



Did You Know? Diabetes Month

Celebrities with Diabetes

Diabetes can affect anyone, the famous and the non-famous alike, but it doesn't have to stop you from achieving your goals. Take a look at our list of people - from actors to prominent political figures - who have risen to the top of their fields while dealing with diabetes.

FUN FAMILY ACTIVITIES

NOVEMBER

SATURDAY, NOVEMBER 12
Camperdown Plant Sale

Camperdown, Soursop Street
 9:00 AM — 12 NOON

Fourth Annual Camperdown Plant Sale. It's the island's most popular private sale that plant enthusiasts look forward to each year. Browse palms, orchids, bromeliads, landscape plants, house plants, and check out the \$5 table. It's something for everyone at very reasonable prices. Go early for premium plants. Follow signs on Eastern Rd and Prince Charles Drive.

NOVEMBER 24-26

College Basketball Battle 4 Atlantis

Atlantis, Paradise Island
 For Details: Box.Office@kerzner.com

8 top US Division I Men's College Basketball Teams clash on the hard-court at Atlantis. 2011 Champion UConn, Harvard, UMass, Utah, UNC-Asheville, Charleston, Florida State and UCF battle over three days.

Packages now on sale.

Full Tournament Package:

12 games (w/assigned seating) & VIP access:
 Lower: \$320, Upper: \$240.

Fan Package:

6 games with General Admission, Fan Seating: Lower: \$190, Upper: \$150.

Box Office Hours:

M-F 10 am - 6 pm; S-S 12 noon to 8 pm.

Special offer: Local packages purchased S-S are eligible for bridge toll and valet parking reimbursement (valid until Nov 20).

Call: 363-6602

Email: Box.Office@kerzner.com



JAY CUTLER

Chicago Bears quarterback **Jay Cutler** was diagnosed with type 1 diabetes in 2008 after he lost 35 pounds and felt like he had no energy, according to media reports. But Cutler hasn't let diabetes sideline him. Cutler now wears an insulin pump, monitors his blood sugar, and has called his condition "manageable." Type 1 diabetes is an autoimmune disorder, in which the body's immune system attacks cells in the pancreas that make insulin, a hormone that controls blood sugar.



BRET MICHAELS

Bret Michaels, singer for the band Poison, manages diabetes while living the life of a rock star and television personality. Michaels was diagnosed at age 6. As an adult he takes "four insulin injections and eight blood tests each day," according to his web site. 2010 brought a series of health problems for Michaels, including a brain hemorrhage, yet he finished and won TV's The Celebrity Apprentice and pledged his \$250,000 award to the American Diabetes Association.



NICK JONAS

Singer **Nick Jonas** of the Jonas Brothers went public with his type 1 diabetes in 2007. He has said that his symptoms included weight loss and thirst. When diagnosed with type 1 diabetes, his blood sugar was over 700 -- normal blood sugar levels are from 70 to 120. Jonas was hospitalized and learned to manage his type 1 diabetes. Once called juvenile diabetes, type 1 diabetes is the most common type of diabetes among people younger than 20, but it can strike at any age.



HALLE BERRY

Actress **Halle Berry** has type 2 diabetes. Forget the gossip that Berry had "weaned" herself from insulin and switched from type 1 to type 2 diabetes -- that's not possible. Type 1 diabetes patients can't make insulin and require insulin injections for life. Some type 2 diabetes patients also need insulin shots, in addition to oral medications, to control blood sugar. But most people with type 2 diabetes can survive without insulin, unlike type 1 diabetes patients.



RANDY JACKSON

American Idol judge **Randy Jackson** learned he had type 2 diabetes in 2001. Back then, Jackson was obese, which makes type 2 diabetes more likely. Jackson was also at risk because diabetes ran in his family, and African Americans are more likely than whites to develop diabetes. Jackson has since gotten gastric bypass surgery, lost 100 pounds, improved his diet, and made exercise -- including walking on a treadmill and practicing yoga -- a staple of his life.



SALMA HAYEK

Actress **Salma Hayek** had gestational diabetes, a type of diabetes that happens during pregnancy, while pregnant with her daughter, Valentina. Hayek has a family history of diabetes. Almost all women are screened for gestational diabetes when they are 24-28 weeks pregnant; high-risk women may be screened earlier. Gestational diabetes usually goes away after pregnancy, but it raises the risk of developing type 2 diabetes or getting gestational diabetes again.



PATTI LABELLE

Singer **Patti LaBelle** has type 2 diabetes. On her web site, LaBelle recalls her diagnosis. "I passed out on stage ... and the doctor came back to me and said, 'Did you know you were type 2 diabetic?' and I said, 'I had no idea,'" states LaBelle, who has a family history of diabetes. LaBelle has since written healthy cookbooks, and she exercises regularly. She called herself a "divabetic" -- that's a mix of diabetic and diva -- in People in December 2008.



ANNE RICE

Novelist **Anne Rice** didn't know she had diabetes until it nearly took her life in 1998, when she entered a diabetic coma. "I think I had a blood sugar reading of 800 or thereabouts, and I came within five to 15 minutes of dying," Rice states in a 1999 letter posted on her web site. From that crisis, Rice learned that she has type 1 diabetes. "I'll use insulin for the rest of my life," Rice states. "I have come to terms with it. ... Thousands of people live with it."



MIKE HUCKABEE

Mike Huckabee, the former Arkansas governor who ran for president in 2008 and is now a TV show host on the Fox News Channel, was diagnosed with type 2 diabetes in 2003. Afterward, Huckabee upgraded his diet and became a runner. His efforts paid off -- he shed 110 pounds, trimmed his BMI from obese to normal, and reversed his type 2 diabetes. Huckabee wrote a book about his transformation and promotes healthy living, starting in childhood.



LARRY KING

Talk show host **Larry King** has type 2 diabetes. "It's definitely controllable," King has said on his show. Diabetes makes heart disease, stroke, kidney disease, and other serious health problems more likely. King had quintuple bypass heart surgery in 1987. Diabetes wasn't his only risk factor -- King had been a heavy smoker, and smoking hurts the heart. But by taking care of his diabetes (and quitting smoking), King helps his heart and the rest of his body.



MARY TYLER MOORE

Actress **Mary Tyler Moore** has type 1 diabetes. Moore's diabetes was diagnosed at age 30, when she was hospitalized after suffering a miscarriage. A routine blood test done at the hospital showed a very high blood sugar level of 750. "They put me on insulin right away," Moore told CNN's Larry King in 2005. Now in her 70s, Moore has long been active in promoting diabetes research; she serves as the International Chairman of the Juvenile Diabetes Research Foundation.



ELLIOTT YAMIN

A standout singer who finished in third place on the fifth season of American Idol, **Elliott Yamin** was diagnosed with type 1 diabetes in his mid-teens. Yamin has told interviewers that he was angry, embarrassed, and in denial about his diabetes back then. But Yamin, who wears an insulin pump, has matured into a role model for young adults with diabetes.

DIABETES MANAGEMENT (IN 10 MINUTES OF LESS)

Put Your Shoes by the Door

Take a minute to put a pair of slip-on shoes and socks near the door so you aren't tempted to go outside barefoot. Make sure your slippers or house shoes are in a handy location too, so you'll remember to wear them inside to avoid injury.

Do a Quick Body Scan

As you dry off from your shower each day, inspect your body head to toe. Look for dry, red, or sore spots that could become infected. Don't forget the places where moisture can hide and bacteria can grow. Check under your arms and breasts, and between your legs and toes. Pay special attention to your feet. Use a mirror to help you see all over and treat injuries quickly.

Prepare Emergency Snack Packs

Put a few glucose tablets or gels, or five or six pieces of hard candy, into baggies. Always carry a few with you when you go out in case hypoglycemia -- low blood sugar -- strikes. It's hypoglycemia when blood sugar drops below 70 milligrams mg/dL and you feel, dizzy, hungry, or shaky. Skipping a meal, taking too much diabetes medication, and exercising harder than usual without eating can trigger it.

Take a Quick Test

Put your glucose monitor on your nightstand to remind you to check blood sugar first thing in the morning. Depending on your diabetes treatment, your doctor will advise you how often you should check your blood sugars. For most people, the target range before meals is between 70 and 130 mg/dL. Within an hour or two after a meal, your glucose target should be less than 180 mg/dL.

Put a Tag on Your Gym Bag

Does your doctor recommend you check your glucose levels? Make a reminder for yourself. Checking before and after exercise can help you learn how it affects your levels and it may help you avoid dangerous drops in blood sugar levels.

Make Insulin Work for Your Lifestyle

If your schedule is fast-paced and meal times are unpredictable, ask your doctor about rapid-acting insulin, as well as an insulin pump which delivers fast-acting insulin. It may be a convenient addition to your current therapy. These rapidly acting insulins can be taken just before eating -- or, your pump can be adjusted prior to meals, exercise, or a change in your usual activity. They typically have an effect on your blood sugars within 30 minutes.

CONTINUED OVERLEAF >>

This and all information contained in this newsletter is not intended to replace the advice of a doctor. Family Guardian & BahamaHealth disclaim any liability for the decisions you make based on this information.



DIABETES MANAGEMENT (IN 10 MINUTES OF LESS)

Power Up Your Diet

Print the American Diabetes Association's list of 10 super foods. They have a low glycemic index, meaning they aren't likely to cause a spike in blood sugar. They are also packed with important nutrients. Post the list on your refrigerator so it's at the ready when you make your shopping list, plan meals, or look in the refrigerator for something to eat.

Drink Some Water

High glucose causes your body to lose fluid, and your skin can get dry. It may get itchy or crack, and that can lead to infection. Drink plenty of water and other fluids to help your skin stay moisturized and healthy.

Remember Your Medical Alert Bracelet

Put your medical alert bracelet or pendant near your watch, rings, or other jewelry you wear every day. This may help you remember to wear it. Or keep it near your toothbrush or keys. In an emergency where you're confused or unable to speak, it can save critical time by letting others know about your diabetes.

Assemble a First-Aid Kit

Diabetes complications can turn minor injury into a major problem. Take a few minutes to gather these supplies:

- Hydrogen peroxide for cleaning wounds
- Triple-antibiotic cream for dressing cuts and scrapes
- Sterile gauze for covering wounds

If you have circulation problems or peripheral neuropathy, you may need to see a doctor or wound care center. Be sure to keep the phone number handy.



Image: First-Aid Kit for Diabetics

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Healthy Eating with Diabetes

Most people with diabetes have learned that what they choose to eat and drink can help raise or lower their blood sugar levels after meals. So which foods should you choose if you have diabetes?

There are four components in food that can affect your blood sugar:

- Carbohydrates
- Fiber
- Protein
- Fat

Carbohydrates raise blood sugar faster and have the greatest effect on blood glucose compared to foods that contain proteins or fats. Fiber, protein, and fat can blunt the rise in blood sugar after a meal.

Aiming for a healthy balance of carbohydrates, protein, and fat in your meals can help you manage your blood sugars. But it's important to choose quality carbohydrates and smart fats, such as:

- Vegetables, beans, whole grains, and fruit for carbs.
- Fish, nuts and seeds, avocado, olives, extra virgin olive oil, and canola oil for fat

Even so, two people with diabetes may respond differently to the same meal. You may want to check your blood sugar regularly before and after a meal and look for patterns between what you eat and drink and the blood sugar levels that result. You also may want to check the amount of carbohydrates eaten with each meal and try to keep the grams consistent with each meal. This can help you take charge of your blood sugars.

Eating a healthy, balanced diet when you have diabetes doesn't mean you have to deprive yourself of foods that taste good. The sample menu below represent meal options that have a good balance of protein and fat and a great source of fiber. These meal options are suggestions that you can plug into your diet -- in the right portion sizes -- along with any additional fruit, vegetables, grains, dairy, protein, or fats in your plan. Don't forget to pay attention to the sodium in your diet. Read labels and choose foods that are low in sodium.

SAMPLE DAILY MENU OPTIONS

BREAKFAST

High-fiber carb choices:

- Whole grain cereals (hot/cold) with fruit
- Whole grain bread, English muffin or bagel
- Whole grain waffles or pancakes with fruit

Lean protein (low in saturated fat):

- Higher omega-3 egg blended with 2 egg whites for egg dish. Add vegetables such as spinach, broccoli, or tomatoes
- Low-fat milk or soy milk for your cereal or as a beverage
- Part skim cheese added to your omelet
- Low or non-fat yogurt with fruit or in a smoothie, or enjoy with cereal

Smart fats:

- Avocado added to your omelet
- Nuts for cereals and yogurt parfait
- Extra virgin olive oil used in omelet
- Canola oil used in whole grain muffins, pancakes, waffles

LUNCH

Whole grain sandwich/wrap:

- Roasted turkey or skinless chicken, lean beef or pork
- Part skim cheese or soy cheese
- Water-packed tuna dressed in a vinaigrette, yogurt or light mayo
- Falafel
- Roasted vegetables

Bean-based lunch such as:

- Bean burrito
- Hummus with whole grain bread or veggies dippers
- Chili with lean meat or vegetarian, or stew featuring beans

Entrée salad made with:

- Dark, leafy green lettuce
- Lots of vegetables
- Lean meat, fish, beans, or cheese plus avocado and nuts if desired
- Dressing made with extra virgin olive oil, canola oil or yogurt

DINNER

High-fiber carb choices:

- Cooked grains like brown rice, quinoa, barley, bulgur, amaranth, etc.
- Whole wheat breads -- tortilla, pita, buns, etc.



SAMPLE DAILY MENU OPTIONS Continued

Colorful vegetables on the side or with the entrée

Dark, leafy green lettuce for side or dinner salad

Fresh fruit on the side or with the entrée

Lean protein (low in saturated fat):

Grilled or baked fish, by itself or in a mixed dish such as tacos

Skinless chicken -- grilled, baked or stir-fried

Lean beef or pork -- sirloin, tenderloin, with no visible fat

Part skim cheese in entrées such as eggplant parmesan, vegetarian pizza on whole wheat crust, vegetable lasagna, enchiladas, etc.

Smart fats:

Extra virgin olive oil or canola used in sensible amounts to cook the above

Nuts added to entrée or side dishes

Avocado or olives with entrée or side dishes

For Tasty Recipe Options Visit:

www.webMD.com, www.diabetes.org,
and www.diabeticalifestyle.com/recipes/



Chicken Salad with Walnuts

INGREDIENTS

5 pounds skinless, boneless chicken breasts
 ¾ cup non-fat sour cream
 ¾ cup non-fat mayonnaise
 2 tablespoons white wine vinegar
 4 celery ribs, cut into small dice
 ½ cup walnuts
 ¼ cup chopped fresh tarragon
 freshly ground pepper
 1 tsp salt
 extra tarragon for garnish

DIRECTIONS

Poach the chicken breasts in simmering broth until cooked through, about 15 minutes. Drain, cool, and cut (or shred) into bite-sized pieces.

In a small bowl, combine the sour cream, mayonnaise, and vinegar.

Combine the chicken and dressing. (Can be made ahead and refrigerated to this point one day in advance.)

Before serving, add the celery, walnuts, tarragon, salt, and pepper to taste.

NUTRITION INFORMATION

Per ½ cup serving: 271 calories (19% calories from fat), 46 g protein, 6 g total fat (0.9 saturated fat), 7 g carbohydrates, 1 g dietary fiber, 111 mg cholesterol, 253 mg sodium.

Healthy Snacks for Kids with Diabetes

Written by Frances Towner Giedt

www.diabeticalifestyle.com

Healthy snacks are important for children with diabetes, whether they are dealing with type 1 diabetes or type 2 diabetes. Snacks provide a way for children to recharge, manage their blood glucose levels, and sustain energy until their next meal.

When deciding what snacks to give your child, try to incorporate a variety of foods. Snacks for kids should come from the bread, dairy foods, and fruits and vegetables groups. You can also ask your child's doctor or registered dietitian for healthy snack recommendations, as well as how to monitor the carbs in your child's snack.

Below are healthy snack ideas for kids.

From the bread group:

air-popped popcorn
 baked chips
 breadsticks
 graham crackers
 low and no fat rolls, such as bagels
 low-fat crackers and pretzels
 rice cakes with fruit spread or all natural peanut butter
 trail mix
 vanilla wafers

From the dairy foods group:

frozen, low-fat, no sugar added yogurt or ice cream
 fruit smoothies (made with non-fat yogurt, fruit, skim milk, and ice cubes)
 low-fat cheese, cottage cheese or ricotta
 low-fat milk
 low-fat yogurt

From the fruits and vegetables groups:

apple wedges
 baby carrots or carrot sticks
 banana slices
 celery sticks stuffed with low-fat cream cheese or natural peanut butter
 cherry tomatoes
 cucumber slices
 grapes
 melon balls
 oranges and tangerine sections
 peach or pear slices
 raisins or yogurt-covered raisins
 strawberry slices
 tomato and vegetables juices

When shopping for these foods, be sure to read the nutrition labels, and watch for phrases, such as "low fat"—that doesn't always mean low in calories. Also, sometimes sugar is added for taste, which adds to the carbohydrate count.

Note that fat and cholesterol should not be limited in children younger than 2 years old because they are necessary for growth and development. After age 2, you can start incorporating more low-fat dairy products and leaner meat servings. Your child's food needs will continue to change as they grow.

Snack Tips for Children with Diabetes

- Store snacks in certain areas of the fridge for older children.
- Let children know the proper time to snack. The proper time for snacking is not 30 minutes before a meal. Teach your children to eat their snacks mid-morning or mid-afternoon.
- For younger children, pre-pack their snacks in colorful lunch boxes to make the snack special.
- Incorporate a variety of snacks so that children don't get bored eating the same ones.
- Dress up fruits and vegetables with dips made with peanut butter, low-fat sour cream, low-fat cream cheese, etc.
- Cut the fruits and vegetables into different shapes. Also make sure that the snacks are appropriate for your child's age.
- Never give children younger than 3 years old foods they can choke on like nuts, raisins, popcorn, raw vegetables, and fruits.
- Select snacks from several areas of the food pyramid so that "forbidden foods" will not hold so much power over your child.
- To offer your child a snack, suggest comparable snacks. Ask, "Do you want ice cream or yogurt," "apples or grapes?" Don't ask "Do you want pretzels or carrot sticks?"
- Give children the appropriate serving size. Small children need little to eat, while older children need more. For example, a 4-year-old may get one-fourth cup of frozen yogurt, while a 12-year-old may get three-fourths of the same treat.

Remember that snacks aren't truly snacks if they ruin your child's ability to eat the next meal. Also, don't give up if your child doesn't like a new food the first time he or she tries it. The next time, serve it again in another way. Don't fight over food or punish your child for not eating a new food. That sets both of you up for unhappy future meals.

Healthy snacks are essential for a child with type 1 diabetes or type 2 diabetes, so set a good example for your child. If your child sees you snacking on healthy foods, he or she will likely eat these foods, too.