

November
2011

Medically-Based Fitness



Diabetes Education

Diabetes (diabetes mellitus) is classed as a metabolism disorder. Metabolism refers to the way our bodies use digested food for energy and growth. Most of what we eat is broken down into glucose. Glucose is a form of sugar in the blood and is the principal source of fuel for our bodies.

When our food is digested the glucose makes its way into our bloodstream. Our cells use the glucose for energy and growth. However, glucose cannot enter our cells without insulin being present because insulin makes it possible for our cells to take in the glucose.

Insulin is a hormone that is produced by the pancreas. After eating, the pancreas automatically releases an adequate quantity of insulin to move the glucose present in our blood into the cells, and lowers the blood sugar level.

A person with diabetes has a condition in which the quantity of glucose in the blood is too elevated (hyperglycemia). This is because the body does not produce enough insulin, produces

no insulin, or has cells that do not respond properly to the insulin the pancreas produces. This results in too much glucose building up in the blood. This excess blood glucose eventually passes out of the body in urine. So, even though the blood has plenty of glucose, the cells are not getting it for their essential energy and growth requirements.

3 Types of Diabetes

Diabetes Type 1: You produce no insulin at all.

Diabetes Type 2: You don't produce enough insulin or your insulin is not working properly.

Gestational Diabetes: You develop diabetes only during your pregnancy.

All types of diabetes are treatable, but Type 1 and Type 2 diabetes last a lifetime; there is no known cure. The patient receives regular insulin, which became medically available in 1921. The treatment for a patient with Type 1 is mainly injected insulin, plus some dietary and exercise adherence.

Patients with Type 2 are usually treated with tablets, exercise and a special diet, but sometimes insulin injections are also required.

If diabetes is not adequately controlled the patient has a significantly higher risk of developing complications, such as hypoglycemia, ketoacidosis, and nonketotic hypersmolar coma. Longer term complications could be cardiovascular disease, retinal damage, chronic kidney failure, nerve damage, poor healing of wounds, gangrene on the feet which may lead to amputation, and erectile dysfunction.

www.medicalnewstoday.com



Upcoming Events

Golden West Lecture

Physiologist, John Barclay, will give an informative talk on

The Proper Use of Canes, Walkers, Wheelchairs, and Scooters

Tuesday, November 29th at 2:00 p.m.

In the Golden West Dining Room

All are welcome to attend!

Weight Maintenance Program

We all know the holiday season is tough on our waistline. Participate in our Weight Maintenance Program through the holidays to keep yourself in check and maintain a healthy you! Initial weigh-ins begin the week of November 14th.

 Find us on
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Healthy Food Choices for Diabetes

- Eat lots of vegetables and fruits. Try picking from the rainbow of colors available to maximize variety.
- Eat non-starchy vegetables such as spinach, carrots, broccoli or green beans with meals.
- Choose whole grain foods over processed grain products. Try brown rice with your stir fry or whole wheat spaghetti with your favorite pasta sauce.
- Include dried beans (like kidney or pinto beans) and lentils into your meals.
- Include fish in your meals 2-3 times a week.
- Choose lean meats like cuts of beef and pork that end in "loin" such as pork loin and sirloin. Remove the skin from chicken and turkey.
- Choose non-fat dairy such as skim milk, non-fat yogurt and non-fat cheese.
- Choose water and calorie-free "diet" drinks instead of regular soda, fruit punch, sweet tea and other sugar-sweetened drinks.
- Choose liquid oils for cooking instead of solid fats that can be high in saturated and *trans* fats. Remember that fats are high in calories. If you're trying to lose weight, watch your portion sizes of added fats.
- Cut back on high calorie snack foods and desserts like chips, cookies, cakes, and full-fat ice cream.
- Eating too much of even healthful foods can lead to weight gain. Watch your portion sizes.

www.diabetes.org

Holiday Weight Maintenance Tips

- Continue your current exercise routine
- Enjoy healthy meals and snacks
- Know and avoid your food traps or weaknesses that cause you to overindulge
- Monitor your weight regularly
- Be consistent
- Create a support network

Thanksgiving Healthy Option Dessert Recipe:

Frozen Pumpkin Mousse Pie

Ingredients

Crust

- 30 small gingersnap cookies, (about 7 1/2 ounces)
- 2 tablespoons raisins
- 1 tablespoon canola oil

Filling

- 1 cup canned pumpkin puree
- 1/3 cup packed brown sugar
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon freshly grated nutmeg
- 2 pints (4 cups) frozen low-fat vanilla ice cream, softened (see Tip)

Preparation

1. Preheat oven to 350°F. Coat a 9-inch deep-dish pie pan with cooking spray.
2. To prepare crust: Combine gingersnaps and raisins in a food processor and pulse until finely chopped. Add oil and pulse until blended. Press evenly into the bottom and up the sides of the prepared pan.
3. Bake the crust until set, about 10 minutes. Transfer to a wire rack to cool completely.
4. To prepare filling: Combine pumpkin, sugar, cinnamon, ginger and nutmeg in a large bowl and mix well. Add ice cream and stir until blended. Spoon the mixture into the cooled pie crust. Freeze until firm, at least 2 hours. Let the pie soften slightly in the refrigerator for 20 to 30 minutes before serving.

Nutrition

Per serving : 230 Calories; 5 g Fat; 1 g Sat; 2 g Mono; 4 mg Cholesterol; 42 g Carbohydrates; 4 g Protein; 2 g Fiber; 179 mg Sodium; 165 mg Potassium
3 Carbohydrate Serving

Exchanges: 3 other carbohydrate, 1 fat

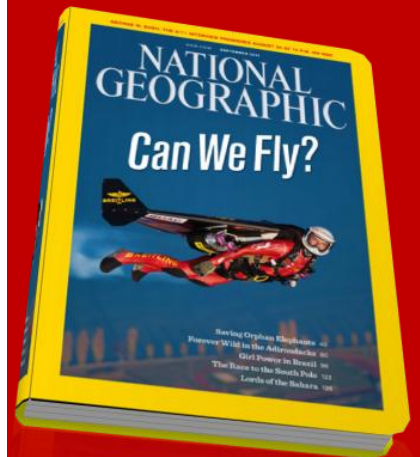
Tips & Notes

- **Make Ahead Tip:** Cover and freeze the pie for up to 3 days. | Equipment: 9-inch deep-dish pie pan
- **Tip:** To soften ice cream quickly, microwave on Medium-Low for 30 to 60 seconds.

http://www.eatingwell.com/recipes/frozen_pumpkin_mousse_pie.html

MBF's Very Own Danielle Heinrichs Photograph Published in National Geographic

We've all seen the amazing underwater photographs taken by MBF's director of physical therapy, Danielle Heinrichs. It's no surprise that one of her photos was chosen to be published in National Geographic magazine! If you have a chance, check out the September 2011 issue where her photo of a wobbecong shark is featured! Congratulations, Danielle!



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