



diabetes today

HEALTH NEWS AND INFORMATION

No-sugar foods

Just because a food is labeled *sugar-free* doesn't necessarily mean that it's low in calories or carbohydrates. You need to check the nutrition facts label.

When you compare the carbohydrate content of a sugar-free food to a standard product, you may find that there is little difference in the total grams of carbohydrates.

Also, look at the calorie content of a sugar-free food. Some sugar-free foods are actually higher in calories than foods containing sugar.

Source: American Diabetes Association



Look for the good and bad fats

Good fats can help lower your cholesterol. Monounsaturated and polyunsaturated fats are considered healthy fats. You can find these fats in foods like avocados, vegetable oils, and some nuts and seeds.

Bad fats can raise your cholesterol level and increase your chances of getting heart disease.

Saturated and trans fats are bad fats. These fats can often be found in animal products; commercial baked goods, such as muffins; and in shortenings.

Source: American Diabetes Association



IT MAY NOT HAVE A COMPELLING plot or interesting characters, but the nutrition facts label on the food you buy still may be one of the most important things you read.

This is especially true if you have diabetes and need specific information about the foods you eat.

Most packaged foods have nutrition labels. These labels report the serving size, number of servings per container and information about nutrients in the foods.

Ingredients are listed by weight in descending order. If an item is listed first, then it makes up the largest proportion of the food.

According to the American Diabetes Association, you should check nutrition labels for:

- **Calories.** Your dietitian can tell you how many calories you should eat every day.
- **Total fat and saturated fat.**

Call our 24-hour nurse line at **800-455-2476** or **816-271-4000**.

Some fats can be good for you. But too much fat—particularly saturated fat—can increase your blood cholesterol level, putting you at higher risk for heart disease.

- **Sodium.** Try to get less than 2,400 milligrams of sodium daily.
- **Total carbohydrate.** Pay attention to this number if you are counting carbohydrates.
- **Fiber.** You need 25 to 30 grams of fiber daily.

HEALTHY facts

DIABETES MAY RAISE RISK OF SLEEP DISORDER

People with type 2 diabetes may be at increased risk for sleep apnea, a dangerous sleep disorder.

Sleep apnea is characterized by frequent interruptions in breathing during sleep. Left untreated, it can raise the risk for heart disease and stroke.

In a study of 279 men and women with type 2 diabetes, researchers found that a large portion of the participants—36 percent—had sleep apnea.

—Endocrine Practice

SHOULD YOU BE TESTED FOR TYPE 2 DIABETES?

More than 6 million people in the U.S. have type 2 diabetes—the most common form of the disease—but don't know it.

Experts recommend that you be tested for type 2 diabetes if you are 45 or older, especially if you are overweight. If you are younger than 45, overweight, and have one or more additional risk factors, such as a family history of diabetes, you should consider being tested.

—National Diabetes Information Clearinghouse

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debunking DIABETES MYTHS

Myth 1: I can't eat dessert.

Actually, you can. But keep in mind that carbohydrates from foods containing sugar and starch can affect blood sugar levels. To keep your blood sugar within your target range, be sure to work sweets into your meal plan as you would any other carbohydrate-containing food.



Myth 2: I have to eat special diabetic foods.

Not necessarily. Your best bet is to eat plenty of fruits, vegetables and whole grains, and little fat, salt and sugar. Diabetic and dietetic versions of certain foods can still raise blood sugar levels. They can also have a laxative effect if they contain sugar alcohols.

Myth 3: I can only have small amounts of starchy foods,

such as bread, potatoes and pasta. Not true. You can enjoy starchy vegetables (such as potatoes and corn) and whole-grain breads, cereals and pasta in meals or snacks. But remember to keep portions moderate.



Myth 4: Fruit is healthy, so I can have as much as I want.

True, fruit is good for you and is a great source of vitamins, minerals and fiber. However, fruit also contains carbohydrates, so ask your doctor or dietitian about the amount, frequency and types of fruit you can eat.

Source: American Diabetes Association



Learn more about diabetes
at www.mychp.com.

the risk

OF HEART DISEASE



IF YOU HAVE DIABETES, BLOOD sugar control is important. But it's not the only thing you have to be concerned about. People with diabetes are at increased risk for coronary artery disease (atherosclerosis), heart attack and stroke, according to the American Diabetes Association (ADA).

Fortunately, good health practices can help reduce heart disease risk factors, such as high blood pressure and high LDL (the bad) cholesterol.

So can keeping the ABCs of diabetes in check, says the ADA:

A stands for A1C, a blood test that reveals your average blood glucose levels over a two- to three-month period. An A1C below 7 percent is recommended.

B is for blood pressure. Aim for a pressure below 130 mm Hg systolic and 80 mm Hg diastolic (130/80).

C is for cholesterol. The target level for LDL cholesterol is less than 100 milligrams per deciliter of blood.

To reach and maintain the above levels, the ADA advises that you:

■ **Make wise food choices.** Eat at least five servings of fruits and vegetables daily; eat fish two or three times a week. Get plenty of fiber from foods such as oatmeal, oat bran cereals, dried beans and peas.

Limit foods high in fat and cholesterol, including egg yolks, fatty meats and high-fat dairy products. Use less salt and sodium.

Cook with healthful fats, such

A healthy diet can help reduce your chances of getting heart disease.

as olive or canola oil. Instead of frying, bake, roast or grill foods in nonstick pans.

■ **Lose weight or prevent weight gain.** Cut back on the amount of fat and calories you eat, and increase your physical activity.

■ **Exercise with your doctor's approval.** Try to build up to 30 minutes of aerobic exercise, such as brisk walking, on most days.

■ **Avoid smoking.** Medicines, nicotine patches and counseling can help you quit, if you smoke.

■ **Ask your doctor** if taking a low-dose aspirin every day would be wise.

Know the signs of a heart attack

You're watching television with a friend when she suddenly clutches her chest in pain and has trouble breathing. She's having a heart attack, and you know what to do: Call 911.

Unfortunately, signs of a heart attack are not always that obvious.

They may start slowly, with mild chest pain or discomfort. Telltale signs can include: ■ Uncomfortable pressure, squeezing, fullness or pain in the center of the chest that lasts more than a few minutes or that goes away and comes back. ■ Pain or discomfort in one or both arms, the back, neck, jaw or stomach. ■ Shortness of breath with or without chest discomfort.

■ A cold sweat, nausea or light-headedness.

Women are somewhat more likely than men to experience shortness of breath, nausea with vomiting, and back or jaw pain.

Even if you're not sure it's a heart attack, don't wait longer than five minutes to call for an ambulance.

Source: American Heart Association



nurture

YOUR SKIN

DIABETES CAN AFFECT THE outside of your body as well as the inside.

Skin problems, for example, are quite common for people with diabetes, especially if the disease isn't kept under control.

High blood sugar levels can lead to dry skin and can hamper your body's ability to fight bacteria that can cause infections. Plus, scratching dry skin can break the skin and pave the way for infections.

So pay attention to your skin—a little extra care will help keep it

healthy. Here are some ideas from the American Diabetes Association:

Keep skin from drying out. Don't

Pay attention to your skin—a little extra care will help keep it healthy.

take very hot baths or showers, and don't use bubble bath. Use moisturizing soaps, and apply lotion after you bathe. During winter, when the air tends to be drier, try to keep humidity levels up in your home.

Treat cuts and scrapes. You can take care of minor cuts at home by washing them with soap and water and covering the area with sterile gauze. Avoid using alcohol, iodine and other harsh medicines on your skin. See your doctor for any major cut, burn or infection.

Check your feet. Look for sores,

cuts and other skin problems every day. Protect your feet by wearing shoes that fit you well.



HEALTHY. recipe

Strawberry yogurt shake

Ingredients

- 1/2 cup unsweetened pineapple juice
- 3/4 cup plain, low-fat yogurt
- 1 1/2 cups frozen, unsweetened strawberries
- 1 teaspoon granulated sugar

Instructions

1. Add ingredients, in order listed, to blender container.
 2. Puree at medium speed until thick and smooth.
- Makes 2 servings.

Nutrition Facts (per serving)

Calories 140 Calories from fat 15

Percent Daily Value*

Total fat 2g	2%
Saturated fat 1g	5%
Cholesterol 5mg	2%
Sodium 65mg	3%
Total carbohydrate 27g	9%
Dietary fiber 2g	8%
Sugars 22g	
Protein 6g	
Vitamin A	2%
Vitamin C	90%
Calcium	20%
Iron	6%

Percent daily values are based on a 2,000-calorie diet.
Recipe from www.fruitsandveggiesmatter.gov.