

# Diabetes Update

May 28, 2009

## Summer is Here!

### Take the Summer Diabetes Survival Quiz

<http://www.dlife.com/dLife/do/ShowQuizPage?quizId=8>

### How to Survive (and Thrive) at a Potluck

Good eating surrounds us when we gather for backyard barbecues, parties, special occasions, and family reunions. Those buffet spreads can be loaded with temptations, but with the right approach, you can serve up some healthful choices. What should you put on your plate?

Read More ... <http://www.diabeticlivingonline.com/food-to-eat/nutrition/how-to-survive-and-thrive-at-a-potluck/>

## Educational Opportunities

A new training to educate healthcare providers on the Missouri Consensus Diabetes Management Guideline for is available online. Nurses, dietitians, physicians and diabetes educators are eligible to complete this training for CE or CME:  
<http://www.dhss.mo.gov/diabetes/>.

## Funding Opportunities

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

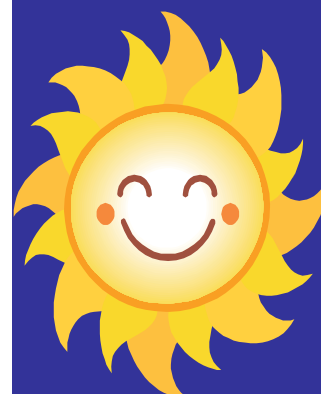
**Missouri Foundation for Health Funding:** [www.mffh.org](http://www.mffh.org).

**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).



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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## Sotomayor's diabetes: 'She overcomes it every day'



Diabetes advocacy groups have applauded the nomination of Sonia Sotomayor to the Supreme Court.

It's a great thing," said Dr. Paul Robertson, president of medicine and science for the American Diabetes Association said after the announcement Tuesday. "It's wonderful for diabetics. I think it will go a long way toward being a major push against the stigma that some people with diabetes feel."

Uncontrolled diabetes is marked by high blood sugar, which can lead to complications such as an increased risk of peripheral nerve disease, eye disease, kidney disease, heart attack and stroke.

But plenty of professional athletes excel at their sport while controlling the disease, and serving on the nation's high court should be no more of a challenge, Robertson said.

Read More ...<http://www.cnn.com/2009/HEALTH/05/27/sotomayor.diabetes/>

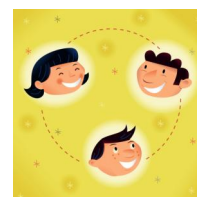
## Diabetes Social Networks Help People with Diabetes Not Feel Alone

**BERKELEY, CA: February 25, 2009** – Since it was founded in March 5, 2007, TuDiabetes.com, a social network for people touched by diabetes, has been called MySpace on Insulin and a Facebook for diabetes. As the community approaches its second anniversary, it continues to offer emotional support and diabetes management information to people with diabetes and their loved ones.

"The past twelve months we have been able to reach out to many more people touched by diabetes who used to feel alone in their daily life with this chronic condition," shared Manny Hernandez, co-founder of TuDiabetes.com. "I couldn't believe it when I started seeing how many people joined who hadn't met someone else with diabetes in their lives."

In the past year, TuDiabetes has almost quadrupled its members and continues to grow by over 15% every month. Today, the "TuDiabetes family" as Hernandez lovingly refers to it, has more than 7,000 members [**UPDATE - May 2009, 8,500 members**] taking part in the community and gets nearly 100,000 monthly visits.

Read More...<http://tudiabetes.com/profiles/blogs/diabetes-social-networks-help>



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## Using social networking to improve self-care and standards of care

One issue often overlooked in the psychological management of chronic diseases is the large component of patient-directed care -- a component that requires behavioral change, and which is often conducted in social isolation. Diabetes is one of the most common chronic diseases in modern society -- and one of the most isolating. Thousands of people with diabetes are dealing with these issues by joining diabetes-oriented social networks.

The presentation discussed the role of online communities and social networks as part of the informal social and psychological support network that is helping people with diabetes overcome feelings of social isolation and take a more proactive role in the management of their condition.

### Online Communities

Read More ...<http://n2kye.webwarren.com/TCF2009/>



## Diabetes Recipe

### Cobb Salad

In the 1920s, Bob Cobb was the manager of the Brown Derby Restaurant in Hollywood. He created the classic version of this hearty salad as a way to use leftovers. This recipe is a healthful adaptation that keeps calories, carbs, and fat in check.

SERVINGS: 6 (about 2-1/2 cup) servings

CARB GRAMS PER SERVING: 17



- 1 pound assorted fresh beets without tops (4 medium)
- 8 cups torn romaine lettuce
- 1-1/2 cups red, yellow, and/or green pear or cherry tomatoes, halved
- 3 hard-cooked eggs, peeled and coarsely chopped
- 1 avocado, halved, pitted, peeled, and chopped
- 2 slices turkey bacon, cooked and crumbled
- 2 tablespoons crumbled blue cheese
- 1/2 cup bottled light Italian salad dressing or desired light salad dressing

More Great Recipes at: <http://www.diabeticlivingonline.com/>.