

# Nutrition Tidbits

A Monthly Newsletter for patients at  
Family Medical Center at North  
Garland **SEPTEMBER 2009**

## Ways to Avoid Diabetes

You may have a family history of diabetes, but that does not necessarily mean you will get it in your lifetime. In many cases, diabetes can be prevented by following a healthy lifestyle. A healthy lifestyle has many components including:

- Maintain a normal body weight
- Exercise regularly
- Eat a low-fat, high fiber diet
- Limit high sugary foods
- Get adequate sleep
- Get annual doctor check-ups
- Minimize stress



## Diabetes and Nutrition

Diabetes and nutrition are interwoven. At PNT, we strive to prevent and reduce the incidence of diabetes through nutrition education. We have a team of weight loss specialists and certified diabetes educators that are available to coach you or your loved one as you make changes in lifestyle habits. We have individual and group programs to choose from - one of which is sure to fit your budget. After numerous requests from the public, we are proud to roll out a new group weight loss program at PNT this month called, "**Make A Difference with 5%!**". Unlike many other popular weight loss programs, our weekly meetings are led by Registered Dietitians the experts in food and nutrition. They will teach you the secrets to not only losing the weight, but keeping it off. Classes are filling fast, so contact us today at 972-238-1811. Hopefully the information in this newsletter will remind you that the time is now to invest in your health!

**Get "MAD" and lose 5 %!**

## Diabetes: To Be or Not To Be? That Is The Question

Nearly 6 million Americans are walking around with diabetes and do not know it. Are you one of those people? There is good news. Diabetes is one of those diseases that you can manage and prevent with a healthy lifestyle. Early diagnosis and treatment is essential. Do not let the fear of a needle or a doctor's visit stop you from getting valuable information that you need to know.

### What is Diabetes?

The quick and simple definition of diabetes is when your body is unable to regulate blood sugar levels on its own either through the inability or decreased ability to produce a hormone called insulin. When food is digested, blood sugar levels rise. Insulin is the "key" that unlocks the "door" to cell where glucose is processed into energy or stored as fat. When you are diabetic, this process is impaired and as a result, the blood sugar levels remain elevated. These high levels of glucose make the blood thicker and can cause problems in every organ system through poor circulation. There are different types of diabetes - type 1, type 2

and gestational diabetes. Type 1 Diabetes is diagnosed early in life. It occurs when cells in the pancreas stop making insulin altogether. Type 1 diabetics need to be injected insulin in order to control blood glucose levels. Type 2 diabetes results from a combination a body's inability to properly use insulin (also called "insulin resistance") and insulin deficiency. Gestational diabetes is a condition that occurs in women during pregnancy and is similar to Type 2 diabetes. In fact, 5-10% of all women with gestational diabetes are found to having Type 2 diabetes, which continues after the baby is born.

### Signs and Symptoms of Diabetes

Early detection of diabetes can save you from developing complications, so it is important that you watch for the following symptoms:

- Excessive thirst
- Frequent urination
- Unusual weight loss
- Fatigue
- Extreme hunger
- Irritability
- Blurry vision

If you or someone you know has one  
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or more of these symptoms, consult your personal physician and ask for a diabetes evaluation.

### What is Pre-Diabetes?

Pre-Diabetes is just like it sounds – you are one step away from having diabetes. Clinically, a person has pre-diabetes if they have an impaired fasting glucose (IFG) between 100-125mg/dL or an impaired glucose tolerance (IGT) between 140-199mg/dL. If you receive a diagnosis of pre-diabetes from your physician, it is imperative that you consider lifestyle modifications to prevent diabetes.

### Preventing Diabetes and Pre-Diabetes

While we are not fully sure of how to prevent some forms of diabetes such as Type 1 diabetes, most forms can be prevented by following a healthy lifestyle. The research shows that just a modest weight loss – a 5-10% reduction in body weight as well as the incorporation of at least 30 minutes of physical activity per day – will reduce your chances of getting diabetes. Even people that have already been diagnosed with diabetes can see drastic improvement in their management of the disease with this same goal.

#### Proper Nutrition

A diet that is less than 7% of saturated fat that is rich in fibrous foods such as beans, leafy green vegetables and whole grains is a natural way to reduce total calories. A reduction in total calories each day will help result in a gradual weight loss. Aim for making more meals at home to keep food choices healthy and lower in sodium. Space out your daily calories with a healthy breakfast, modest lunch and lean dinner with a couple light snacks spaced between for sustained energy. People that skip meals have a tendency to eat larger meals later and that equates to burdening the body with keeping blood glucose levels stable. Over time, eating this way could put your body at risk for a diabetic condition. Instead, eat small frequent meals throughout the day. If you need specific assistance with proper nutrition, contact PNT and we will recommend a perfect plan that is right for you.

#### Physical Activity

Many people have their own pre-conceived idea of what exercise is, such as going to a public gym or having to be involved with an organized sport. Exercise is both of those things, but exercise is also anything else that keeps the heart rate elevated for an extended period of time. It could be anything from walking to playing with your children to raking leaves. Your body feels the beneficial effects of all of these activities – it doesn't know if you are consciously working out or if it's just having fun. In fact, the more fun it is for you, the more consistent you will be! When you choose your physical activity, keep that in mind. Some people like to train for something – such as a competitive run or bike ride - in order to keep their exercise consistent. If this is your desire, consider consulting one of our sports nutrition dietitians. They can customize a plan to assist with your workouts and maximize your results!

If you are living with diabetes, please know that you can improve your health. Those that decide to make healthy changes can live very full lives. It is up to you and your desire to make those changes.

## Fall Diabetes Classes

If you have any form of diabetes, pre-diabetes or just want to learn more detail about living with diabetes, consider attending our group diabetes classes. Diabetes Awareness Wellness and Nutrition (DAWN) classes start back up in the fall and will be a 3 class series that will be from 7-9 p.m. on the following Thursdays:

September 24

October 1

October 8

If you are interested in learning more about the DAWN classes, contact us at 972-238-1811. All classes are taught by certified diabetes educators.

**\*\*\*NEW AT PNT\*\*\***

### ***Make A Difference with 5%! WEIGHT LOSS PROGRAM***

Research shows that weight loss of 5-10% can decrease blood pressure and improve nutrition. This program focuses on participants achieving a minimum weight loss of 5-10% through eat healthy lifestyle modifications.

**DETAILS: FIRST SESSION PRIVATE THEN WEEKLY WEIGH-INS, NUTRITION "MINI" CLASSES, AND MORE!**

**Get "MAD" and lose 5 %!  
RECEIVE A FREE CONSULT UPON SIGN-UP! SPACES LIMITED.  
CALL NOW 972-238-1811**

## DIABETES RESOURCES:

General Information:

[www.diabetes.org](http://www.diabetes.org)

[www.ndep.nih.gov/index.aspx](http://www.ndep.nih.gov/index.aspx)

Food Tracking:

[www.calorieking.com](http://www.calorieking.com)

[www.livestrong.com/thedailyplate/](http://www.livestrong.com/thedailyplate/)

Diabetic Recipes:

[www.DiabeticCooking.com](http://www.DiabeticCooking.com)

[www.DiabetesDaily.com/recipes/](http://www.DiabetesDaily.com/recipes/)