

Diabetes Update

February 13, 2009

Valentine's Day! February 14, 2009 Diabetes Friendly Valentine's Day

If February brings visions of red foil hearts, chocolate kisses, and other sweet temptations dancing in your head, don't despair. There are plenty of ways for children and adults to celebrate Valentine's Day while keeping their diabetes under control.

Splurge smart. If you must indulge, some confectioners offer low-carb versions of Valentine's classics, which may allow you to savor some sweets with less of an impact on your blood sugar levels. Remember, however, that moderation is still key;

Read More...http://www.dlife.com/dLife/do/ShowContent/daily_living/special_occasions/valentines_day.html

Educational Opportunities

To find a recognized diabetes education program by zip code click on the following link:

http://professional.diabetes.org/erp_zip_search.aspx.

Standards of Medical Care in Diabetes - 2009

http://care.diabetesjournals.org/cgi/content/full/32/Supplement_1/S13.

Funding Opportunities

Government Funding: www.grants.gov.

Missouri Foundation for Health Funding: www.mffh.org

American Diabetes Association Funding: www.diabetes.org.

National Institute of Diabetes and Digestive and Kidney Diseases Funding:
<http://www2.niddk.nih.gov/Funding/FundingOpportunities/>.

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.



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Diabetes News

February is American Heart Month



Heart disease is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. In 2009, an estimated 785,000 Americans will have a new coronary attack, and about 470,000 will have a recurrent attack. About every 25 seconds, an American will have a coronary event, and about one every minute will die from one.

Read More...http://www.cdc.gov/DHDSP/announcements/american_heart_month.htm

What is the link between diabetes and CVD?

The most life-threatening consequences of diabetes are heart disease and stroke, which strike people with diabetes more than twice as often as they do others. Most of the cardiovascular complications related to diabetes have to do with the way the heart pumps blood through the body. Diabetes can change the chemical makeup of some of the substances found in the blood and this can cause blood vessels to narrow or to clog up completely. This is called atherosclerosis, or hardening of the arteries, and diabetes seems to speed it up.

Read More ...<http://www.diabetes.org/diabetes-statistics/heart-disease.jsp>

Is Your Plate Heart Healthy?

ALEXANDRIA, VA - Heart disease and stroke are the leading causes of death in people with diabetes, yet many people are unaware there is a connection. If you or a loved one has diabetes it is important to know how to reduce your risk of heart attack and stroke.

"Currently, 2 out of 3 people with diabetes in the United States die from a heart attack or stroke," says Sue McLaughlin, RD, CDE, President, Health Care & Education, American Diabetes Association.

Read More ...<http://www.msnbc.msn.com/id/29117100/>

Continued on next page.

The Jonas Family Talks Diabetes

Nick Jonas and his parents, Denise and Kevin, share their story of Nick's diagnosis with type 1 diabetes and how they manage it – together

Denise Jonas — mother of the teen heartthrobs Kevin, Joe, and Nick Jonas of the boy band the Jonas Brothers — was shocked when her youngest, Nick, now 16, was diagnosed with type 1 diabetes in 2005. We sat down with Denise, her husband, Kevin, and Nick — a spokesperson for Bayer Diabetes Care — to talk about how he's able to control, even transcend, the disease.

Read More ... <http://www.goodhousekeeping.com/family/celebrity/jonas-brothers-diabetes>



Diabetes Recipe

Raspberry Parfait

Ingredients

- 1 envelope unflavored gelatin
- 1/4 cup cold water
- 10 ounces frozen unsweetened raspberries, thawed
- 1 cup plain non-fat yogurt
- 1/2 teaspoon pure vanilla extract
- 2 egg whites at room temperature
- 1 teaspoon crystalline fructose
- 1 tablespoon slivered blanched almonds



Directions

1. In a mixing bowl, soften the gelatin in cold water and then place over hot water to dissolve. Stir in the raspberries, yogurt, and vanilla and chill.
2. In the meantime, beat egg whites until frothy and add the fructose. beat again until peaks form, then fold into the raspberry mixture. Chill until set.
3. Serve in parfait glasses, topped with slivered almonds.

Calories	96	Cholesterol	1 mg
Protein	7 g	Fat	1.2 g
Sodium	78 mg	Carbohydrates	13 g

Exchanges 1 fruit, 1\2 fat