

Taddle Creek

Diabetes
Education
Program



S P R I N G 2 0 1 8



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Current Events:

Have you heard about all the free classes offered at TCFHT DEP?



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.



SUPERMARKET Safari

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



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*).



INTUITIVE EATING WITH DIABETES

If you already know what to do to take care of diabetes and health, but you feel like you have trouble doing it, this class might be for you. In Intuitive Eating with Diabetes participants who struggle with their relationship with food and the emotional impact of managing diabetes will learn Intuitive Eating and Mindfulness skills. This class is intended to help participants create a healthy relationship with food, mind and body.

All groups are FREE.

Call us at (416) 204-1256 for times/dates/registration.

DIABETES Q&A:

Why is foot care so important when you have diabetes?

There are certain complications that can arise from having elevated blood sugars over prolonged periods. These include diabetes peripheral neuropathy and peripheral arterial disease. Peripheral neuropathy means there is damage to the nerves and peripheral arterial disease means there is poor blood flow to the legs and feet. Both of these can cause loss of sensation in your feet. With loss of sensation, it can be difficult to know if your feet are injured and with poor blood flow these injuries can take longer to heal.

What can you do?

Inspect your feet daily (bottoms and tops). Use a hand held mirror for those hard to see places. Keep your feet clean and dry, and always wear supportive shoes that fit well. Check in with the DEP or a chiropodist for regular foot check ups on a yearly basis.



What to look out for?

Look for swelling, redness, blisters or bleeding, cuts or cracks, pain, calluses, corns or plantar warts, ingrown toenails, dry skin, itching, change in colour (from pale to deep purple or red), thick, rough or hard areas, rashes or foul smell.

**Contact the DEP or your chiropodist if you notice any of the above.*

Interested in learning more?

Sign up for our Happy Feet class to talk all about diabetes and foot care.

References:

About Foot Care. Diabetes Canada website. <https://www.diabetes.ca/diabetes-and-you/healthy-living-resources/foot-care/a-step-towards-good-health>.



Healthy Eating:

NUTRITION

Coping with **STRESS**: Snacking

Stress can cause fluctuations in blood sugar. During stressful times, glucagon and epinephrine levels rise, which causes the liver to produce more glucose. Additionally, growth hormone and cortisol levels increase causing the body to be less sensitive to insulin. Thus, during stressful times, individuals with type 2 diabetes can have a difficult time controlling blood sugars.

Snacking can be an important part of diabetes nutrition management for regulating blood sugars. Eating regularly can help bridge the gap between main meals that are more than four hours apart. Having balanced snacks can help stabilize blood sugar, optimize your energy throughout the day and help prevent overeating at your next meal. Combining carbohydrates with protein for your snack ensures that your body has enough energy without causing a large spike in your blood sugar.

What does a balanced snack look like?

Below are some examples of "go to" ideas:

- Hummus with high fibre crackers
- Greek yogurt with berries
- Apple with peanut butter
- Hard boiled egg or tuna with whole-grain bread
- Homemade trail mix (nuts, seeds, dried fruit and high fibre cereal)
- Popcorn with low-fat cheese (either on the side or melted on top)

Add vegetables freely and enjoy!



References:

1. About Blood Sugar and Stress. University of California, San Francisco Diabetes Teaching Center website. <https://dtc.ucsf.edu/types-of-diabetes/type2/understanding-type-2-diabetes/how-the-body-processes-sugar/blood-sugar-stress/>.

2. About Snack Facts. Diabetes Canada website. <https://www.diabetes.ca/publications-newsletters/diabetes-dialogue/spring-2014/on-the-shelf/snack-facts>

Active Living:

GETUP!

Being more physically active on a daily basis is an important component of diabetes management and overall health. Just standing up on a regular basis can help with glycemic control. According to the American Diabetes Association, three or more minutes of light activity every 30 minutes can improve blood sugar management for people with type 2 diabetes.¹ A 2016 study by Dempsey, et al., found that “three minutes of walking or light exercise every 30 minutes lowered blood pressure and improved blood sugar for inactive, overweight adults with type 2 diabetes”.^{2,3}

Physical movement helps improve blood sugar management especially with those in sedentary jobs. If your job involves sitting at a desk all day long, find ways to make sure that you get up and move around every 30 minutes. Where to begin? Walk over to your colleague’s desk instead of sending an email, add a stretch, lunge and squat at your desk, and always take the stairs!



Easy and quick exercises for someone working at their desk 9–5:



- 9:30 > 10 squats beside your desk**
- 10:00 > stand and roll ankles for 1-2 minutes**
- 10:30 > walk to the bathroom/water cooler/coffee machine**
- 11:00 > 10 lunges per leg**
- 11:30 > stand up and sit down 20 times**
- 12:00 to 1:00 – go for an outdoor walk during lunch**
- 1:30 > 10 squats beside your desk**
- 2:00 > shoulder rolls for 1 minute**
- 2:30 > march on the spot for 1 minute**
- 3:00 > walk to the bathroom/water cooler/coffee machine**
- 3:30 > 10 pushups against your desk**
- 4:00 > hold a 30 second plank against your chair/desk**
- 4:30 > 10 squats beside your desk**

References:

1. American Diabetes Association. American Diabetes Association Issues New Recommendations on Physical Activity and Exercise for People with Diabetes. <http://www.diabetes.org/newsroom/press-releases/2016/ada-issues-new-recommendations-on-physical-activity-and-exercise.html?referrer=https://www.google.ca/>.
2. Dempsey PC, Sacre JW, Larsen RN, et al. Interrupting prolonged sitting with brief bouts of light walking or simple resistance activities reduces resting blood pressure and plasma noradrenaline in type 2 diabetes. *J Hypertens*. 2016;34(12):2376–2382.
3. About Getting Up Every 30 Minutes. New York Daily News Website. Updated October 25, 2016.
4. About Exercise. Diabetes Canada website. <https://www.diabetes.ca/diabetes-and-you/healthy-living-resources/exercise>

Diabetes 101:

Diabetes & Mindfulness

Diabetes affects one's body, but can also affect one's mind. Receiving, and then processing and accepting a diabetes diagnosis can sometimes be a stressful and emotional time. Diabetes management requires a lot of emotional strength and support. Learning to cope with and reduce stress can improve both physical and emotional symptoms related to diabetes management.

Mindfulness involves being present in the moment. It involves being aware of your surroundings, your body and your thoughts. According to a study by Rosenzweig, et al. mindfulness-based stress reduction training is associated with improved glycemic control in individuals living with type 2 diabetes. Therefore, learning to reduce stress by finding ways to be mindful can help improve diabetes self-care. The more you practice mindfulness, the more natural it will feel and the easier it will become.

Try listening to a guided meditation as a way to get started:

www.marc.ucla.edu/mindful-meditations

Join a weekly meditation class – drop in meditation centres are becoming more popular. As well, many yoga studios and fitness centres now offer meditation classes. **Looking for a studio near by? Ask the DEP for some suggestions!**

References:

1. About Diabetes and Emotions. Diabetes Canada website. <https://www.diabetes.ca/diabetes-and-you/complications/diabetes-your-emotions>.
2. Rosenzweig S, Rebel DK, Greeson JM. Mindfulness-based stress reduction is associated with improved glycemic control in type 2 diabetes mellitus : a pilot study. *Alternative Therapies*. 2007;13(5):36-38.
3. Guided Meditations. University of California, Los Angeles Mindful Awareness Research Centre website. <http://marc.ucla.edu/mindful-meditations>.



RECIPE:

Green Thai Curry Chicken with Eggplant and Tofu

Ingredients

- 3 tbsp (45 ML) vegetable oil, divided
- 1 lb (500 g) boneless skinless chicken breast, cut in 1-inch (2.5 cm) cubes
- 8 oz (250 g) extra-firm tofu, cut in ½-inch (1 cm) cubes
- 1 Asian eggplant, cut in 1-inch (2.5 cm) cubes
- 1 onion, chopped
- 2 tbsp (25 ml) green Thai curry paste
- 1 cup (250 ml) coconut milk
- 1 tbsp thai fish sauce or soy sauce
- ¼ cup (50 ml) chopped fresh cilantro or basil



Bonnie Stern's
essentials of home cooking

Servings: 4-6

- 1.** Heat 2 tbsp oil in a large, deep nonstick skillet or wok on medium heat. Add chicken and cook, stirring for 3-4 minutes or until brown. Remove chicken from pan. Add tofu to pan and cook for a few minutes, or until brown. Reserve with chicken.
- 2.** Add remaining 1 tbsp oil to pan if necessary. Add onion. Cook for a few minutes. Add curry paste and cook for 30 to 60 seconds, or until fragrant. Add coconut milk and fish/soy sauce. Bring to a boil.
- 3.** Return chicken, tofu and eggplant to pan. Cook gently for 10 minutes. Sprinkle with cilantro/basil.

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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