

Diabetic Monthly

March 1, 2011
Volume 4 Issue 3

Gunnison Valley Diabetes Self-Management Education Program
45 East 100 North Gunnison, Utah 84634

March Support Group: *MARCH INTO SPRING!*

This month we will look at the Benefits of Being Active. What are our barriers for being physically active? What is EXERCISE, and how do we get started?

Besides weight management, regular activity is essential to overall fitness, and blood sugar control. Whether you have diabetes, or not, regular physical activity is a healthy habit that can bring a lifetime of rewards!

I would like to encourage each person to share their own exercise tips, or frustrations, and let's see what we can come up with to help each other Move More this March!

As always, this support group is **free** of charge and **everyone** is welcome to attend. Family and friends are encouraged to attend, as they can offer a lot of support and encouragement when it comes to understanding Diabetes.

Raelyn Christensen, RN

Support Group Schedules

Gunnison Support Group

Gunnison Homecare building at 45 East 100 North Gunnison

March 15, 2011 at 3:00 - 4:00pm

Monroe Support Group

South Sevier Senior Center at 140 West 100 South Monroe

March 22, at 11:00am - 12:00pm

INSIDE THIS ISSUE

- 1** March Support Group Topic
- 2** Benefits of being Active
- 3** Tip of the Month
- 3** For your Smile...
- 4** Recipe of the Month

TOP 10 BENEFITS OF BEING ACTIVE

American Diabetes Assoc. www.diabetes.org

1. Improve blood glucose management. Activity makes your body more sensitive to the insulin you make. Activity also burns glucose (calories). Both actions lower blood glucose.
2. Lower blood pressure. Activity helps your heart pump stronger and slower.
3. Improve blood fats. Exercise can raise "good" cholesterol (HDL), and lower "bad" cholesterol (LDL) and triglycerides.
4. Take less insulin or diabetes pills. Activity can lower blood glucose and weight. Both of these may lower how much insulin or diabetes pills you need to take.
5. Lose weight and keep it off. Activity burns calories. If you burn enough calories, you'll trim a few pounds. Stay active and you'll keep the weight off.
6. Lower risk for other health problems. Reduce your risk of a heart attack or stroke, some cancers, and bone loss (osteoporosis).
7. Gain more energy and sleep better. You'll get better sleep in less time and have more energy, too.
8. Relieve stress. Work out or walk off daily stress.
9. Build stronger bones and muscles. Weight-bearing activities, such as walking, make bones stronger. Strength-training activities, such as lifting light weights (or even cans of beans), make muscles strong.
10. Be more flexible. Move easier when you are active.

"Do not let what you cannot do interfere with what you CAN do!"
----John Wooden

Tip of the Month...

How Do I know when I have poor circulation in my feet and legs?

American Diabetes Assoc. 101 Tips Series

The hallmark sign of poor circulation is pain or cramping in the calf or the thigh (usually the calf) that occurs when you walk a short distance. This pain is a sign that the muscles are not getting enough oxygen. If you slow or stop and rest for a few minutes, the oxygen supply usually catches up with the demand and then you can walk a little further before the pain reoccurs. The medical term for this condition is “intermittent claudication.” Other signs of poor circulation can be pain at rest, non-healing ulcers, absent or weak pulses in the feet or legs, a decrease in blood pressure in the feet and legs, or a lack of hair growth on the lower legs. A blue or purplish color, especially when your feet are hanging down, and having cold feet are also signs of circulation problems. If you think you have poor circulation to the feet, ask your doctor to evaluate it. Poor circulation is caused by a blockage in the arteries supplying blood to the feet. The blockage may need to be removed or bypassed with vascular surgery. A simple treatment is to walk every day. This exercise can force the blood vessels to expand and improve the circulation in your feet and legs.

For Your SMILE...

Recipe of the Month: Sweet Asian Beef Stir Fry

Servings: 4 (1/2 c. cooked spaghetti & 1 c. beef stir fry each serving)

- 3 T. low sugar orange marmalade
- 2 T. light teriyaki sauce
- 1 T. grated ginger
- ¼- ½ tsp. crushed red pepper
- 3 oz. Multi-grain spaghetti (uncooked)
- 2 C. fresh broccoli florets
- ½ small red onion, cut into thin wedges
- 1 C. julienned carrots (or 2 carrots cut into thin bite-sized strips)
- 2 tsp canola oil
- 12 oz boneless beef top sirloin steak, cut into thin bite-size strips
- 3 C shredded cabbage
- 1 tsp sesame seeds, toasted (optional)

1. In small bowl, combine marmalade, 2 T. water, teriyaki sauce, ginger, and crushed red pepper; set aside. Cook spaghetti according to package directions.
2. Meanwhile, coat a large nonstick skillet or wok with cooking spray. Preheat over medium-high heat. Add broccoli and onion. Cover and cook 3 minutes, stirring often. Add carrots; cover and cook 3 minutes more or until vegetables are crisp-tender, stirring occasionally. Remove vegetables from skillet.
3. Add oil to the same skillet. Add beef strips. Cook and stir over medium-high heat 3-5 minutes. Return vegetables along with sauce and cabbage. Cook and stir 1 minute or until heated through and cabbage is just wilted.
4. Serve immediately over the hot, cooked spaghetti. If desired, sprinkle with toasted sesame seeds.

Nutrition information
per serving.
Calories 279
Total fat 6 g
Saturated Fat 2 g
Cholesterol 36 mg
Sodium 259 mg
Total Carbs 30 g
Dietary fiber 5 g
Protien 25 g

Gunnison Valley Homecare DSME

45 East 100 North
PO Box 759
Gunnison, Utah 84634

Phone:
(435) 528-3955

Fax:
(435) 528-2188

E-mail:
raelynnc@gvhomecare.org