



Diabetes

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Missouri Department of Health & Senior Services
Bureau of Cancer and Chronic Disease Control

Diabetes Update

April 16, 2009

World Dance Day April 29, 2009



International Dance Day (World Dance Day) has been celebrated on April 29 through promotion by the International Dance Council (CID), an umbrella organization within UNESCO for all kinds of dance.

The holiday was introduced in 1982 by the International Dance Committee of the UNESCO International Theatre Institute. The date was suggested by Pyotr Gusev to commemorate the birthday of Jean-Georges Noverre.

Among the goals of the Dance Day are to increase the awareness of the importance of dance among the general public, as well as to persuade governments all over the world to provide a proper place for dance in all systems of education, from primary to higher.

Read More...http://en.wikipedia.org/wiki/International_Dance_Day

Educational Opportunities

69th Scientific Sessions

June 5-9, 2009, New Orleans, Louisiana

The 69th Scientific Sessions will be held at the Morial Convention Center in New Orleans, LA, June 5-9, 2009. If you are involved in diabetes research or the delivery of diabetes care and services, don't miss this chance to join your colleagues at the world's largest and most prestigious diabetes meeting.

To access info ...http://professional.diabetes.org/Congress_Display.aspx?TYP=9&CID=57909&CFID=627890&CFTOKEN=83355839&jsessionId=243

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.

World Dance

Day



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>

Inside this issue:

Diabetes News	2-3
Diabetes Recipe	3

Diabetes News

EVIDENCE ICU Patients' Death Rate Higher With Intensive Glucose Control ICU patients treated with intensive glucose control have a 2.6 percent greater risk of dying than those who received conventional glucose control, according to results of a large, international, randomized trial. Patients on intensive glucose control also had lower blood glucose levels, received more insulin and experienced more episodes of severe hypoglycemia. "Our trial showed that a blood glucose target of less than 180 mg per deciliter resulted in lower mortality than a target of 81 to 108 mg per deciliter. On the basis of our results, we do not recommend use of the lower target in critically ill adults," the study's authors concluded. To access a free full text article go to <http://www.onmedica.com/NewsArticle.aspx?id=5f20cfe7-3c8a-4b48-b2b0-f863932a59f2>

'Good' brown baby fat can ward off obesity and type 2 diabetes

Scientists in the United States say people who hang on to their baby fat may be protected from developing type 2 diabetes and becoming obese - obesity is a major risk factor for type 2 diabetes.

Fat it seems can be good as well as bad and this depends on the type of fat - common white fat is bad because it stores energy, whereas brown fat, found most abundantly in babies and children, is active in burning calories and using energy - it generates heat and keeps the body warm.

Babies are unable to shiver when cold and the brown fat burns calories to make heat; women appear to have more of it than men and it was also more common in adults who were thin and had normal blood glucose levels.

Scientists believe most adults have some brown fat, but how much a person has depends on a number of factors, including age, glucose levels and body weight.

Scientists at Harvard Medical School have found that not only do adults still have brown fat, but that slim adults had more of it than fatter ones.

According to the research team at the Joslin Diabetes Center, it may be possible in the future to stimulate brown fat growth to control weight and improve glucose metabolism, thereby preventing obesity and type 2 diabetes.

Read More... <http://www.news-medical.net/?id=48252>



Continued on next page.



Let's Dance to Health

Dancing can be magical and transforming. It can breathe new life into a tired soul; make a spirit soar; unleash locked-away creativity; unite generations and cultures; inspire new romances or rekindle old ones; trigger long-forgotten memories; and turn sadness into joy, if only during the dance.

On a more physical level, dancing can give you a great mind-body workout. Researchers are learning that regular physical activity in general can help keep your body, including your brain, healthy as you age. Exercise increases the level of brain chemicals that encourage nerve cells to grow. And dancing that requires you to remember dance steps and sequences boosts brain power by improving memory skills.

Read More...http://www.aarp.org/health/fitness/get_motivated/lets_dance_to_health.html.

Diabetes Recipe

Turkey Burgers

- 1 egg white
- 1 thin slice whole-wheat bread
- 1 small onion, grated
- 1 pound ground turkey
- 2 teaspoons ground coriander
- Salt to taste
- 1 teaspoon pepper
- 1/4 teaspoon ground nutmeg
- 2 teaspoons virgin olive oil



Directions

1. In a large bowl, lightly beat egg white.
2. Tear bread into small pieces; soak in egg white 1 minute. Add remaining ingredients, except oil and thoroughly mix. Shape into four patties.
3. In a large non-stick skillet, heat oil. Cook patties over medium heat about 10 minutes on each side until cooked through.

Read More...<http://www.diabeticgourmet.com/recipes/html/423.shtml>.