

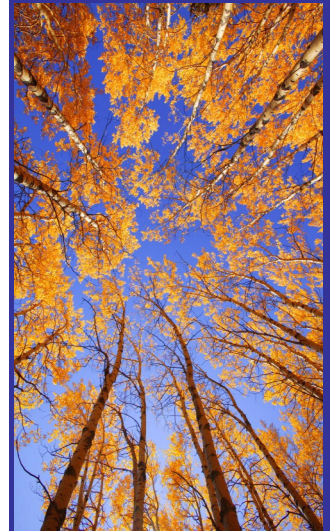


Diabetes Update

September 4, 2009

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>.

Information about the Flu – Including the new H1N1 Flu – for People with Certain Medical Conditions

A new and very different influenza virus called “2009 H1N1” flu has emerged and is causing illness in people worldwide. Scientists believe the new H1N1 virus will cause illness, hospital stays and deaths in the United States over the coming months. This flu season may be more severe than usual because of the new H1N1 virus. This means that more people may become sick and more people may get seriously sick. Also, regular seasonal flu viruses will continue to spread and cause illness too.

Read More ...http://www.cdc.gov/flu/professionals/flugallery/2009-10/pdf/certain_medical.pdf

Resources

The new Fact Sheets are available!

Please visit our website at
<http://www.dhss.mo.gov/diabetes/FactSheet.pdf>

Inside this issue:

Diabetes News	2-3
Diabetes Recipe	3

American Diabetes Youth Ambassador Working to Raise Diabetes Awareness

ODESSA - 12-year-old McKynzie Golden doesn't let Type I Diabetes slow her down. "It's just the same as everyone else. You just have to watch the carbs and activities. Just watch and monitor yourself," McKynzie Golden said.

"It gets easier but there is balance with food and sugar intake you have to worry about. There's just a constant worry. Even playing outside you wonder what's going to happen if she misses her insulin," Natalie Golden, McKynzie's Mother, said.

Read More ...<http://www.newswest9.com/Global/story.asp?S=11014205>

'The Rock' asks families to be Diabetes Aware in new PSA

PRINCESTON, N.J. (Aug. 12) Actor Dwayne "The Rock" Johnson joins with Novo Nordisk, a world-leader in diabetes care, and the Entertainment Industry Foundation, a leading charitable organization of the entertainment industry, to encourage families to get active together as a means to help prevent diabetes. As an ambassador for the Diabetes Aware campaign, Johnson will appear in a public service announcement to educate families about the prevalence of diabetes and the importance of an active, healthy lifestyle.

The PSA is part of the ongoing Diabetes Aware educational campaign sponsored by Novo Nordisk and the EIF. The campaign aims to reach the 24 million Americans who are living with diabetes, as well as the estimated 6.2 million Americans who are unaware that they have the disease, to underline the importance of detection, monitoring and proper management of diabetes.

Read More ...<http://www.drugstorenews.com/story.aspx?id=112769&menuid=335>



Dwayne Johnson has battled wrestlers, spies and all manner of bad guys on screen. In real life, he's tackling an even more powerful foe: diabetes.

"Get outside. Play a game. Do something active together," urges the *Race to Witch Mountain* star – who's just been named the new national ambassador for the Diabetes Aware campaign – in a public service announcement that makes its debut on PEOPLE.com

Read More ...<http://www.people.com/people/article/0,,20297323,00.html>

Continued on next page.

Mediterranean diet trumps low-fat diet for patients with diabetes

A Mediterranean diet rich in nuts, fruits and vegetables delayed the need for anti-hyperglycemic therapy in overweight patients with type 2 diabetes compared with a low-fat diet.

After four years, 44% of adults randomly assigned to a Mediterranean-style diet required treatment compared with 70% of adults assigned to a low-fat diet (HR=63; 95% CI, 0.51-0.86).

Researchers in Italy compared the effects of the two diets on the need for antihypertensive therapy in 215 obese or overweight adults with newly diagnosed type 2 diabetes. Participants were not previously treated with antihypertensive drugs and had HbA1c levels <11%.

Read More ...<http://www.endocrinetoday.com/view.aspx?rid=43416>

Diabetes Recipe

Mediterranean Chicken Salad

When you're grilling or broiling chicken breasts, cook some extra pieces to use in this salad. Or if you prefer, pick up some packaged cooked chicken breast strips or cubes at the supermarket.

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

CARB GRAMS PER SERVING: 23



Mediterranean Meat Loaf

This fabulous meat loaf is moist, tender, and colorful. Reserve some of the cooked meat loaf for Spaghetti with Meat Loaf Sauce.

SERVINGS: 4 servings

CARB GRAMS PER SERVING: 8



Get these great recipes at <http://www.diabeticlivingonline.com/?esrc=esdlvreg1008>