



LIVING WELL WITH DIABETES

INSIDE THIS ISSUE:

- Diabetes Prevention in 2008 1
- Sick Day Management 2
- Diabetes & Pregnancy 2
- Recipe of the Quarter—
Provided by Diabetic
Cooking Magazine 3
- Double Diabetes 3
- Sign up for Clinical
Studies 4
- Diabetes Related Web-
sites 4



Upcoming Event:
American Diabetes Association
Call to Congress
April 2008

Visit us on the web:
www.oklahomadiabetescenter.com

DIABETES PREVENTION IN 2008

DARRYL P. TONEMAH, PHD
 ASSOCIATE DIRECTOR OF ADMINISTRATION

Oklahomans can consider 2008 a year of opportunity for the state of Oklahoma. With rising rates of cardiovascular disease, diabetes, and obesity, it is time for us as a state to take control of our health.

According to the United Health Foundation Since 1990 the prevalence of obesity increased from 11.6 percent to 28.8 percent of the population, which ranks us 44th nationally. We are ranked 50th nationally in deaths from cardiovascular disease.

Among adult Oklahomans (18 years and over) approximately 268,500 people (10%) reported being diagnosed with diabetes by health professionals in 2006. Including those undiagnosed, the total number of adults who have diabetes is nearly 15.6%, or about 419,600 Oklahomans. Adding those who have pre-diabetes the number swells to an estimated 800,000-900,000. Oklahoma is ranked 6th highest in the nation in the area of diabetes mortality rate for year 2004. It is estimated that diabetes costs the state of Oklahoma 2 billion dollars per year.

These are very sobering numbers. What offers hope is that we have the opportunity to turn these numbers around. Often we live with beliefs about our health that are not exactly true. We do not HAVE to get diabetes. We CAN be in charge of our health. We have the opportunity as individuals, homes, communities, and as a state to address the epidemic of diabetes head on.



There are things you can do personally like taking charge of your health care and knowing your numbers (cholesterol, blood pressure, blood sugar level), you can discuss diabetes with your health care provider, and if you have diabetes, ask for a foot exam at every doctors visit. You can gradually increase your physical activity, and gradually decrease your calorie intake. There is a strong relationship between our weight and diabetes. Meaning, the less we weigh, the better control we have of our blood sugars.

At the community level we can form walking teams. Look at your community and see what you can do to help it become healthier. For the Oklahoma City area, visit www.thiscityisgoingonadiet.com, to see how you can participate in Mayor Mick Cornett's goal for Oklahoma City in 2008!

At the state level you are welcome to join us in April at the state Capitol for Diabetes Awareness Day. It is important that we keep diabetes prominent in the minds of people working at the Capitol.

By making small do-able changes, and taking charge of your health, you can make 2008 the year of diabetes prevention.

For more information on diabetes prevention call (405) 271-7000.



SICK DAY MANAGEMENT

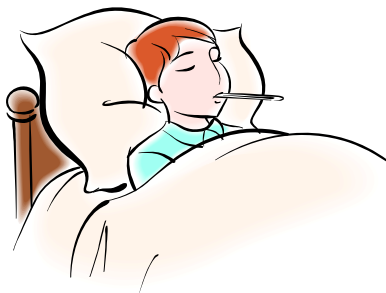
JONI BECK, PHARMD, CDE, BC-ADM
DIAN WALSTON, PA-C
PEDIATRIC PROGRAM

Illness can create difficulties when managing diabetes, upsetting the balance of food, activity and medications. During times of illness, stress hormones are released that oppose the action of insulin and contribute to hyperglycemia and the formation of ketones.

Appropriate and immediate action must be taken by the patient or caregiver and should include the following:

- Adequate fluids – 8 oz of caffeine free, sugar free beverage every hour.
- Frequent monitoring of blood glucose and ketones (urine or blood).
- Do not stop your diabetes medications, most oral pills should continue to be taken and in most illness extra insulin may also be needed. Call your diabetes management team for medication adjustments.
- Keep sick day supplies on hand and accessible at all times.
- When unable to tolerate usual foods, substitute liquids or soft foods.

Always notify your diabetes healthcare team if the following occur:



- Vomiting or diarrhea
- Unable to eat or drink
- Difficulty breathing
- Blood sugars over 300 mg/dL for more than 2 readings
- Moderate or large urine ketones or blood ketones over 0.6 mmol/L



When initiated early, sick day management measures can help prevent emergency room visits or a hospitalization.

“During times of illness, stress hormones are released that oppose the action of insulin...”

DIABETES & PREGNANCY

MICHELLE DENNISON, RD/LD, BC-ADM, CDE
DIETITIAN

Diabetes is commonly first diagnosed in pregnancy. When this happens it is called gestational diabetes. It is important to know that early detection and strict blood sugar control are important for fetal development.

The top 5 things to know about pregnancy and diabetes are:

1. Uncontrolled blood sugar can cause birth defects in the baby
2. Gestational Diabetes Can usually be controlled by diet and exercise.
3. Gestational Diabetes usually goes away when the pregnancy is over, if it doesn't it is then reclassified as Type 2 Diabetes.
4. Gestational Diabetes increases the chances of the mother and child to develop diabetes later in life.
5. Standards for blood sugar control are much more strict in pregnancy than they are in non-pregnant diabetes.

Early detection of diabetes in pregnancy is key to preventing the harmful effects on the fetus. Frequent monitoring is also necessary to achieve and maintain good control in pregnancy. Blood sugars become more difficult to control as the pregnancy progresses.



For those who have pre-existing diabetes it is most important to have excellent control of your blood sugars before you become pregnant. Most birth defects/spontaneous abortions due to blood sugar occur in the first 3 months.

If you or someone you know is pregnant and has diabetes, please call us at 405-271-7000. We can help.

RECIPE OF THE QUARTER

SEPT/OCT 2007

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DIABETIC COOKING MAGAZINE

**Upside-Down Pineapple Cake
(in a pan)**

- 1 (15 oz) can sliced pineapple in juice
- 2 tbsp molasses
- 1 tsp ground cinnamon
- 1/4 cup margarine, melted
- 1/2 tsp vanilla
- 1 cup sucralose-based brown sugar
- 2 eggs whites
- 1 1/2 cups all purpose flour
- 1/2 tsp baking soda

1. Preheat oven to 350°F. Coat 9-inch baking pan with nonstick cooking spray.
2. Drain pineapple; reserve 3/4 cup juice. Place pineapple rings evenly in bottom of prepared pan. Pour molasses evenly over pineapple. Sprinkle with cinnamon.
3. In electric mixer bowl, at low speed, beat together margarine, vanilla, brown sugar and egg whites. Add reserved pineapple juice, flour and baking soda. Beat until smooth. Pour batter over pineapple. Bake 30 minutes or until toothpick inserted into center comes out clean. Cool to room temperature before slicing. Store in refrigerator.

Tip: For maximum flavor, let cake sit overnight before serving.

Makes 12 servings

Dietary Exchanges: 1 Starch, 1 Fat

Nutrients Per Serving:

Cal.:.... 165 Cal. From Fat:.... 23% Total Fat:....4g Sat. Fat:....<1g
Protein:....1g Carb:....28g Chol:....0mg Dietary Fiber:....1g
Sodium:.... 108mg

DOUBLE DIABETES

RYAN BROWN, MD
TODAY STUDY

Over the last couple of decades, the number of children who are obese has been on the rise. Until this recent obesity epidemic, almost all diabetes diagnosed in childhood was Type 1, or “juvenile” diabetes, a form of diabetes characterized by the presence of antibodies to the pancreas, or to the insulin itself.



Today however, almost one in three children diagnosed with diabetes has the “adult” form of diabetes, type 2 diabetes. This childhood presentation of “adult” diabetes has been termed

“Double Diabetes”; signifying the presence of elements of type 2 in a person with type 1 diabetes or elements of type 1 in a person with type 2 diabetes. The TODAY (Treatment Options for Type 2 Diabetes in Adolescents and Youth) study has found that about 15% of children who appear to have type 2 diabetes also have positive antibodies in the blood.

The TODAY study is a national study supported by the National Institutes of Health and is being conducted at the Harold Hamm OU Children’s Diabetes Center.

For more information regarding the TODAY study please visit www.todaystudy.org or call 1-800-613-8512.

“This childhood presentation of “adult” diabetes has been termed ‘Double Diabetes’”



A PROGRAM BROUGHT TO YOU BY THE:



920 Stanton L. Young Blvd, WP 1345 • Oklahoma City, OK • 73104-5020
T: (405) 271-7000 F: (405) 271-7522
www.oklahomadiabetescenter.com

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COMPREHENSIVE DIABETES EDUCATION WORKSHOP

PREVENT: With lifestyle changes and increased physical activity you can return blood glucose levels to the normal range and therefore prevent or delay Type 2 diabetes.

DETECT: Resources will be provided to increase awareness of diabetes risk factors, help determine if you are at risk and provide appropriate testing.

MANAGE: With the Choose to Live workshop you will get the most current information and strategies available in managing your diabetes, preventing or delaying complications and living healthy.

The Choose to Live program is designed as a classroom discussion to inform those who are diabetic, or pre-diabetic, how to care for their diabetes and how diet affects their blood sugars.

All registered attendees will receive a free glucose testing meter and free handouts.

*Spanish literature also available.

**FOR MORE INFORMATION CALL
(405) 271-7000**



**Harold Hamm Oklahoma
Diabetes Center**
THE UNIVERSITY OF OKLAHOMA

920 Stanton L. Young Blvd., WP 1345
Oklahoma City, OK 73104-5020

To subscribe to this quarterly newsletter,
please contact: Caroline Miller at
(405) 271-7000 or caroline-miller@ouhsc.edu

**SIGN UP FOR OUR
CLINICAL STUDIES
TODAY!**

(405) 271-3369

Free Health Check for Diabetes

Volunteers Needed for Noninvasive Diabetes Detection Research

Men and women **without diabetes** are needed to test a research device that 'scans' the skin on your forearm with a painless beam of light. You will need to visit the clinic twice within a two week period.

Qualified participants will be compensated for their time.

You may be eligible to participate if you are:

- **Over 44 OR 18 and older with two of the following:**
 - Parent or sibling with type 2 diabetes
 - High blood pressure
 - High cholesterol or triglycerides
 - Overweight
 - African, Asian, Hispanic, Pacific Islander or Native American ancestry
 - History of gestational diabetes
 - History of cardiovascular disease
 - Greater than 35" waist for women; 40" for men

For information, contact Kristin Reynolds, BS, CCRC at 405-271-3369 or Kristin-Reynolds@ouhsc.edu

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Type 2 Diabetes Clinical Trial

University of Oklahoma Health Sciences Center
Oklahoma Diabetes Center

The Oklahoma Diabetes Center is looking for type 2 diabetic volunteers to participate in a research study evaluating the effectiveness of Rosuvastatin (Crestor) in lowering cholesterol.

You might be eligible for this study if:

- **Age 18 to 70 years**
- **Have type 2 diabetes & elevated cholesterol (LDL>100mg/dl)**
- **Currently not taking any cholesterol lowering medications**

Qualified participants will receive study-related medical evaluations and study medication at no cost. Reimbursement for time and travel will also be provided.

To learn more about this study, please contact Junping (Ping) Chen, MD, PhD at (405) 271-5896 ext 47739 or Junping-Chen@ouhsc.edu.

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DIABETES RELATED WEBSITES

www.diabetes.org America's leading diabetes website. Information for people with diabetes, their family and friends, doctors, medical researchers, volunteers.

www.idrf.org an excellent website for people wanting to know more about Type I diabetes

www.journeyforcontrol.com an comprehensive tool needed to make lifestyle changes that lead to improved self-management.

www.HowIDoDiabetes.com a great guide for people newly diagnosed with Type 2 diabetes.

www.diabetesincontrol.com excellent diabetes information website for people wanting to acquire more information and resources for their diabetes.

www.diabetesnet.com/insulinpumps.html finding the latest news on a variety of insulin pumps and their comparisons to other.