

DiADIC

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A Note from Vicki

Dear DiADIC participants,

We are reaching the end Year 3 of the study. We have a total of 184 families in the study between the two sites — Pittsburgh, PA and Salt Lake City, UT. Ages range from 26 to 76 for couple-members who have diabetes, and 24 to 78 for spouses. Of couple-members who have diabetes, 56% is female and 44% is male. We anticipate that we will complete the study in the next year. Although we have a nice age range of people with type 1 diabetes, we would like to have more people in the over 65 group. If you know of anyone, please feel free to have them contact us.

We promise to share the results of the study with you, but we won't be able to do that until the study has been completed. As always, we thank you for your support.

VICKI HELGESON

Winter Exercise Tips

As the weather gets cooler and the days get shorter, it may be tempting to hunker down for a TV show marathon. However, it's important to keep moving, even in the winter months!

You can:

- Join an indoor exercise class at your local gym
- Use exercise videos and body weight exercises in your own home
- Walk laps around the mall
- If exercising outdoors, make sure to stay warm by wearing lots of layers, gloves, and an ear-warmer or hat
- If you're running out of exercise ideas, try downloading a free app like "Sworkit," which offers workout plans that are customizable to your abilities and are accompanied by videos of how to do the exercise



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Recipe: Four Cheese Macaroni and Cheese

INGREDIENTS

- Nonstick cooking spray
- 1 pound butternut squash, halved and seeded
- 8 ounces dried whole grain elbow macaroni (about 2 cups)
- 4 teaspoons butter
- 2 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 1/8 teaspoon ground white pepper
- 1 cup fat-free milk
- 2 tablespoons semisoft cheese with garlic and fine herbs
- 3/4 cup shredded part-skim mozzarella cheese (3 ounces)
- 3/4 cup shredded reduced-fat sharp cheddar cheese (3 ounces)
- 2 ounces Muenster cheese, very thinly sliced

DIRECTIONS

1. Preheat oven to 375°F. Line a 15x10x1-inch baking pan with parchment paper; set aside. Coat a 2-quart square baking dish with cooking spray; set aside.
2. Coat the cut sides of the butternut squash with cooking spray; place squash halves, cut sides down, on the prepared baking sheet. Roast for 40 to 45 minutes or until squash is very tender and cooked through. Remove from oven; let stand until cool enough to handle. Scoop flesh from squash halves; discard skin. Using a potato masher, mash the squash; set aside.
3. Meanwhile, cook pasta according to package directions. Drain well.
4. In a medium saucepan melt butter over medium heat. Whisk in flour, salt, and white pepper until combined. Add milk, whisking until smooth. Cook and stir until thickened and bubbly. Add semisoft cheese; whisk until cheese is melted. Stir in mashed squash. Add cooked pasta; stir until coated.
5. Place half of the pasta mixture in the prepared baking dish. Evenly sprinkle half of the mozzarella cheese and half of the cheddar cheese on top of the pasta. Arrange half of the Muenster cheese over all. Repeat layers. Bake in the 375°F oven about 25 minutes or until cheese is golden brown.

Diabetes and Animals

Humans aren't the only animals that can suffer from diabetes. Unfortunately, our furry friends can get it as well. Male cats and female dogs are more likely to develop the condition than their counterparts. Diabetes in animals has many of the same causes as it does in humans—namely, genetics, diet, and lack of exercise. Owners tend to “baby” their pets, showering them with treats and table scraps. Likewise, most animals no longer have a job to do; they lounge around the house and maybe take a jaunt around the block once in a while.

While chubby cats and dogs might amuse on YouTube, their chances of diabetes skyrocket with every extra tick of the scale. Like humans, they need insulin to maintain their health. There are both oral and injectable insulin medications available for animals, but dogs typically don't respond to oral insulin. Small dogs usually need around two shots a day, while larger ones can usually get by on one. And as you can imagine, this can get very, very expensive.



2016 Bridge to Wellness

Saturday, November 5, 2016
David L. Lawrence Convention Center
Halls D&E
9:00 AM – 3:00 PM



The American Diabetes Association of Western PA hosts the 2nd Annual Bridge to Wellness Expo focusing on wellness information, health resources, and interactive experiences. Bridge to Wellness provides a forum for intensive exchange of questions and answers about health issues, proactive measures, wellness and where necessary, disease-state prevention and management.

Focus areas for Bridge to Wellness include Diabetes (Prevention, Managements, Eyes, Feet, Kidneys, and Heart Health), Active Lifestyles, Cancer Prevention, Stress Management, Substance Abuse, Tobacco Cessation, Women's/Men's Health Issues, and more.

The Bridge to Wellness Expo will have a multitude of free activities. You can get free health screenings like glucose testing and eye exams with or without health insurance. You can participate in the fitness demonstrations and arts and crafts stations. You can attend cooking demonstrations conducted by culinary and diet experts.

To learn more about the even and registration, visit www.diabetes.org/bridgetowellness

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