



Diabetes Update

October 29, 2010

Halloween and Diabetes

Halloween brings out the colorful costumes, grinning jack o' lanterns and piles of candy. Living with diabetes requires a little extra planning for the pumpkin carving and doorbell ringing. Check out these tips for having a fun Halloween without being haunted by your diabetes.

Read More . . . http://www.dlife.com/diabetes/information//daily_living/special_occasions/halloween_index.html



Sleeping Less Than Six Hours a Night May Lead to Diabetes

Your mom always told you to get eight hours a sleep each night—and now there's more evidence that mom knew what she was talking about.

A new study shows that people who get less than six hours of sleep a night are more likely to develop diabetes.

"This research supports growing evidence of the association of inadequate sleep with adverse health issues," says the study's first author Lisa Rafalson, a National Research Service Award fellow in the University at Buffalo department of family medicine.

Read More . . . <http://www.latimes.com/health/os-diabetes-and-sleep,0,7650583.story>

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>.

HAPPY HALLOWEEN



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New Diabetes Device Next Step in the Quest for Closed-Loop System

Medtronic, Inc. announced today the Canadian launch of a novel technology designed to provide additional protection against the risks associated with hypoglycemia. This new device, currently available in more than 50 countries outside of the United States and now in Canada, can automatically suspend insulin delivery when the device senses that glucose levels have fallen to or below a pre-selected threshold.

Read More . . . http://www.marketwatch.com/story/new-diabetes-device-next-step-in-the-quest-for-closed-loop-system-2010-10-21-61310?reflink=MW_news_stmp

Number of new diabetes cases expected to double by 2050

If current trends persist, the estimated annual incidence of new diabetes cases will increase dramatically and the condition will affect approximately 21% of the US adult population by 2050, recent data suggest.

Read More . . . <http://www.endocrinetoday.com/view.aspx?rid=76914>

Coming Up . . November is American Diabetes Month

American Diabetes Month

Join [Bret Michaels](#) this November and become involved in American Diabetes Month®. This year, the American Diabetes Association is asking: *How will you Stop Diabetes®? The future is in your hands.*

Read More . . . http://www.diabetes.org/in-my-community/programs/american-diabetes-month/?utm_source=WWW&utm_medium=DropDownIMC&utm_campaign=AMM2010



American Diabetes Association Encourages Americans to Join the Movement to Stop Diabetes

Anyone can join the movement by choosing to submit a 30-second video showing their passion and commitment to the movement in the "Share Your Vision to Stop Diabetes" video contest, becoming an advocate for the cause, learning how to survive the holidays, giving of their time and passion or donating funds to support diabetes research, information and advocacy programs.

Read More . . . <http://www.marketwire.com/press-release/During-American-Diabetes-Month-the-Future-of-Diabetes-Is-in-Your-Hands-1337187.htm>

Got a candy craving? Local diabetes experts offer tips to enjoy a healthy Halloween

"They can enjoy sweets, they can have cake at a party, they can have Halloween treats -- it's just the planning that is different from a diabetic to a nondiabetic person," says Zachariah. "Sometimes there's a psychological aspect of having a chronic disease. There's always that elephant in the room and you're always aware of it, but there's no reason diabetics can't do most if not all that a person without diabetes can."

Read More . . . <http://www.semissourian.com/story/1669414.html>

Enjoying Halloween When You Have Diabetes

For all of the costumes and cobwebs and carved pumpkins, Halloween is for most kids one big sugar rush. It's all about the candy: whose house has the best selection, how much you can carry and which pieces to eat first. But what about children (and grown-ups) with diabetes who want to participate without sending their blood glucose levels soaring?

Read More . . . <http://forecast.diabetes.org/magazine/food-thought/enjoying-halloween-when-you-have-diabetes>



Recipes and Links



Get the List! Candy Carbs Diabetic Angels

<http://www.diabeticangels.com/profiles/blogs/halloween-candy-carb-list-1>

How to Find Halloween Candy for Diabetics

Read More . . . http://www.ehow.com/how_4422528_find-halloween-candy-diabetics.html

Halloween Diabetes Quiz: Can you count the carbs?

<http://www.healthcentral.com/diabetes/quiz-161694-76.html>

