



Diabetes *Views*

How Diabetes Helped Me Take Control of My Health

Juan shares how changes to his diet has helped him manage his Diabetes

When you hear about Diabetes in the news, a lot of the attention is put on the complications that can happen if it's not well-managed. We recently met with Juan who says Diabetes has helped him take control of his health.

Before he knew he had diabetes, Juan says he drank a lot of soda, exercised maybe 2-3 times a week and ate a lot. After he learned he has Diabetes, he started making some changes. He stopped drinking soda and instead drinks more water. He exercises more and pays close attention to portion size at mealtime. He also notes that he's cut out red meat and now eats more fish and vegetables. All that hard work has paid off. In about a year's time, Juan has lost 20 pounds and lowered his A1C several points.

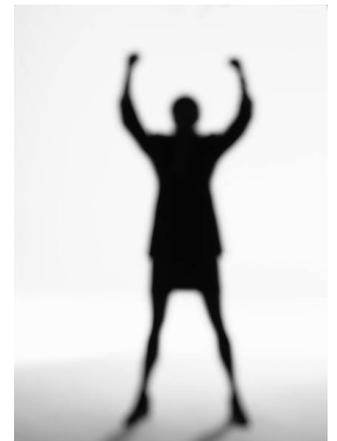
"I feel great!" he says with a big smile while talking about his accomplishments so far.

He's had to face some hurdles along the way. One challenge was the need to move away from rice, a main ingredient in a lot of his family's cooking. In the past he was eating rice every day; now he limits it to only once or twice a week.

"Thank God for Diabetes," he says towards the end of our chat. "The diagnosis was a wake-up call." "If not for that, he would have continued with a lifestyle that he now sees was harming his health.

He continues to watch what he eats and is hoping to lose a little more weight. When asked what advice he would give to someone who was recently diagnosed with Diabetes, Juan stresses the need to "rely on yourself and to keep fighting: work out, keep busy and take your medicines."

"Doing exercise," he notes "you start to look good and feel good. When you love yourself, you want to do good things for people around you. It makes you want to take care of yourself, and want your family to feel good too."



If you have a story about your experience with Diabetes you'd like to share for a future issue of Diabetes Views or on the Diabetes Education program's online [blog](#), e-mail diabetesviews@partners.org

Summer Fun

The grill has been pulled out and pressed into service for the first of many backyard BBQs. Kids chase after the ice cream truck as it makes its afternoon rounds through the neighborhood. Yup, summer has arrived; time to hit the beach, drive with the windows open and spend time with friends and family on vacation. The start of summer is full of fun outdoor activities, but there are a few things to consider as you enjoy these fun and carefree days.

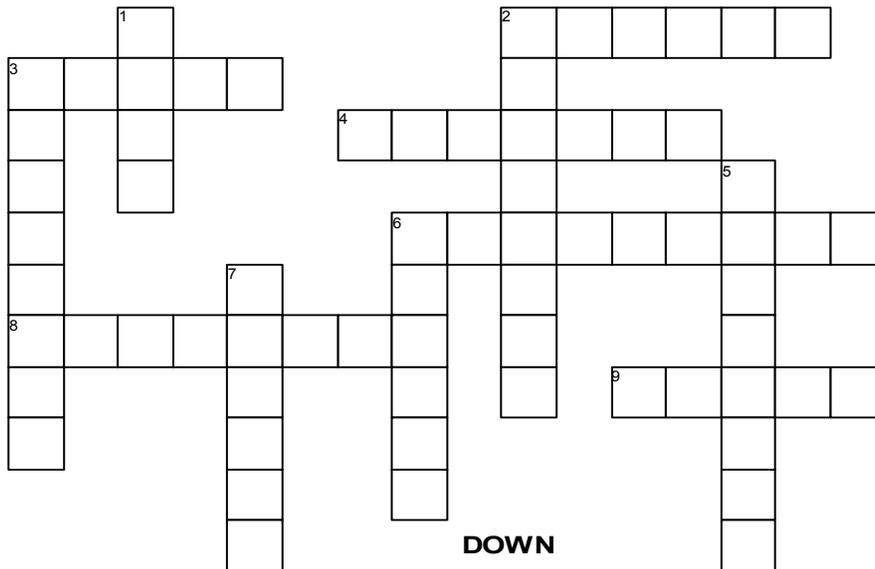
The first and most important thing to remember is: it can get **hot!** Sometimes we don't realize the effect hot weather has on our bodies. [High heat and humidity](#) make it difficult for the body to cool itself properly. This can lead to [heat-](#)

[related illnesses](#) like heat exhaustion. Warmer weather can also affect blood glucose levels. You may need to test more often as the weather heats up. You'll also want to protect your testing supplies and medications (including insulin) from very hot temperatures. **Never** leave them in a hot car or trunk when [traveling](#)—and keep them out of direct sunlight.

Dehydration also becomes a concern when the temperature rises. We lose a lot of fluid through sweating. Stay hydrated by drinking plenty of water throughout the day—at least 8 eight oz glasses.

(Continued on Page 3)

Fitness Crossword



ACROSS

- 2 It's a good idea to do this to your routine every once in a while to keep your body challenged
- 3 Regular exercise can improve mood, boost your energy and help you _____ better
- 4 Running, walking and biking are examples of this type of exercise
- 6 A device that counts the number of steps you take
- 8 Warming up before exercise can help prevent these
- 9 Great exercise idea: turn on some music and _____!

DOWN

- 1 Doing this gives your body a chance to recover - especially after a tough workout
- 2 Gradually slowing down your activity at the end of your workout is called this (two words)
- 3 A great summer activity in a pool or at the beach
- 5 A healthy exercise program includes both aerobic and _____ training exercises
- 6 An example of a strength training exercise you can do using just your body weight (two words)
- 7 Exercising with a _____ can help you stick with your routine and fight boredom

(Summer continued from page 2) Stay away from drinks with caffeine and alcohol, though. Also, try to limit outdoor activities during the hottest part of the day. Exercising somewhere with air conditioning is best on hot days. If you prefer exercising outdoors, go out either in the early morning or in the evening when it's a bit cooler.

Beaches and pools are popular places to go in the summer. While you're cooling off by the water, it's important to keep your feet protected from sharp rocks, shells and other debris. Wear a comfortable pair of beach shoes while walking and avoid crossing [hot sand or pavement](#) with bare feet. And always, whether you're at the beach or in your own back yard, wear [sunscreen](#)! Sunburns can raise blood sugar, and

blistered or peeling skin can become infected. [Keep your skin protected](#) from sunburn by using sunscreen that has an SPF of at least 30 to any exposed skin before going outside (including face, neck and tops of feet). Put on more throughout the day, especially after spending time in the water.

Hope everyone has a safe and happy summer!

Be Fit Basics: Black Bean Burger

Recipe adapted from *Cooking Light*

1 (2 ounce) hamburger bun, torn into pieces (can also substitute about 1 cup bread crumbs)

3 tbsp olive oil, divided

1 garlic clove, minced

1 can (15 ounces) black beans, low sodium, drained, can divided

$\frac{3}{4}$ tsp chili powder

1 tbsp cilantro, chopped (*can also omit or substitute another herb, like parsley*)

$\frac{1}{4}$ tsp kosher salt

1 large egg, lightly beaten PLUS 1 egg white, lightly beaten

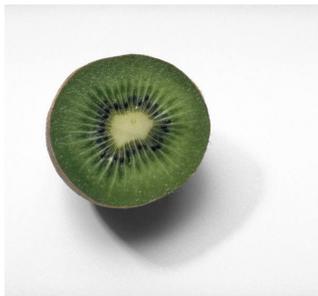
Place bun in a food processor (or blender) and pulse until it turns into crumbs and transfer to a large bowl. Add 1 tbsp oil, garlic and $\frac{3}{4}$ can of beans to food processor and pulse until mixture makes a thick paste. In bowl with the bread crumbs stir in bean mixture, remaining $\frac{1}{4}$ can of beans, chili powder, cilantro, salt and eggs until combined. Divide mixture into 4 equal portions; shaping each portion into a patty. Heat sauté pan on medium heat; add remaining 2 tbsp oil. Add patties to pan and cook about 4 minutes or until bottoms are browned. Flip and cook 3-4 minutes or until patties are cooked throughout.

Yield: 4 servings



NUTRITION INFORMATION (PER PATTY):

CALORIES: 250 • PROTEIN: 10 g • SODIUM: 355 mg • CARBOHYDRATE: 25 g • FIBER: 6 g • FAT: 13 g • Sat Fat: 2 g



Ask the Nutritionist

By Paula Cerqueira, Dietetic Intern &

Melanie Pearsall, RD, CDE, Nutritionist at MGH Revere

How can I prepare food safely in the summer months?

From barbecues to picnics at the beach, food is a big part of celebrating the season. To make sure eating is fun **and** safe, use the following food safety guidelines:

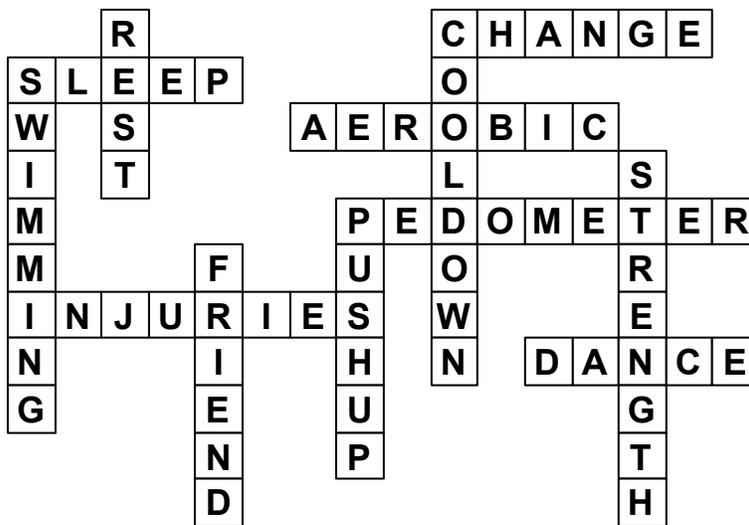
- When buying groceries, buy meat, fish and poultry (like chicken) last. Put them in the fridge or freezer as soon as you get home.
- Never thaw (or marinate) at room temperature. Use the refrigerator to thaw/marinate overnight. Use the microwave to defrost if you're in a rush.
- When moving food, use an insulated cooler and ice/ice packs to keep food below 41°F.
- Wash hands well with soap and water before touching food. Keep raw meat, poultry or fish away from cooked foods. Use different plates and utensils for raw foods.

- Cook hamburgers, poultry and hot dogs to an internal temperature of 165°F. Fish, beef, pork, lamb, and veal (whole pieces, not ground) are safe at 145°F.
- After cooking, keep food hot (140°F or higher) until served. Store any leftovers in shallow containers. Put leftovers in the fridge within 2 hours (1 hour if it's over 90°F outside).

For more information about food safety, visit the [USDA Food Safety and Inspection Service website: http://www.fsis.usda.gov/](http://www.fsis.usda.gov/).

Fitness Crossword

Answers:



Diabetes Self-Management Education and Support Programs

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mghdiabeteseducation.wordpress.com

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

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Editor: Chrisanne Sikora
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Reviewed by the Blum Patient and Family Learning Center for health literacy.

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