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## Current Events:

### HAVE YOU ATTENDED ALL OF OUR FREE GROUP SESSIONS?

**INTUITIVE EATING WITH DIABETES** This group is a practical mind-body approach that is intended to help participants create a healthy relationship with food, mind and body. Intuitive Eating is a nutrition philosophy based on the premise that becoming more in touch with the body's signals of hunger, fullness and satisfaction, are a more effective way to manage eating and overall health than following a strict diet plan. Mindfulness meditation and relaxation exercises are practiced throughout the length of the group and help participants remain in the present moment and learn stress reduction techniques.



**LET'S GET MOVING** Learn more about the health benefits of physical activity and exercise. Attend 4 free fitness classes at the Miles Nadal JCC (Spadina and Bloor).  
For more info visit: [www.youtube.com/watch?v=flSJbdCoZck&sns=em](http://www.youtube.com/watch?v=flSJbdCoZck&sns=em)



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



## Diabetes Q/A: Stress & Diabetes



**What is stress?** Stress is what we experience when we feel overwhelmed by things happening in our lives. It is troubling and distressing. Dr. David Lowenstern defines stress as something that interrupts our routine and causes us to change. Something unfamiliar in our routine would be considered a stressor.

Stress is not always bad. The feelings of arousal experienced during stress can be energizing and encouraging. Stress can be useful to a point as it can increase our performance and motivate us to strive and cope with difficult things.

Stress becomes a problem when it becomes so difficult we can no longer cope. This may happen with longstanding conditions like diabetes.

## How does the body handle stress?

Our endocrine system (the hormone system) releases hormones cortisol and epinephrine. Cortisol and epinephrine tell the liver to make more glucose (the body's source of fuel). This gets the body ready for "fight or flight".

The nervous system releases the hormones cortisol and adrenaline. Adrenaline tells the heart to beat faster, makes us breathe faster and harder, and causes our blood vessels to dilate. This also gets our body ready for "fight or flight" and prepared to "run from danger".

During short-term stress (like being stuck in traffic or public speaking) if the stress is eliminated, the body goes back to a relaxed state. When stress keeps coming back or can't be eliminated (like a job, or daily traffic jams) the stress becomes "chronic" or long-term.

Chronic stress can cause long-term health problems for the heart and blood vessels. It can also put us at risk for physical pain such as migraines. If chronic stress persists, it can be hard on the body and lead to fatigue and depression. Severe stress may be a symptom of an **anxiety disorder**.

## What is the role of stress in the onset of diabetes?

Surprisingly there is very limited research in the area of stress and diabetes. There is some evidence that suggests stress (along with genetic and environmental factors) may be a risk factor in the development of diabetes. Unfortunately, it is really difficult to study the effect of stress on the onset of diabetes in humans because everyone handles stress differently (for example based on their personalities). The only research so far that provides evidence that stress may play a role in the onset of diabetes is done on animals. More human studies are needed in this area before any conclusions can be made.

## What is the role of stress on blood sugars in people living with diabetes?

There is strong evidence to demonstrate that when someone who is living with diabetes is under stress (and the nervous system generates the "fight or flight" response) it affects his or her blood sugars. The hormones released during the stress response causes the body to release glucose. This glucose can only be used and cleared from the blood if the body has enough insulin to do so. The sudden extra production of glucose in people living with diabetes is what causes blood sugars to rise during times of stress.

## What can I do about stress and blood sugar control?

In the next few Newsletters we will provide you with strategies to help you cope with stress. If your signs and symptoms of stress have been present for a period of time such that you are experiencing trouble at work, home or socially or you experience increasing distress and emotional difficulties, book a follow up with our diabetes team. We can help you find tools, resources and support to cope with stress. Check out the nutrition article in this issue for some information about food and stress.

**Quick Tip:** Moving your body can be a quick way to manage stress and reduce blood sugars. Think about movements you enjoy doing and consider adding them into your life (especially when you're feeling stressed). Remember, our bodies can move in so many different ways. Don't just limit yourself to one type of movement. Think outside the box and find some movements that work best for your body. Some ideas include: dancing, exploring your neighborhood or walking in a park, riding a bike, gardening, vacuuming, aqua aerobics, or African drumming. Whatever it might be, choose movement that feels good to you.

### References:

Surwit R, Ross S & Feinglos M. Stress Behavior, and the Autonomic Nervous system in Type II Diabetes Mellitus. *Diabetes Care*, 15, 20, 1992

Independent Diabetes Trust. What is Stress and How Does it Affect us? 2017 <https://www.iddt.org/related-health-issues/stress-and-diabetes/what-is-stress-and-how-does-it-affect-us>



## Nutrition: Coping with Stress Series

Of all the factors that can perpetuate stress and anxiety, food is often not thought of as the culprit. Although food and eating habits are not the direct reason for feelings of anxiety and/or stress it certainly may contribute to the symptoms, especially if you are already prone to stress or tend to be a more anxious person. Over the next few Newsletters we will provide you with information about lifestyle factors that may be making your anxiety and stress harder to manage.



If you are having trouble with coping with your stress and anxiety consider cutting down on stimulants. Caffeine is a natural stimulant, which seems obvious, but since it is so common, it is often overlooked as a culprit in anxiety and stress. Caffeine has a direct stimulating effect on your brain and body. Other than keeping you feeling awake and alert, caffeine triggers the same physiological arousal response that is triggered when you are subject to stress. It stimulates the production of adrenaline (the fight or flight hormone) which increases your heart rate, gets your blood pumping and even opens up your airways. Remember that caffeine is not only contained in coffee, it is also found in tea, cola, chocolate and some over the counter drugs. If you are having trouble with anxiety and or stress management, it is recommended to limit total caffeine intake to less than 100mg per day. See the chart below to determine the caffeine content in common products. If you are consuming well over 100mg caffeine it is recommended to cut down slowly as to not get symptoms of withdrawal.

**Note,** caffeine amounts in coffee-based drinks can vary widely due to origin and blend used and may be more or less than the amounts shown. Caffeine in tea depends on how long it has been steeped.

PRODUCT	Caffeine content
<b>COFFEE</b>	
Starbucks 12oz (tall)	235mg
Maxwell house 2tbsp (12oz)	50-100mg
Decaf ground coffee 2tbsp (12oz)	2-10mg
Tim Horton's Medium drip coffee (14oz)	270mg
Tim Horton's Medium Americano (14oz)	140mg
<b>TEA</b>	
Black tea, brewed (8oz)	47mg
Green tea, brewed (8oz)	29mg
Arizona iced tea, black (16oz)	30mg
Herbal tea, brewed (8oz)	0mg
<b>SOFT DRINKS</b>	
Pepsi Zero Sugar (20oz)	115mg
Mountain Dew (diet or regular) 20oz	91mg
Pepsi (20oz)	63mg
Coca-cola or Coke Zero or Diet Pepsi	56-57mg
7up, Fanta, Fresca, Ginger ale, Sprite, most Root beer	0mg
<b>OTHER</b>	
Rockstar Energy 16oz	160mg
Starbucks hot chocolate 16oz (grande)	25mg
Hershey's milk chocolate bar (1.6oz)	9mg

## Active Living:



### WARM UP THIS WINTER WITH A GROUP EXERCISE PROGRAM!

Let's face it the winter can be the hardest time of the year to keep up with your physical activity goals. Before you climb under that blanket for a long hibernation take some time to consider signing up for a group exercise program in your community.

Group exercise offers a variety of benefits such as providing safe, structured, effective and fun exercises in a social setting. Any form of physical activity is beneficial but with structured exercise you may see an even bigger reduction to your HbA1C (3 month blood sugar average), cholesterol and blood pressure as you are more likely to achieve and maintain a moderate intensity workout in a group setting. This is also a great opportunity to meet other people and feel a stronger sense of accountability with your fitness goals. Group programs typically offer a lot of variety and great music to prevent boredom and keep you engaged. What a great way to beat those "winter blahs".

Exercise classes are offered at most gyms but if a gym membership is not for you there are many other affordable programs available at your local community center! You can follow the links below to get more information on Toronto Parks and Recreation programming, schedules, costs and locations. If money is tight you can also look into the "Welcome Policy" physical activity subsidy program. Eligible applicants can receive up to \$244 annually towards community programs.

Browse through the programs available and find one that suits your preferences. Don't be afraid to try something new. There are plenty of beginner programs available to help you build confidence in a safe environment with a trained professional. Whether it is a cardio class, Pilates, Zumba (dance), chair exercises or Aquafit, just select something that you think you might enjoy and schedule it into your week.

[www.toronto.ca/explore-enjoy/recreation](http://www.toronto.ca/explore-enjoy/recreation)

[www.toronto.ca/community-people/employment-social-support/child-family-support/subsidy-for-recreation-programs](http://www.toronto.ca/community-people/employment-social-support/child-family-support/subsidy-for-recreation-programs)

## Diabetes 101

### No Finger Pricks Necessary with the Newest Glucose Meter: A Diabetes Educator discusses the pros and cons

Flash glucose monitoring is an exciting new way to measure your home glucose levels without poking your finger to draw blood. The only approved flash glucose monitoring system in Canada at this time is the Freestyle Libre system.

With the Libre system, you attach a Loonie-sized sensor (see picture) to your upper arm, and this sensor measures the amount of glucose in your interstitial fluid (the fluid in between your cells). This is nearly as accurate as measuring your blood glucose levels from standard finger prick meters.

Once the sensor is attached, you use the provided meter (which looks like a standard glucose meter) to scan the sensor to check your sugar levels. "Scanning" simply means waving the meter about an inch from the sensor on your arm.

#### The benefits of this sensor system include:

- No/rare need to poke your fingers
- You can check your sugar level many times a time, easily and quickly
- No sharps or test strips or blood to dispose of
- Painless application of sensor
- Sensor lasts for 14 days
- Each scan of the sensor downloads 8 hours of previous glucose levels; this data can be downloaded for review by you and your diabetes educator
- You can bathe/swim with the sensor on



#### Some drawbacks of this sensor system include:

- Expensive (\$180-\$230 per month)
- Not covered by Ontario Drug Benefit
- Only covered by a couple of private insurance plans as of 2017
- The sensor has to be placed on the back of your upper arm, and is therefore visible (which some would say is actually a cool benefit!)

Flash glucose monitor may be a good idea for you if you take insulin (especially if you take insulin more than once a day), have hypoglycemia (low blood sugar) frequently, and/or if you really don't like the finger pokes. Just like with regular finger-poking blood glucose testing, flash glucose monitoring is generally not recommended for pre diabetes, or type 2 diabetes that is well controlled with lifestyle only or oral medications, as frequent home glucose testing is usually unnecessary in these situations anyways.

*If you would like more information on flash glucose monitoring, ask your diabetes educator about it at your next appointment, or send us a message on HealthMyself [www.healthmyself.ca/taddlecreekfht](http://www.healthmyself.ca/taddlecreekfht)*



# Recipe

## BROCCOLI, LENTIL & SHRIMP SHEET PAN DINNER



Prep Time: 5 Minutes    Total time: 30 Minutes    Servings: 4

### INGREDIENTS

6 Tbsp (90 mL) canola oil, divided  
1 1/2 lbs (750 g) fresh broccoli  
1 1/3 cups (325 mL) cooked green lentils  
1 1/2 tsp (7 mL) coriander  
1 1/2 tsp (7 mL) cumin  
1 tsp (5 mL) chili powder  
1 tsp (5 mL) salt, divided  
1/2 tsp (2 mL) pepper, divided  
3/4 lb (350 g) large raw shrimp,  
peeled and deveined  
1 lemon, zest and juice  
2 garlic cloves, minced

### DIRECTIONS

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Cut broccoli into bite-size florets. Peel stems and chop into bite-size pieces. Place broccoli, lentils, 4 Tbsp (60 mL) oil, coriander, cumin, chili powder, 1/2 tsp (2 mL) salt, and 1/4 tsp (1 mL) pepper into a large bowl. Toss well. Pour mixture out in a single layer on the baking sheet and roast for 12 minutes.
3. While the broccoli and lentils roast, place shrimp in a medium bowl along with remaining 2 Tbsp (30 mL) oil, lemon zest and juice, garlic, 1/2 tsp (2 mL) salt, and 1/4 tsp (1 mL) pepper. Toss well. Add shrimp to the sheet pan and toss with the broccoli and lentils. Continue roasting, stirring halfway through, until the shrimp are just opaque, the broccoli is tender and golden around the edges, and the lentils are crispy, about 10 minutes.
4. Remove from oven and squeeze fresh lemon juice over everything before serving. Season to taste with more salt and pepper, if needed.