

Diabetes *Views*

Adventures in Stand-Up Paddleboarding

Is there a sport or activity you've always wanted to try? Chrisanne, our Social Media Project Manager, shares her experience with trying stand-up paddleboarding earlier this year.

“It’s like skateboarding-plus-surfing-plus-canoeing.” That’s how I tried describing stand-up paddleboarding to a friend as we talked about what we were looking forward to doing this summer. I’d been curious about trying stand-up paddleboarding (or SUP as it’s often called) after watching people paddling around a harbor near Chatham last year. I did a little research to see if there were any places closer to home where I could try SUP. As it turns out, my local sporting goods store offers outdoor “adventure” classes, so last month I signed up for one of their Intro to SUP classes.

We began the class by meeting our instructor, Tom, and introducing ourselves to our classmates. After a little explanation of what we were going to learn in the class, Tom helped us get fitted for life vests and set up our paddles. Next, he went over the different parts of the SUP board and taught us the basic paddling strokes we’d be using: forward, sweep (turning) and stopping. We practiced our paddling strokes on the grass for a little bit, and then trooped down the hill to the river where Tom helped us get onto our boards and explained how to fall correctly if we should lose our balance.

We paddled around near the shore a little bit to get used maneuvering the board, and then headed off upriver. I’ll be honest I was a little nervous about paddling against the current at first, but it turned out to be pretty easy once we got going. Being out on the water, falling into a rhythm with paddling, was really peaceful. I watched a duckling swimming near the riverbank; a couple of dragonflies hitched a ride on my board; fish jumped out of the water trying to catch the little insects buzzing around the surface. We spent almost two hours on the water but it didn’t feel that long at all.



I’m happy to report that I didn’t fall off my board once. I did, however, have to duck under some low hanging branches once or twice and got tangled up in some weeds by the shoreline for a bit. Guess I need to practice that sweep stroke. It was definitely a good workout and fun way to spend a Saturday afternoon. Looking forward to doing it again sometime!

If you have a story about your experience with diabetes you’d like to share for a future issue of DiabetesViews or on the [DSME blog](#), e-mail diabetesviews@partners.org

Safe Travels

Vacation season is here again. After the winter we've had, the desire to get away for a little fun and relaxation is certainly understandable. Here are a few tips for traveling safely with diabetes if you're hitting the road this summer.

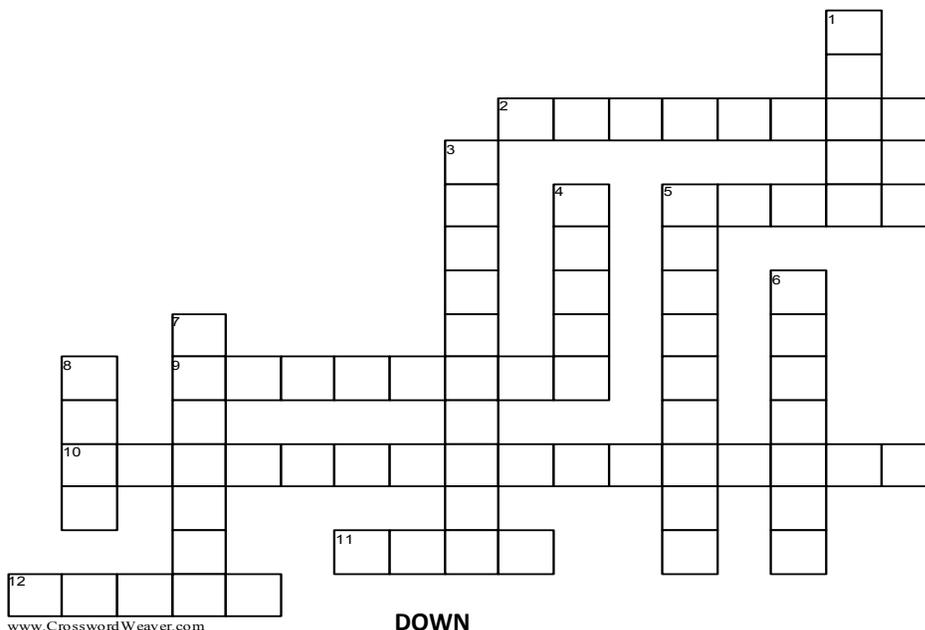
Before your trip, take a moment to talk to your healthcare provider and discuss any questions or concerns you may have about your travel plans. If you use insulin and your travel plans include time zone changes, you may need more or less during travel depending on how many time zones

you cross. Your healthcare provider can help you develop a plan for meeting your insulin needs. Also, ask for a letter explaining you have Diabetes and need to carry blood glucose monitoring supplies (and insulin and syringes if applicable).

Any sort of long distance travel, whether it's a vacation with friends and family or a business trip, is a change in your regular routine. Mealtimes can be easily disrupted by traffic or flight delays, and your physical activity level may be higher than normal.

(Continued on page 3)

Summer Fitness



DOWN

ACROSS

- 2 Stay _____ - drink plenty of water!
- 5 It's recommended we take 10,000 of these a day
- 9 In the summer, exercise ____ either in the early morning or evening when it's cooler
- 10 Alternating bursts of activity with periods of rest
- 11 The _____ is made up of the muscles of the abs, back, hamstrings and glutes
- 12 Going for a walk doesn't require any equipment - just a good pair of these

- 1 This is an important part of a healthy lifestyle. Try to get at least 8 hours a night!
- 3 You can use one of these to massage out knots and tight spots in your muscles
- 4 Focus on attainable ____ and realistic expectations
- 5 It doesn't matter what you do as long as you do _____. Any activity is better than none.
- 6 One of the easiest ways to fit exercise into your day. (See 12 Across.)
- 7 You can find a number of free exercise videos on this site
- 8 This is the body's way of saying something is wrong. The best thing to do is stop what you're doing and rest.

(Travels continued from page 2)

Keep a good stock of snacks on hand to prevent low blood glucose reactions (and if you have Type 1, glucagon to treat severe hypoglycemia and ketostix in case of illness during the trip. A Diabetes Educator can review how to use both of these if you need a refresher).

The stress and excitement of getting to the airport and arriving at your destination can affect your glucose levels, as can many sightseeing and tourist activities (it's easy to forget that those walking tours and shopping expeditions count as

exercise!). Test your blood sugar often and again, keep some snacks or other glucose sources on hand to treat potential lows.

Finally, be sure to take good care of your feet. Pack comfortable, well-fitting shoes and socks and check for cuts and blisters every night, especially if you've done a lot of walking during the day. It's also a good idea to keep a First Aid kit with you to treat minor cuts and scrapes.

Article reviewed by MGH Diabetes Center

Cajun Salmon Cakes

Recipe adapted from Cooking Light

This recipe comes together quickly and makes for an easy, nutritious entree.

Canned salmon is low in mercury and is a fairly inexpensive dietary source of vitamin D and healthy omega-3 fats.

Ingredients:

3-6 ounce cans canned salmon, drained*

¼ cup green onions, chopped

¼ cup mayonnaise

2 tbsp dry breadcrumbs

1 tsp Cajun seasoning blend

2 tsp Dijon mustard

½ cup cornmeal

1 tbsp canola oil

Instructions:

Combine salmon, green onions, mayonnaise, breadcrumbs, Cajun seasoning and Dijon mustard together in bowl. Divide mixture into 6 equal portions and shape into patties. Dredge patties in cornmeal and shake off any excess. Heat a skillet over medium heat. Add 1 tbsp canola oil and place patties in pan. Cook patties about 3-5 minutes on each side or until golden brown.

Yield: 6 cakes or patties (1 per serving)



*Canned salmon comes in varieties with or without bones. Purchasing canned salmon with bones is a good option if you are looking for ways to increase your calcium intake.

NUTRITION INFORMATION PER SERVING:

CALORIES: 230 • PROTEIN: 32 g
SODIUM: 840 mg •

CARBOHYDRATE: 21 g • FIBER: 3 g •
FAT: 15 g • Sat Fat: 2 g



Ask the Nutritionist

By *Melanie Pearsall, RD, LDN, CDE*

Senior Clinical Nutritionist

MGH Nutrition Services

I really hate drinking water – any suggestions for other low calorie drinks?

Water is the healthiest drink for people of all ages. Adequate hydration is an important part of helping your body "detoxify," and even mild dehydration can cause problems with concentration. Americans tend to drink a lot of beverages other than water, many with added sugars and fat which are high in calories and contribute to weight gain. But the one thing these beverages have is **flavor!** Many people understand the importance of drinking water and staying hydrated but hate drinking "plain" water. Here are some suggestions to help even the pickiest water drinker succeed:

- Flavor your water with citrus slices, cucumber slices, berries or fresh herbs like mint or basil.
- Try flavored or plain seltzer waters! Sometimes that added fizz is enough to tickle your taste buds.

- Herbal teas are a great way to flavor water. I often add an herbal tea bag to my cold water bottle and let it steep slowly, flavoring the water. Tea also provides an extra health benefit from antioxidants.
- Add small amounts of sugar-free flavorings like Crystal Light to your water. I suggest starting off with just enough to add some flavor but without making it overly sweet.
- Buy a water purifier for your home or individual bottle. This can make the water taste clean and refreshing as it removes some of the impurities that cause an aftertaste.
- If you like to drink pre-flavored water just double check the label to make sure it's low calorie (fewer than 10 calories per serving).

Crossword Solution:

ACROSS: 2 hydrated, 5 steps, 9 outdoors, 10 intervaltraining, 11 core, 12 shoes;

DOWN: 1 sleep, 3 foamroller, 4 goals, 5 something, 6 walking, 7 youtube, 8 pain



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Reviewed by the Blum Patient and Family Learning Center for health literacy.

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