care and education for the American Diabetes Association, offers these tips.

**Exercise.** “It’s a great stress management tool. Walk on a treadmill or get out and hoof it in the fresh air.”

**Talk with a loved one.** “Don’t bottle it up inside. Find someone who will be sympathetic.”

**Get enough sleep.** “You can cope with stress very well if you’re overtired. Get checked if you think you have sleep apnea, which causes snoring and abnormal breathing during snooze time.”

**Don’t overeat.** “Many times, people who are stressed like to eat because it’s a comfort for them. But overeating can cause high blood sugar, so if you must, snack on carrots or rice cakes.”

**Shake things up.** Give your shoes a good shake regularly. Seemingly harmless debris like coins and pebbles can fall unnoticed into shoes from pant pockets, injuring feet.

**Don’t go to extremes.** Insensitiv-
ty to temperature means you could accidentally damage your feet, so avoid becoming too hot or too cold. Heat can cause feet to swell and can burn skin, so don’t soak your feet in hot water—and stay away from hot-water bottles, heaters, and fireplaces, too. Wear insulated boots and socks in very cold weather to help prevent frostbite.

**Don’t be callous.** Don’t attempt any kind of “surgery” by cutting your calluses yourself. You risk getting ulcers or infections, so call your doctor for help.

**Mark the calendar.** Schedule regular foot exams with your doctor—every few months, or at least once a year—to avoid emergencies later.
Shiratoki Noodles with Cashews and Chilies

This fast, satisfying dish features shiratoki noodles, a low-carb pasta made from konjac, an Asian yam, and sambal oelek chili paste, an Indonesian specialty. Find both ingredients in Asian grocery stores and natural food stores.

Makes 4 servings

### Ingredients

- 2 packages (16 oz total) shiratoki noodles
- 3 tbsp toasted sesame oil
- 1 large red onion, diced
- 4 garlic cloves, finely chopped
- 2 tbsp finely chopped fresh ginger
- 2 fresh jalapeño chili peppers, seeded and finely chopped
- 2 tbsp sesame seeds, toasted in a dry skillet
- 2 tbsp rice vinegar
- 2 tbsp agave nectar
- 1 tsp sambal oelek chili paste
- 1 cup low-sodium chicken broth
- ¼ cup chopped cashews
- ⅓ cup hand-torn fresh cilantro
- 2 tbsp low-sodium soy sauce

### Directions

1. Rinse the noodles under cold running water and drain well, then transfer them to a large bowl and toss with 1 tbsp of the sesame oil to prevent sticking.

2. In a large skillet, heat the remaining 2 tbsp sesame oil over medium-high heat. Add the onion, garlic, ginger, jalapeños, and sesame seeds and cook, stirring frequently, until the onions are translucent and aromatic, 2–3 minutes.

3. Add the rice vinegar, agave nectar, and chili paste, stirring well to combine. Mix in the broth, cashews, cilantro, and soy sauce. Cook for 1–2 minutes to marry the flavors.

4. Pour the sauce over the noodles. Let the noodles rest in the sauce for a few minutes before serving.

### Per serving

- 227 calories, 4 g protein, 19 g carbohydrate, 16 g fat (2 g saturated fat), 0 mg cholesterol, 2 g fiber, 7.5 g sugar, 448 mg sodium. Calories from fat: 63%
tooth and nail not to eat them. At the Surf Lodge, there were fries flying out of the kitchen all day long. You just have to talk yourself through it.

You split your time between New York City and Montauk. What’s your workout regimen like?

I usually work out every day. At home, I do a lot of pull-ups and sit-ups, and I do yoga. I work out at the gym with free weights. I also do two miles on the elliptical machine every day. And then when I’m in Montauk, I surf.

What’s the hardest part of your fitness routine?

I’m absolutely terrified of the ocean. But I force myself to get in the water. I like that quote, “Do one thing every day that scares you.” You feel more enriched or enlightened. There’s something very therapeutic about it. You get that rush, and you come out feeling better.

The easiest part of your fitness routine?

I take big, deep breaths. I just focus for a minute and realize that we know and love and trust.

What do you do to reset?

When you’re stressed out, what do you do to reset?

I go outside and look at both of my feet on the ground and breathe. I like to visualize being somewhere I enjoy.

You travel a lot. How do you stay healthy on the road?

I do a lot of planning. I don’t want to be in a bind where I have to eat potato chips or a gas station hot dog. If I’m flying, the night before I’ll make a batch of granola and other stuff that travels well that I can have on the plane.

How do you cope with holiday parties?

I try to eat at my house before I go. I’ll do some kind of guacamole or something that’s going to sustain me. I try to go in hungry. I’ll skip the appetizers and go directly to dessert.

What are you cooking for the holidays?

I love to braise turkeys. I take a whole turkey and break it down into parts, sear them in a pan, and then braise them for a long time. For every drink that I have, I’ll drink a glass of water. I usually drink vodka with club soda and fresh lemon, so it’s fewer calories and carbs.

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BY THE NUMBERS
DIABETES
FACTS AND STATS ON TOP HEALTH CONDITIONS
By Heather Hatfield

People in the U.S. who are diagnosed with types 1 or 2 diabetes: 18.8 million

People with diabetes who have high blood pressure: 2 out of 3

50%–60%
How much a person with diabetes can reduce the risk of severe vision loss if diabetes-related eye disease is detected and treated

32% to 50%
The percentage of a person with diabetes who can reduce the risk of heart disease if blood pressure is controlled

18.8 million
People in the U.S. who have prediabetes and are at risk for the disease

4.2 million
People in the U.S. who do not take medication or insulin

231,404
Deaths related to diabetes annually

$174 billion
Total cost of diagnosed diabetes in the U.S., as of 2007

5. Diabetes is the 7th leading cause of death in the U.S.

How much a person can reduce kidney function decline through the detection and treatment of early diabetic kidney disease: 30%–70%

Medicines currently in development for all types of diabetes: 235

Types of insulin sold in the U.S.: About 20

Who should be on my diabetes medical team?

1. True. Diabetes can affect the vision several ways. The disease can damage small blood vessels in the eye, for instance, which leads to blurry vision and possibly blindness. People with diabetes can also develop cataracts and glaucoma. Because of this risk, it’s important to get an annual dilated eye exam from an optometrist or ophthalmologist.

2. True. People with poorly controlled diabetes are at a higher risk for gum disease because high blood sugar makes them more vulnerable to bacterial infections. Gum disease—like other infections—can make diabetes worse.

3. False. People with diabetes are at increased risk of getting the flu. However, flu symptoms can make blood sugar levels harder to control. It also increases your risk of complications from the flu, so it’s a good idea to get vaccinated every year.

4. True. Diabetes can cause nerve damage and circulation problems, which in turn can lead to serious foot problems, such as infections and sores that are slow to heal, and in extreme cases, gangrene and amputation. To prevent these infections, check your feet every day for cuts, cracks, redness, swelling, sores, blisters, calluses, splinters, and other injuries. Never go barefoot and wear comfortable shoes that fit. A health care provider should examine and treat any sore or infection on your foot.

5. False. Diabetes does not cause acne. Acne is caused by the hair glands in the skin. People with diabetes may also be more vulnerable to fungal skin infections.

Sources:
- American Diabetes Association
- National Institute of Diabetes and Digestive and Kidney Diseases
- WebMD Diabetes Health Center

QUIZ
1. People with diabetes can develop blurry vision and even blindness. True False
2. High blood sugar can lead to tooth and gum disease. True False
3. People with diabetes are more likely to get the flu. True False
4. Diabetes can hurt your feet. True False
5. Diabetes causes acne. True False

WHAT’S YOUR DIABETES IQ?

Diabetes isn’t just a disorder of the pancreas—it can also cause serious complications in other parts of your body. That’s why it’s important to pay close attention to your symptoms. “About a month ago, both feet started hurting and eventually it went away,” says Ms. Babsheens. “Now for the past two weeks or more, the right side of my right foot hurts and is sore to the touch.” Do you know why Ms. Babsheens should talk to her doctor? How much do you know about other ways diabetes can affect your health?

SOURCES:
- American Diabetes Association
- National Institute of Diabetes and Digestive and Kidney Diseases
- WebMD Diabetes Health Center