



Diabetes *Views*

Facing Challenges and Overcoming Fears

Monica writes about the positive impact joining an employee wellness program has had on her diabetes management

As good as we are at watching what we eat, sometimes we do slip and have a little too much. There is a program where I work that helps employees learn how to eat healthy and exercise to lose weight. Several people in my department have done it and enjoyed it, but I was always reluctant - I didn't really like going to the gym. But, when the new session started earlier this year, I finally signed up. I'm so glad I did.

On the first day, we had an assessment of where we are now so we can track our progress. We also chose a goal for what we wanted to accomplish. There are several teams doing this program at once, and each meeting starts with a rally where the program's leader shares with the groups where each team is as far as weight loss, steps taken, and amount of exercise. The team with the most improvement for the week gets a trophy. It keeps you motivated to work hard and win that trophy!

The most unexpected thing about this program is how much I'm enjoying being there and doing the exercises. It's changed how I look at going to the gym. Before, I'd been afraid of not knowing how to use the equipment properly and too shy to ask for help. Going through this program has helped me overcome my shyness; now I'm not as scared to ask questions if I don't know how to use a machine or need help getting started. I've also

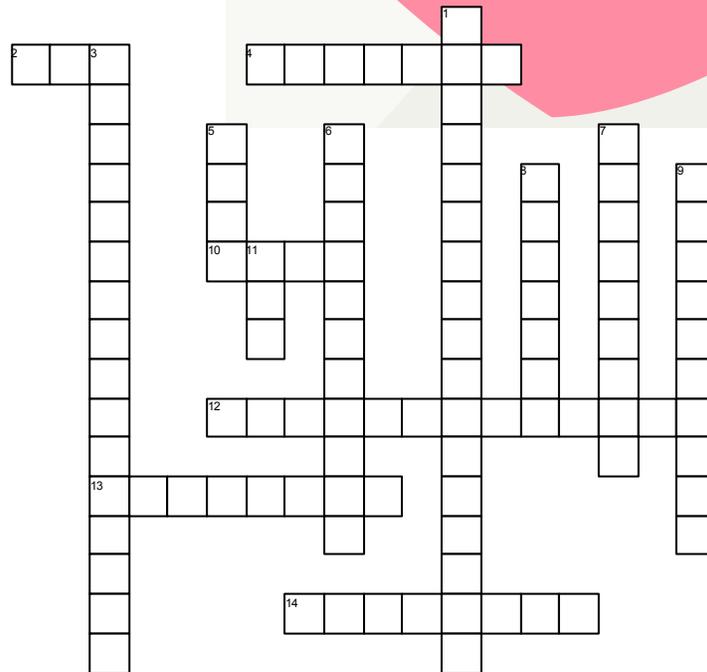
enjoyed meeting with our nutritionist and learning more about mindful eating and portion size.

I feel great, my clothes feel looser, and I know I'm getting stronger. I really recommend finding a program like this. Being with a group can help keep you motivated, and some of the nutrition information might stick with you to help improve your family's eating habits. If you have a gym near you, check out their class schedule. Many offer things like yoga or Zumba; ask if you can try a class to see if you like it. And don't be afraid to ask questions if you need help.



Monica has also contributed to the Diabetes Education program's online blog. 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

Diabetes Crossword



www.CrosswordWeaver.com

ACROSS

- 2 Hypoglycemia is another word for ___ blood sugar
- 4 A hormone used by the body to convert sugar into energy
- 10 Herbs and spices are a great way to add flavor to your food without this
- 12 _____ is the force of blood against the walls of your blood vessels (two words)
- 13 How often should you check your feet for blisters, cuts and sores? (two words)
- 14 Insulin is produced in this organ

DOWN

- 1 A condition where the blood passes through blood vessels with too much force is called this (three words)
- 3 November 14th was named this day to help bring attention to the growing issue of diabetes around the world
- 5 Remember to have these checked every year to screen for things like cataracts and retinopathy
- 6 Some pregnant women may develop this type of diabetes
- 7 Two nutrients that work together to control blood pressure are sodium and _____
- 8 These organs filter blood as it circulates through the body
- 9 Device used to measure your blood sugar at home
- 11 This test measures your average blood sugar for the past three months



world diabetes day
14 November

World Diabetes Day is Monday, November 14!

We will be holding our annual World Diabetes Day education and awareness event from 10am-3pm in the MGH main corridor.

Learn more about diabetes at our information table, ask a dietitian your questions about diet and nutrition, and participate in our free blood pressure screening.

Around MGH

Upcoming events in the Mass General Community

2012 Flu Clinics

Like it or not, flu season is upon us again. Mass General will be holding a Central Flu Shot Clinic in the Main Lobby of the Wang Building from

September 24 – Friday, November 9, 2012

Monday to Friday 8am -- 6 pm (until 3pm on Columbus Day, October 8). In addition, there will be two Saturday dates:

October 20 and 27th 9am -- 3pm.

It is **strongly** recommended to call the Toll Free Flu Shot Hotline at **1-877-733-3737** before coming in to make sure the vaccine is in stock and the clinic is open.

For more information, visit the MGH Flu website: massgeneral.org/flu.

National Health Observances Talk: Selecting the Right Shoe for You

Tuesday, October 30, 12 - 1pm

Blum Patient and Family Learning Center

White 110

Join Marie Figueroa, PT, DPT, ATC, for a free talk about the importance of selecting the right shoes. Free and open to MGH patients, staff and family.

Almond Crusted Tilapia

Adapted from Cooking Light

A gourmet entrée that is as easy as it is healthy.

Ingredients:

2 tbsp plain breadcrumbs

¼ cup whole almonds

1/8 tsp black pepper

1 tsp herb seasoning blend (try a salt-free version, such as Mrs. Dash)

1 tbsp canola oil

1 tbsp dijon mustard

2-6oz tilapia fillets (or ¾ pound tilapia in total)

Instructions:

Blend first 4 ingredients in food processor or blender until finely ground; transfer mixture to a shallow baking dish. Heat a non-stick sauté pan and add canola oil. Brush dijon mustard over both sides of each fish. Press each side of fish in almond mixture until thoroughly coated (gently shake off any excess almond mixture). Add fish to heated sauté pan and cook for about 3 minutes on each side, or until fish flakes easily with fork.

Yield: 2 servings



NUTRITION INFORMATION PER SERVING:

CALORIES: 370 • PROTEIN: 41 g • SODIUM: 315 mg • CARBOHYDRATE: 8 g • FIBER: 2 g • FAT: 19 g • Sat Fat: 3 g

Tips for Mindful Eating:

YOU DON'T HAVE TO BE A MEDITATING MONK ON A MOUNTAIN TOP TO ENJOY **MINDFUL EATING!** TRY THESE SIMPLE TIPS AT MEALTIME TO SAVOR AND REALLY *EXPERIENCE* YOUR FOOD.

WE'RE SURROUNDED BY STUFF GRABBING AT OUR ATTENTION. TRYING TO DO TOO MANY THINGS AT ONCE STOPS YOU FROM FOCUSING ON WHAT YOU'RE EATING.

MUNCHING ON THE GO IS ANOTHER KIND OF DISTRACTION (AND CAN BE A SOURCE OF UPSET STOMACHS!).

EATING RIGHT OUT OF THE CONTAINER CAN MAKE YOU LOSE TRACK OF HOW MUCH YOU'VE EATEN, AND WHERE'S THE FUN IN CHOWING DOWN FROM A CARDBOARD BOX?

WOLFING DOWN YOUR FOOD MEANS MISSING OUT ON TASTE AND TEXTURE. MEALS SHOULD BE MORE THAN A QUICK PITSTOP FOR REFUELING!

SO WHY NOT MAKE MEALTIME A MINI VACATION? UNPLUG, UNWIND, AND LET YOURSELF REALLY *ENJOY* YOUR MEAL.

SET THE STAGE FOR FOCUS AND RELAXATION. USE TABLE SETTINGS, FLOWERS, OR EVEN CANDLES TO MAKE A PLEASANT ENVIRONMENT.

SERVING FOOD ON PLATES HELPS BUILD THAT SENSE OF MEALTIME RITUAL (AND HELPS CONTROL PORTION SIZE).

CHEW YOUR FOOD *S-L-O-W-L-Y*. IT TAKES ABOUT 20 MINUTES FOR YOUR STOMACH TO SEND THE SIGNAL TO YOUR BRAIN THAT YOU'RE FULL. REALLY *NOTICE* THE FOOD: WHAT ARE THE FLAVORS LIKE? HOW CRISPY, MELTY, OR FLAKY IS IT?

COME ON OVER - I MADE ENOUGH TO SHARE!

INVITE FRIENDS TO JOIN IN AND ENJOY A MINDFUL MEAL *TOGETHER!*

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Diabetes Crossword Answers

ACROSS:

2 low; 4 insulin; 10 salt;
12 blood pressure; 13 every day
14 pancreas

DOWN:

1 high blood pressure;
3 world diabetes day; 5 eyes;
6 gestational; 7 potassium;
8 kidneys; 9 glucometer; 11 a1c



Diabetes Self-Management Education and Support Programs

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To submit a question for the nutritionist or leave comments, please e-mail: diabetesviews@partners.org

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

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