

emPOWER

a Better Living Now publication

Summer 2008 Vol. III

In This Issue:

Featured Articles

Add Zest to those Vegetables	2
The Eyes Have It	2
Pasta Without the Carbs?	3
Making Sense of the Nutrition Label	4
Diabetes Crossword	5

Index

Fact or Fiction	2
Food for Thought	3
Lifestyle Works ^{NEW!}	6
Up Coming Events	7
News You Can Use	8
Letter from the President	8

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Customer Care Coordinators are available to take your order 7 days per week. We offer friendly, knowledgeable service with a smile. Call on us for all your pharmacy, medical supply and durable medical equipment needs. We are always ready to help!

- Charles Ferrara
Customer Care Supervisor



photo: sugarplumk / sxc.hu



FACT OR FICTION?

A woman with diabetes who does not know she is pregnant risks birth defects in the fetus.

Fact. Preconception counseling is imperative for women with diabetes who are of child bearing age. Glycohemoglobin levels of 7% or less have been associated with a birth defect rate of zero percent.

A large amount of weight loss is necessary to decrease a person's risk of developing diabetes.

Fiction. Participants in the Diabetes Prevention Program were able to delay or prevent type 2 diabetes by participating in 30 minutes of physical activity daily and losing between 5 to 10% of their initial weight and keeping it off. A person who weighs 200 pounds and loses 17 pounds could delay or prevent the onset of type 2 diabetes.

The symptoms of diabetic peripheral neuropathy such as tingling in the toes, feeling like sand is in your shoes and stocking on your legs, etc. can be eliminated by taking medications..

Fiction. Alpha lipoic acid, a supplement has traditionally been recommended as an effective, safe and cost-effective treatment option for diabetic peripheral neuropathy. The medications duloxetine, pregabalin and gabapentin (often sold under the brand names Neurontin or Gabarone) are currently being studied in clinical trials. Therefore, they are not being prescribed as yet for these symptoms. Still the best way to decrease the risk and intensity of these symptoms is to keep HbA1c and total cholesterol within normal range, limit alcohol intake and to not smoke. Taking alpha lipoic acid (600 milligrams per day) has also been shown to be a safe and effective treatment for peripheral neuropathy symptoms.

Image Credits:
 p.3 woody / sxc.hu p.5 woody / sxc.hu
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 p.4 lupico / sxc.hu robson01 / sxc.hu

The warm months bring with it an abundance of vegetables and fruits. At least 5 servings of fruits and vegetables a day are recommended for health and weight loss. Here are a few suggestions for adding a variety of flavors to those vegetables.

Basil	Asparagus, Beets, Broccoli, Carrots, Corn, Peas, Cabbage, Green Beans, Potatoes, Tomatoes, Winter Squash, Zucchini	Marjoram	Asparagus, Broccoli, Cabbage, Carrots, Cauliflower, Corn, Green Beans, Peas, Potatoes, Tomatoes, Squash
Celery seed	Potatoes, Cauliflower, Green Beans, Peas, Tomatoes	Nutmeg	Asparagus, Beets, Broccoli, Cabbage, Potatoes, Carrots, Cauliflower, Green Beans, Peas, Squash, Sweet Potatoes
Chili powder	Corn, Cauliflower, Green Beans, Peas, Tomatoes	Oregano	Asparagus, Broccoli, Corn, Green Beans, Peas, Roasted Potatoes, Tomatoes, Zucchini
Cloves	Beets, Carrots, Cabbage, Winter Squash, Sweet Potatoes	Rosemary	Corn, Green Beans, Peas, Roasted Potatoes, Tomatoes, Zucchini
Curry powder	Broccoli, Cabbage, Carrots, Cauliflower, Corn, Green Beans, Peas, Potatoes, Zucchini	Sage	Green Beans, Brussels Sprouts, Peas, Zucchini
Dillweed	Asparagus, Beets, Green Beans, Broccoli, Cabbage, Potatoes, Carrots, Cauliflower, Corn, Peas, Tomatoes, Zucchini	Tarragon	Broccoli, Carrots, Cauliflower, Green Beans, Peas, Potatoes, Tomatoes, Zucchini
Ginger	Asparagus, Beets, Carrots, Winter Squash, Sweet Potatoes, Stir-fried Vegetables	Thyme	Asparagus, Broccoli, Carrots, Cauliflower, Corn, Green Beans, Peas, Potatoes, Tomatoes, Zucchini, Brussels Sprouts, Onions

The Eyes Have It

Diabetic retinopathy, a complication of diabetes that affects the eyes results in blindness for over 12,000 people with diabetes, and many experience partial vision loss. Cataracts occur earlier in younger people, and a person with diabetes is twice as likely as the general population to develop glaucoma.

The good news is this is a preventable complication of diabetes by keeping blood glucose levels and blood pressure levels in their normal ranges and not smoking. Early and regular visits with an eye specialist is a proactive approach to keeping your eyes healthy. Individuals with type 2 diabetes should have their eyes checked at diagnosis as the symptoms of diabetes related eye disease begin to occur before the diagnosis of diabetes is made. People with type 1 diabetes should have their eyes checked 3 to 5 years after diagnosis. The criteria is the same for children older than 10 years of age.

Food for Thought



“I've been on a constant diet for the last two decades. I've lost a total of 789 pounds. By all accounts, I should be hanging on a charm bracelet.”
-Erma Bombeck

Balancing a meal with whole grains, fruit or vegetable and protein curbs your appetite sooner than eating foods with less 'bulk'.

Summer is a tempting time to wear those open shoes and to go barefoot. Resist and minimize your risk of foot injuries.

Alternate site testing has given individuals with diabetes more options to test their blood sugars. However, if you are testing because you suspect your blood sugar is low, it is recommended that only the fingertip is tested because it is the most accurate site.

The prediabetes group at about 54 million in the United States is the fastest growing group of people with diabetes. Progression to type 2 diabetes can be delayed or prevented with weight loss, daily physical activity and eating healthier.

Product Update : Dreamfields Pasta: Can you have your pasta without the carbs?

Dreamfields has in their product line a pasta that is low in net carbohydrates. Each serving size of 2 ounces uncooked contains 190 calories and 42 grams of carbohydrates of which the net carbohydrates are only 5 grams! Compare this to two ounces of regular pasta contain at least 30 grams of carbohydrate. The company labels the undigested carbohydrates as 'protected carbohydrates'. The manufacturer created a unique blend of protein and natural

combination of mainly vegetable fibers that creates a matrix that resists breakdown by enzymes. Enzymes naturally breakdown starches (also proteins and fats) to be used for energy or calories. However, because of the pasta's unique blend as described previously, most of it bypasses this breakdown process and passes into the colon. Here it imparts its beneficial effects as fiber. An added benefit of this unique blend is that it raises blood sugars

significantly less than a comparable amount of regular pasta. Every batch of pasta undergoes testing to comply with the 5 grams of net carbohydrate per serving promoted by the company. The product has received favorable reviews from the general public for taste and texture. So if you're a pastaholic but gave up because you are restricting carbohydrates, Dreamfields Pasta just might be for you!

Delicious & Nutritious

Eating healthy doesn't mean you have to sacrifice great taste.

Fresh Fruit Salad

Makes 6 (1/2 cup servings)

3 large navel oranges	2 Tbsp honey
1 cup fresh raspberries	1-1/2 Tbsp chopped fresh mint
1 cup fresh blueberries	6 small sprigs

Cut orange in half and pull out orange sections and drop into bowl.

Add raspberries and blueberries into bowl.

Drizzle honey over fruit and add mint.

Toss well.

Mound mixture equally into small cups and top with mint sprigs.

Cups may be covered and chilled up to 2 hours.

Per Serving: 1-1/2 fruit exchanges, 80 calories, carbohydrate 21 gms, dietary fiber 4 gms, sodium 2 mg

Making Sense of the Nutrition Facts Label : What Do Those Different Carbohydrates Mean?

If you have diabetes, what are the important numbers on the Nutrition Facts label? Being familiar with this information is one more piece that can help with blood sugar control and achieve and maintain a healthy weight.

Start with the serving size and number of servings in the container. This information gives you what equals one serving size. For example in the nutrition label below 1 serving equals one cup. Each container contains 16 servings.

If someone consumes 2 servings the calories would be doubled. In this example one serving is 140 calories and is multiplied by 2. The total calories eaten are now 280.

What is a fat calorie?

Whether your weight goals are to lose or maintain your weight, it is important to watch your fat intake because it is higher in calories than carbohydrate. As a result fat calories can accumulate more quickly than carbohydrate. The calories and calories from fat give you the amount of energy in that one serving of food. A food is considered low fat if the calories from fat are one third or less of the total calories. In this example, one serving has 6 grams of fat or 54 calories. Because 54 calories is not 1/3 the total calories this food is not considered low fat.

A Carbohydrate by any other name....

Next is sorting out the types of carbohydrates. In general individuals with diabetes want to count only the total carbohydrate. Although most foods have small amounts of carbohydrate, the only food groups in which carbohydrates are counted are the breads and grains, fruit and milk groups. Counting carbohydrates correctly is particularly important if you are taking insulin so the total carbohydrate intake for that meal or snack can be compared to the short acting insulin taken and the meal or snack adjusted if needed. It is desirable that the grams of sugar be low particularly if one is taking insulin as the higher the sugar the more rapid the increase in blood glucose. Those who want to lose weight should also aim for foods that are low in sugar.

Mom calls it roughage..

Dietary fiber is a type of carbohydrate that can help improve blood glucose levels and help with weight control. Most Americans do not consume enough fiber. Fiber is found in fruits, vegetables, whole grains such as oats, rye and bran, and beans and legumes. Fiber is useful in keeping the stomach and intestines healthy. It also gives a meal 'bulk' that can lead to an early feeling of fullness. You may have noticed that the higher the dietary fiber the higher the total carbohydrate. Usually calories from dietary fibers are not counted as calories because most dietary fiber is not absorbed by the stomach. So although dietary fiber counts as a carbohydrate, it is not adjusted unless fine tuning of blood sugars is needed.

Are sugar alcohols alcohol?

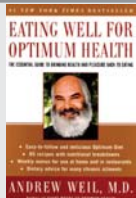
Sugar alcohols are a family of natural and manufactured sugars that affect the blood sugar but are less pronounced than regular sugar. They are also calorie-free and are neither alcohol nor sugar. Common sugar alcohols include xylitol, sorbitol, mannitol, lactitol, erythritol, isomalt and hydrogenated starch hydrolysates. Individuals with diabetes adjust for consumption of sugar alcohol only when it is more than 5 grams per serving. The adjustment accounts for its effects on blood sugar. In the above example the sugar alcohol is 4 grams, therefore, only total carbohydrate is counted.

Being familiar with these numbers on the Nutrition Facts label is just another way of empowering individuals with diabetes to help maintain blood glucose within the recommended range and to maintain a healthy lifestyle.

Nutrition Facts	
Serving Size 1 cup (240mL)	
Servings Per Container: About 16	
Amount Per Serving	
Calories 140	Calories from Fat 54
% Daily Value*	
Total Fat 6g	0%
Saturated Fat 0g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Trans Fat 0g	
Cholesterol <5mg	0%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Sugar Alcohol 4g	0%
Protein 8g	
Vitamin A	10%
Vitamin C	4%
Calcium	30%
Iron	0%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your Calorie Needs.

FEATURED PRODUCT



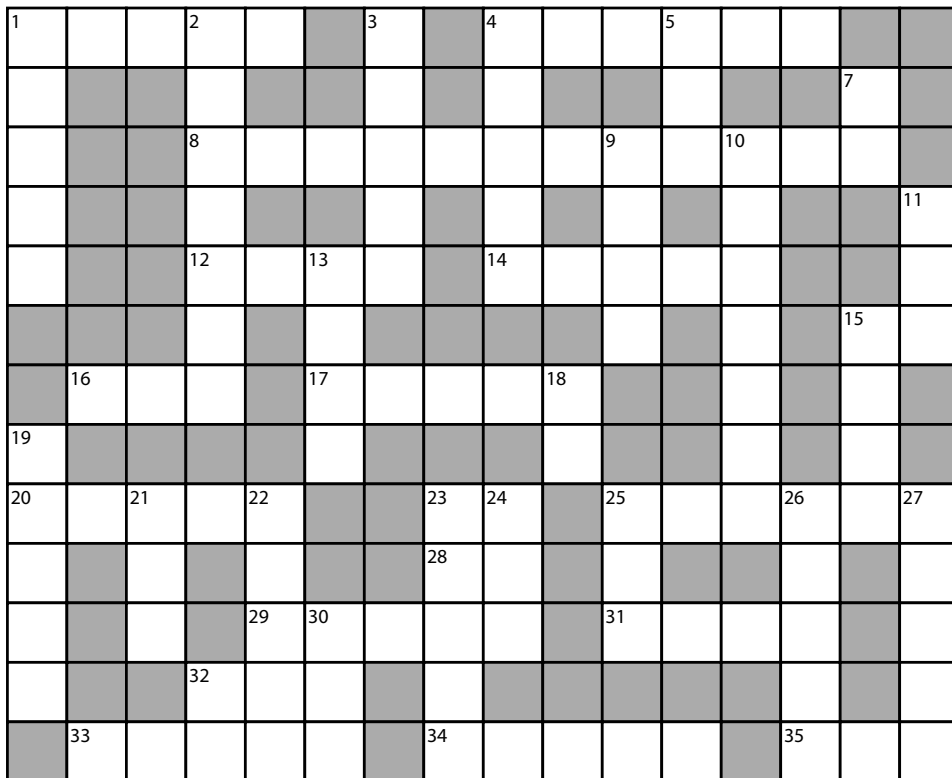
Eating Well For Optimum Health
Andrew Weil, M.D.

- Easy to Follow and Delicious Optimum Diet
- 85 Recipes with Nutritional Breakdowns
- Weekly Menus for Use at Home and In Restaurants

BLN Order # 88076428101

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

Crossword



Across

- 1 An ideal HBA1c _____% or less
- 4 5-10% of this loss can prevent type 2 DM
- 8 BP >130/80
- 12 Almonds, pistachios, walnuts
- 14 Popular flower
- 15 Short for Bachelor of Arts
- 16 Good cholesterol
- 17 Food source for weight and blood sugar control
- 20 Oral medication
- 23 Cartoon strip and time before Christ
- 25 Pricking device
- 28 Short for doctor of osteopathic medicine
- 29 One of these keeps the doctor away
- 31 Slang for no energy; hitting a _____
- 32 Short for diabetic coma
- 33 Measurement, if high, is associated with heart disease risk
- 34 Slang for high blood sugar reading
- 35 Code for help!

Down

- 1 Control of this in blood decreases diabetes complications
- 2 Grain of alcohol
- 3 Bitter, red vegetable
- 4 Hydration source
- 5 Fuel source for car
- 7 Registered nurse
- 9 Knows synonym
- 10 Diabetes lifesaver
- 11 Abbreviation for American diabetes association
- 13 Soy source
- 15 Pedal pusher
- 18 Registered dietitian
- 19 30 minutes daily recommended
- 21 Drink high in antioxidants

- 22 Foot care taboo
- 23 Short-acting insulin technique
- 24 Certified diabetes educator abbr.
- 25 Blood sugar less than 70 mg/dl
- 26 Basic structure for living things
- 27 "Bad" fat
- 30 Name for girl or boy
- 32 Short for diabetes insipidus

Answers in next issue

FEATURED METER



Freestyle Freedom Lite™ Blood Glucose Monitoring System

Abbott Diabetes Care

Simplicity and accuracy in an easy to read, easy-to-hold meter. The small, discreet FreeStyle Freedom Lite system enables you to manage your diabetes simply by offering key features such as no coding, the world's smallest blood sample size.



No Coding Required!

BLN Order # 99073070914

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

Solution to Winter 2007-2008's Word Search

T N T T Y D G G I R A C P K T E A H E P
 E R F E E T C L R R E S P P S E Y C E E
 S R R I L Y H U I E N P L O R I G S C T
 N H I A R P O C M A E P Y L I I S H N D
 N S Y N T E L O N P O Y M G K K T Y N D
 D I A B E T E S O E B I N P T U S P G T
 L E E R S W S E S N L C E P M O K O T S
 N U E C T O T Y P E O N E S L O K G T S
 L S S D S R E U L U O G R L S S E L Y E
 M O N I T O R L Y I D L A N C E T Y E T
 L O I Y R G O P U M P A N D A T O C T R
 L T T R I G L Y C E R I D E S E N E O I
 A C E L P L R H Y P E R G L Y C E M I A
 I T T N A T B E I N S U L I N I S I L B
 S A O S N B N S G E S T A T I O N A L E
 E T C R C E I A T S U G A R Y B S C O I
 G M C A R B O H Y D R A T E S C C C A T
 B R L S E L P L T E E E R M I L A E B T
 T D O E A G S C U T T N E O P S R R E E
 T E V I S I O N S P S C L U L O P E P M



This section of **emPOWER** is a variation to the real life application of Diabetes IQ. The emphasis is on highlighting small lifestyle changes that over time result in permanent weight loss and better health.

When attempting any life changing activities ask yourself these important questions:

1. Are my goals realistic?
2. Can I achieve these goals?
3. How long can I maintain these goals?

Schedule the activity into your day.

Unless it is worked into your day the activity never becomes part of your routine because other things will take priority. If you are a morning person get up 20 minutes early and do the activity. Or if you're a student, do it first thing when you arrive home. Busy parents can take a quick walk or make a quick stop at a nearby gym while they are waiting for their child to finish a class or sports or music practice. They can also try a 30 minute walk 3 times weekly if they have an hour lunch.

Start slow.

If you are not use to regular physical activity walking 60 minutes 5 days a week is not realistic to maintain long term. Most people do not have this kind of time for exercise. You also risk injury. Fifteen minutes everyday is more realistic and manageable. As your tolerance increases, you can increase either the intensity or the length of time.

Mindful eating.

Your brain can realistically do only one thing at a time. If you're eating and watching television or while reading a book, your brain does not register that you have eaten. The tendency is to look for more food! Eat all meals and snacks at the dinner table without distractions except background music or having a conversation with your meal companion. Also, you do not get into the habit of eating while watching television - a source of sneaking (extra unnecessary) calories.

Be patient!

These small changes will add up to big losses. Eating 2 less cookies (minus 100 calories) and being active for 20 minutes daily (minus 100 calories) adds up to a 20 pound weight loss in 1 year. This is weight loss that has staying power because you lose it gradually and are learning to make these lifestyle changes a permanent part of your life.

FEATURED PRODUCTS



Diabetes Medic Warning Bracelet
Health Enterprises

Wearing a medical ID offers you peace of mind knowing that you or your loved one will be properly cared for in a timely manner should an unexpected medical emergency occur.

- Surgical steel, hand-polished plaque
- Raised "Star of Life" emblem with glossy epoxy red paint

BLN Order # **88059085901 - Bracelet**
88059002010 - Necklace



The Pedal Exerciser
Duromed

- Enjoy bicycle-type exercise from your chair.
- Stimulates circulation and muscle strength.
- Place it on a table to exercise arms
- Made of heavy-duty steel with large knob to adjust for variable resistance

BLN Order # **41298020080**

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

UPCOMING EVENTS



Tour de Cure 2008

June 14 Riverhead, NY

Diabetes Expo2008

Sept. 27 Jacob Javits Convention Center, New York City, NY

Step Out Walk to Fight Diabetes

Oct. 5 Nassau Community College, Garden City, NY
 Oct. 12 Downtown White Plains, NY
 Oct. 26 South Street Seaport, New York City, NY



Golf Outing

June 16 Muttontown Club, East Norwich, NY

Ride to Cure Diabetes

June 21-24 Sonoma, CA

Walk to Cure Diabetes

Oct. 5 Belmont Lake State Park, NY
 Oct. 19 SUNY College Old Westbury, Old Westbury, NY
 Nov. 1 Suffolk County Community College, Riverhead, NY

Get Involved!

Be sure to visit www.diabetes.org and www.jdrf.org to find out more about these and other events in your area. Participating in these events not only raises awareness, but needed funds for research and an eventual cure!

Location	Contact Person	Phone #
Good Samaritan Hospital, West Islip	Susan Proper	631-376-4064
Long Beach Medical Center, Long Beach	Rachel Ferdinand	516-897-4354
Northshore-LIJ System At Glen Cove	Meg Dilberto, RN, CDE	516-674-7936
Jamaica Hospital, Queens	Mimi Varughese, RN, FNP	718-206-8411
Flushing Hospital Medical Center, Queens	Nursing Department	718-670-5640
Mount Sinai Diabetes Center –Program For Children, Teens and Parents, New York City	Loretta Iazzetti	212-241-6936
Metropolitan Hospital Center New York City		646-672-3203
St. Charles Hospital, Port Jefferson, NY	Fran	631-474-6449
Winthrop Diabetic Center	Virginia Peragallo-Dittko	516-663-2350
Lutheran Medical Center-Brooklyn	Disease Management Program	718-630-6885
Downstate Medical Center, Brooklyn	Maria Yomtov	718-270-2020
Montefiore Diabetes Teaching Clinic		718-920-5101
Medical Center Diabetes Education		718-920-7247
Albert Einstein, Bronx	Sherly Merkin, RN	718-904-2883
Bronx Lebanon Medical Center, Bronx		718-518-5581
Northern Westchester Hospital Center, Mount Kisco	Rachel Lacks	914-666-1861
Staten Island University Hospital	Mary Gunderson	718-226-1547

News You Can Use

FACTS

- The most frequent cause of inaccurate blood glucose readings is an inadequate blood sample. Other factors include storage of the test strips in extreme temperatures, expired strips, anemia and low blood pressure.
- It takes at least 10 tries for a child to get use to a new food. The child is becoming familiar with the appearance, smell, texture and finally the taste of a new food that is impossible to do in 1 or 2 attempts. Select 3 foods that you will alternate over 2 weeks. Offer the new food with along with one that you know they like. After 10 attempts you will know with certainty if the child will ever take that food.
- Families who eat together are more apt to eat healthier.



Self-Monitoring Blood Glucose Targets

Hemoglobin A1c <7%
 Glucose:
 Pre-Meal 90-130 mg/dl
 Post-Meal* 140-180 mg/dl

*(2 hours after finishing the meal)

Source: Diabetes Care 27(1):s19, 2004

Weekly Email Specials

Be sure to check your inbox every Wednesday for exciting specials, promotions, and events from **Better Living Now!!!**

If you're not getting these emails, please call us @ **1-877-BET-LIV-NOW** (1-877-238-5486) or enroll at www.BetterLivingNow.com today to be added to our mailing list, and start taking advantage of these great offers!!!

(please allow your email program to allow emails from promotions@BetterLivingNow.com)

A Letter From The President

Dear Valued Friends and Customers,

Summer has finally arrived. As your children or grandchildren prepare to head off to camp, we are excited, once again, to provide scholarships to four children who want to attend a diabetes summer camp. We have worked closely with the Long Island Chapter of the Diabetes Research Foundation to make this possible, and I encourage you to visit www.blndiabetescamps.com to apply for the scholarship. While you're online, also visit www.jdrf.org to find out how you can become involved in your local chapter.



Daniel Pope, CEO

Even though most of us are too old to sign up for summer camp, it's still a great time of year to enjoy the outdoors. Of course, there are some special considerations during this time of year, especially for those with a chronic illness.

First, always use sunscreen, even if you will only be out for a short period of time.

Also, schedule activities in the early morning or evening hours, when it is cooler and the sun is not as strong. Many local news reports provide daily forecasts for air quality and UV risk. Keep an eye on this information, and plan accordingly. Don't spend long periods outside during high ozone-level days, especially if you have a respiratory condition.

Finally, if you are planning to travel this summer, think about how you will transport your medications and equipment. There are numerous products available today that make this much easier than it used to be. Make sure you have refilled any prescriptions that may run out during the trip. And, find out about airline regulations in advance.

We are always here to answer your questions. You can reach our friendly customer service representatives at 1-800-854-5729.

Call us toll-free at 1-877-BET-LIV-NOW or visit our Web site to send a question by email.

With Warm Regards,

A handwritten signature in black ink that reads "Daniel S. Pope".

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.bayercaresdiabetes.com

Abbott Diabetes
www.abbottdiabetescare.com

For nutrition food facts:

Nutri-Facts
www.nutri-facts.com

FastFoodNutrition.org
www.fastfoodnutrition.org

Nutrition.gov
www.nutrition.gov

NutritionData
www.nutritiondata.com

CalorieKing
www.calorieking.com

For recipe ideas:

All Recipes
www.allrecipes.com

ADA Virtual Grocery Store
vgs.diabetes.org

Healthy Meals Resource
healthymeals.nal.usda.gov

MyRecipes
myrecipes.com

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