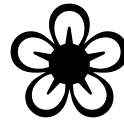


PREVENTING DIABETES



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Greetings!

This is the tenth issue of our newsletter and we hope you take a few minutes to read about the project and the prevention of diabetes.

We have lots of activities lined up for this fall, including Wellness Sessions, Community Kitchens, the Health Club, and the Healthy Food Co-op. Contact Kim Gallant at 892-5314 Extension 234 or Brenda Bradford at 621-0193 if you are interested in taking part in any of these activities.

We would like to hear from you. Do you have any comments or questions about the newsletter? Is there anything you would like to know about diabetes prevention? Or any questions about nutrition, health, fitness and healthy lifestyle? Send in your questions and we will do our best to answer them for you.

Brenda Bradford

Tip to Tip Challenge

The first official Tip to Tip Challenge was a great success this year. Participants were invited to walk, run or cycle part or all of the distance across the Island. The purpose of the Challenge was to get more people involved in exercise and healthy living.

The Challenge started on June 5th and ended on September 9th. A total of 47 members (20 men and 27 women) participated: 10 Elders; 7 youth; 30 adults. Their ages ranged from 8 to 70, and they lived in all areas of the province: 12 from Zone 1; 27 from Zone 2; and 8 from Zone 3.

All 47 participants made it at least part way across the Island and 19 of them completed the total distance. Two who completed the distance were Elders who then joined in with their children and grandchildren to do a family walk.

Congratulations to everyone who took part in the Tip to Tip Challenge!!! And special congratulations to Joyce Gallant, who walked the entire distance across the Island twice!!!

Don't forget that we will be holding another Tip to Tip Challenge next year, so start walking. Here are some ideas from Brenda for getting started.

Kim Gallant

Starting Your Walking Program

Do you want to lose weight? Then get walking. Studies show that walkers lose weight and keep it off, mainly because walking is an easy, cheap, accessible and fun exercise!

How much weight can you lose? A 150-pound woman on a brisk one-hour walk can burn about 280 calories, so you can shed up to five pounds a month, if you walk for about 60 minutes, six days a week and eat 360 fewer calories (equal to a regular speciality coffee or two breakfast sausages) a day.

Walking briskly has a few other fringe benefits, of course. Regular moderate activity such as walking has been found to boost energy and ward off certain cancers, slash diabetes risk and fight osteoporosis and depression. Makes the couch look a little less appealing, doesn't it?

When you start your walking program, set a goal, say 15 minutes a day for a beginner, and 30 minutes or more a day for an experienced walker. Then gradually increase the distance you walk each day. The following tips may help you start your walking program this fall and continue it through the winter and into spring...

*Walk right: To prevent injury and stay

energized, start with the proper walking stance

with shoulders back, tummy tight, arms swinging easily at your sides, and use a comfortable stride.

*Do a mental oil change: Before you start your walk, take a deep breath, then exhale sharply, imagining that you're forcing out stress and fatigue. As you inhale deeply and slowly again, think of replacing negative thoughts with fresh air and revived spirit.

*Stop to stretch: Start walking at a regular pace for five minutes to gently warm up your muscles. Then do some easy stretches. Stand with your arms extended in front of you and palms flat against a wall or tree. Take a step back with your right foot. Keep both feet flat on the ground and your left knee slightly bent as you lean toward the wall, banding your arms. Hold for 15 seconds, then switch feet. Repeat three or four times. Stop and stretch several times during your walk.

*Dress for the weather: That way you can walk longer. As the season chills, layers are the key. If you walk at night, wear reflective gear and carry a flashlight.

*Fuel up: If you're walking for 30 minutes or more at a time, take a water bottle with you to sip as you walk. Drink afterwards, too, especially if you've been sweating.

*Invest in a good shoe: Walking shoes should be light and flexible, except where the shoe cups the heel. Test the shoe thoroughly before you buy – walk around the store to make sure it is comfortable.

*Protect your feet: Cotton or wool walking socks, with a double layer of fabric and padded heels and toes, allow your feet to breathe, wick away sweat and reduce blisters. Moisturizing your feet before you slip socks on will also reduce friction.

*Hit the trails: Walking off-road conditions more muscles and helps you learn to be more agile.

*Bump it up: Once you're feeling comfortable with the walking time goal you set, increase it. Also, alternate your usual brisk pace with minute-long bursts of speed. Work different muscles by adding hills, stairs or ramps.

*Walk the dog: Dogs are exercise machines with fur! If you don't have one, you can volunteer at the Humane Society or borrow a friend's dog.

*Make your walk something you look forward to: Look for one special thing every time you go. It could be the sight of the first fall leaves or the first flakes of snow.

*Start or join a club: Walking with another person or in a group can help you stick to your

exercise program.

Brenda Bradford

Diabetes: Some Things You Should Know

As we all know, diabetes is sometimes called a silent disease. This is because a person can have diabetes and not even know it. Many people may be in the early stages of diabetes but don't know they have diabetes because they don't know the symptoms. The following list contains the most common early symptoms of diabetes and how they occur. For people who have been diagnosed with diabetes, you may find that you also had some of these symptoms.

✧ **Frequent urination and thirst:** High blood glucose makes more urine form and the more urine you make, the more fluid you lose from your body. The large quantity of urine makes you feel the need to urinate more frequently during the day and to get up at night to empty your bladder, which keeps filling up. As the amount of water in your blood declines, you feel thirsty and drink much more frequently. Many people with newly diagnosed diabetes believe that they are urinating more often because they are drinking more, but it is the other way around.

✧ **Fatigue:** Because glucose can't enter most cells in the absence of insulin if you have uncontrolled diabetes, glucose can't be used as a fuel to move muscles and help other tissues function properly. And just as you do when you try to pedal a bike with deflated tires, you get tired awfully quickly.

✧ **Weight Loss:** Weight loss is common among people with newly diagnosed diabetes (especially if you have type 1 diabetes). People with diabetes either don't have enough insulin or the insulin they have is not working effectively. Insulin helps the body's tissues to be strong and healthy. Without proper insulin action, the body's tissues start to break down. You lose muscle tissue. You use fat tissue.

✧ **Persistent vaginal infections:** As blood glucose rises, all the fluids in your body contain higher levels of glucose. Women, therefore have higher glucose levels in their vaginal secretions. Yeast organisms thrive in a high glucose environment and as a result women with elevated glucose levels are prone to vaginal yeast infections. Symptoms include itching or burning and sometimes a discharge.

❖ **Blurred Vision:** When the blood glucose level changes substantially, it causes the amount of fluid in the eyeball to change also. This alters the way that light passes through your eye, making it bend more than usual and making things around you look blurry. Have you noticed how a knife in a glass of water looks bent? The same sort of thing is going on in your eye.

If you have any of these symptoms, talk to your doctor.

Kim Gallant

Medications

Using medications safely means being aware of how you measure and store them. A typical dose of liquid medication is one teaspoon (5 mL). But since household teaspoons come in so many shapes and sizes, you can end up with 25% more medicine than you need. Too much medicine can be a problem with some medications and can lead to side effects, such as nausea, diarrhea, heart palpitations and hallucinations. To make sure that you always take the right amount of medicine, ask your pharmacist for a medicine spoon or syringe.

Most medications should be kept at room temperature – between 15C and 30C – but there are a few exceptions. Keep drugs such as insulin and some liquid antibiotics in the fridge. Don't store medications where there are extreme changes in moisture and temperature, such as your bathroom, kitchen or car on a windowsill. Drugs may break down or change, making them less effective. Always ask your pharmacist how to safely store your medicine.

Although most medications come in containers with child-resistant lids, remember that child-resistant doesn't mean childproof. So, pick a storage spot that children cannot get at.

Over-the-counter drugs are stamped with expiry dates, but prescriptions usually aren't. When prescriptions are stored correctly, they can usually keep for a year. Ask your pharmacist.

To safely dispose of medications, don't throw them in the garbage or flush them down the toilet. This pollutes the environment and may harm someone. Drop your unwanted or expired medicine off at a pharmacy.

If you use syringes and needles for injections, you are responsible for their safe disposal. Dispose of sharps (needles, syringes, lancets and EpiPens) safely by using an approved needle disposal container, that you can pick up free of charge at your local pharmacy, the Canadian

Diabetes Association or a Diabetes Education Centre. Place your used sharps in the container and when it is almost full, return it to the same place.

Brenda Bradford

Here is a fun and easy recipe from Kim that everyone will love to try...

MAKE YOUR OWN ICE CREAM

Ingredients

½ cup chocolate milk
4 Tbsp table salt
2-3 trays of ice cubes
2 Re-sealable plastic bags (one sandwich and one large)
Measuring cups and spoons
Paper or cloth towels
Oven mitts
Spoons and serving cups – to enjoy some right away!!!

Directions:

1. Arrange your work area to be prepared for spills.
2. Fill the large bag half full of ice, add the salt. Seal and shake to mix.
3. Put ½ cup of chocolate milk into the sandwich bag. Seal.
4. Place the milk bag inside the ice bag and seal carefully.
5. Shake until the chocolate milk turns into ice cream, about 5 minutes. (Wear oven mitts – the bag gets very cold.)
6. Wipe off the small bag. Open carefully and enjoy!!!!!!

Source PEI Dairy

For more healthy eating tips try

www.dairygoodness.ca.

Kim Gallant

Healthy Food Co-op

Autumn is here and fresh PEI fruit and vegetables are being harvested. Let us know if you are interested in becoming a member of the Healthy Food Co-op this year. Co-op members can purchase fresh fruit and vegetables at wholesale prices. Orders are to be phoned in or dropped off on or before each Friday. Orders must be paid for and picked up at the Native Council the following Monday between noon and 2:00 p.m. To join the co-op and place your first order, contact Brenda at 621-0193.

Here are two recipes for great fall salads and one for split pea soup. (The Broccoli Salad is the one that was served at the Riverdale Health

Camp last spring. Several people asked for the recipe.) Enjoy!!!

June's Broccoli Salad

- 1 pound broccoli
- 1 medium red onion
- 4 ounces grated cheese (about half a cup)
- ½ pound bacon, cooked and crumbled

Dressing:

- 1 cup mayonnaise
- 1/4 cup sugar
- 2 Tablespoons vinegar

Chop the broccoli and red onion. Add the grated cheese and crumbled bacon.

Mix the mayonnaise, sugar and vinegar. Pour over broccoli and mix well.

Waldorf Salad

- 1 green apple
- 2 red apples
- 1 Tbsp lemon juice
- 1 cup diced celery
- 1 cup seedless grapes, halved
- ½ cup grated mild cheese
- 1/4 cup mayonnaise
- 1/4 cup whipping cream
- ½ cup coarsely chopped walnuts

Wash and core apples, but do not peel. Dice into a large bowl; sprinkle with apple juice. Add celery grapes and cheese; toss.

Combine mayonnaise with cream. Pour over salad and toss to coat. Refrigerate until serving time. Add walnuts and toss again. Makes 6 servings.

Source: The Canadian Living Cookbook

Split Pea Soup

Serves 6

- 1 cup split peas

- 1 1/2 vegetable stock or water plus a bouillon cube
- 4 Tbsp margarine or butter
- 2 large onions, chopped
- 3 sticks celery, chopped
- 3 medium potatoes, peeled and diced
- 3 medium carrots, finely chopped
- Salt and pepper

- 1) Cook the peas in the stock for 10-15 minutes.
- 2) Meanwhile, melt the margarine and saute the onion and celery for a few minutes.
- 3) Add to the peas and stock together with the potatoes and carrot and bring to a boil.
- 4) Simmer for 30 minutes.
- 5) Season well and puree until smooth.

Source: The Complete Vegetarian Cookbook

That's it for this edition of the newsletter!
Enjoy the fall, eat well and get some exercise every single day!

Brenda Bradford
