

BON SECOURS COMMUNITY HOSPITAL CENTER FOR DIABETES EDUCATION

Newsletter February 2011

A Publication of the Diabetes Education Department at the New Medical Office Building

UPCOMING EVENTS

Diabetes Support Group

Open to the Community

February 1st cancelled due to weather.

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Diabetes Self Management Classes for February 2011

February 1st at 3:30 pm
Introduction to Self Management of Diabetes

February 8th at 3:30 pm
Prevention of Diabetes Complications

February 15th at 3:30pm
Meal Planning and Carbohydrate Counting

February 22nd at 3:30pm
Update and review Self Management and
Meal Planning

Please Note: An MD referral is needed.

Classes offered by:

Tammy Compasso, R.N. C.D.E.
Cathy Olmstead, M.S. R.D. C.D.E.

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February Is Heart Health Month

Lower your blood lipids for a healthier heart

People with diabetes have a higher risk for developing heart disease and heart attack than people without diabetes. What can I do to keep my heart healthy? Keeping your cholesterol and triglycerides in a safe range is a great place to start for heart health. But before you make the changes you need to know your numbers and where you are starting from. Start by thinking about your cholesterol and triglycerides levels, your food intake and your activity levels.

1. **Know your cholesterol and triglycerides**

LDL cholesterol: Known as the lousy or bad cholesterol can clog your arteries putting you at risk for heart attack or stroke.

Goal: *less than 100mg/dl* closer to 70 mg if you already have heart disease

HDL cholesterol: Known as the good cholesterol can provide a protection against heart disease.

Goal: *higher than 40mg/dl for men, higher than 50 mg/dl for women.*

Triglycerides also known as blood fats, which when elevated can increase the risk for heart disease.

Goal: *less than 150 mg/dl*

2. **Eat Right.**

a. Select 1 % or skim milk , and low fat dairy products

b. Choose lean meats and eat fish weekly or biweekly

Recipe...

Walnut Chicken with Plum Sauce

3/4 pound , raw chicken breast
1 teaspoon sherry
1 egg white
2 teaspoons peanut oil
1/3 c ground walnuts

Preheat oven to 350 degrees. Cut the chicken into bite sized pieces, sprinkle with sherry and set aside. In a small bowl beat the white and oil until frothy. Fold the chicken pieces into the egg mixture, and then roll them individually, into chopped nuts. Arrange on baking sheet. treated with non stick cooking spray. Bake for 10-15 minutes or until the walnuts are lightly browned and chicken juices run clear. Serves 4

Serve with steamed vegetable and brown rice.

Lean Meat Exchange.....2
Calories.....158
Carbohydrate.....1 gram
Protein.....18 grams
Fat.....8 grams
Saturated fat.....1 gram
Cholesterol.....43 milligrams
Fiber.....45 grams
Sodium.....50 milligrams

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Taken from The Everything Diabetes Cookbook
by Pam Hahn

c. Cut back on partially hydrogenated fats to decrease trans fat consumption

d. Cut back on salt: aim for less than 2300 mg of sodium per day

3. Reach a healthy weight...for you

By cutting back on fats and watching portion sizes weight loss can be achieved. A slow weight loss of 1-2 lbs per week will not provide a rapid weight loss but the weight lost is likely to stay off. A 7-10 % weight loss is enough to lower the risk for heart disease.

4. Get Moving

Being active can boost your HDL cholesterol and at the same time lower your LDL cholesterol. In addition, exercise can burn calories helping to achieve weight loss and glycemic control. 30 minutes 5 days per week is the minimum recommendation to keep your heart muscle healthy.

5. Quit Smoking

Tobacco smoke can cause health problems not only for smokers but also people around them.

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**Support Group & Classes are given at The New Medical Office Building located at 161 East Main Street, Port Jervis, NY by Tammy Compasso, R.N. C.D.E. and Cathy Olmstead, M.S. R.D. C.D.E.
Telephone Number: 845-858-7795**

**Diabetic Team:
Peg Palermo, R.N. B.S. Coordinator
Cathy Olmstead, M.S. R.D. C.D.E.
Tammy Compasso, R.N. C.D.E.**