



# diabetes today

HEALTH NEWS AND INFORMATION

## An easy guide to serving sizes

If you're watching your weight, you need to know how much food you're eating. But who carries around a scale or measuring cup?

Luckily, there are other ways to estimate serving sizes:

- Meat, chicken, fish (3 ounces)—about the size of your palm.
- Cooked vegetables, salad, chili (1 cup)—about the size of your fist.
- Fruit, rice, cereal (half cup)—about half the size of your fist.
- Salad dressing (1 tablespoon)—about the size of your thumb pad.
- Butter, oil, mayonnaise (1 teaspoon)—about the size of your index finger pad.

Source: National Institute of Diabetes and Digestive and Kidney Diseases

## The skinny on breastfed babies

Breastfed babies are less likely than bottle-fed babies to become obese when they get older, according to a study of more than 15,000 children published in *Diabetes Care*.

That finding remained true even when the babies' mothers were overweight or had diabetes.

The study provides another reason for mothers to breastfeed their babies, researchers say.



## tips FOR A HEALTHY LIFESTYLE



### WHAT SHOULD I EAT TODAY?

Everybody struggles with that question from time to time. But if you have type 2 diabetes, a good answer can be harder to pin down.

The American Diabetes Association (ADA) wants to help. Based on the best available scientific research, the ADA has come up with several dietary suggestions for people with type 2 diabetes.

For example:

- Keep track of your carbohydrate intake. Try to eat at least 130 grams a day of carbs from fruits, vegetables, whole grains and legumes. These foods are also good sources of dietary fiber.

- Limit saturated fat to less than 7 percent of your total daily calories, and keep dietary cholesterol under 200 milligrams per day.

- Get enough protein in your diet, but don't go overboard. A diet in which more than 20 percent of calories come from protein may result in short-term weight loss, but the long-term effects are unknown.

- Try to get at least 150 minutes a week of moderate-intensity aerobic exercise, such as brisk walking, spread over at least three days.

Talk to your doctor or dietitian about which lifestyle changes are best for you and how to track your carbohydrate, fat and protein intake.

For more information, go to [www.diabetes.org](http://www.diabetes.org).



# HEALTHY facts

## ISLET TRANSPLANTATION TRIAL OFFERS PROMISE

Type 1 diabetes is caused by a loss of islets—clusters of cells in the pancreas that make insulin. Treating the disease with islet transplantation, while still experimental, looks more promising following an international trial. One year after 36 adults with type 1 diabetes received islet transplants, 44 percent did not need to take insulin.

—*The New England Journal of Medicine*

## DIABETES: A JOB BURNOUT RISK? Job burnout might raise your risk for developing type 2 diabetes.

Researchers followed 677 healthy workers for three to five years, assessing them for three hallmark symptoms of burnout: emotional exhaustion, physical fatigue and mental weariness. Seventeen of the workers developed diabetes during the study. Even after making adjustments for workers' age, weight, smoking and other factors, job burnout nearly doubled the risk for diabetes.

—*Psychosomatic Medicine*



## diabetestoday

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# diabetes FORECAST

THE NEWS FROM TWO NATIONAL studies about diabetes among U.S. adults is mixed.

The percentage of adults with diagnosed diabetes has been increasing—from 5.1 percent in a study from 1988 to 1994 to 6.5 percent in a study from 1999 to 2002.

However, experts estimate that the percentage of adults with undiagnosed diabetes hasn't gone up. It remained at approximately 2.8 percent.

But that means about one-third of the people who have diabetes don't know they have it, which can hardly be considered good news.

The studies also show that about one-fourth of American adults have a condition called pre-diabetes. This means their blood sugar levels are high but not high enough to be classified as

diabetes. People with pre-diabetes often develop diabetes within 10 years, according to the National Institutes of Health (NIH).

Pre-diabetes also raises a person's risk for heart attack and stroke.

If you have pre-diabetes, losing weight and increasing exercise can greatly lower your risk for developing diabetes, says the NIH.

And if you have diabetes, you can prevent or delay complications by controlling your:

- Blood sugar levels.
- Blood pressure.
- Cholesterol.

Talk to your doctor about testing your blood sugar levels if you are older than 45 or if you have risk

factors for diabetes, including:

- A family history of diabetes.
- Excess weight.
- An inactive lifestyle.

Take the Diabetes Risk  
Test at [www.diabetes.org/risk-test.jsp](http://www.diabetes.org/risk-test.jsp).

# MAINTAIN YOUR sexual HEALTH

DIABETES CAN AFFECT MANY parts of your life—including your sex life.

High blood sugar levels can make you feel so sluggish that you're simply too tired for sex.

Fortunately, getting your blood sugar under better control can help you get your sex life back on track. Many of the sexual problems that diabetes may cause or contribute to can be successfully managed.

That's why it's so important to let your doctor know if you experience sexual problems.

In the meantime, here's a list of sexual problems associated with diabetes—and possible remedies.

## Women only

■ Loss of sensation. Because

diabetes can damage nerves, it may lessen sensation in the sexual organs, making it harder for a woman to reach orgasm. Kegel exercises to strengthen pelvic muscles and shifts in position during sex may help.

■ Vaginal dryness. Nerve damage to the cells that line the vagina may cause dryness, making sex uncomfortable. For relief, consider either an over-the-counter or prescription lubricant.

## Men only

■ Erectile dysfunction (ED). Men with diabetes are three times more likely than men without the disease to have trouble getting or sustaining an erection. The best way to avoid this problem is to keep your blood sugar levels under control.

However, if you do have ED, you have many treatment options to discuss with your doctor, including drugs taken orally or by injection.

■ Retrograde ejaculation. Diabetes-related nerve damage may cause this condition, in which part or all of a man's semen goes into the bladder (instead of out the penis) during ejaculation. Drugs that improve muscle tone in the neck of the bladder may ease the problem.

Sources: American Diabetes Association; National Institute of Diabetes and Digestive and Kidney Diseases

High blood sugar levels may make you feel too tired for sex.



## Watch out for warning signs of a urinary tract infection

Anyone can get a urinary tract infection (UTI). But people with diabetes are particularly prone to these infections.

That's because UTIs are typically caused by bacteria, and bacteria thrive when blood sugar is high. Diabetes can also damage the nerves in your

bladder, increasing the risk of a UTI.

So watch for the warning signs of a possible UTI:

- Frequent urge to urinate.
- Pain or burning when you urinate.
- Cloudy or bloody urine.
- Low-back or abdominal pain.
- Fever, chills, shakiness or fatigue.

If there's any chance you have a UTI, see your doctor right away.

Bacteria from an untreated UTI can travel up the urinary tract and infect the kidneys, a potentially serious complication.

Sources: American Diabetes Association; National Institute of Diabetes and Digestive and Kidney Diseases

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# stroke

BE AWARE OF RISK

IF YOU HAVE DIABETES, YOU'RE at much higher risk of having a stroke than is someone without the disease, according to the American Diabetes Association.

That's the bad news. But you can reduce your chances for stroke by controlling risk factors. And you can reduce your chances of permanent brain damage by getting emergency medical help if you have stroke symptoms.

A stroke is more likely if you have diabetes and:

- Have high blood pressure or abnormal blood cholesterol levels.
- Smoke.
- Have already had a stroke or a mini-stroke (known as a transient ischemic attack, or TIA).

■ Have a family history of stroke or TIAs.

To reduce your stroke risk, try to maintain target levels set by your doctor for blood glucose (sugar), blood pressure and cholesterol. The closer your numbers are to your targets, the better your chance of preventing a stroke. Ask your doctor for guidance on meal planning, physical activity and medication.

Also, if you smoke, try hard to quit.

You can reduce your chances for stroke by controlling risk factors.

## HEALTHY. recipe

### Fiesta salad

#### Ingredients

- 1 cup cooked quick brown rice
- 2 cups mixed and cooked black, pinto and kidney beans, drained
- 1 cup mixed, raw red and green peppers, chopped
- 1 cup corn kernels
- ½ cup green onions, chopped
- 3 large, ripe tomatoes, seeded and chopped
- 2 tablespoons cilantro, chopped
- Salt and pepper to taste
- Nonfat salad dressing of choice

#### Instructions

1. Cook rice according to directions on box.
  2. After rice cools for about 20 minutes, mix together all ingredients except tomatoes and dressing in a large salad bowl.
  3. Just before serving, mix in tomatoes and dressing.
- Makes six 1-cup servings.

#### Nutrition facts (per serving)

Calories 177	Calories from fat 10
Percent Daily Value*	
Total fat 1.1g	2%
Cholesterol 0mg	0%
Sodium 103mg	4%
Carbohydrates 34g	11%
Protein 8g	
Percent of calories from fat 6	

\*Percent Daily Values are based on a 2,000-calorie diet. Source: *Vegan Handbook*, eds. Debra Wasserman and Reed Mangels (The Vegetarian Resource Group, 1996)