

# ExportADVOCATE

VOLUME 1

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• A M E R I C A N D I A B E T E S M O N T H •

## DIABETES 101

**Errol D. Crook, M.D.**

Diabetes mellitus (diabetes) is a disease where blood sugars are elevated. It is also known as “the sugar” or “sugar diabetes”. The symptoms of diabetes are excessive thirst and urination that is often associated with weight loss, despite having an increased appetite, and blurry vision.

Approximately 21 million people in the United States have diabetes. That is about one in every fifteen persons, however, in certain groups, such as African Americans, Hispanics, Native Americans, older adults, persons who are overweight, and mothers who had diabetes during pregnancy (gestational diabetes), the percentage of persons with diabetes is much higher. To diagnose diabetes the American Diabetes Association (ADA) recommends a fasting plasma glucose test. The patient’s

blood glucose (blood sugar) is tested after having not eaten for at least eight hours. If the plasma glucose is 126 or higher the patient has diabetes. If at any time someone’s blood glucose level is over 200 and they have symptoms of diabetes, they have the disease.

There are two major types of diabetes. Type 1 diabetes, also known as juvenile diabetes, develops due to the body’s inability to produce insulin, a hormone made by the pancreas that controls blood sugar. Type 2 diabetes, also known as adult onset diabetes or noninsulin dependent diabetes mellitus, has a strong association with obesity and is now commonly diagnosed in children. Type 2 diabetes is by far the most common accounting for 90% of diabetes.

Diabetes has severe complications when not controlled. The risk of heart attacks, stroke, and cancer are also greatly increased. Effective management requires aggressive blood sugar control along with control of blood pressure and cholesterol. All patients with diabetes should know their numbers: hemoglobin A1C (a measure of blood sugar control, less than 6.5); blood pressure (less than 130/80); LDL cholesterol (less than 70-100); urine protein /albumin (less than 30). Prevention of diabetes is critical with physical activity and weight loss the keys to prevention. Exercise, even in the absence of weight loss, has been shown to delay or prevent the onset of diabetes. Although there have been significant advances in the treatment of diabetes, diet and exercise remain the first line and cornerstone of treatment.

• G O O D L I F E S T Y L E H A B I T S I N A W O R L D F U L L O F C H O I C E S •

### FIT FOR LIFE

*The journey of a thousand miles begins with a single step. Exercise works the same way. Taking that first step can be hard. Remember -- it’s never too late. You can always improve your level of fitness.*

Starting November 1st, in conjunction with the launch of ADA’s new “I Decide to Fight Diabetes” campaign and American Diabetes Month, Gold’s Gym is unveiling a special diabetes fitness center on its Web site that provides free fitness information to anyone affected by the disease. Located at [www.goldsgym.com/diabetes](http://www.goldsgym.com/diabetes), its goal is to show Americans how to start an exercise program and incorporate fitness into their lifestyle. For more information visit- [http://www.goldsgym.com/golds/pressroom/press\\_release.php?id=29](http://www.goldsgym.com/golds/pressroom/press_release.php?id=29)

### DELICIOUS AND NUTRITIOUS

#### APPLE CRISP

This is a diabetic-friendly dessert that uses small amounts of sweeteners in accordance with guidelines set up by the American Diabetic Association. As with all sweets, moderation is important.

2/3 cup rolled oats; 1/3 cup all-purpose flour; 1/3 cup dark brown sugar; 1/3 cup pecans, toasted, chopped; Pinch fine salt; 6 table-spoons cold unsalted butter, cut into bits; 4 medium baking apples, such as Braeburn, Rome, or Golden Delicious; Unsweetened whipped cream, optional

Preheat the oven to 375 degrees F. Lightly butter 6 (6-ounce) ramekins.

Whisk the oats, flour, brown sugar, pecans, and salt in a medium bowl. Rub in the butter with your fingertips until it is in even, pea-size pieces. Peel, core, and coarsely chop the apples and divide evenly among the ramekins. Scatter the crisp topping evenly over the fruit in each ramekin

Transfer the ramekins to a baking sheet and cook until the fruit bubbles around the sides and the top is golden, about 30 minutes.

Preheat a broiler. Place the crisps about 4 inches from the broiler and cook until golden brown, about 30 seconds. Let cool about 15 minutes before serving. Serve warm with whipped cream, if using.

Nutritional Analysis per serving  
Calories 297, Fat 17 grams, Saturated Fat 8 grams, Carbohydrates 37 grams, Fiber 4 grams, Protein 3 grams

From Food Network Kitchens, [http://www.foodnetwork.com/food/recipes/recipe/0,1977,FOOD\\_9936\\_28718,00.html](http://www.foodnetwork.com/food/recipes/recipe/0,1977,FOOD_9936_28718,00.html)

# ADVOCATE SPOTLIGHT

*No one should have to fight diabetes alone. Together, we can make an impact in the fight against diabetes.*

“My mother lived with diabetes for many years. But for her, and our family, education was the key to her living successfully with this disease. And because she had all the available facts about this disease, she was able to live a long and productive life. By establishing the Elizabeth Knight Fund, her legacy will live on through the people who benefit from increased education and research.”



*Gladys Knight is an advocate for diabetes awareness and research*

The American Diabetes Association Elizabeth Knight Fund

specifically supports peer-reviewed diabetes research to advance the basic science and clinical understanding of the disease. The fund also supports awareness programs in communities across the country, such as the American Diabetes Alert, aimed at finding the millions of Americans with undiagnosed diabetes and the American Diabetes Association's African American Program.

<http://www.diabetes.org/communityprograms-and-localevents/africanamericans/celebrity-corner/knight.jsp>

## • C A L E N D A R O F E V E N T S •

### NOVEMBER

#### Nov. 13<sup>th</sup> 2006

Health education:  
Diabetes 101  
12pm - 1pm  
Toulminville Library  
601 Stanton Rd.  
Mobile, Alabama

#### Nov. 15<sup>th</sup> 2006

Health fair: Nutrition and Hypertension  
Organized by: Senior Citizens Community Outreach Services, INC  
10am-2pm  
Frank W. Boykin Towers  
1600 Michigan Ave.  
Mobile, Alabama

### DECEMBER

#### Dec. 1<sup>st</sup> 2006

World AIDS Day Commemoration  
Free testing, presentations, discussions and Lunch  
10am – 12pm  
*Location TBA*

#### Dec. 11<sup>th</sup> 2006

Health Education:  
Depression  
12pm - 1pm  
Toulminville Library  
601 Stanton Rd.  
Mobile, Alabama

#### Dec. 14<sup>th</sup> 2006

Health Fair: Depression and Improving Health  
Organized by: Senior Citizens Community Outreach Services, INC  
9am – 12pm  
Central Plaza Towers  
304 Bay Shore Avenue  
Mobile, Alabama

*For more information, please contact the EXPORT Center*

## DIABETES RESOURCES

Franklin Primary Health Center, Inc.  
Diabetes Collaborative  
424 South Wilson Avenue  
Prichard, AL 36610  
Ph: (251) 452-1442

Mobile Infirmary Medical Center  
Diabetes Education and Resource Center  
Wound and Ostomy Center  
5 Mobile Circle  
Mobile, AL 36607  
Ph: (251) 435-2786

Providence Hospital  
Diabetes Center  
6801 Airport Boulevard  
P.O. Box 850429  
Mobile, AL 36685  
Ph: (251) 633-1095

Springhill Memorial Hospital  
The Diabetes Education Center  
3719 Dauphine Street  
Mobile, AL 36608  
Ph: (251) 460-5367

USA Medical Center  
Diabetes Education Class  
6th Floor Staff Development Classroom  
2451 Fillingim Street  
Mobile, AL 36617  
Ph: (251) 471-7611

American Diabetes Association  
5514 N. Davis Highway  
Suite C-111  
Pensacola, FL, 32503  
(850) 478-5957  
(850) 478-1336 fax  
1 888 DIABETES



University of South Alabama • Center for Healthy Communities, Project EXPORT  
578 Stanton Rd. • Mobile, AL 36617  
(251) 471-7709

<http://www.southalabama.edu/healthycommunities/export/>

