

## Change Is in the Air



As the winter season comes to a close and spring arrives, it is inevitable that change will occur. In addition to the weather starting to change, we at the Diabetes Center are making some changes too. Beginning in April, the Glucose Gazette will be published quarterly. Also in April, we will have one support group per month. The new support group format will be the 4<sup>th</sup> Tuesday of each month from 5:00 p.m. to 6:00 p.m. at the Diabetes Management Center. We hope these changes will allow us to better serve you.

## Support Group

Thanks to all who attended the support groups in February. The next day support group will meet on Tuesday, March 25<sup>th</sup> from 1:00-2:30 p.m. at the Diabetes Management Center. Evening group will be held on Thursday, March 27<sup>th</sup> from 6:30-8:00 p.m. in the Education Rooms at Daviess Community Hospital. Please join us for a free educational session!

*Kelli Barnard, RD, CD, CDE*  
Program Coordinator

## Food and the Heart

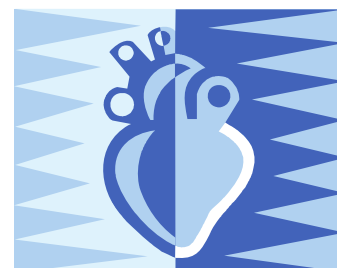
For many years, members of the medical community have advocated a low fat, high fiber diet to promote heart health. But what exactly does "low fat, high fiber" mean? And how can you make it happen? Recent research points to two major categories when it comes to heart health: soluble fiber and omega-3 fatty acids.

There are two types of fiber in foods: soluble and insoluble. Neither type of fiber is digested by the body. The main benefit of insoluble fiber is that it helps move foods through the intestines. However, soluble fiber, when mixed with water, forms a gel. This may help prevent heart disease by lowering LDL (low density lipoproteins) cholesterol. It also helps with blood sugar control. Good sources of soluble fiber include beans, carrots, oats, barley, nuts, flaxseed, oranges, and apples.

Omega-3 fatty acids are heart healthy fats that may lower the risk of heart attack. This is accomplished by reducing blood clotting, lowering levels of triglycerides, and decreasing the risk of an irregular heartbeat. Food sources include salmon and flaxseed. Many foods, like eggs, may be fortified with omega-3 fatty acids; check the package to be sure.

Here are some tips to include these heart healthy foods into your diet:

- Start the morning with a bowl of oatmeal.
- Add cooked salmon to salads.
- Add a spoonful of flaxseed to waffle/pancake batter, muffin mixes, cereals, yogurt, or soups.



## Diabetes, Depression, and Therapy



It is well known that diabetes and depression are intimately linked. A new study indicates that seeking proper treatment for the depression helps prolong the lives of older people with diabetes. Previous studies have indicated that depression increases the risk of death among people with diabetes, but none yet had concluded that a treatment program could lower that risk. Depression is not only a risk for death in people with diabetes but also a risk factor for diabetes itself. People with diabetes are twice as likely to suffer from depression.

The Prevention of Suicide in Primary Care Elderly: Collaborative Trial was conducted in primary care practices in New York, Philadelphia, and Pittsburgh. It included 584 patients between the ages of 60 and 94 and began with initial assessments between 1999 and 2001. During follow-up approximately five years later, it was determined that 110 of the patients with depression had died.

The researchers noted the common finding that depression tends to interfere with self-management tactics of people with diabetes. Patients with depression and diabetes have worse blood sugar control and are less likely to stick with their diet and medication regimens. They may also worry about spending more money on healthcare. For more information on diabetes, depression, and therapy, talk to your healthcare provider or call Transitions at Daviess Community Hospital at 254-8634 or 254-8854.

*\*Source: Diabetes Forecast, February 2008*



### **SEEK HELP IF YOU SUSPECT DEPRESSION**

According to Transitions Behavioral Health Services at Daviess Community Hospital, depression is a lot more common than most people think. The following statistics can give you an idea as to how common this illness truly is. 6% of people ages 65+ have a diagnosed depressive illness per year.

Which equals out to be approximately 2 million individuals in this age group. 50% of long term care residents have it. 25% of individuals with other chronic illnesses also have a diagnosis of depression. There are several factors that put individuals at greater risk for depression. These factors include, but are not limited to: family history of lifelong depression, gender being female, unmarried (especially if widowed), stressful life events like the ones mentioned earlier, absence of a supportive social network, and co-occurrence with medical illness.

If depression is suspected, there are many symptoms that one can look for to solidify need for medical evaluation. Some symptoms to look for are: persistent sadness for 2 or more weeks; difficulty sleeping and concentrating; increased worry, pacing, and fidgeting; feeling helpless or hopeless; weight changes; thoughts of suicide or suicide attempts; and multiple psychosomatic symptoms that have no other recognizable underlying cause. Call Transitions for help. 254-8634 or 254-8854.

## Zesty Shrimp and Pasta

1 lb cleaned large shrimp  
¾ cup prepared Good Seasons Zesty Italian Fat Free Dressing, divided  
2 cups sliced fresh mushrooms  
1 small onion, thinly sliced  
1 can (14 oz) artichoke hearts, drained and cut into halves  
1 Tbsp chopped fresh parsley  
1 pkg (9 oz) refrigerated linguine, cooked  
¼ cup grated Parmesan cheese

Cook and stir shrimp in ½ cup of the dressing in large skillet on medium-high heat for 2 minutes. Add mushrooms, onions, artichokes, and parsley. Continue cooking until shrimp turn pink and vegetables are tender, stirring frequently. Toss with hot cooked linguine and remaining ¼ cup dressing. Sprinkle with cheese. Yield: 6 servings.

Calories – 280  
Fat – 6 grams  
Carbohydrate – 34 grams  
Protein – 24 grams  
Sodium – 790 milligrams  
Exchanges: 2 starch, 2 meat, 1 fat

## Oatmeal Raisin Cookies

1 ½ cups all-purpose flour  
1 tsp baking soda  
1 tsp ground cinnamon  
1 cup butter, softened  
1 cup Splenda Sugar Blend  
1 Tbsp molasses  
2 large eggs  
1 ½ tsp vanilla  
3 cups old-fashioned oats, uncooked  
1 cup raisins

Preheat oven to 350. Stir together flour, soda, and cinnamon; set aside. Beat butter and Splenda on medium speed until fluffy; add eggs, molasses, and vanilla, beating until blended. Gradually add flour mixture, beating at low speed until blended. Stir in oats and raisins. Drop dough by tablespoons onto lightly greased baking sheets. Bake 10-12 minutes. Yield: 36 servings, 1 cookie each.

Calories – 140  
Fat – 6 grams  
Carbohydrate – 18 grams  
Protein – 2 grams  
Sodium – 90 milligrams  
Exchanges: 1 starch, 1 fat

## Sweet Red Pepper Hummus

1 Tbsp extra virgin olive oil	½ tsp cumin
2 Tbsp fresh lemon juice	2 Tbsp Splenda Granular
½ tsp apple cider vinegar	1 can (19 oz) garbanzo beans, drained
2 Tbsp chopped fresh parsley	2 cups chopped red bell pepper
½ tsp salt	Olive oil flavored cooking spray



Spray non-stick sauté pan with olive oil cooking spray. Sauté red peppers for four to five minutes; set aside. In food processor, add all ingredients, including red peppers. Puree for one minute; scrape the sides and continue to puree until smooth. Refrigerate until serving time. Yield: 15 servings.

Calories: 60  
Fat: 1 gram  
Carbohydrate: 10 grams

Protein: 2 grams  
Sodium: 190 milligrams  
Exchanges: ½ starch, 1 vegetable

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