

Diabetes Update

June 19, 2009

Happy Fathers Day!

National Men's Health Week Begins Today

In 2005, according to the CDC, males had higher age-adjusted death rates for all causes of death than did females (1,106.5 deaths versus 663.4 deaths per 100,000 population). Males also had higher age-adjusted death rates for selected causes, including heart disease, stroke, cancer, chronic lower respiratory diseases, influenza and pneumonia, diabetes mellitus, human immunodeficiency virus, unintentional injuries, suicide, and homicide. When considering sex and race, black males have the lowest life expectancy at birth (69.7 years), followed by white males (75.7 years), black females (76.5 years), and white females (80.6 years).

Read More ... <http://ohsonline.com/articles/2009/06/15/national-mens-health-week-begins-today.aspx>

Educational Opportunities

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

Funding Opportunities

New Research Funding: <http://www07.grants.gov/search/search.do?&mode=VIEW&flag2006=false&oppId=47059>

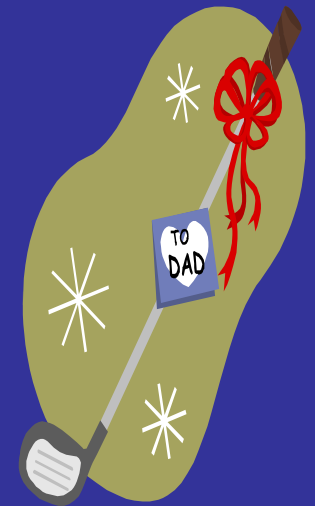
Missouri Foundation for Health Funding: www.mffh.org.

American Diabetes Association Funding: www.diabetes.org.

Robert Woods Johnson Foundation: <http://www.rwjf.org/applications/solicited/cfp.jsp?ID=20804>

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.



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

Testosterone Decreases After Ingestion Of Sugar (Glucose)

Men with low testosterone should have their hormone levels retested after they fast overnight because eating may transiently lower testosterone levels, a new study concludes. The results were presented at The Endocrine Society's 91st Annual Meeting in Washington, D.C.

"Both the incidence of low testosterone, or hypogonadism, in men and the annual number of testosterone prescriptions are increasing, likely as a result of the obesity epidemic and our aging population," said study co-author Frances Hayes, MD, an endocrinologist at St. Vincent's University Hospital in Dublin, Ireland, who did the research at Massachusetts General Hospital, Boston. "The decision to prescribe testosterone therapy is based on the result of a blood sample, so obtaining an accurate measurement of testosterone is key to making a correct diagnosis of hypogonadism."

Read More ...<http://www.medicalnewstoday.com/articles/153837.php>

I Want My Body Back

What happens to the biggest men on campus when their playing days end? Former Oregon linemen Jeff Kendall and Cole Linehan couldn't stomach being heavy off the field, so they gave up junk food and got serious about getting healthy.

Less than six months ago Jeff Kendall and Cole Linehan were, as Kendall puts it, "Fat kids living the dream."

They were senior linemen on Oregon's football team—Kendall on offense, Linehan on defense—and they shared a small two-bedroom apartment near Autzen Stadium on the outskirts of Eugene, a college town with blue-collar roots, where being a football player for the Ducks carries considerable cachet.

Read More ...<http://vault.sportsillustrated.cnn.com/vault/article/magazine/MAG1156213/index.htm>



Continued on next page.

Sir Steve Redgrave on diabetes

"Diabetes has to live with me, not me live with it"

"I'm just an ordinary guy who went quite quick in a boat, really."

Astonishing words for a five-time Olympic gold-medal winner.

Sir Steve Redgrave is also surprisingly modest about the struggle with diabetes that almost cost him his fifth gold.

"I don't really want to jump on the bandwagon and say, 'Oh look at me, I'm a diabetic, what a terrible condition this is,'" he says.

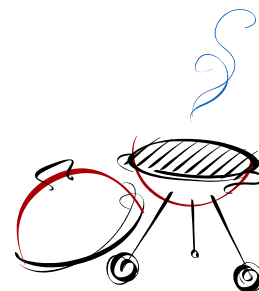
"I will drip feed information out there, and people that want to know, I'm happy to tell."

But he says it's a delicate balancing act. Some have taken away the wrong message from the fact he managed to win his fifth Olympic medal as a diabetic, thinking it can't be that bad a condition.

Read More ...<http://news.bbc.co.uk/2/hi/health/8095622.stm>



Diabetes Recipe Time to Grill



Grilled Beef and Avocado Salad with Cilantro-Lime Vinaigrette

For the double-duty marinade/salad dressing, jazz up reduced-calorie dressing with zesty lime peel and juice.



Fiery Southwestern Seafood Skewers

Throw a kabob party in your backyard, at the kitchen table, at the beach, or on a campout or picnic. Your backyard gas or charcoal grill, an indoor model, or a portable picnic or hibachi grill makes it possible to cook dinner wherever dinner happens to be.



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