New Years and New You

This New Year, Resolve to take just one step toward a healthier Life

January is the start of a New Year and a time when many people make New Year’s resolutions to be healthier. Maintaining a healthy weight and staying active can help prevent a number of chronic diseases, including type 2 diabetes. Small changes – such as losing a small amount of weight and becoming more active – can go a long way toward improving your healthy. But even if you know what to do, figuring out how to do it and fitting it into your daily routine can be a challenge.

Change begins with just one step. This New Year, make your resolution tick by taking the first step toward a healthier life. The NDEP’s Just One Step tool will help you take the first of many small steps that can lead to big rewards. The tool will help you think about:

- What step you will take to help reach your goal (for example, walking).
- When and how often you will do it (for example, go walking on Monday, Tuesday and Wednesday during the lunch hour), and
- How much time you will put into your step (for example, walk 15 minutes each day to start).

Once you have taken the first few steps, the NDEP can help you make a plan to help you reach your health goal:

- Think about what is important to you and your health. What are you willing and able to do?
- Decide what your goals are. Choose one goal to work on first.
- Decide what steps will help you reach your goal.
- Pick one step to try this week.

The key to reaching your health goals – and keeping your resolutions all year long – is to set a goal and make a step by step plan. Resolve to make the first step at http://www.yourdiabetesinfo.org/JustOneStep, then check out http://www.yourdiabetesinfo.org/MakeAPlan.

For help to change habits and to lose weight, check out the Weight-control Information Network’s (WIN’S) “Changing your Habits: Steps to Better Health” fact sheet.

Reference:
The U.S. Department of Health and Human Services’ National Diabetes Education Program is jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC with the support of more than 200 partner organizations.
Making a Plan

If you are ready to make a change, these questions can help you make a plan. Use your plan to help you reach your goal, step by step.

1. What is the hardest about caring for my diabetes?
2. Why is this important to me?
3. Why haven’t I made this change before?
4. How can I work around what gets in the way?
5. What’s my goal?
6. What’s my plan to get started to reach my goal? What will I do and when will I do it?
7. What do I need to get ready?
8. What might get in the way of making this change?
9. How will I know if my plan is working?
10. How will I reward myself?

Adapted from the American Diabetes Association’s Channel Series: A Guide to Changing Habits, National Diabetes Education Program 2012

The Emotional Side of Diabetes (10 Things you need to know)

The emotional side of diabetes, living well with diabetes takes emotional strength. Why? Because this is a tough disease. Diabetes is more than just a simple matter of eating right and taking your medications. Staying strong emotionally is the key to keeping stress under control and your blood glucose, blood pressure and cholesterol levels where they belong. Unfortunately, people with diabetes as well as doctors often neglect these “real life” aspects of the disease. How can you manage diabetes while also giving proper attention to your own thoughts and feelings? What follows are the most important things you need to know about the emotional aspects of the disease.

1. Harnessing Your Fears, with good care and attention to your diabetes, odds are good you can live a long, healthy life. Many people think that they are doomed to suffer terrible complications, but this is not true! Yes, diabetes is a serious disease and many people do develop severe long-term complications but most of these problems are PREVENTABLE if you have good medical team and take good care of yourself. Feeling a little frightened by diabetes is not necessarily a bad thing, BUT when your fears get so big that you feel helpless and hopeless, it’s time to take action. You need to harness fear to help you manage diabetes.

2. Overcoming Depression, Depression is a serious problem, and it can be even more serious when you have diabetes. People with diabetes are more likely to develop depression than many other people. With depression, diabetes can become harder to handle and blood sugars will likely rise. When diabetes is out of control, this can make it even harder to escape depression. It becomes a viscous cycle. The good news is that there are effective treatments to help you break free from depression. In turn this can free up the energy to become more active in your diabetes care.

3. Defeating Denial. Denial can sometimes be valuable tool. It can be a good way to cope with negative feelings about diabetes, especially when you are first diagnosed or when the disease is feeling out of control. But denial becomes a problem when it is your only way of coping. Instead of a temporary tool, it becomes a way of life. Many people believe that if they ignore diabetes, then it can’t hurt them. This is very dangerous for the long-term health.

4. Giving up the Guilt, you are not a bad person because you developed diabetes. It is NOT your fault. You are not “bad” because you didn’t exercise today or because you ate more than you intended to last night. Nobody can manage diabetes perfectly. Guilt is common when you are living with diabetes, and it is
NEVER useful. Because of guilt, people often establish tough, sometimes impossible rules about how to manage diabetes (“I must NEVER eat even a bite of junk food ever again”) Since you can never be perfect, rules like these can make you feel like you are failing and can promote depression.

5. Appreciating the Power of Pals, Diabetes is easier to manage when you have people in your life who are cheering for you. When you feel alone with diabetes, it is harder to handle. Just having one person, friend, family, or healthcare team in your life that cares can go a long way.

6. Arresting the Diabetes Police. Friends and family sometimes think it is their right to help you manage your diabetes, whether you like it or not. Sometimes too much “support” especially if you didn’t ask for it can feel like nagging. Your loved ones are probably acting out of concern and worry, but it can leave you feeling angry, hurt, frustrated, and alone. When loved ones are nagging you about what to eat or what to do, you may tend to do the opposite of what has been suggested. Though they may mean well, they have become the police and you have become the criminal. Offer suggestions on ways that they may understand that you are in control of your diabetes.

7. From Discouraged to Encouraged. Are you letting diabetes get you down? Diabetes can be a lot of work and sometimes even your best efforts don’t seem to pay off. For example: When you follow your healthcare providers recommendations but still your blood sugars are elevated, when you have begun making healthy changes but now you must take more medications, when you have been carefully following a new exercise program, but discover that you haven’t lost a pound. This is understandably frustrating, but don’t blame yourself. There are ways to make diabetes care encouraging rather than discouraging. Talk with your Diabetes Educator, or any of your healthcare team.

8. Keeping Diabetes in its place. Diabetes is an important part of your life, but it doesn’t have to run your life. For many people, diabetes seems like a prison cell – no more enjoyable foods, no spontaneity, no fun, and constant attention to the clock. Some get so angry they decide to ignore diabetes altogether. If you find yourself thinking this way, it is time for an attitude change. Diabetes care in the 21st Century means almost everyone can live their lives fully and take care of their diabetes successfully. Sure, some compromises will be necessary, but diabetes shouldn’t be allowed to box you in. Don’t let blood sugar readings determine your self-esteem. Blood sugar results are important, but they are neither “bad” nor “good”. They are just information. To help you evaluate if your plan is working or if you need to change your plan. Speak with your diabetes educator or healthcare team if you need assistance with evaluating the information.

9. Taking Control of Your Environment. Your environment, whether you notice it or not, influences your ability to manage diabetes. Having willpower isn’t enough. You need to harness the power of your environment to support, rather than hinder, your diabetes care. Think about it: how well you eat is affected by the number of tempting foods in your house and the size of the portions on your plated. How faithfully you take your medications is influenced by how many you have and whether you keep them in a convenient, easy-to-remember spot each day. When you take back control of your environment, it no longer controls you. You control your diabetes and it becomes a little easier to handle.

10. Taking a Diabetes Vacation. Diabetes. Diabetes can be a lot of work, and it demands your attention every day. It is worth the effort, but it is a tough job. All that effort can wear you down, especially if you never get a break. And you can never take a break from diabetes... or can you? In reality, everyone takes “vacations” from their diabetes. That’s not necessarily a bad thing. A break from diabetes can be a big relief. But make sure your diabetes can be a big relief. But make sure your diabetes vacations are safe. And, like any good vacation, they are planned, time-limited, and restorative.

Behavioral Diabetes Institute, Dr. William H. Polonsky, 2003 www.behavioraldiabetes.org
Crustless Ham & Asparagus Quiche

2 cups sliced asparagus (1/2 inch pieces)
1 red bell pepper, cut into ¼ - inch dice
1 cup low-fat (1%) milk
2 tablespoons all-purpose flour
4 large egg whites and 1 large whole egg
1 cup chopped deli cooked ham, cut into ¼-inch dice
2 tablespoons chopped fresh tarragon or basil
½ teaspoon salt (optional)

1. Preheat the oven to 350 degrees, combine asparagus, bell pepper and 1 tablespoon water in microwavable bowl. Cover with waxed paper; microwave on HIGH 2 minutes or until vegetables are crisp-tender. Drain vegetables; set aside.
2. Meanwhile, whisk together milk and flour in large bowl. Whisk in egg whites and egg until well combined. Stir in vegetables, ham, tarragon, salt, if desired, and black pepper. Pour into 9-inch pie plate. Bake at 35 minutes. Sprinkle cheese over quiche; bake 5 minutes more or until center is set and cheese is melted. Let stand 5 minutes before serving. Cut into 6 wedges.

Makes 6 servings – 138 calories, 6grams fat, 3 grams saturated fat, 13 grams Protein, 8 grams Carbohydrates, 25 mg Cholesterol, 1 gram fiber, 439 grams of Sodium