

A Letter From The President

Dear BLN Extended Family,

This summer will hopefully prove to be a fun and exhilarating season for all. There is sure to be many road trips to beaches, parks, and campgrounds. At Better Living Now we want to make sure you have a safe, healthy, and most of all, a FUN summer.



Daniel Pope, CEO

As you surely know, gas prices can be crippling to your wallets. Try some of these tips to avoid paying more than you have to this summer.

- Try buying gas strategically. During early morning or late evening is when gas is at its densest due to cooler temperatures. You pay for volume, not density.
- Drive steadily. Needless accelerating and braking wastes precious fuel.
- Enjoy the fresh air. Air conditioning will reduce your fuel economy by up to 20%. If it's not necessary don't use it.
- Embrace the outdoors. Try to avoid driving to nearby places and walk instead. Not only is this 100% savings on gas, but it's also great way to get and stay in shape!

While we're on the topic of exercise, try to get out and get as much exercise as possible. Aerobic exercise will aid in increasing insulin sensitivity and, along with maintaining proper nutrition, help restore normal glucose metabolism by decreasing body fat. So when you're not swimming at the beach, pick up a volleyball or a Frisbee, or even a simple game of catch.

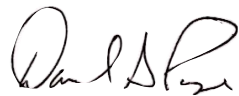
With all these outdoor activities during the summer months, be sure that you always wear sunscreen. Skin health is a growing concern! Try some of these tips to keep yourself protected.

- Try to apply sunscreen 30mins before you go out so it can properly absorb into the skin.
- Always Re-apply! Activities like swimming, towel-drying, and perspiration remove and weaken the protection you have from the sun.
- Take some time off in the shade. The sun is at its strongest from 11am to 3pm.
- Remember that even if it's overcast, 80% of UV radiation is still beating down on your skin.

These recommendations will hopefully provide you and your family with a safe and enjoyable summer. We look forward to seeing you in the fall

As always, the best to you and your family.

With Warm Regards,



Daniel S Pope and Family

News You Can Use

For all diabetic supply needs:

Better Living Now:

1- 877-BET-LIV-NOW

www.betterlivingnow.com

For educational information about diabetes:

American Diabetes Association:

1-800-Diabetes

www.diabetes.org

American Dietetic Association:

www.eatright.org

Juvenile Diabetes Foundation:

www.jdrf.org

Joslin Diabetes Centers:

www.Joslin.org

Web MD:

www.WebMD.com

Bayer Care Diabetes

www.bayercarediabetes.com

Abbott Diabetes

www.abbottdiabetescare.com

For nutrition food facts:

Burger King:

www.bk.com

McDonalds:

www.Mcdonalds.com

Wendys:

www.Wendys.com

Walden Farms Calorie free dressing and condiments:

www.waldenfarms.com

Smucker's sugar free preserves:

www.smucker.com

For recipe ideas:

Splenda:

www.Splenda.com

Equal:

www.equal.com

Jell-O brand:

www.jell-o.com

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We're Here For You



As a certified mastectomy and stocking fitter, I will discreetly arrange a personalized appointment for you in our private boutique. I also provide services for hospital and home calls. It would be my pleasure to speak with you. Please call me for a free consultation.

- **Christine Lilly**
Boutique Manager

Summer
2006

FACT OR FICTION?

I was told it is best to check blood sugar in the morning.

False. It is best to vary the times of day that you test. Checking before and 2 hours after meals gives you a better understanding of how what you are eating is affecting your blood sugar.

I find that increasing the fiber in my diet has helped lower my blood sugar after meals.

True. Substituting high fiber foods (oats, beans, barley, lentils, vegetables) for refined carbohydrates (white bread, pasta, sweets) can slow down digestion and keep your blood sugar from spiking after meals. Increasing your fiber intake may also make you eat less at meals by keeping you fuller longer.

I look for "no added sugar" on the label so I know I can eat it without worry.

False. No added sugar does not guarantee no carbohydrate. Carbohydrate will raise blood sugar. All carbohydrates need to be counted therefore; it is best to read the nutrition facts on the label for the particulars of an item.

My blood sugar is pretty good so I decided to stop taking my medication.

False. Typically, blood sugar improves due to a combination of medication, diet and exercise. It is best to discuss changes in any medication with your doctor before doing it yourself.

Talking About Trans Fats

As of January 2006, food-manufacturing companies are legally obligated to reveal the amount of trans fat in the products they make. What is trans fat and why should we care anyway? Without getting too technical, trans fatty acids are created when hydrogen is added to liquid oil to make it become hard such as in margarine or shortening. Food companies use this product known to you as partially hydrogenated fat to produce a more desirable product at a lower cost. Foods with these types of fat have a longer, more stable shelf life as well as better texture.

Seems to make sense with the exception that it is probably the worst fat for you. Studies have shown that trans fat raises your cholesterol and prevents your good cholesterol from improving. So much so that the FDA has recommended that people consume **"the least amount of trans fat possible in their diet."** Hence, the rulings on including trans fat on the food label. There is however a significant loophole; if a food has < .5 g of trans fat per serving it can be listed as 0 gm. of trans fat. Once again, let the buyer beware. If you eat five servings of different foods throughout the day that state 0 grams of trans fat and they really have .4 g each, you have eaten 2 gm. of trans fat.

As we know, people with diabetes are at a greater risk for heart disease and therefore, should be particularly concerned with the amount of trans fat they consume. If a product states 0 on the food label for trans fat take a look at the ingredients. If you see the mention of partially hydrogenated fat, it has some trans fat but less than .5 g. and you should try to avoid these foods.

FEATURED PRODUCT



Aloe Vera Skincare Lotion, 16oz
Fruit of the Earth

The triple action formula from pure Aloe, plus natural moisturizing and softening agents help retain inner moisture, smooth away surface dryness and protect against the elements.

BLN Reorder # **00193715101**

Log on to www.BetterLivingNow.com today to find out more.

FEATURED Product

DiabetiSweet™ Sugar Substitute, 100 packets/box
Healthcare Products

DiabetiSweet™ combines three great sweeteners: Isomalt™, Sunette™, and aspartame, to create a delicious sweet taste that goes well with coffee, tea, cereal, fruit, and just about anything. DiabetiSweet™ is also great for cooking and baking! Each packet has the sweetening equivalence of 2 teaspoons of sugar.

BLN Reorder # **88078057001**



Log on to www.BetterLivingNow.com today to find out more.

UPCOMING EVENTS

June 22-29 Purchase tickets to see the Broadway show “HOT FEET” and 25% of the proceeds from ticket sales will go to JADA. Contact Ticketmaster at 212-307-4100 and use the code “JADA.”

August 22 **Feria de Salud.** Health fair geared for the Latino community at the Ann Loftus Playground in Inwood. Upper Manhattan at 200th St. and Dykman Ave. For further details contact Ms. De La Cruz at 212-725-4925 ext. 3408.

Kids with diabetes? Diabetes Camps can help.
For more information contact **1-800-DIABETES** or www.Diabetes.org

October 22 Mark your calendar for America’s Walk for Diabetes in New York City and White Plains

Don’t forget your local hospitals and community centers for ongoing support groups and educational seminars!



Get involved. Check out some of the local happenings listed here and keep informed of events in your area by calling **1-800-DIABETES** or visit www.Diabetes.org and don’t forget to check with your local hospitals for group meetings.

FEATURED METER

Ascensia Contour Blood Glucose Monitoring System Bayer HealthCare

Designed to Make Accuracy Automatic. The first and only system that automatically corrects for common variables that affect accuracy. No coding required, automatic underfill detection, automatic control marking and automatic temperature control.

BLN Reorder # **00193715101**



Log on to www.BetterLivingNow.com today to find out more.

News You Can Use FACTS

Glucose Control

Studies in the United States and abroad have found that improved glycemic control benefits people with either type 1 or type 2 diabetes. In general, every percentage point drop in A1c blood test results (e.g., from 8.0% to 7.0%) reduces the risk of microvascular complications (eye, kidney, and nerve diseases) by 40%.

Blood Pressure Control

Blood pressure control reduces the risk of cardiovascular disease (heart disease or stroke) among persons with diabetes by 33% to 50%, and the risk of microvascular complications (eye, kidney, and nerve diseases) by approximately 33%.

source: www.diabetes.org

THE ULTIMATE



R

If exercise were a prescription, more people would probably be taking advantage of its usefulness.

Think about it, when done routinely exercise can:

- Lower blood sugar
- Reduce blood pressure
- Improve cholesterol and triglyceride levels
- Reduce bone loss
- Aid in weight loss
- Improve stress levels
- Increase circulation

So why do most people go out of their way to avoid it? We drive much more than walk, hover as close as possible to the handicap parking spots in hopes that someone is leaving, use a remote control for anything that could possibly have one, drive through the car wash and the drive-thru for 'fast food' and use expensive exercise equipment as an extended closet.

It may seem humorous on paper but the truth of the matter is the benefit of exercise is not taken seriously enough. Just by virtue of the fact that it may lower blood sugar all people with diabetes should be taking advantage of exercise as a potential means of lowering their blood sugar.

Stepping Away



Since exercise is a critical piece of the diabetes management plan, it needs to be part of the daily routine.

Motivation is the key to sticking to any plan but is not something that you are necessarily born with. You may need a little help to keep you motivated.

Checking blood sugars and using a pedometer are excellent motivational tools that can help you work toward and maintain your exercise goals.

Why not try increasing your activity level by taking some small steps to start and working it into a routine exercise plan that can work for your lifestyle.

Detailed below are some suggestions to consider for the excuses we make. Maybe one is right for you.

"I get home too late": Try increasing activity during work hours. Walk at lunch, use public transportation if possible and use the stairs instead of the elevator for as many flights as you can.

"I'm too tired at night": Wake up 45 minutes earlier in the morning and go for a walk before the "day" begins. You will get it done and feel energized and happy you already accomplished something positive.

"I just can't get motivated": Buddy up with someone. Being accountable to someone else usually works. It's harder to let someone else down.

"I don't really like exercise": Turn what you do enjoy into exercise. Dancing, cleaning, shopping etc... Put more energy into your daily routine and you will burn more calories and glucose.

"It's too hot/too cold to": Have an alternate game plan ready. Walk in the morning or evening in warm months, use indoor malls or treadmills in colder weather.

By wearing a pedometer for a week and averaging your daily number of steps you can then work on a plan to increase your daily number of steps by 300-500 steps at a time.* The goal is to increase your activity level over time while checking blood sugars to determine the effect of increased physical activity and prevent potential hypoglycemia (low blood sugar.) There is no rule for how much you should do, you just need to do more than you did before; keeping in mind that every 2000 steps is equal to about 1 mile.

* A healthy adult averaging 8,000 steps per day would set their new goal at 8,500 steps per day for 3-4 days then 9,000 steps for 3-4 days and so on.

Shopping Tips

Supermarket shopping can be a daunting task these days. Light, fat-free, reduced sodium... more terms to read than food to buy! You as the consumer need to spend more time reading and probably have less time to do it.

Hopefully this list of packaging terms will help clarify some of the confusion; but the best bet is to read the nutrition facts label for a better idea of what the product contains.

Free: The product must contain virtually none of what is considered free and have no relative effect on the body.

- Calorie free: 5 calories or less per serving
- Sodium free/ salt free: 5 mg or less sodium per serving|
- Cholesterol free: 2 g or less cholesterol per serving
- Fat free: .5 g of total fat or less
- Saturated fat free: .5 g or less of saturated fat per serving
- Sugar free: .5 g or less of sugar per serving

Light: The product must contain 1/3 fewer calories or 50% less fat than the traditional product.

Reduced: The product must have 25% less calories, sugar, sodium, cholesterol, fat or saturated fat than the original version.

Low: A product can only use this claim based on specific guidelines given for each nutrient:

- Low calorie: 40 calories or less per serving
- Low sodium: 140 mg or less sodium per serving
- Very low sodium: 35 mg or less sodium per serving
- Low cholesterol: 20 mg or less cholesterol per serving
- Low fat: 3g or less fat per serving
- Low saturated fat: 1g or less saturated fat per serving

Slimming Tips

- Eat small, frequent mini meals. Your metabolism benefits from grazing vs. gorging.
- Drink a full 8 ounces of water 30 minutes before a meal.
- Eat your salad first. Do not use more than 50 calories in salad dressing.
- Make sure half your plate is filled with low calorie vegetables
- Chew well and slowly. Enjoy the meal. The longer you take the more satisfied you will feel (yes, it is true).
- Put your fork down in between mouthfuls. Cut only one piece of food at a time to avoid the “shoveling” effect.
- Avoid other activities while eating, i.e. watching television, reading a magazine, looking through the mail etc...
- Increase your daily activity. Move more of your muscle groups more often.

Diabetes I.Q.

Ron has had well -controlled Type 2 diabetes for the past 3 years. He has a pretty consistent routine of testing his blood sugar every morning (which ranges between 105-135) and eating breakfast at 9 a.m. and dinner at 7 p.m. He does sporadic exercise and takes his medication as his doctor advised. He recently went to the doctor for his usual 3-month check up and was told that his Hemoglobin A1c (A1c) was too high- 8.2%. He insists that his blood glucose at home is good and reviews the numbers with his doctor who in turn, refers him to a registered dietitian that specializes in diabetes (a certified diabetes educator).

When he calls to schedule the appointment he is requested to check his blood sugar before and 2 hours after meals and log his food intake and any exercise and bring these records to the appointment.

Questions & Discussion

1. What are some reasons Ron's A1c might be high despite his good blood sugar readings at home?
2. Why is he asked to change the way he checks his blood sugar?
3. How could writing down all this information be helpful?

Blood sugar fluctuates throughout the day depending on intake, exercise, stress and the amount of insulin your body is able to produce. Ron may have great morning blood sugar readings but that does not guarantee good control throughout the day. Given that he only eats 2 meals per day (10 hours apart) his blood sugar may be shifting low to high too often. This after meal rise in blood sugar will cause the A1c to rise as well.

By testing his blood sugars before and 2 hours after meals he and the dietitian can get a better picture of how his blood sugar is rising and falling with the food he is eating and the activity he may or may not be doing.

Writing down the details of the day will help show how food, exercise and stress are impacting on Ron's blood sugar. It is near impossible to remember every morsel of food or the particulars of a day when 2 weeks have passed.

A1c is sensitive to changes in blood sugar. If Ron's blood sugar is rising after meals because he is eating too much in one sitting A1c will go up. Sometimes it takes a specialist with a trained eye for the "little things" to help figure things out so that the blood sugar balances out.

Questions To Ask: Questions that may help Ron

1. What can affect A1c?
2. How should I be testing my blood sugar in the future?
3. How could I change my daily routine to improve my blood sugar control?

For some, stress management is easier than for others. For those of you that fall into the “other” category, you may have noticed that your blood sugars are less than cooperative during stressful periods. For most people, stress raises blood sugar because it disrupts the hormonal balance that keeps blood sugar stable.

Long-term stress can have a significant negative impact on blood sugar control contributing to chronically high blood sugar. Chronically high blood sugar may lead to increased risk for complications long-term.

All people have stress in varying degrees. What may be stressful to one person may not be for another. How one handles or “copes” with their stressors can make the difference between well controlled blood sugar and poorly managed diabetes. It is extremely important to recognize your stressors and develop positive coping strategies. Some people may require professional help with a qualified therapist to do so, but it may be the missing link in achieving optimal blood glucose control.

Some positive coping strategies for stress management:

- Keeping a journal. Writing may release some of the negative emotions associated with the stressor and allow you to better understand the situation at a later time.
- Exercising. Releases endorphins that have a calming effect.
- Talking. Having a support network to call upon in times of stress.
- Relaxing. Taking a bath, listening to music, laying in a darkened room etc...
- Deep breathing.
- Visualization. Having a special “mental” place to visit when you are feeling stressed.

Road-Trip Tips

- Pack a cooler with water and “no calorie” beverages.
- Avoid eating at rest stop chains. Bring a variety of healthy foods with you. (i.e. Fruit, cut up vegetables, whole grain crackers, low fat cheeses, low-calorie yogurts, nuts, homemade turkey, chicken breast and tuna sandwiches etc...)
- Bring an insulated bag with your meter, supplies and medications and keep it out of direct sunlight. Carry written prescriptions with you.
- Always put sunscreen on.
- Wear breathable clothing and layers.
- Use only comfortable shoes, not new ones.
Fight the urge; a trip is the worst time to break in a new pair of shoes.
- Wear cotton socks and closed toe shoes. Inspect feet daily as usual.
- Maintain meal and activity pattern as close to normal as possible.
- Wear medical identification always.
- Carry a source of glucose with you at all times (to treat hypoglycemia).

FEATURED PRODUCT

Medport Travel Organizer
Medport

Holds enough supplies for up to two weeks. Cool side carries insulin and MED Ice™. Room temperature side carries meter and supplies. Detachable medical waste pouch provides a safe alternative to store medical waste until properly disposed. Convenient handy carry strap. Includes two MED Ice™ refreezable ice packs.



BLN Reorder # **88050100081**

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