

SWEET NOTHINGS



Diabetes Education Recognition Program

Spotlight on Craven County

BY Lisa Mayo, RD, LDN

Craven County Health Department is thrilled to be participating in Cohort IV of the Diabetes Self-Management Program. Craven County is located in the eastern region of North Carolina where the highest percentage of diabetes is found in the state.

We started marketing the program in mid-August by calling and emailing the local medical offices to let them know about the new diabetes program being offered at the health department. When we did not receive much of a response we decided to hand deliver a letter to the physicians describing the program. We also took patient flyers and referral forms to each medical office.

We also thought if the residents of Craven County knew about the diabetes program, they might ask their primary care giver to refer them to the program, so we started promoting the program at health fairs

Exercise a Pain in the...Head?

By Jennifer Green, MS

Contributor, National Center on Physical Activity and Disability www.NCPAD.com

According to the National Institute of Neurological Disorders and Stroke, migraines can cause significant disability and costs American taxpayers \$13 billion in missed work or reduced productivity annually. Those who suffer from migraines lose over 157 million workdays due to headache pain alone. The World Health Organization estimated in 2003 that 303 million people worldwide were "migraineurs" and a 2004 article suggested that

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and in the health department's quarterly insert in the local newspaper. We received our first referral in October and three more in November. Our first group class was in December.

Our high risk maternity clinic sees an average of five to six newly diagnosed gestational diabetic clients per month. In November, we started the Gestational Diabetes Self-Management Program. We have a standing order for any client diagnosed with gestational diabetes or who is pre-gestational diabetic, to be referred to the program. The initial assessment is done the same day as diagnosis by the Registered Nurse.

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there are almost 20 million migraine attacks happening every day. Twenty-five percent of women and 8 percent of men get migraines sometime in their lifetimes; about half of these people get their first migraine before the age of 20, and 98 percent before the age of 50. Of those who get migraines, 38 percent get one-12 each year, 38 percent get one to three a month, 37 percent get one per week, and 11 percent get two to six per week.

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December Data Update

Total Patients: 2455

Total New Patients: 141

Pre A1: 8.1

Post A1C: 7.0

Pre BP: 133/78

Post BP: 130/76

Foot Exams: 85%



In Women, Diabetes Plus Depression a Deadly Combo

By Steven Reinberg
HealthDay Reporter

Women suffering from both diabetes and depression have a greater risk of dying, especially from heart disease, a new study suggests.

In fact, women with both conditions have a twofold increased risk of death, researchers say.

"People with both conditions are at very high risk of death," said lead researcher Dr. Frank B. Hu, a professor of medicine at Harvard Medical School. "Those are double whammies."

"People with diabetes are more likely to be depressed, because they are under long-term psychological stress associated with diabetes complications."

When people are afflicted by both diseases, these conditions can lead to a "vicious cycle," Hu said. "People with diabetes are more likely to be depressed, because they are under long-term psychosocial stress, which is associated with diabetes complications."

People with diabetes who are depressed are less likely to take care of themselves and effectively manage their diabetes, he added. "That can lead to complications, which increase the risk of mortality."

Type 2 diabetes and depression are often related to unhealthy lifestyles, including smoking, poor diet and lack of exercise, according to the researchers. In addition, depression may trigger changes in the nervous system that adversely affect the heart, they said.

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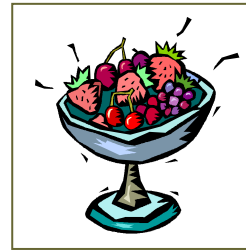
Depression from page 2

Commenting on the study, Dr. Luigi Meneghini, an associate professor of clinical medicine and director of the Eleanor and Joseph Kosow Diabetes Treatment Center at the Diabetes Research Institute of the University of Miami Miller School of Medicine, said the findings were not surprising.

"The study highlights that there is a clear increase in risk to your health and to your life when you have a combination of diabetes and depression," he said.

Meneghini noted there are many diabetics with undiagnosed depression. "I am willing to bet that there are quite a number of patients with diabetes and depression walking around without a clear diagnosis," he said.

Meneghini added that patients and doctors need to be more aware that depression is an issue.



In the United States, some 15 million people suffer from depression and 23.5 million have diabetes, the researchers say. Up to one-fourth of people with diabetes also experience depression, which is nearly twice as many as among people who don't have diabetes, they added.

"The combination of diabetes and depression needs to be addressed," Meneghini concluded. He added that patients need to tell their doctors if they are feeling depressed, and doctors also need to be on the lookout for signs of depression in their diabetic patients. For a copy of the full study, visit <http://consumer.healthday.com/Article.asp?AID=64>

American Diabetes Association Chef's Chicken Throwdown

It was the most popular search term in 2010 on the American Diabetes Association's web site. It was more popular than A1C, guidelines or diet.

Chicken. That's right, chicken!

Chicken Tenders with Spicy Tomato and Black Beans

Chicken tenders cook faster, there's not as much fat, and because they are a thinner cut, they absorb more of the flavors of the other ingredients.

Serves: 4; Serving size: 3 ounces cooked chicken, 1/2 cup bean mixture, and 2 tablespoons sour cream

Nutritional Information: Exchanges/Choices 1/2 Starch, 1/2 Carbohydrate, 4 Lean Meat, Calories: 265, Calories from Fat: 55, Total Fat: 6 g, Saturated Fat: 1.5 g, Trans Fat: 0 g, Cholesterol: 85 mg, Sodium: 405 mg, Total Carbohydrate: 16 g, Dietary Fiber: 3 g, Sugars: 4 g, Protein: 35 g

Ingredients

12 (about 1 1/4 lb) chicken tenders
 1/2 tsp chili powder
 1 10-oz can mild diced tomatoes and green chilis
 1/2 15.5-oz can no-salt-added black beans, rinsed and drained
 2 tsp extra virgin olive oil
 1/2 cup fat-free sour cream

Preparation

1. Sprinkle both sides of the chicken pieces evenly with chili powder.
2. Place a large nonstick skillet over medium-high heat until hot. Coat skillet with cooking spray, cook chicken 2 minutes or until browned on one side, turn, and top with the tomatoes and beans. Bring to a boil (over medium-high heat), and cook for 3 minutes or until chicken is no longer pink in the center.
3. Remove from heat and drizzle the oil evenly over all. Serve in shallow soup bowls, topped with sour cream.

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During the initial assessment, the client is given a glucometer and trained on how to test their glucose, how often to test, and recommended glucose values. On doctor days, our gestational diabetics are normally at the health department all morning waiting to be seen by the doctor. We decided to have our four 2-hour group classes on doctor days for a couple of reasons. First, the class would make better use of the clients' time while waiting to see the doctor. Second, clients do

not typically miss doctor appointments, so that would increase our attendance for the group classes. So far we have seen five gestational diabetics and our first 2 hour group class started in December.

Although, we still have a lot of work to do, we are excited about reaching out and helping the residents of Craven County manage their disease and live a healthier lifestyle.

Migraines and Exercise from page 1

Migraines are chronic headaches that can cause significant pain for hours or even days. Symptoms can be so severe that all the person can think about is finding a dark, quiet place to lie down. Some migraines are preceded or accompanied by sensory warning symptoms or signs, such as flashes of light, blind spots, or tingling in the arm or leg. A migraine is often accompanied by nausea, vomiting, and extreme sensitivity to light and sound. They usually begin

in childhood, adolescence, or early adulthood. A typical migraine attack produces some or all of these signs and symptoms:

- Head pain with a pulsating or throbbing quality
- Pain that worsens with physical activity
- Pain that interferes with your regular activities
- Nausea with or without vomiting
- Sensitivity to light and sound

Although much about the cause of migraines isn't understood, both genetics and environmental factors seem to play a role.

Research has shown that regular moderate-intensity exercise reduces the frequency, intensity, and duration of migraine headaches. This is thought to be due to the increased levels in endorphins as well as other chemicals that are caused by exercise. Studies suggest that a longer warm-up and cool-down are important for those with migraines because it increases oxygen intake levels. An exercise program should include at least a 10-minute warm-up, and a 10-minute cool-down session, according to the research.

“An exercise program for those who experience migraines should include at least a 10-minute warm-up, and a 10-minute cool down”

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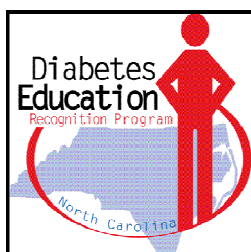
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Omega 3 Fatty Acids— Remedies, Risks, and Recommendations

Omega-3 Fatty Acids—Remedies, Risks, and Recommendations is our latest audiovisual Cyber-seminar with streaming audio, slides, illustrations, transcribed audio, interactive questions, and links to Web resources for current information on omega-3 fatty acids and health.

Go to the [Omega 3 Fatty Acids](http://www.cdc.gov/diabetes/ndep/ce_omega3.htm) Web site to view more information about the seminar and to register.

Diabetes at Work: What's Depression Got to Do With It? http://www.cdc.gov/diabetes/ndep/ce_depression.htm#

The Road to Health Diabetes Toolkit

http://www.cdc.gov/diabetes/ndep/ce_RoadtoHealth.htm