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## Current Events:

# SAVE THE DATE

## WEDNESDAY, NOVEMBER 14<sup>TH</sup> WORLD DIABETES DAY AT THE SQUARE

Join us in celebrating World Diabetes Day with fitness, fun and food! This event will be held at Yonge and Dundas Square.

**Entry is free of charge!**



world diabetes day



## Does sleep quality affect my blood sugar?

**A:** Optimal sleep duration and quality is associated with decreased risk of many chronic diseases, including diabetes. Poor sleep patterns can make you less sensitive to insulin, resulting in higher blood sugars and making it more difficult to manage your diabetes. A recent study showed that those who slept 4 hours or less had significantly higher average blood sugar levels than those who slept 7-8 hours.

Diabetes itself may also interfere with sleep. For example, low blood sugars overnight, high average blood sugars, and complications like nerve damage can lead to poor sleep. Low blood sugars during the night can cause shakiness, dizziness, sweating, nightmares, headaches (upon waking), and cause you to wake up in the middle of the night. If blood sugars are consistently high, you may feel too warm, dehydrated, and irritable, making it difficult to fall asleep. Very high blood sugar levels may also mean getting up to urinate more often during the night.

Poor sleep can leave you feeling tired the next day. This lack of energy might make you crave sugary, starch-heavy foods, which can increase blood sugar levels. Inadequate sleep can also affect hormones in the body that regulate appetite, making you abnormally hungry. Feeling tired may also lead to lower physical activity levels during the day, which may increase sugar levels and affect your overall health and mood.

**THE BOTTOM LINE:** Getting 7-8 hours sleep/night on a regular basis may help you control blood sugar levels and better manage your diabetes in the long-run might also feel better overall!

### ✓ Tips for Better Sleep

- **Manage your blood glucose levels according to your individual target to avoid low or high blood sugar levels overnight.**
- **Try to be physically active for at least 30 min a day, 5 days a week.**
- **Stick to a regular bedtime.**
- **Ensure your bedroom is dark, cool and quiet.**
- **Avoid eating a large meal right before bed.**
- **Avoid stressful activities and all electronics for at least 20 minutes before bed.**
- **Limit alcohol. Although you may feel it helps you fall asleep, alcohol reduces the quality of sleep.**
- **No caffeine for at least 6 hours before bed time.**
- **If you have been diagnosed with sleep apnea, use your CPAP or any other devices/instructions provided by your primary care provider.**

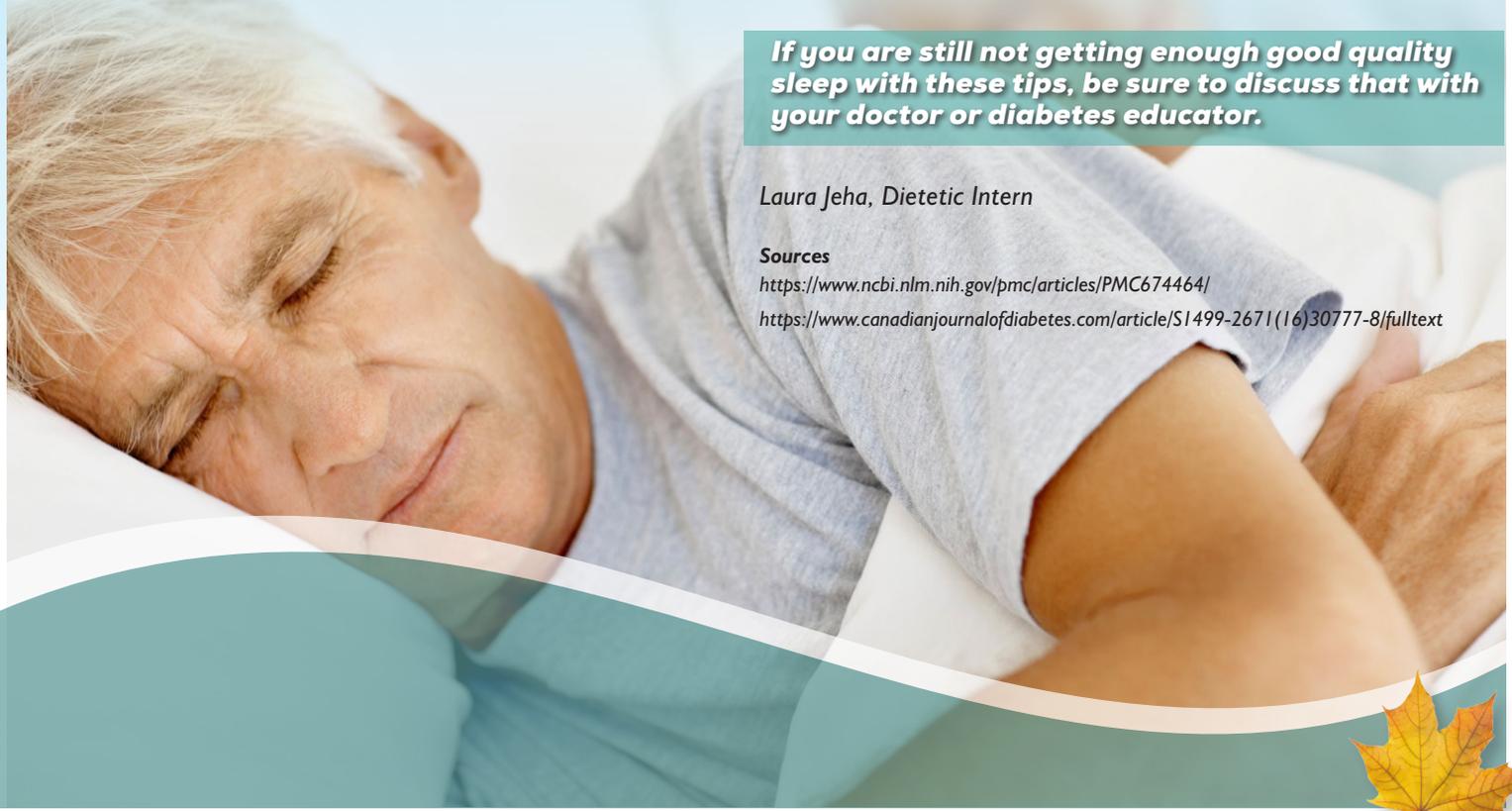
**If you are still not getting enough good quality sleep with these tips, be sure to discuss that with your doctor or diabetes educator.**

Laura Jeha, Dietetic Intern

**Sources**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC674464/>

[https://www.canadianjournalofdiabetes.com/article/S1499-2671\(16\)30777-8/fulltext](https://www.canadianjournalofdiabetes.com/article/S1499-2671(16)30777-8/fulltext)



# GOING MOBILE: 6 MOBILE APPS FOR DIABETES MANAGEMENT

*Do you struggle to track your blood sugar readings and food intake, or calculate a food's carb content? There are many mobile health apps to help make managing diabetes easier and more efficient. Here are six examples of the many apps out there that may help with diabetes.*

### 1. MYSUGR • Cost: Free

**How it Works:** MySugr helps you track your food intake and blood sugar readings, as well as physical activity, medications, insulin doses (if using), and symptoms related to diabetes, like hypoglycemia. You can enter information manually or the app can be set-up to sync automatically with specific glucose meters. MySugr keeps all your records in one place, helping you track and identify potential causes for changes in your blood sugar. This is a good option for insulin users, or those who test blood sugars fairly often and want to track them alongside food.

### 2. GLOOKO • Cost: \$5/month, possibly covered by some private insurance

**How it Works:** Glooko provides a digital logbook for recording food and carb intake, medications, and exercise. Glooko is compatible with many types of glucometers, and can also download data from activity trackers, such as FitBit and Jawbone. The app will create graphs charting your blood glucose over time, so you can gain insight into your blood sugar patterns over the days, weeks, or months. You can also set reminders to check your blood sugar or take medications and the app will send you a notification. This is also a popular option for insulin users.

### 3. MYNETDIARY • Cost: Free

**How it Works:** If you struggle to choose good-for-you items at the grocery store, this app can help you navigate the shelves. The app allows you to scan the barcode on food packages or search specific products in their extensive database, and then displays the nutrition facts table and provides a nutrition score. Foods higher in fibre, protein, vitamins A and C, calcium, and iron will receive a better grade, while foods high in saturated fat, cholesterol, sodium, total carbohydrate, and sugars score lower. This is particularly helpful when comparing between brands of cereals, snacks, or dairy products, like yogurt. The app's easy-to-use layout makes it simple to keep tabs on daily carbohydrate and sugar intake, and provides helpful feedback based on entries for each day.

### 4. Glucometer Apps • Cost: Free with glucometer

**How it Works:** Some glucometer models (e.g. Accu-Check, Contour, OneTouch, etc.) also now have their own apps. These apps will automatically transfer blood glucose results from compatible wireless meters, so you can view them on your smart phone. The apps create easy-to-read graphs that help you identify trends and patterns in your blood sugar and can be set up to send notifications to remind you to check levels. You can share the latest results with your health care provider via text message or email in advance or take them with you the day of your appointment. Ask your diabetes educator or check the company's website for help choosing a compatible glucometer.

### 5. DIABETES: M • Cost: Free

**How it Works:** Diabetes:M also allows for wireless communication with some glucometers, and information can be entered and viewed from both your phone and tablet. The easy-to-use logbook makes it easy to enter food intake and blood sugar readings. The app will use the data to create detailed reports and charts that can be sent to your health provider via email directly from the app.

### 6. GOOGLE FIT OR APPLE HEALTH

**Cost: Free**

**How it Works:** If you have an iPhone, it comes with the Apple Health app already installed. The app will automatically calculate the steps you take, or you can manually enter activities like cycling or running. It will also sync to other health and fitness apps, like MyfitnessPal, so you don't have to enter in data twice. Google Fit (and other apps) delivers a similar service for Android users (but you will need to download it for free) and will automatically detect when you switch from walking to biking or running, or you can choose from a list of other activities to track. These apps will assist in monitoring activity levels, which may help with blood sugar control and overall health.

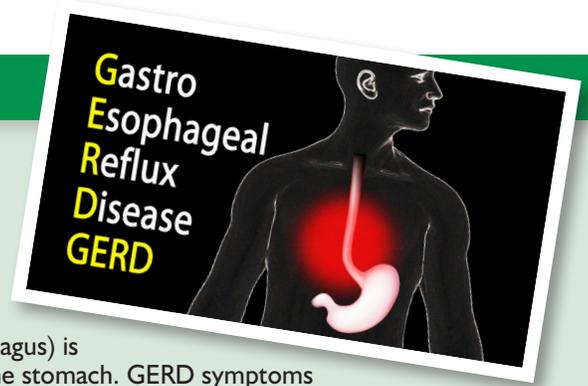
***If you don't use apps or have a smart phone, not to worry! A good old-fashioned glucose logbook and a pen is simple and effective too.***



# HEALTHY EATING

## How to Manage GERD

Is chronic heartburn or acid reflux getting you down? If so, you're not alone. GERD (gastroesophageal reflux disease) is the most common acid-related disorder in Canada.



**WHAT IS GERD?** Usually the muscle at the lower end of the throat (esophagus) is tightly contracted and only relaxes when you eat, to allow food to move into the stomach. GERD symptoms occur when this part of the esophagus does not close properly, causing a backflow of stomach acid into the esophagus. GERD may cause symptoms like heartburn, sore throat, chronic coughing, nausea, and/or pain or tightness in the chest or stomach.

**WHO GETS GERD?** Anyone can get GERD, but some risk factors include smoking, having nerve damage or a hiatal hernia, or being overweight or pregnant. There are also food and lifestyle choices that can increase the frequency of symptoms.

If you suffer from acid reflux more than once a week, it's been waking you up at night, or recently has become more severe, these strategies may help symptoms improve.

### AVOID OR LIMIT FOODS THAT MAY TRIGGER GERD

*These foods can encourage the esophageal muscle to relax, and/or increase acid production*

- Caffeinated beverages like coffee, tea, or cola
- Citrus fruits like lemon, lime, orange, and grapefruit
- Tomatoes and tomato-based products (tomato sauce or juice)
- Peppermint
- Chocolate
- Carbonated beverages
- Onions and garlic
- High fat foods or meals (fried foods, fattier cuts of meat, cream)
- Spices, especially chili, cayenne, and black pepper

### Food-based Strategies to Resolve Reflux

- Snack on fruit (not citrus), vegetables, and a few whole grain crackers
- Trim the fat from meat products prior to cooking, or choose lean ground beef and pork and drain off the fat after browning
- Choose lower fat dairy products such as skim or 1% milk, yogurt, and low-fat cheese
- Have smaller, more frequent meals. Try 3 smaller meals and 2-3 snacks.
- Limit the amount of fat used in cooking, such as butter, olive oil, and salad dressing to 2-3 tbsp per day.

### Other Ways to Reduce Reflux:

- Wait 2-3 hours after a meal before laying down
- Raise the head of your bed by 6-8 inches when sleeping. Try propping it up with an extra pillow or foam block. You can also put spacers under the top legs of your bed to get this incline.
- Sleep on your left side.
- Avoid wearing clothing that is tight across the waist and chest.
- Manage weight - carrying excess weight, especially around the middle can make you more susceptible to GERD.
- Avoid smoking (ask your diabetes educator about our smoking cessation program).

### Medications

If symptoms do not improve with changes to diet and lifestyle, medications called proton-pump inhibitors (PPIs) can help. PPIs reduce the amount of acid that is produced in the stomach, helping to relieve symptoms of acid reflux and prevent possible damage to the esophagus from acid exposure. Talk to your doctor if you think you may benefit from using a PPI to manage your reflux symptoms.

#### Sources

1. <https://www.ncbi.nlm.nih.gov.ezproxy.lib.ryerson.ca/pubmed/15685294>
2. [http://www.topalbertadoctors.org/cbgs/?sid=14&cbg\\_cats=52](http://www.topalbertadoctors.org/cbgs/?sid=14&cbg_cats=52)- Accessed via PEN GERD Guidelines
3. DC Eating Guideline for Managing Reflux handout- Accessed via PEN



# Staying Active



# EXPLORING TORONTO 2ND EDITION: TORONTO ISLAND



## Tommy Thompson Park

Toronto's Urban Wilderness

[tommythompsonpark.ca](http://tommythompsonpark.ca)



Welcome to the second edition of Exploring Toronto, a series of articles featured in the Staying Active section of our newsletter. Here we explore an area of Toronto that makes staying active enjoyable, and (we hope) will inspire a sense of exploration in the city we know and love. Today we offer a glimpse of a somewhat odd Toronto area: Tommy Thompson Park... originally and affectionately known as the Leslie Street Spit.

"The Spit" is an entirely human-made landmass and is a great place to spend a couple of hours, a half-day or even full-day exploring. This long narrow land mass stretches out from the southernmost

end of Leslie Street into Lake Ontario. Creation began in the 1950s and 1960s, by dumping sand, rock and other debris from large Toronto construction projects into the lake. The original purpose was to create a barrier to incoming waves (known as a breakwater), to allow for expansion of shipping ports into the outer harbour area. In the late 1960s, the shipping traffic to Toronto harbour decreased dramatically, and so there was no need for the breakwater. However, the spit proved a good place to keep dumping excavated debris, so it kept growing, and was eventually taken over by plant and wildlife. Now it is a managed green space known officially as Tommy Thompson Park.



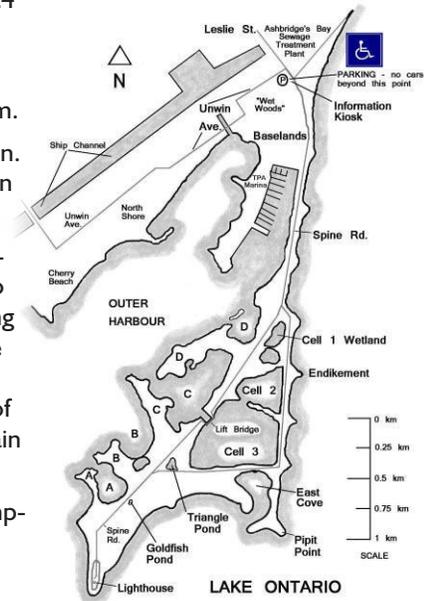
The park is open year-round, but the trails are not maintained in the winter. The park is not open 24 hours a day though, due to ongoing filling. Check the website for updated hours ([www.tommythompsonpark.ca](http://www.tommythompsonpark.ca)), but as of 2018 the official hours are:

**Weekday evenings:** 4:00 p.m. to 9:00 p.m. **Weekends and holidays:** 5:30 a.m. to 9:00 p.m.

There is free parking at the entrance, located at Leslie and Unwin Avenue, or you can walk about 5 min. south from the bus stop at Leslie and Commissioner's Street (route 83). For an extra workout, you can cycle there via the waterfront trail system.

Aside from the Nature Centre at the entrance and some outdoor toilets, the park has no other amenities, just nature! Be sure to bring water and snacks, and these are not available in the park. Be sure to dress for the weather, as there are The primary trail (called "Multi-Use Trail") is very level, easy walking or cycling. Walking directly from the entrance to the tip of the spit is about 5 kilometres, but of course you have to walk back after that. At about 1.3 km into the main trail, you can split off north onto the "Nature-Trail", and maybe catch a glimpse of the estimated 300 species of birds (including 10 species of owls) that frequent the area. There are also several short pedestrian-only trails that branch off the main trail. For conservation reasons, pets are not permitted.

If you haven't been there, or it's been a while, make your next physical activity outing at Tommy Thompson Park, A.K.A. the spit. It's a unique part of Toronto's history and waterfront, and is another great example of nature and wildlife right in the middle of the city. Hiking the spit is a great way to get your steps in, rejuvenate your love of the city, and de-stress. **See you out there!**



# Recipe

## ROAST CHICKEN SHEET PAN DINNER

*A delicious and hearty meal that's ready in under an hour - minimal clean-up required!*

PREP: 10 MIN  
TOTAL: 45 MIN  
SERVES: 4



### Ingredients:

3 medium carrots, halved lengthwise  
2 medium onions, cut into wedges  
500 g new potatoes, unpeeled and large ones halved  
6 garlic cloves, crushed and peeled  
2 tbsp canola oil, divided  
1 1/2 tsp herbes de Provence, divided  
1/2 tsp salt, divided  
1/4 tsp pepper, divided  
4 skin-on chicken legs, (1 kg)  
1 lemon, halved

### Instructions

- 1. PLACE** a rimmed baking sheet in oven and preheat oven to 450F.
- 2. TOSS** vegetables and garlic with 1 tbsp oil, 1/2 tsp herbes de Provence, 1/4 tsp salt and 1/8 tsp pepper in a large bowl.
- 3. DRIZZLE** chicken with remaining 1 tbsp oil, then sprinkle with remaining 1 tsp herbes de Provence, 1/4 tsp salt and 1/8 tsp pepper. Remove hot baking sheet from oven. Place chicken skin-side up on sheet and scatter veggies and lemon around it. Roast until an instant-read thermometer inserted into the thickest part of the chicken reaches 165F, about 35 min.
- 4. CUT** chicken into 8 pieces. Serve with roasted vegetables and lemon.

### Nutrition – per 1/4 recipe

Calories	496
Protein	37 g
Carbohydrates	36 g
Fat	23 g
Fibre	5 g
Sodium	482 mg



### Watch the video!



[https://www.youtube.com/watch?v=l-iB\\_am1p2I](https://www.youtube.com/watch?v=l-iB_am1p2I)

Source: *Chatelaine Magazine*, April 2017 <https://www.chatelaine.com/recipe/dinner/roast-chicken-sheet-pan>

*Taddle Creek*

### 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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