

Thrive

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[with Diabetes]



Scale Down

Shedding pounds—and keeping them off—is a key to diabetes management for many people

By Susan Coleman, MS, RD, LDN, CDE, Diabetes Education & Nutrition Services Director

Type 2 diabetes is a serious chronic condition that results when the body is not able to use glucose (sugar) from the food we eat for energy. Many people with type 2 diabetes carry extra weight, which can make the condition more difficult to control.

Although there is no cure for type 2 diabetes, you can manage it by eating well, exercising and maintaining a healthy weight.

The American Diabetes Association says that losing 10 to 15 pounds has health benefits, including:

- Lower glucose and improved diabetes control.
- Reduced blood pressure.
- Closer to normal blood fats (cholesterol, HDL, LDL and triglycerides).
- Less stress on hips, knees, ankles and feet.

Getting your glucose, blood pressure and blood fats close to normal will also help reduce your risk for heart disease, the leading cause of death among people with type 2 diabetes.

continued on next page

continued from page 1

How You Can Lose Weight

The best way to lose weight—and keep it off—is to make changes in your food choices and eating habits. Here are some practical changes to get you started.

Eat less. Some of us just eat too much. At home, eat the same foods but decrease portions by one-quarter. In restaurants, split items with a friend or a family member. Many restaurant portions are more than one person should eat.

Eat breakfast. It's a great way to start the day. Grab something healthy, like yogurt and a banana, peanut butter on toast or an English muffin with a piece of cheese.

Eat fewer fats. This includes fried foods. Watch out for foods with hidden fats—anything that makes your fingers greasy probably has too much fat.

Eat more meals at home. People tend to eat more when they eat out.

Eat more vegetables. Try to get three or four servings of vegetables each day. Add an extra vegetable to

dinner, try a handful of small carrots with your lunch, or choose a salad instead of french fries.

Besides changes to diet, try to be more active. This helps you maintain weight loss over time. It also helps improve glucose, blood pressure and blood fats. Walk around while you talk on the phone. Get outside and do yard work. Consider a hobby, such as dancing.

Where to Begin

Are you ready to lose weight? Start by thinking about your eating habits, food choices and daily activity. Over a few days, keep a record of everything you eat and drink and any physical activity you take part in. Be honest with yourself. Once you have completed your list, review it and try to identify practical ways to eat less and exercise more—these will help you lose weight. It's OK to do things that will be easy and gradually add more. You'll boost your chances for success by making a realistic, achievable plan.

Healthy Living

Diabetes and Aging: What You Should Know

Controlling diabetes, a condition that has been linked to dementia and Alzheimer's disease, may help cut the risk or severity of cognitive decline later in life.

University of California, San Francisco, and San Francisco VA Medical Center researchers, who surveyed more than 3,000 people

older than 70, found that those at the beginning of the nine-year study who had diabetes were at a greater risk of cognitive decline compared with those who never developed diabetes. People who developed diabetes later in life had an even greater risk for cognitive decline, as were people who did not control their diabetes well. These two groups were more likely to experience even faster declines in their cognitive ability.

If you're at risk for diabetes or prediabetes, or if you already have the disease, talk to your doctor about lifestyle changes and medications that may help you better prevent or manage this disease.

We're Here to Help You

For information about Parrish Medical Center's Diabetes Education & Nutrition Services, call **321-268-6699** or visit parrishthrive.com/diabetes-education.

Community Event

Join us to learn ways to take control of your diabetes or prediabetes in recognition of World Diabetes Day.

Saturday, Nov. 14, 9 a.m.–noon
PMC Conference Center





Knowledge Is Power. Become Powerful!

Learn to take care of your diabetes by attending Parrish Medical Center's Diabetes Education Program. Small-group classes and individual appointments are available for you and a support person. A follow-up class can serve as a refresher and help you with problem-solving and fine-tuning your diabetes management. Nutrition services are also offered for people who want help with weight loss, carbohydrate counting and meal planning.

A physician referral is required. Medicare and most insurance programs cover diabetes self-management education and nutrition counseling. Classes are offered in Port St. John and Titusville. For more information, call 321-268-6699.

Is Your Kitchen Tempting You?

We all know how we're supposed to eat, but if temptation has been winning the battle against willpower, a change of scenery might help you make smarter food choices.

"Most people are unaware of the nearly 200 decisions they make about food every day," says behavioral scientist Brian Wansink, the author of *Slim by Design: Mindless Eating Solutions for Everyday Life*.

"There are 25 to 30 before we even finish breakfast—not just whether we want Froot Loops or Rice Krispies, but how much we pour in the bowl, how much milk we use and whether we have seconds."

Wansink believes that adapting your environment to support your health goals is more effective than relying on willpower. The natural place to start is in your kitchen.

Set a bowl of fruit on the countertop. Keep unhealthy foods out of sight at the back of the cupboard. Use smaller plates and glasses and don't set serving dishes of food on the table.

Wansink's research team learned that people in a clutter-filled kitchen eat about 44 percent more snacks than people in a clutter-free kitchen. The same snacks were sitting out in both situations.

"There's something about a messy, out-of-control environment that primes us for messy, out-of-control behavior," he says.





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Parrish Medical Center
951 N. Washington Ave.
Titusville, FL 32796

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Light in Body, Light in Mind

Health educator Tanya Abreu wasn't always the picture of health. In fact, the author of *The Feeling Factor: Lesser Known Risk Factors for Cardiovascular Disease* once weighed 320 pounds. She knows the challenges people face, but she also knows the rewards of achieving good health—and how to get there.

"The difference between a long life and a short one is this simple: feeling heavy or feeling light," she says.

She offers these tips.

Stress less. "Cortisol, which is a stress hormone, makes your body hold on to fat," Abreu notes. "Reducing stress helps you lose weight."

Laugh more. Watch a funny movie or spend time with friends. Whatever makes you giggle can help reduce cortisol levels and make you feel happier—and lighter. (Plus, a good belly laugh works those abs!)

Choose light foods. Try guacamole rather than sour cream dip and whole-wheat pasta with roasted garlic marinara ragu instead of Alfredo sauce.

Start walking, dancing or biking. These easy exercises can make you lighter for life.

