Type 2 Diabetes

What is

Diabetes is caused by a problem in the way your body makes or uses insulin. Insulin is needed to move blood sugar into your cells, where it is stored and later used for energy. When you have type 2 diabetes, your fat, liver and muscle cells do not respond correctly to insulin. As a result, blood sugar does not get into these cells to be stored for energy.

What’s the Big Deal?

Type 2 diabetes is a growing epidemic in the U.S.—one in 10 U.S. adults has diabetes now. Moreover, it’s estimated that one-third of those with type 2 diabetes are unaware that they have this serious illness. Left undiagnosed and untreated, diabetes can present numerous health risks, including heart disease, blindness, and reduced circulation that can cause infections and ulcers.

Early detection and treatment of diabetes symptoms can decrease the chance of developing the complications of diabetes. If you experience symptoms of severe increased thirst, frequent urination, unexplained weight loss, increased hunger, tingling of your hands or feet, consult a health care professional who can run a test for diabetes (see column for more details).

If you are diagnosed with type 2 diabetes, the good news is that you can usually effectively treat it with exercise and a healthy diet. These same healthy habits can also largely prevent type 2 diabetes.

What is Pre-Diabetes?

Those with pre-diabetes have blood sugar levels that are higher than normal, but are not high enough to be classified as diabetes. Early diagnosis and treatment of pre-diabetes may prevent type 2 diabetes as well as associated complications.
Extra Virgin Olive Oil

Extra virgin olive oil is one of the healthiest oils available, but a fascinating study gives us an additional reason to make this delicious fat a regular guest at mealtime: It helps you feel full and reigns in your appetite! A study in *Gastroenterology* found that oleic acid, the primary fatty acid found in olive oil, delayed stomach emptying more effectively than vegetable oils and increased hormones CCK and PYY – both “power players” in appetite control.

**INGREDIENTS:**
- 2 Tbsp. Extra Virgin Olive Oil, divided
- 4 chicken breasts or 8 chicken cutlets
- ¼ medium onion, finely chopped
- 3 Tbsp. raisins
- 1 celery rib, sliced
- 1 apple, peeled and diced
- 1 rosemary sprig, chopped
- salt and pepper to taste

**INSTRUCTIONS:**
Heat 1 tablespoon of olive oil in a large skillet over medium heat. Add onion, celery and apple and sauté until softened and onions are golden. Slit chicken breasts (if using) in half. Flatten each cutlet or halved breast with a rolling pin or mallet (Tip: put the chicken in a plastic bag first to make clean-up a snap!). Transfer onion mixture to a bowl and add cheese, raisins and rosemary. Season with salt and pepper. Equally divide the mixture in the center of each breast and roll up. Place 2 toothpicks through either side of the chicken rolls to secure them together. In the same skillet heat 1 tablespoon of olive oil on medium-high. Place chicken breast in skillet, seam side down first. Cover and cook until golden brown (about 3 minutes) and flip chicken, cooking until the other side is golden brown. Remove toothpicks before serving.

**SERVINGS:** 4

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**Dr. Ann**

With formal training in nutrition and medicine, plus hands-on experience as a mother of four and family physician, Dr. Ann is a unique nutrition expert for the real world.

The whole food ingredients found in Dr. Ann’s recipes are the right foods for health and vitality. Nutritional excellence naturally follows.

For more, visit DrAnnWellness.com.
Flavored Yogurt Products: Although these perceived “healthy favorites” provide some calcium, B vitamins, and essential amino acids, they are loaded with added sugar—in many cases more than what’s typically found in a standard dessert.

The Real Deal: Low-fat plain yogurt is the only truly healthy yogurt. If you prefer it sweetened, combine it with some berries or fruit, or add a teaspoon or two of honey.

Regular or Flavored Bagels: The standard bagel provides a whopping dose of refined carbohydrates (i.e., white flour). Studies show that refined carbs increase your risk for developing diabetes, heart disease and may contribute to weight gain. Add full-fat cream cheese to this bagel and you have a nutritional disaster on your hands.

The Real Deal: Look for smaller sized, 100% whole wheat bagels and spread on a little peanut butter or reduced-fat cream cheese.

Pretzels: Standard pretzel packages scream “fat-free and natural,” but don’t be duped. This popular snack food is nothing more than 100% refined carbohydrates combined with a whopping dose of sodium.

The Real Deal: Choose from the growing selection of whole grain or multigrain, crunchy snacks like Multigrain Wheat Thins®. They provide significantly more fiber and nutrients.

Bran Muffins: Unless you make your own, forget these no-icing cupcakes. The standard store-bought (or coffee shop) bran muffin is loaded with white flour, sugar, vegetable oil, additives difficult to pronounce and only a touch of added bran. Don’t let that wholesome-looking, brown color fool you. Like colas, it typically comes from added caramel coloring.

The Real Deal: Make your own healthy muffin with wheat flour and wheat germ. Check out eatingwell.com for healthy ideas and recipes.

Fruit Juice: Although it can provide some nutrients and a touch of fiber, the standard fruit juice is loaded with calories and sugar (some have more than soda!). Also remember that liquid calories do not suppress your appetite as effectively as solid food calories.

The Real Deal: It’s much better for both your health and body weight if you eat a piece or two of real fruit and just drink water when you’re thirsty.

Meal Replacement/Energy Bars: While some are better than others, these popular, modern day favorites are the ultimate in 100% pure factory made, processed foods. They are generally high in sugar and/or unhealthy fats.

The Real Deal: Have a handful of nuts and a piece of fruit as a wholesome, healthy alternative.
1. **Talk, don't text.** Talking in person builds stronger bonds than a string of texts. Your smartphone **does** have the ability to make phone calls—LOL!

2. **Show up when you’re invited.** If you’re invited to a party, graduation, recital, etc., show your devotion and support by being there.

3. **Make an effort to laugh every time you see each other.** There is nothing like laughing and smiling to bring people together. Share a humorous anecdote and simply take time out of your day to appreciate the funny things in life.

4. **Take care of yourself first.** Healthy choices and behaviors help ensure that you don’t put your friend in a position where he/she always has to rescue you.

5. **Avoid expectations.** Don’t treat friendships like a job description—where certain milestones and accomplishments must be achieved. If you place high expectations on what a friend should say and do, it will likely cause tension, frustration and disappointment.

6. **Ask before you post.** Your friend may not want to be included in your Facebook or blog posting. Get their permission before you blast something out on social media.

7. **Be brutally honest when you see destructive behavior.** It’s not your job to treat or diagnose, but if you think a friend has a problem behavior (i.e., drinking, drugs, etc.) bring it up.

8. **Send hand-written thank you notes.** As opposed to a quick e-mail or e-card, hand-written notes take time, thought and effort, and your friend will truly appreciate that when they open the envelope.

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"Make use of your friends by being of use to them."

- Benjamin Franklin
Ways To Be A FRIEND

9. **Challenge your friend to be better.** Compliments are great, but sometimes the best gift is helping a friend take their skills and talents to the next level. Be honest and provide constructive criticism when you think it’s beneficial.

10. **Be you.** If you feel like you have to be fake to appease and sustain a certain friendship, you’re doing yourself and that friend a disservice. Being a good friend means sharing your true self.

11. **Ask open-ended questions instead of giving advice.** Most people don’t want to be told what to do. If a friend asks you for advice, help them find their own solution by asking questions like, “Why do you think you want to do this?”

12. **Offer your skills and talents.** Good friends enrich each other’s lives. Share your gifts, whether it be listening, telling a joke, helping with household repairs, etc.

13. **Schedule time to be with each other.** It’s all too easy to get busy, and before you know it, six months fly by before you see your friend. Schedule a time to have lunch and socialize.

14. **Support your friend but don’t feel compelled to support a situation.** If you think a friend is making a mistake, (taking a certain job, dating a certain person) tell them. If they still proceed, you should still support them—it doesn’t mean you’re supporting the situation.

15. **Accept feedback.** Don’t get defensive or angry if a friend says something you don’t want to hear. They’re likely saying it because they care.

16. **Leverage technology to remember their birthday.** Whether it’s an app or calendar reminders, ensure you have reminders in place. Nothing is worse than missing a friend’s birthday!
5 Ways To Stick With Your Fitness Resolution

If you’re like most, you probably went into the New Year with the best of intentions when it comes to being healthy and incorporating more physical activity. And if you’re like most, you’re realizing that it’s already May and your well-intended resolution has gone to the wayside. If this sounds familiar, you’re not alone. According to a psychology study at the University of Hertfordshire, only 22 percent of us manage to keep our New Year’s resolutions. Here are five great tips to help you remain committed to your fitness goals:

1. **Schedule (and keep) workout appointments.** Schedule your workouts just as you do with meetings, doctor’s appointments and other events. You don’t have to schedule hour-long workouts—penciling in a few 15-minute walks or weight-lifting sessions will do the trick.

2. **Determine the goals that are important to you.** Do you want to lose five pounds? Run a 5-k? Run for five minutes? Don’t get discouraged if others brag about the marathon they just ran or the time they spend in the gym—focus on your goals.

3. **Seek support to stay motivated.** Surround yourself with people who encourage and motivate you to remain active. Better yet, find a workout buddy.

4. **Stick with the workouts you like.** If you want to stick to your exercise routine, it’s essential to find an activity you like and want to do regularly. To find yours, try exploring new exercise equipment, group fitness classes or joining a sports league with friends.

5. **Track your fitness progress.** Tracking your workouts so you can see incremental improvements over time—whether you’ve improved your time, increased reps or lost weight—can boost your exercise motivation and commitment.

**Cool Tool!**
The Lawrence Berkley National Laboratory provides free online tools to encourage you to keep walking, running or cycling. It includes an exercise log to help you track your mileage. Check it out at: http://exercise.lbl.gov

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**What Makes For A Successful Commitment?**

Every year, millions of adults promise to better themselves in one way or another—and many fail miserably. So what gives? Research shows that individuals who fail or give up on their resolutions tend to:

- Focus on the downside of not achieving their goals
- Suppress cravings
- Rely on willpower alone

On the other hand, those who stick to their resolutions will:

- Break their large goals into small steps—creating small victories that add up over time
- Celebrate their milestones
- Share their goals with friends
- Focus on the benefits of success
- Keep a diary of their progress

When it comes to resolutions, it’s safe to say that creating a realistic plan and remaining positive are critical to success. Be sure to keep a tight focus on these strategies as you work toward your goals.
Considering that about one in five Americans will develop skin cancer in the course of a lifetime, the need and proper use of sunscreen has never been so vital. Of course, deciphering what kind of sunscreen you and your family should use may not be as clear.

There’s been a lot of confusion over UVA, UVB, SPF and what you really need to protect yourself against sunburn and the risks of developing skin cancer. Here’s what you need to know:

**There are two types of ultraviolet (UV) rays you need protection from:**

- UVB rays are the chief culprit behind sunburn
- UVA rays penetrate the skin more deeply, and are associated with wrinkling, sagging and other light-induced effects of aging

Exposure to UVA and UVB rays increase your risk of skin cancer.

**Most sunscreens with an SPF of 15 or higher do a great job protecting against UVB rays.** SPF (Sun Protection Factor) is a measure of a sunscreen’s ability to prevent UVB damage (i.e., sunburn). Using an SPF 15 sunscreen should prevent reddening 15 times longer than if you had no sunscreen on.

Any sunscreen labeled as “broad spectrum” should offer protection against UVB and UVA rays. Most experts recommend you use sunscreen labeled as broad spectrum and water resistant with an SPF of at least 15.

**If you’re spending time outdoors, re-apply sunscreen at least every two hours.** Factors such as sun intensity, geographic location, skin type, and whether you’ve been sweating or swimming all affect a sunscreen’s ability to protect you from sunburn.

**Put plenty on.** Experts recommend that you use at least 1 ounce (the size of a shot glass) on your body, and a teaspoon for your face—of course, the more generous the application, the better you help ensure sun protection.

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**GET YOUR SUN FACTS STRAIGHT!**

**Debunking Common Myths**

**People with naturally dark complexions don’t need sunscreen.** It’s true that people with darker skin are less likely to burn, however, their skin is still susceptible to UVA and UVB rays, and they should still wear sunscreen.

**If you work inside, you don’t need sunscreen.** You may work inside, but chances are you still get a fair amount of sun exposure every day (i.e., during your commute, running errands, outdoor walks, etc). These seemingly innocent bouts of UVA and UVB exposure can add up. Bottom line: you need to use sunscreen every day.

**You can’t get sunburned on cloudy days.** Up to 40 percent of the sun’s ultraviolet radiation reaches the earth on a completely cloudy day. This means you can indeed get burned on a cloudy day.

**Last summer’s sunscreen is still ok to use.** Some sunscreens break down quickly, affecting their ability to offer full protection. Check the expiration date on your sunscreen bottle. If you can’t find it, and it’s been sitting in your cabinet for a year, stay on the side of caution and spring for a new bottle.
Type 2 Diabetes & Children
A Growing Epidemic

Not too long ago, type 2 diabetes was mostly associated with adults. In fact, many referred to the disease as adult-onset diabetes. However, the prevalence of childhood diabetes is rapidly and alarmingly on the rise.

About 1 in every 400 children and adolescents has diabetes (this includes both type 1 and 2). A blood test is required to diagnose both type 1 and 2 diabetes in children. Just as it does with adults, type 2 diabetes affects the way a child’s body metabolizes sugar (glucose).

The good news is that childhood type 2 diabetes is largely preventable by helping your child choose and maintain a healthy lifestyle, like eating a healthy diet, getting plenty of physical activity and maintaining a healthy weight. In fact, these same healthy habits can also largely prevent type 2 diabetes.

If you are diagnosed with type 2 diabetes, the good news is that you can usually effectively treat it with exercise and a healthy diet. If you are diagnosed with type 1 diabetes, medication or insulin treatment may be needed.

Exercise aren't enough to control type 2 diabetes in children, oral medications are used to treat adult and childhood type 2 diabetes. If diet and exercise aren't enough to control type 2 diabetes in children, oral medications are used to treat adult and childhood type 2 diabetes.

Normal levels are below 5.7 percent.

An A1C level of 6.5 percent or higher indicates a high risk of developing diabetes.

An A1C level of 5.7 to 6.4 percent is considered pre-diabetes, which indicates a high risk of developing type 2 diabetes.

An A1C level of 4.7 to 5.6 percent indicates that you have normal blood sugar levels.

A result between 5.7 and 6.4 percent is considered pre-diabetes.

If the results on two separate tests indicate you have pre-diabetes, you should repeat the test every six months.

To Get Tested For Type 2 Diabetes

TOOLs TO COMBAT THE EPIDEMIC

Recommends routine screenings for type 2 diabetes

What’s In A Number?

THE AVERAGE COST OF WALKING SHOES = $50

(Walking 30 minutes a day is one of the primary ways to prevent type 2 diabetes)

THE AVERAGE AMOUNT DIABETES PATIENTS Spend Annually For Treatment = $6,000

1 in 3

IT’S ESTIMATED THAT 1 IN 3 U.S. ADULTS WILL HAVE DIABETES BY 2050 IF CURRENT TRENDS CONTINUE

WALKING

45 years

THE AGES THE AMERICAN DIABETES ASSOCIATION RECOMMENDS ROUTINE SCREENING FOR TYPE 2 DIABETES

40 percent

THE PERCENTAGE OF THE SUN’S ULTRAVIOLET RADIATION THAT REACHES THE EARTH ON A COMPLETELY CLOUDY DAY

What’s The Big Deal?

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What Is Type 2 Diabetes & Why Is It A Big Deal?

Type 2 diabetes is caused by a problem in the way your body makes or uses insulin. Insulin is needed to move blood sugar into your cells, where it is stored and later used for energy. When you have type 2 diabetes, your fat, liver and muscle cells do not respond correctly to insulin. As a result, blood sugar does not get into the cells.

Diabetes is caused by a problem in the way your body makes insulin.

Insulin allows your body to use the energy in the sugar (glucose) you eat for energy.

These same healthy habits can also largely prevent type 2 diabetes.

The hemoglobin (A1C) test is the most commonly used test and can conclusively diagnose an individual with diabetes.

If the results on two separate tests indicate you have pre-diabetes, you should repeat the test every six months.

The same healthy habits can also largely prevent type 2 diabetes.

For Treatment

A Growing Epidemic

Type 2 Diabetes

Being A Good Friend

Think Twice Before You Take That Bite (It May Not Be As Healthy As You Think!)

Sticking To Your 2013 Fitness Resolutions

Shedding Light On Sunscreen

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