

# Diabetes Update

March 27, 2009

## Happy April Fools Day-April 1, 2009!

What is April Fools Day and how did it begin? Well, that is a very good question. The origin of this holiday is rather uncertain. However, the common belief holds that during the reformation of the calendar the date for the New Year was moved from April 1st to January 1st. During that time in history there was no television or radio so word spread slowly. There were also those who chose to simply ignore the change and those who merely forgot.

These people were considered "fools" and invitations to non-existent parties and other practical jokes were played on them. "All Fools' Day" is practiced in many parts of the world with practical jokes and sending people on a fool's errand. Others believe that the origin began with celebrations at the Spring Equinox.

## Educational Opportunities

### Professional Educational Opportunities

American Diabetes Association

Read More at...<http://www.diabetes.org/for-health-professionals-and-scientists/profed.jsp>

### National Diabetes Education Program

Read More...<http://www.ndep.nih.gov/>

## Funding Opportunities

Government Funding: [www.grants.gov](http://www.grants.gov).

Missouri Foundation for Health Funding: [www.mffh.org](http://www.mffh.org)

American Diabetes Association Funding: [www.diabetes.org](http://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](mailto:DiabetesMO@dhss.mo.gov).

April  
Fools  
Day



2009

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## Diabetes News

### Don't Be A Fool—Take Care of Your Diabetes

It is easy to become overwhelmed by your diabetes and all that comes along with it. But it is possible to break that mind set and realize living successfully with diabetes is achievable. Thriving with Diabetes offers down-to-earth tips and easy-to-use advice to get through the day-to-day hurdles of diabetes.

Are you a Risk Taker? Read More...<http://www.diabetes.org/food-nutrition-lifestyle/lifestyle-prevention/risk-test.jsp>

### Current Criteria for the Diagnosis of Diabetes

- Fasting plasma glucose (FPG)  $\leq 126$  mg/dl (7.0 mmol/l). Fasting is defined as no caloric intake for at least 8 hours
- Symptoms of hyperglycemia and a casual (random) plasma glucose  $\geq 200$  mg/dl (11.1 mmol/l). Casual (random) is defined as any time of day without regard to the time since your last meal. The classic symptoms of hyperglycemia include excessive thirst, excessive urination, and unexplained weight loss.
- 2-h plasma glucose  $\geq 200$  mg/dl (11.1 mmol/l) during an oral glucose tolerance test (OGTT). The test should be performed as described by the World Health Organization, using a glucose load containing the equivalent of 75 g anhydrous glucose dissolved in water.

Read More...[http://care.diabetesjournals.org/cgi/reprint/32/Supplement\\_1/S6.pdf](http://care.diabetesjournals.org/cgi/reprint/32/Supplement_1/S6.pdf)

### Diabetes and Smoking - Another Reason to Quit

If you smoke and think you are otherwise in good health. Think again. According to a study published in the *American Journal of Epidemiology*, smoking 16 to 25 cigarettes a day increases your risk for Type 2 diabetes to three times that of a non-smoker. The more risk factors a person has, the greater the chances are of developing diabetes.

Read More... Click [here](#)

## Why is it important for people with diabetes to be physically active?

Physical activity can help you control your blood glucose, weight, and blood pressure, as well as raise your “good” cholesterol and lower your “bad” cholesterol. It can also help prevent heart and blood flow problems, reducing your risk of heart disease and nerve damage, which are often problems for people with diabetes

Read More...<http://www.cdc.gov/DIABETES/faq/exercise.htm#1>

## Diabetes Recipe

### Tuna Salad Pockets

This updated version of tuna salad works well with or without the pita bread. As a healthful choice for your workday lunch, pack the greens and tuna mixture separately. Keep cold until ready to eat!



### Tarragon Chicken Linguine

Cooking broccoli with the linguine lets you use less pasta overall and save on cleanup at the same time.



### 25-Minute Pork Diane

Worcestershire sauce, Dijon mustard, and a double dose of lemon -- lemon juice and lemon-pepper seasoning -- add zest to this tender, juicy pork loin.



Find these and more great recipes at...

<http://www.diabeticlivingonline.com/diabetic-recipes/main-dishes/25-minute-recipes/>