

Diabetes Update

January 5, 2010

Diabetes Resolutions for the New Year

New Years is a time to come up with resolutions to better your life for the future. Why not use your resolution this year to set goals to better your diabetes management and overall health?

Your diabetes management goals for the New Year should be specific, measurable, action-oriented, realistic and time-limited. Click here to view a printable handout you can fill out to help you reach your diabetes management goals.

Gillian Arathuzik, R.D., C.D.E., Nutrition Diabetes Educator, at Joslin Diabetes Center, reviews some examples of annual and daily goals for diabetes management to set for yourself this New Years:

Annual Goals

- ⇒ See your physician 2 to 4 times a year.
- ⇒ Follow your schedule for checking blood glucose levels.
- ⇒ Follow exact instructions for every diabetes medications you take.
- ⇒ Know and keep these numbers in check: A1C, blood pressure and cholesterol.
- ⇒ Get a renal function test and microalbumin test each year.
- ⇒ Get moving. Any form of physical activity is a step in the right direction.

Read More . . . http://www.joslin.org/info/diabetes_resolutions_for_the_new_year.html

The reference to an information source in the Weekly Diabetes Update does not constitute an endorsement of that source.

If you would like an announcement included in a Diabetes Update, please email the request to our office at DiabetesMO@dhss.mo.gov.



2010

If you are interested in partnering with agencies or organizations within your community or building a diabetes coalition in your area please visit our website to access our Resource Kit at: <http://www.dhss.mo.gov/diabetes/Introduction.html>.

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Joslin Wins Spot on Discover Magazine's Top 100 List

Brown Fat Finding Is Declared One of the Most Important Scientific Accomplishments of 2009

BOSTON – December 8, 2009 – Joslin Diabetes Center researchers have been honored by Discover Magazine in its annual Top 100 list of major scientific accomplishments, for showing that adult humans retain a type of “good” fat previously believed to be present only in babies and children.

Unlike white fat, which stores energy and comprises most body fat, this good fat, called brown fat, is active in burning calories and using energy. In a paper published last April in *The New England Journal of Medicine*, C. Ronald Kahn, M.D., Aaron Cypess, M.D., and their colleagues demonstrated that brown fat not only exists in adult humans but is metabolically active. This advance could pave the way for new treatments both for obesity and type 2 diabetes.

Read More . . . http://www.joslin.org/joslin_wins_spot_on_discover_magazine%27s_top_100_list.html

Blood test that provides prior blood sugar average now recommended for diabetes screening, diagnosis

In an annual supplement to the journal Diabetes Care, published Dec. 29 by the American Diabetes Association, the A1C test is given a prominent role in the 2010 guidelines for diabetes screening, diagnosis and prevention.

New official guidelines for diabetes screening and diagnosis now include a blood test that gives a person's average blood glucose level over the previous 2-3 months.

The A1C test is not new. It has been used since the late 1970s as a way to get a snapshot of how well glucose control is going in people with diabetes. But only in the last 15 years has its use and scoring become more standardized and reproducible from place to place and time to time than other diabetes blood glucose tests.

Now, in an annual supplement to the journal Diabetes Care, published Dec. 29 by the American Diabetes Association, the A1C test is given a prominent role in the 2010 guidelines for diabetes screening, diagnosis and prevention.

Read More . . . <http://www.healthcanal.com/public-health-safety/4738.html>

Bears Quarterback Jay Cutler and Eli Lilly and Company Will Send 44 Kids to American Diabetes Association Camps Through the Touchdowns for Diabetes Campaign

For every Cutler TD pass and completion, Lilly donates money for camp scholarships

Chicago Bears' quarterback Jay Cutler and Eli Lilly and Company (Lilly) have already helped send 44 children to American Diabetes Association diabetes camps next summer - with four games left in the NFL season.

Through the Touchdowns for Diabetes campaign, Lilly donates money to the American Diabetes Association's (ADA) camp scholarship fund for each of Cutler's touchdowns and pass completions in the 2009 season - \$1,000 per touchdown (roughly the cost to send one child to diabetes camp for an entire week) and \$100 per completion. Visit www.touchdownsfordiabetes.com for more information.

Read More . . . <http://www.prnewswire.com/news-releases/bears-quarterback-jay-cutler-and-eli-lilly-and-company-will-send-44-kids-to-american-diabetes-association-camps-through-the-touchdowns-for-diabetes-campaign-79058057.html>

Diabetes Recipe

Breakfast Popovers With Parmesan

½ cup liquid egg substitute
1¼ cups whole grain flour
1 cup + 2 tablespoons fat-free milk
1 tablespoon trans-fat-free margarine, melted
3 tablespoons grated Parmesan cheese



Nutrition at a Glance (per serving)

| | |
|--------------------|------|
| Calories | 110 |
| Total fat | 2½g |
| Saturated fat | ½g |
| Cholesterol | 0mg |
| Sodium | 95mg |
| Total carbohydrate | 15g |
| Dietary fiber | 2½g |
| Protein | 6g |

Method:

1. Preheat the oven to 375°F. Coat 8 custard cups or popover-pan cups with cooking spray.
 2. Whisk the egg substitute in a medium bowl. Add the flour, milk and margarine, and whisk until the ingredients are combined. Stir in the cheese.
 3. Evenly divide the batter among the prepared cups. Place the cups on a large baking sheet.
- Bake for 30 minutes, or until the popovers are puffed and golden. Remove the popovers from the cups and serve hot.