

# BON SECOURS CHARITY HEALTHCARE SYSTEM CENTER FOR DIABETES EDUCATION

Newsletter February 2012

A Publication of the Diabetes Education Department

## UPCOMING EVENTS

### Diabetes Support Group *Open to the Community:*

#### **Bon Secours Community Hospital**

**Phone: 845-858-7795**

February 7<sup>TH</sup> at 2pm at the New Medical Office Building

Speakers: Laura May

Topic: Diabetes and Heart Health

#### **St Anthony Community Hospital**

**Phone: 845-987-5168**

Senior Support Group

February 22<sup>nd</sup> 12-1 pm

Speaker: Janine Killeen, RD, CDE

Topic: Heart Health

Children's Support Group

February 27<sup>th</sup> 6:30-7:30 pm

Speaker: Dr Pital DDS

Topic: Dental Health for Children

Adult Support Group

February 20<sup>th</sup> 6:30- 7:30 pm

Speaker: Lourdes Braadt RN, CDE

Topic: Diabetes in Check

#### **Good Samaritan Hospital**

**845-368-5935**

Adult Support Group

February 6<sup>th</sup> 2 pm

Kohl Building Suite M2

Speaker: Cathy Olmstead MS, RD, CDE

Topic: Diabetes and Hyperlipidemia

### **Diabetes Self Management Classes for February 2012**

Classes offered by:

Tammy Compasso, RN, CDE

Cathy Olmstead, MS, RD, CDE

Lourdes Braadt, RN, CDE

Janine Killeen RD, CDE

**Please Note:** An MD referral is needed.

### ***A heart to heart discussion...*** by Cathy Olmstead

*Cardiovascular disease is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day. (CDC)*

A large percentage of cardiac disease is inherited or genetic but there is also something we can do to reverse this trend. Start with understanding the risk factors and making necessary changes to prevent heart disease.

The primary risk factors for heart disease include:

1. Obesity: The American Heart Association states that **obesity** is a medical condition in which excess body fat has accumulated to the extent that it may have an adverse effect on health. The National Institute of Health defines obesity as having a body mass index greater than 30. Overweight and obesity carry specific health risks associated with cardio vascular disease. A 5- 10% weight lost shows significant improvement in lowering risk, as well as, the co morbidities associated with obesity.
2. Physical inactivity: Lack of **physical exercise** is a major contributor to obesity, diabetes and high blood pressure. The American Heart association recommends 30 minutes per day 5 days per weeks to keep your heart and lungs healthy. To meet these fitness goals the type of exercise recommended is aerobic activity: swimming, biking, walking, dancing and jogging, for example. Three 10 minute intervals have shown to be as effective as 30 minutes at on time.
3. Smoking: We all know that smoking is **bad** for your heart but how is it bad: it adds carbon monoxide to your system and lowers your HDL (good) cholesterol. The lungs use carbon monoxide where oxygen is normally used and making less oxygen available to be

<p><b>Recipe...</b></p> <p>Chicken and Chile Pepper Stew</p> <p>1 pound boneless skinless chicken thighs cut into ½ inch pieces.  1 pound small potatoes, sliced  1 cup chopped onion  2 poblano peppers, seeded and diced  1 jalapeno pepper, seeded and finely chopped  3 cloves garlic, minced  3 cups fat-free reduced-sodium chicken broth  1 can (about 14 ounces) no salt added diced tomatoes  2 tablespoons chili powder  1 teaspoon dried oregano</p> <p><b>SLOW COOKER DIRECTIONS</b></p> <p>1. Place chicken, potatoes, onion, poblano peppers, jalapeno pepper and garlic in slow cooker.</p> <p>2. Combine broth, tomatoes, chili powder and oregano in large bowl. Pour broth mixture over chicken mixture in slow cooker; mix well. Cover; cook on LOW 8 to 9 hours.</p> <p>Makes 6 servings</p> <p>Nutrients per Serving: 1/6 of total recipe  Calories: 257, Calories from Fat: 27%, Total Fat: 8g, Saturated fat: 2g, Cholesterol: 68mg, Sodium: 223 mg, Carbohydrate: 23g, Fiber: 4g, Protein: 25g</p> <p>Dietary Exchanges: ½ Starch, 3 Meat, 1-1/2 Fat</p>	<p>used by the heart. Also, smoking causes the HDL cholesterol to be reduced in the bloodstream making the blood more available to form a clot. This clot formation increases the potential for heart attack or stroke as well as increasing the risk for peripheral vascular disease. Lowering saturated fats, trans- fats and cholesterol in the diet can have a positive affect on lowering cholesterol.</p> <p>4. Elevated cholesterol: Cholesterol is a fatty, waxy like substance that is used for cell membrane formation, bile acids and to make hormones. When cholesterol builds up in the arteries it causes fatty streaks that lead to plaque and can alter the blood flow in the artery.</p> <p>5. Diabetes: High blood sugars are a major risk factor for cardio vascular disease. The bad news is that most people prior to diagnosis of diabetes have some form of heart disease. The good news is that keeping your blood sugars under control can decrease that risk.</p> <p>6. High blood pressure: High blood pressure is a serious condition that can lead to coronary heart disease. <b>High blood pressure is defined as 130/80 ...</b> reducing salt in the meal plan is one way of controlling blood pressure, reducing stress is another.</p> <p>Celebrate February by doing something healthy for your heart. Start to exercise, eat less fats and salt or quit smoking.</p> <p style="text-align: center;">*****</p>
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**Diabetes Team:**

**Carla Errico, MPH, RD Coordinator**  
**Cathy Olmstead, MS, RD, CDE.**  
**Tammy Compasso, RN, CDE**

**Janine Killeen, RD, CDE**  
**Lourdes Braadt RN, CDE**