

# Diabetes Education Program Newsletter

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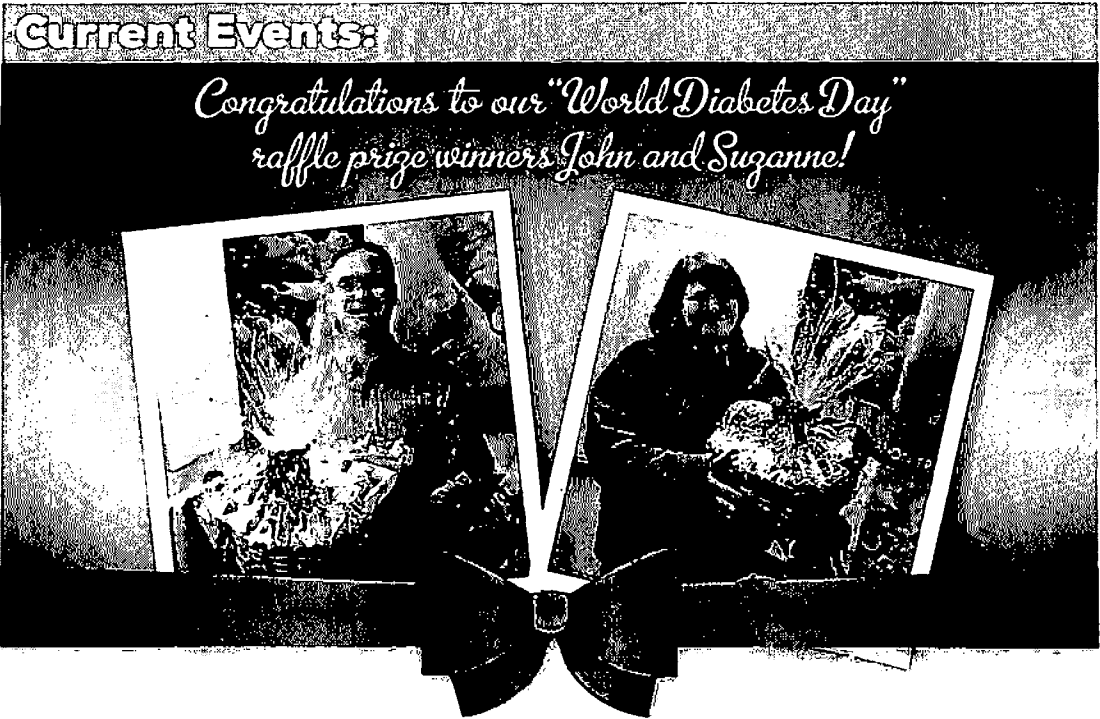
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## Have you attended all of our FREE group sessions?

### SWEET MOODS

A support group designed to help you manage 'diabetes distress' or the emotional impact of managing your diabetes using principles of Mindfulness Based Stress Reduction.

### LET'S GET MOVING

Learn more about the health benefits of physical activity and exercise. Learn how to use resistance bands as part of your strength training exercise routine

### SUPERMARKET SAFARI

Break through the confusion of label reading and grocery shopping with this interactive group and grocery store tour.

### HAPPY FEET

A fun and interactive way to learn more about foot care for diabetes by using visual props and open communication. You will also receive a brief, individualized foot assessment and sensory exam with a Diabetes Nurse Educator

**CALL US (416) 204-1256**  
**TO REGISTER FOR ANY OF THESE SESSIONS!**

## Active Living:

# Don't Just Sit there! Is Sitting the New Smoking?

*Exercise and healthy diet are two known components in health and well-being, but according to new research, there may be a third factor involved – less sitting.*



We all know too much sitting isn't great and we may even feel guilty after sitting at our desk all day and then spending the evening in front of the TV. But can we go as far as to say "sitting is the new smoking?" Let's explore what exactly goes wrong when we sit for long periods.

Sitting shrinks the chest cavity resulting in a temporary limit of oxygen to lungs and veins. Without fresh blood being pumped through the body, everything slows, including brain function causing what is commonly referred to as "foggy brain".

The backbone is made of bones and cartilage that link the vertebrae. When we sit for long periods it causes uneven pressure on the spine. This will overwork certain areas of the spine resulting in uneven pressure, wear and tear on the discs and strain on the muscles.

When we stand, move or even sit up straight, muscles (such as your abdominals, hips and glutes) work to keep you upright.

Not only does sitting for long periods decrease mobility of these muscles causing them to be inflexible and tight; long hours of sedentary behavior also slow blood circulation to muscle groups causing potential numbness and swelling.

Long periods of sitting are also known to be associated with increased incidence of heart disease and diabetes. Elongated sedentary behavior reduces blood flow to the heart, which allows fatty acids to accumulate more easily in the veins and clog the heart. Muscle cells do not respond as readily to insulin when they are not active causing the pancreas to produce more and more insulin – leading to diabetes and weight gain.

Unfortunately, the solution is not as simple as adding extra 20 minutes of activity after work. Sitting for prolonged periods is shown to be detrimental to our health regardless of how active we are.

**So what can we do about it?** The key is breaking up your activity through the day.

For every half hour working in an office, people should sit for 20 minutes, stand for eight minutes and move and stretch for 2 minutes. The British Journal of Sports Medicine published guidelines for sitting which recommends a combination of 2-4 hours of standing and light activity spread throughout the workday. They go as far as to say that standing up for only 2 minutes 16 times a day while at work is an effective strategy to maintain bone and muscles density.

Next time I take the subway, I won't be as fast to grab a seat. I can build standing time in my 20-minute ride to work. How can you be less sedentary today?

#### References:

Buckley, John P, et al. "The sedentary office: an expert statement on the growing case for change towards better health and productivity." *British journal of sports medicine* (2015): *bjsports-2015*.

Katzmarzyk, Peter T, et al. "Sitting time and mortality from all causes, cardiovascular disease, and cancer." *Med Sci Sports Exerc* 41.5 (2009): 998-1005.

Clark P. & Berkowitz B. "The health hazards of sitting" *The Washington Post* Jan 20, 2014.

## Diabetes Q&A: Can I drink alcohol when I have diabetes?

**YES.** Adults living with diabetes can drink moderate amounts of alcohol and should follow the same guidelines as the general public. The guidelines for alcohol consumption are no more than two standard drinks per day with a maximum of 14 standard drinks per week for men and nine for women.

### What is a standard drink?

*One standard drink:*

**Beer** 360mL (12 fl oz.) of regular beer (5% alcohol)

**Spirits** 45 mL (1.5 fl oz.) of spirits (40% alcohol)

**Wine** 150mL (5 fl. Oz) of wine (12% alcohol)

**How does alcohol affect my blood sugars?** Although most alcoholic beverages are made from grains or fruits (sugar and starch) it is not digested in the same way as most carbohydrates. Through the process of fermentation and distillation, alcohol cannot be broken down into sugar. Alcohol does not require insulin to break down for energy. Despite all this, it has been shown that drinking more than three drinks per day over a long period of time can still make blood glucose control a challenge.

**What if I'm taking insulin?** For people with Type 1 diabetes or Type 2 diabetes taking insulin, delayed hypoglycemia (low blood sugar) can occur up to 24 hours after drinking alcohol. To prevent this from happening it is important to eat carbohydrate-rich foods with your alcoholic beverage. You may also want to check blood sugars more frequently when you drink and always have a quick sugar source available in case your blood sugar drops too low. Examples of quick sugars include: ¾ cup of regular pop, 6 lifesavers or 4 Dex4 tablets.

## Diabetes 101:

**Depression affects millions of people each year. Not only does it affect your mood but it also affects your entire body. This is evident when observing the close relationship between diabetes and depression. In fact, studies show that having diabetes doubles your risk of developing depression.**

Depression may be more likely to initially develop in people living with diabetes because of the stress and anxiety related to managing diabetes. Further, symptoms of depression can often make it more difficult to successfully manage diabetes, making it a challenging cycle to be stuck in. Depression may contribute to diabetes because being depressed can lead to poor lifestyle decisions such as unhealthy eating, less exercise and smoking, all of which are risk factors for diabetes. Depression also affects your ability to perform tasks, communicate and think clearly. This can interfere with your ability to successfully self-manage diabetes.

Evidently, treating depression can therefore help you manage your diabetes and improve your overall health. Recognizing your risk for depression is the first step in getting treatment. If you are suffering from symptoms of depression, you should contact your diabetes care team or your primary care doctor. At the Taddle Creek Diabetes Program there is time at each appointment to discuss your situation and symptoms with a diabetes educator who can then connect you with a mental health professional or an appropriate diabetes support group.

If you have diabetes, watch for signs and symptoms of depression. If you think you might be depressed seek help right away. In the meantime, there are a few things you can do to help improve your mood such as increasing your physical activity, getting educated about diabetes and maintaining a regulated sleep schedule.



### QUICK DEPRESSION SELF ASSESSMENT

**Over the last 2 weeks, how often have you been bothered by any of the following problems?**

**0 = not at all**

**1 = several days**

**2 = more than half the time**

**3 = nearly daily**

- Little interest or pleasure in doing things
- Feeling down, depressed or hopeless
- Trouble falling or staying asleep or sleeping too much
- Poor appetite or overeating
- Feeling tired or having little energy
- Feeling bad about yourself – or that you are a failure or have let yourself or your family down
- Trouble concentrating on things such as watching TV or reading the paper
- Moving or speaking so slowly that people could have noticed. Or the opposite- being so fidgety or restless that you are moving around more than usual
- Thoughts that you would be better off dead or of hurting yourself

**If you answered 2 or 3 in at least four of the questions, or if you answered anything above 0 in the last question, we strongly encourage you to talk to your doctor or a health care professional right away.**

## Healthy Eating:

*Celebrate the Holidays with good food, good friends and good health!*

For many people food, drinks and special meals are a big part of celebrating the holiday season. With so many delicious dishes available, this can be a time in which it is especially easy to over-indulge.

Avoiding sweets altogether is unrealistic, but with a few simple tips, you can indulge wisely without feeling guilty.



- 1. Eat slowly and mindfully** for maximal enjoyment from every bite rather than eating a large portion of one or many desserts, choose your favorite and savor each bite. If you pay attention and enjoy each bite, you may be surprised to find out that you can feel satisfied with a smaller portion.
- 2. Take time for tea.** After dinner and before dessert is served, pour yourself a cup of herbal tea. This post dinner pause may allow your brain to register your level of hunger. This break may help you to realize you just aren't that hungry and that you can be just as content with sipping your soothing cup of tea rather than indulging in a sugar loaded dessert.
- 3. Do more than eat at holiday gatherings.** Make the most of your holiday celebration with family and friends – plan gatherings

that are centered on games, treasure hunts, dancing, hiking and other fun activities. You might be so busy that you forget about dessert.

- 4. Choose your sweets wisely.** While sweets and sugar are a normal part of the holiday traditions, make sure you indulge wisely. Choose sweets and desserts that you truly enjoy and pass up the ones you may not be fussy about. You may not be able to say no to grandma's apple pie at Christmas dinner, but perhaps you can think twice about having another soft drink or digging into the candy bowl.

*While treats can be part of a balanced diet, remember to follow the healthy plate, eat together as a family and most importantly enjoy good food, good friends and good health!*

## Recipe:

### PUMPKIN PIE CHIA BREAKFAST PUDDING

**Enjoy desert for breakfast with this delicious and nutritious breakfast pudding. Make it the night before so you can enjoy it in a pinch before your busy morning starts.**

#### Ingredients:

1/3 cup pumpkin puree  
2 tbsp chia seeds  
1 tbsp hemp seeds  
1 tbsp raisins  
1/4tsp vanilla  
1/8tsp cinnamon  
A pinch of ginger  
A pinch of nutmeg  
1 cup plain yogurt

#### Directions:

Combine all ingredients in a sealable container and let sit overnight or for at least 30 minutes. Top with some nut butter, a drizzle of maple syrup or a sprinkle of cinnamon the next morning and enjoy!



**Want to contribute to the next edition of the DEP Newsletter?**

Send in your favorite recipe or tell us your story about how you manage your diabetes!

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