



▶ Nutrition Tips For
▶ Diabetic



▶ Gene Links Lower Birth Weight
▶ and Type 2 Diabetes

Diabetes News

Nutrition Tips For Diabetic

By Ms Nabila Suleman (M.sc) Clinical Dietitian

1. Why can't I just take diet pills to help me lose weight faster ?

TIP:



There is no "Magic bullet". To lose weight you eat less or exercise more - or both. Diet pills are meant to be used along with meal planning and exercise, not in place of them. These pills have side effects and should not be taken without your health care provider's advice. Weight-lose medications are not for everyone and cannot be used long term.

Weight-loss drugs work by controlling your appetite, increasing your sense of fullness, or changing your appetite, increasing your sense of fullness, or changing the absorption of the fat you eat . Pills that control appetite and feelings of fullness act on brain chemicals. They cause you to feel less hungry, making it easier to stick with a low-calorie diet . Side effects include dry mouth , insomnia , jitteriness, and increased heart rate and blood pressure .

Drugs that change fat absorption don't reduce appetite but prevent the absorption of about 30% of the calories from the fat you eat. The fat is lost in the stools, leading to side effects of oily or loose stools and intestinal gas .

What is the difference between the Diabetes Food Pyramid and the USDA Food Pyramid ?

TIP :



VS



The Diabetes Food Pyramid in the first step in Diabetes Meal Planning is based on the USDA Food Guide Pyramid . There are only a few difference between the two pyramids . each has six food groups, but the names are little different. In the USDA Food Pyramid, cheese is in the Milk , Yogurt, and Cheese group, but in the Diabetes Food Pyramid, cheese is in the Meat and Others group. Cheese is mostly protein and fat, like foods found in the meat group. In the USDA Pyramid but in the Diabetes Pyramid, beans are in the Meat group, but in the Diabetes Pyramid , beans are in grains, Beans and starchy Vegetables' because beans are a good source of carbohydrate and fiber. The food group at the tip of diabetes pyramid includes alcohol with fats and sweets. This suggests limiting all three.

Both pyramids were designed to encourage you to include more foods in your diet from the largest groups – grains, beans and starchy vegetables , vegetables, and fruits – and fewer foods from the small groups at the top.

Reference :

- www.diabetes.org
- www.eatright.org
- www.dole5aday.com

Gene Links Lower Birth Weight and Type 2 Diabetes

By Ms Erum Ghafoor Diabetes Educator



A large international team of researchers, including scientists from several UK and international centers, has discovered two gene regions that affect a baby's size at birth. The research, published in Nature Genetics, is the first strong evidence that a well-known link between lower birth weight and susceptibility to type-2 diabetes has a genetic component.

The team analyzed over 38,000 Europeans from 19 studies of pregnancy and birth. Two genetic variants showed strong associations with birth weight. One of the variants, in a gene called **ADCY5**, has recently been linked with susceptibility to type 2 diabetes. Individuals who inherit two risk copies of this variant are at a 25 per cent higher risk of diabetes in adulthood than those who inherit two non-risk copies. This latest study shows that they also weigh less at birth. This is a key finding because it has long been known that lower weight babies are more at risk of type 2 diabetes in adulthood, but it was not clear why. Much research has focused on the role of the womb environment. It is widely believed that the mother's nutrition can influence both the growth of her baby and its later risk of disease, a process known as "programming." On the other hand, this latest research confirms that genes are also important.

The combined effects of the two identified gene regions are quite substantial. Nine percent of Europeans inherit two copies of a genetic variant in each region and are, on average, 113g lighter at birth than the 24 per cent who inherit one or no copy. This effect is equivalent to the birth weight reduction caused by a mother smoking four to five cigarettes per day in pregnancy.

These findings illustrate that genetic research can help resolve the complex chain of causality underlying the association between early life course and later health outcomes

These studies have demonstrated that a number of environmental factors influence fetal growth and that some fetuses are more vulnerable to those than the others.

Reference:-

<http://www.sciencedaily.com/release/2010/04/100407110852.htm>

http://www.eurekalert.org/pub_releases/2010-04/wt-gpa040510.php

http://www.nlm.nih.gov/medlineplus/news/fullstory_97292.html

Keep the Carbohydrate Complex

Complex carbohydrates (aka 'starches') take a bit more work to break down than their simple counterparts, and offer a range of health benefits for diabetics and others alike. Of particular note is an ability to lower LDL cholesterol levels [2]. Examples of complex carbohydrate foods are wholegrain breads, pasta, rice, legumes, vegetables and fruit.

Reference : www.diet-blog.com

Baqai Institute of Diabetology and Endocrinology

Plot No. 1-2, II-B, Block 2 Nazimabad, Karachi.

Phones: (92-21) 6688897-6608565 Fax: (92-21-6608568)

Web: www.bideonline Email: info@bideonline.com

Editors:

Ms. Mahwish Riaz

Ms. Nabila Suleman

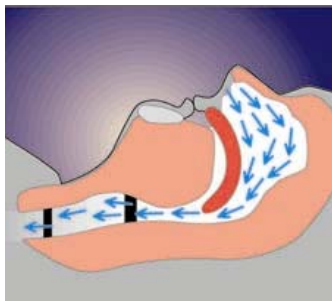


International
Diabetes Federation
IDF Centre of Education
2009-2013

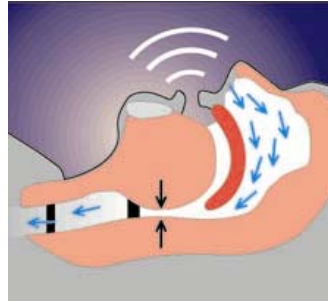


Obstructive Sleep Apnea (OSA)

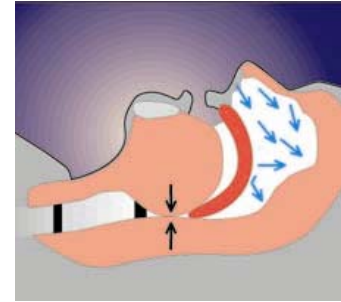
By Ms Erum Ghafoor Diabetes Educator



NORMAL



SNORING



SLEEP APNEA

Obstructive Sleep Apnea Syndrome (OSAS) is one of the most important conditions identified in the last 50 years. OSAS is characterized by recurrent episodes of complete or partial upper airway obstruction during sleep, along with daytime sleepiness. Every year almost 38000 people died in different complications due of obstructive sleep apnea. Recent studies shows that up to 40% of people with OSA have type 2 diabetes

The International Diabetes Federation (IDF) Task Force on Epidemiology and Prevention has warned that recent research demonstrates that type 2 diabetes and obstructive sleep apnea (OSA) are closely related, & both disorders have significant implications on public health and on individuals. These were the conclusions of a meeting of diabetes and sleep experts who examined the impacts of untreated OSA. The resulting IDF statement was released in a presentation at the American Diabetes Association (ADA) 68th Annual Scientific Sessions and in an article published in *Diabetes Research and Clinical Practice*.

Type 2 diabetes is recognized as a serious global epidemic. Undiagnosed OSA may interfere with lifestyle treatment for diabetes. IDF strongly recommends that healthcare professionals working in both type 2 diabetes and sleep disorders should be educated about the links between the two. While people with OSA should be routinely screened for metabolic disease and type 2 diabetes .They should be screened for OSA particularly when they present classical symptoms such as witnessed apneas, heavy snoring or daytime sleepiness and poor workplace performance. Recommendations for treatment of OSA include weight reduction, CPAP, Uvulopalatopharyngoplasty (UPPP) & Laser Assisted Uvuloplasty (LAUP). Although further research is needed, the treatment of OSA may improve glycemic control and will certainly benefit people as it improves their quality of life, blood pressure control, memory problems, risk of CVD, Stroke and Insulin resistance.

Reference:

<http://www.talkaboutslepp.com/sleep-disorders/2008/07/Type-2-Diabetes-and-Sleep-Apnea.html>

Cold Weather Increases A1Cs

By Ms Nabila Suleman (M.sc) Clinical Dietitian

Do your A1C levels rise every winter? A team of researchers working in Veterans Health Administration centers across the country has found a link between cold weather and higher A1C levels. In all climates, A1C levels peaked from November through January; they hit their lowest points in August through September. The average increase in A1C levels from summer to winter was 0.22 percentage points.

ABCs of Diabetes

By Ms Nabila Suleman (M.sc) Clinical Dietitian

People with diabetes learn skills to help manage the **ABCs** of Diabetes:

A is for A1C - this is a blood glucose (sugar) check that shows the average blood glucose for the past two to three months. The goal is less than 7 percent. Check it at least twice a year.

B is for Blood Pressure (BP) - When your blood pressure is high your heart has to work harder than it should. Diabetes and high blood pressure increase the risk of heart attack and stroke as well as eye and kidney disease. The ideal BP for people with diabetes is below 130/80. Check your BP at every doctor's visit.

C is for Cholesterol (LDL) - The cholesterol numbers tell you the amount of fat in your blood. Check it at least once a year.

Test Your Nutrition Knowledge

1. Nibbling on chocolate may actually be healthy.
 - True
 - False
2. Cottage cheese isn't a particularly good source of calcium.
 - True
 - False
3. Butter and margarine have about the same number of calories.
 - True
 - False
4. Popeye was right: Spinach builds strong muscles!
 - True
 - False
5. Snacking doesn't always make you fat.
 - True
 - False
6. Canned or frozen fruits and vegetables contain fewer nutrients than the fresh fruits and vegetables.
 - True
 - False

Footwear that Fits

By Ms Nabila Suleman (M.sc) Clinical Dietitian



Proper-fitting shoes help prevent foot complications. Our tips will help you find great-fitting footwear that feels good, too.

1. **Spacious toe box:** The area around the toes should be roomy. Crowded toes can lead to poor circulation and foot wounds.
2. **Breathable upper:** Bacteria and infections thrive in warm damp environments. Nonathletic shoes keep in moisture.
3. **Hard outsole:** Hard rubber soles protect your feet from sharp objects.
4. **Insole cushioning:** Ample padding minimizes pressure on the foot's sole.
5. **Adjustable closure with wide foot bed:** This will accommodate any foot swelling that occurs throughout the day.
6. **Low arches:** If you have flat feet, avoid shoes with arched insoles, as these can cause uncomfortable pressure.
7. **Seams:** Check the inside of the shoes for seams as they can cause irritation.
8. **Close design:** To protect your feet, avoid sandals.
9. **Low heel:** High heels create pressure points on the balls and heels of the foot, which can lead to calluses and ulcers. Wide, square heels 1 inch or less in height are best.

Right Answer:

1. True 2. True 3. True 4. False 5. True 6. False