

# emPOWER

a Better Living Now publication

Winter 2008-2009 Vol. IV

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## We're Moving!



See Page 7 for Details

## We're Here For You



Our courteous and professional customer service staff are here seven days a week to help you with all your medical supply needs. We are open from Monday through Friday from 8am to 10pm and Saturdays and Sundays we are open 9am to 10pm EST. Don't hesitate to call us if you have any questions!

We're here for you!

- Customer Service

# Winter 2008-2009

photo: uun / sxc.hu

# Starting Your **New Year's Resolution** **Before** the **Holidays**

## **FACT** <sup>or</sup> **FICTION?**

**It is better to balance high glucose readings with low readings than to have consistently high glucose values.**

**Fiction.** A recent study comparing glucose values in one group whose levels fluctuated between 90 and 270 mg/dl and another group who maintained a high level at 270 mg/dl and the third a level of 180 mg/dl. The researchers showed that those in the 90 to 270 group had more abnormal function in their blood vessels that leads to heart disease than either group. More research is being conducted as to the effects of daily and wide variations in blood sugar levels.

**People with diabetes are more prone to gum infections.**

**Fact.** Individuals with diabetes know about the importance of daily dental hygiene such as brushing teeth and flossing in keeping their gums healthy. These practices prevent gum infections, gingivitis, and periodontal disease from occurring. New research is showing an added benefit: decreased insulin resistance. (Insulin resistance occurs in type 2 diabetes when the insulin that is made does not work causing blood sugars to rise). The results showed that individuals with gum infections had more insulin resistance. The theory is that the infection enters the blood stream and causes insulin resistance. Other factors in favor of maintaining healthy teeth and gums are better blood sugar control and less complications from type 2 diabetes. In addition to maintaining daily dental hygiene, visiting your dentist every 6 months is recommended.

**The medical problems that affect the eyes and kidneys because of diabetes happen after diabetes is diagnosed.**

**Fiction.** Before the diagnosis of diabetes is made, your blood sugars are elevated without your knowledge. During this time the elevated blood sugars are already causing damage to the small and large blood vessels that lead to problems in the heart, nerves, eyes and kidneys. That is why when type 2 is newly diagnosed, eye exams, heart exams, and blood tests are recommended.

One can already hear the mutterings of 'bahumbug,' 'that takes the fun out of the holidays,' etc. For most Americans the holidays start at Halloween and end after January first (or February 1st if you are a football fan). Many people say 'I'll wait until after the holidays to eat healthy and lose weight.' An important fact is that many people gain between 5 to 10 pounds between the holidays in October through January, and more importantly don't lose it afterwards. This is also known as the **Holiday 10**. For most people simply not gaining weight during this time is a huge accomplishment. This issue of emPower is dedicated to maintaining your weight and staying healthy through this very busy time.

An important thing to remember is that these recommendations focus on making small changes that are mentally easier to obtain, than big changes such as the New Year's resolution of overhauling our lifestyle habits in one felt swoop. These small steps are more likely to result in permanent change; which is in this case preventing the **Holiday 10**.

The first thing to go is the physical activity. Because this is a much busier time of year, you may not be able to exercise for 30 minutes 4 to 5 days a week. But don't stop completely when you are busy.

### **Instead, Get Physical...**

- Think ahead to the week when you can schedule in physical activity.
- If all you have is 15-20 minutes do that, do this as many times each week as you can.
- Break up the time – 15 minutes in the morning and 15 minutes at night
- Get your exercise during lunch.
- While holiday shopping get in an extra 10 to 15 minutes of continuous walking.
- Do some extra physical activity before the day of or the day of the holiday meal.
- After each holiday meal take a walk with a family member.



Balance the socializing and holiday meal. Eating at social events are a very natural part of the way we entertain, and probably the most difficult to change. The holidays and most social occasions are associated with food.

*Continued on Page 5*

## **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](http://www.BetterLivingNow.com) today to find out more.

# Tasty Holiday Cooking Without the Added Calories

“Thanksgiving dinners take 18 hours to prepare. They are consumed in 12 minutes. Half-times take 12 minutes. This is not coincidence. - Erma Bombeck”

Trimming calories and keeping holiday meals tasty requires creativity, resourcefulness and a little of trial and error. Think outside the frying pan. Use the wide variety of spices that are available instead of the typical oils and salt. Taking advantage of these different spices will increase the variety and flavor of your dishes. Most importantly be open to trying different flavors, and shake the salt habit.



## Quick Calorie Trimmers:

Instead of:	Try This:
Deep frying	Grilled, roast, boiled, poached, steamed or stir-fried
Whole cheese	Part skim or low-fat cheese
Whole milk	1% or skim milk
Evaporated milk	Skim evaporated milk
Half & half, coffee cream	Skim evaporated milk
1 large whole egg (¼ cup)	2 large egg whites or ¼ cup egg whites or egg substitute
Bacon	Canadian or turkey bacon, smoked turkey or lean Italian ham (prosciutto)
Cream cheese	Light or low fat cream cheese
¾ to 1 cup vegetable oil	½ to ¾ cup vegetable oil
1 cup vegetable oil (quick breads, muffins)	½ cup applesauce + ½ cup vegetable oil
Vegetable oil for sautéing	Chicken, beef or vegetable broth
Table sugar	Sugar substitute – amount varies by brand, check cooking directions
Heavy cream	Light cream
Cream soup	Fat-free cream soup, mashed potato flakes
Sour cream	Plain low fat yogurt or lowfat/nonfat sour cream
Gravy	1 cup Chicken broth and 2 Tablespoon flour
Regular salad dressing	Low-fat salad dressing*
Butter, margarine	Low-fat margarine
1 ounce unsweetened baking chocolate	3 Tablespoon cocoa powder + 2 teaspoon sugar + 1 Tablespoon vegetable oil
Bread crumbs	Corn flakes
Fruit in syrup	Fruit in its own juice or in water, fresh fruit
Fried chips	Raw vegetables, olives, pickles, wheat crackers, baked chips, popcorn, rice crackers
Baked goods and cookies	Graham crackers, vanilla wafers, angel food cake, animal crackers, social tea biscuits, ginger snaps, low-fat cookies*
Ice cream	Sorbet, sherbet, low-fat ice cream, low-fat frozen yogurt, fruit smoothie
Sugary drinks	Diet tonic, seltzer, fruit-flavored seltzer, sugar-free drinks

\*Carbohydrates may be higher in carbohydrate in low-fat products

*Continued on Next Page*

# Tasty Holiday Cooking

## Without the Added Calories

(continued)

### Spice is Nice

Fall and winter vegetables are hearty and flavorful. Try these different spices below in your vegetables to add variety to your holiday meals. If you have heart disease, congestive heart failure or are taking a potassium supplement, use caution when using salt substitutes. The sodium is replaced with potassium. Ask your doctor before using.

Vegetable:	Spice:
Asparagus	basil, dillweed, garlic, ginger, marjoram, nutmeg, oregano, thyme
Beets	basil, cloves, dillweed, ginger, marjoram, nutmeg
Broccoli	basil, curry powder, dillweed, garlic, nutmeg, oregano, tarragon, thyme
Cabbage	basil, cloves, curry powder, dillweed, garlic, marjoram, nutmeg
Carrots	basil, cloves, curry powder, dillweed, ginger, marjoram, nutmeg, tarragon, thyme
Cauliflower	celery seed, chili powder, curry powder, dillweed, garlic, marjoram, nutmeg, tarragon, thyme
Corn	basil, chili powder, curry powder, dillweed, marjoram, oregano, rosemary, thyme
Green beans	basil, celery seed, chili powder, curry powder, garlic, marjoram, nutmeg, oregano, rosemary, sage, tarragon, thyme
Mushrooms	basil, celery seed, chili powder, curry powder, garlic, marjoram, nutmeg, oregano, rosemary, sage, tarragon, thyme
Peas	celery seed, chili powder, curry powder, dillweed, marjoram, nutmeg, oregano, rosemary, sage, tarragon, thyme
Peppers, bell or sweet	basil, chili powder, cilantro, garlic, marjoram, oregano, tarragon, thyme
Potatoes	basil, curry powder, garlic, marjoram, oregano, tarragon, thyme
Pumpkin	cloves, ginger, marjoram, nutmeg
Rutabaga	basil, cloves, ginger, marjoram, nutmeg
Spinach	cloves, garlic, ginger, marjoram
Sweet potatoes	cloves, ginger, nutmeg
Tomatoes	basil, celery seed, chili powder, cilantro, dillweed, garlic, marjoram, oregano, rosemary, tarragon, thyme
Winter squash	basil, cloves, ginger, marjoram, nutmeg



### Low sodium condiments:

- Butter and margarine
- Horseradish
- Mustard
- Worcestershire sauce
- Tabasco sauce



### The Big Holiday Meal - How the Carbs & Calories Stack Up

Food	Carbs	Calories
Fruit Salad	15 grams per ½ cup	90
Garden Salad	0 grams per 1 cup	25
Salad dressing	0 grams per 1 Tablespoon	90
Rolls w/ Butter (tennis ball size)	15 grams per roll	135
Turkey	0 grams per 3 ounces	105
Mashed Potatoes	15 grams per ½ cup	135
Turkey Gravy	0-5 grams per ¼ cup	180
Peas	15 grams per ½ cup	90
Corn	15 grams per ½ cup	90

# Starting Your **New Year's Resolution** **Before** the **Holidays**



## Holiday Eating Strategies

Some key points...

- **Socialize.** Remembering that you're there for the company first, second, third and the food maybe seventh can help keep things in perspective.
- **Choose.** During the holiday season, be conscious of making healthier food choices so that when the special meal comes, you can indulge a little and enjoy it. Keep in mind that the actual holidays total only 4 to 5 days. So the other approximate 55 days of healthy eating should more than offset those 4 to 5 days of merriment.
- **Distract.** Eating does not have to be a constant activity. After the meal, plan an activity that moves guests away from the food table, such as games, going outdoors and throwing a ball around, or if it's snowing setting up a team snowball fight!
- **Limit.** There are several ways to do this. One helpful method is limiting the number of courses. For example instead of having appetizers, 2 to 3 choices of entrees, 5 to 6 side dishes and 4 desserts, eliminate the appetizer, have 1 entrée, 3 to 4 side dishes (one salad and at least 1 vegetable) and 2 to 3 desserts (one of them fruit). Another method is serving the food from an area separate from where your guests will be eating. Also, use smaller plates.
- **Distribute.** After the meal, send food home with guests. Or call your local food pantry or homeless shelter.

## Moderation Hints.

This is especially important if you are attending meals at several homes. Most people have traditions of where these meals will take place so with a little planning you can still enjoy your food and the holidays.

- **Fiber Load.** Instead of skipping meals before a big feast, choose more fruits, vegetables, broth-based soups and moderate amounts of whole grain carbohydrates and protein several days before the holiday meal.
- **Coordinate.** If you are invited to different homes for the same meal, try to go to one house for the meal and the other home for dessert.
- **Think ahead.** If you have an idea of what is going to be served, think about what you're going to choose before you walk in the door.
- **Watch Your Drinks.** Drinking calories add up very quickly, and can spike your blood sugar. You can make a drink last by adding seltzer, diet tonic or diet cola. Try a wine spritzer or light beer.
- **Drink Water** with the meal.
- **Prioritize.** Ask yourself if your food choice is calorie worthy. For example if you love the stuffing but can do without the mashed potatoes, take more stuffing and eliminate the potatoes.
- **Sample.** Take small amounts to satisfy your taste buds. This is especially helpful if you think you like everything equally.
- **Walk away.** If it's possible get your food and sit where you are less tempted to go back to the food table to pick or to go for seconds.

## FEATURED METER



**Safe Tussin, 4oz**  
Kramer Laboratories

Safetussin® provides maximum cough suppressant and expectorant without jeopardizing the health of Diabetic, Cardiac, Hypertensive, Allergy, Thyroid Disease, and Dieting individuals.

BLN Order # **05307611112**

Log on to [www.BetterLivingNow.com](http://www.BetterLivingNow.com) today to find out more.



Food	Carbs	Calories
Sweet Potatoes (Yams)	15 grams per ½ cup	90
Candied Yams	30 grams per ½ cup	180
Broccoli Rice Casserole	15 grams per ½ cup	135
Stuffing	15 grams per 1/3 cup	135
Cranberry Sauce	30 grams per ¼ cup	180
Pumpkin, Apple, Sweet potato, Minced pie (9" pie)	37-48 grams per 1/8 pie	270
Pecan Pie	70 grams per 1/8 pie	510
Fruit Cobbler	46 grams per cup	270



# Lifestyle Works



This section of **emPOWER** highlights small lifestyle changes that over time result in permanent weight loss and better health.

In this month's section, we will apply several of the healthy eating hints discussed in "Starting Your New Year's Resolution Before the Holidays."

## Meet David & Joy

Meet David. He's a 46 year old father with type 2 diabetes. He has 2 young children and works full time. He is about 20 pounds overweight. He controls his diabetes with diet and exercise. His wife, Joy works part time. She is also about 15 pounds overweight. His and her parents live locally and David and his wife both grew up in the same area where they both now live.

It's November and 2 weeks before Thanksgiving. David and Joy are already thinking, 'The food fest is going to start soon.' Normally David and Joy try to take a walk twice a week. At work David tries to get a work out in during his lunch hour and Joy usually manages to get an extra day of exercise per week when she arrives home before the kids are home from school. They decide to add an extra day of walking.

**First step:** If you aren't active start with 15 minutes a day and work up. If you are already active, either add a day if you can or increase the time you exercise by 5 minutes each day. David & Joy used the first rule of "Getting Physical" on [page 2](#). Extra calories used average **50 to 100 calories** per day (depends on activity).

Next thing they decide is that although they eat out only once or twice a week that they are going to cook at home and they will take bagged lunches to work. By making these 2 simple changes, they are already saving a minimum of **300 calories** each day.

**Second step:** Cut back or eliminate ordering in or dining out. They used the rule of choosing healthier foods in preparation of the holiday meal on [page 5](#). Calories saved minimum of **200 calories** per day.

David and Joy make an effort to add a fruit or vegetable to each meal. Their goal is to replace the calories they normally consume from carbohydrates such as bread, pasta, rice and potatoes with the fiber in fruits and vegetables.

**Third step:** Add a fruit or vegetable at each meal. The goal is to eat a total of at least 5 servings of fruits and vegetables everyday. David & Joy used the rule of moderation by fiber loading on [page 5](#). Calories saved a minimum of **200 calories** per day.

So far their total calories saved or extra calories burned total **500 calories** daily. This is enough for a person trying to lose weight to lose 1 pound a week (3500 calories = 1 pound of weight loss).

It's finally Thanksgiving Day. Because of their efforts above, David has lost about 7 pounds and Joyce about 4 pounds! They're motivated by their progress. They're going to celebrate the holiday meal at David's parents' house at 2 PM and then to Joy's parents' home at 6 PM. In anticipation, David goes for a 30 minute run. When he gets back, he watches the kids and Joy rides the stationery bike they have in the basement. Their late breakfast consisted of fruit, cereal and 1% milk.

**Fourth step:** On the holiday, try to get in some exercise and eat light, don't skip meals. Their calories = **zero** (food offset by physical activity)

They're at David's house, and there is an appetizer table. David has a light beer and Joy has a wine spritzer. Because they know they have another dinner to attend, they skip the appetizer. They both prefer the food at David's parents house so they both have turkey, about 1 cup of stuffing, skip the mashed potatoes and load up on the green beans and salad. The desserts are better at Joy's parent's house so they skip it here. After eating they leave the dinner table and go watch the football game with the family.

**Fifth step:** They exercised and combined several rules of moderation (see [page 2](#)): fiber loading, coordinating, prioritizing and watching their drinks. In addition they used the rules of balancing by socializing, limiting and distracting (see [page 5](#)). Total calories = **550 (Joy) 620 (David)**.

On to Joy's parent's house. They're comfortable, but have a little room to eat so as not to insult her parents. Again they skip the appetizer and take small amounts of the entrée and side dishes and loading up again on the vegetables. They're drinking water with the meal and saving for the dessert. They both have ½ a slice of pumpkin and apple pie each and 1 cookie plus a cup of coffee.

**Sixth step:** Several rules of moderation were combined (see [page 5](#)) by drinking water, sampling, fiber loading and prioritizing. In addition they used the rules of balancing by socializing, limiting and distracting (see [page 5](#)). Total calories = **595 (Joy) 665 (David)**

They made it through 2 holiday meals with a total of about 1200 calories for Joy and 1400 for David, both which is well below the recommended goal of 1500 for Joy and 1800 for David. As a result they maintained their current weight and are preventing the **Holiday 10**. In anticipation of the next holiday, they repeat steps 1 through 3 daily until that day. They will then be prepared to indulge and enjoy the next holiday feast!

# UPCOMING EVENTS

November is American Diabetes Month.

Other notable upcoming dates:

Nov. 14	World Diabetes Day	Dec. 25	Christmas Day
Nov. 27	Thanksgiving	Jan. 1	New Years Day
Dec. 22-29	Chanukah	Jan. 19	MLK Day (observed)

## Get Involved!



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

### We're Moving!

**On December 21st, we will be moving to a larger facility in order to better serve you.**

Our new address will be **185 Oser Avenue Hauppauge, NY 11788**

Our phone and fax numbers will remain the same. There may be a small downtime on the phones on the 21st & 22nd as we make this transition. There will be no gap in service to you.

Please visit [www.BetterLivingNow.com](http://www.BetterLivingNow.com) for more information.

### Diabetes Centers in the NYC Metro and Long Island Area

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
Stony Brook University Hospital		631-444-0580

## News Use You Can

### FACTS

- The American Diabetes Association recommends that every person with diabetes get the flu shot each year. Although the flu shot does not give 100% protection, it makes it harder for you to catch the flu for about 6 months. For extra safety, it's a good idea for the people you live with or spend a lot of time with to get a flu shot, too. You are less likely to get the flu if the people around you don't have it.
- Applying moisturizers is more effective right after drying off after a bath or shower before the pores of your skin close. When putting moisturizer on your feet, make sure that your feet are completely dry - including between the toes. Do not put moisturizer on between your toes. This will keep your skin moist and at the same time prevent skin infection.



### Self-Monitoring Blood Glucose Targets

Hemoglobin A1c	<7%
<b>Glucose:</b>	
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

# A Letter From The President

Dear Valued Friends and Customers,

Like most Americans living with chronic illness, Better Living Now customers are always searching for reliable and up-to-date medical information. However, if you are researching on the Internet, it's important that your source is reliable.



Daniel Pope, CEO

In order to help our customers find trustworthy information, Better Living Now has created an educational resource section on our Web site, located at: <http://education.betterlivingnow.com>. In addition to facts and expert advice about various conditions and diseases, you can also find the latest health news from WebMD, listings for community health care classes and events, helpful tips, poll results, and links to other credible Web sites. We have also added a Kid's Corner where children can learn about medical issues through age-appropriate language and activities.

If these tough economic times have made you more budget conscious, remember that our members pay 15% - 85% less than the retail price every time they place an order. For more discounts, be sure to sign up for our weekly e-newsletter. In addition to coupon savings, the e-newsletter provides tips and information about special events, such as the first World Diabetes Day that took place this year on November 14.

Finally, winter weather is fast approaching, and with it often comes additional health problems. If your skin suffers from the dry, cold air of winter, check out our deep discounts in top-quality skin care products. This is also the perfect time of year to check your medicine cabinet and restock your family's cold and flu medication, including those that have expired. BLN also has a wide variety of vitamins and humidifiers to help you enjoy a more comfortable and healthier winter season.

Our customer service representatives and pharmacy representatives are available to answer your questions at 1-800-854-5729. I wish you and your family peace, love and good health this holiday season.

Warm Regards,



Daniel S. Pope and Family



## For all diabetic supply needs:

**Better Living Now:**  
1- 877-BET-LIV-NOW  
[www.betterlivingnow.com](http://www.betterlivingnow.com)

## For educational information about diabetes:

**American Diabetes Association:**  
1-800-Diabetes  
[www.diabetes.org](http://www.diabetes.org)

**American Dietetic Association:**  
[www.eatright.org](http://www.eatright.org)

**Juvenile Diabetes Foundation:**  
[www.jdrf.org](http://www.jdrf.org)

**Joslin Diabetes Centers:**  
[www.Joslin.org](http://www.Joslin.org)

**Web MD:**  
[www.WebMD.com](http://www.WebMD.com)

**Bayer Care Diabetes**  
[www.bayercarediabetes.com](http://www.bayercarediabetes.com)

**Abbott Diabetes**  
[www.abbottdiabetescare.com](http://www.abbottdiabetescare.com)

## For nutrition food facts:

**Nutri-Facts**  
[www.nutri-facts.com](http://www.nutri-facts.com)

**FastFoodNutrition.org**  
[www.fastfoodnutrition.org](http://www.fastfoodnutrition.org)

**Nutrition.gov**  
[www.nutrition.gov](http://www.nutrition.gov)

**NutritionData**  
[www.nutritiondata.com](http://www.nutritiondata.com)

**CalorieKing**  
[www.calorieking.com](http://www.calorieking.com)

## For recipe ideas:

**All Recipes**  
[www.allrecipes.com](http://www.allrecipes.com)

**ADA Virtual Grocery Store**  
[vgs.diabetes.org](http://vgs.diabetes.org)

**Healthy Meals Resource**  
[healthymeals.nal.usda.gov](http://healthymeals.nal.usda.gov)

**MyRecipes**  
[myrecipes.com](http://myrecipes.com)



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