

# DiADIC QUARTERLY NEWSLETTER

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## DEAR DiADIC PARTICIPANTS,

We have some exciting news! We have officially completed recruitment for the study. Our final sample size is 199 couples/398 participants (107 couples from Utah, 92 from Pittsburgh). We had a roughly even gender distribution for persons diagnosed with diabetes (48% male, 52% female) and their partners who do not have diabetes (53% male, 47% female). The majority of participants are white (91%). Average age is 47 for persons with diabetes and 46 for partners, and ranges from 24 to 77. The majority of couples are married (91%). Among persons who have diabetes, the average length of having been diagnosed is 27 years, with a range of 3 to 61 years. The majority of persons with diabetes (93%) are on insulin pumps, and 43% use CGM. We are excited to start analyzing the complete dataset, and will keep you posted when we have new publications from this research.

As mentioned in the last newsletter, we are in the process of contacting all couples in the study to ask some follow-up questions about family involvement in diabetes. We currently have contacted about half of you. So, you may expect an e-mail or phone call from us in the not-too-distant future.

If you would like to keep getting updates about the study, please make sure to update us with your current contact information. This will also allow us to contact you if any future research opportunities arise. Thank you for your support throughout the study.

**VICKI HELGESON**

## DID YOU KNOW? FIRST PORTABLE METER



In the late sixties, Ames Diagnostics created the first portable blood glucose meter, known as the Ames Reflectance Meter (ARM). Ames Diagnostics later consolidated with Bayer. The original device was priced at around \$650 and was only available for doctors to administer in their practices or hospitals. Portable blood glucose meters for patient home use were not sold in the United States until the eighties!

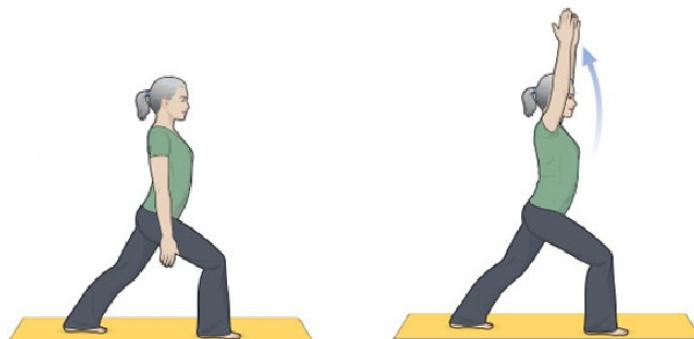
## GENTLE YOGA FOR BLOOD GLUCOSE CONTROL



**MOUNTAIN**

Improves your awareness of your body's natural alignment

1. Stand with feet directly under your hips, toes facing forward and in line with your knees and hips.
2. Simultaneously root down and lift your muscles through the legs. Lift the arches as your feet press down and lift your kneecaps as best you can. Engage the muscles of your legs, stretching upward evenly from the front, back, and each side of your leg. Lengthen your spine.



**WARRIOR 1**

1. Stand in Mountain posture at the front of your mat. Step back with your left foot. Keep toes pointed forward. Press down through the feet to feel stable.
2. Inhale. On the exhale, bend into your right knee until it's directly over the arch of your right foot. Keep your legs strong.
3. Exhale. On the inhale, lift and expand your chest as you reach your arms upward. Keep your shoulders down and relaxed. Keep your lower body grounded as you create space in your spine and shoulder joints. Return to Mountain pose and repeat with the other leg.

## 2017 ADA DIABETES EXPO

When: Saturday, November 4, 2017

Where: David L. Lawrence Convention Center,  
Halls D & E

Register online or contact Robert Mitchell  
(412-824-1181 ext. 4608; [rmitchell@diabetes.org](mailto:rmitchell@diabetes.org))



The American Diabetes Association of Western Pennsylvania will host the Pittsburgh Diabetes Expo focusing on wellness information, health resources, and interactive experiences. The Diabetes Expo provides a forum for intensive exchange of questions and answers about diabetes prevention and management, and a myriad of resources devoted to a healthy lifestyle.

## AVOCADO BLT

*For an easy lunch on the go!*



Makes 4 servings

### NUTRITION FACTS

Calories	80
Carbohydrate	8g
Protein	2g
Fat	6g
Saturated Fat	0.8g
Sugars	2g
Dietary Fiber	3g
Cholesterol	0mg
Sodium	150mg

### Ingredients

- 1 ripe medium avocado, halved, pitted, peeled
- 1½ - 2 tbsp. lemon juice
- 8 whole wheat bread, toasted
- ¼ cup chopped fresh cilantro
- 1 large tomato, cut into 8 thin slices
- ¼ tsp black pepper
- ¼ cup very thinly sliced red onion
- 8 pre-cooked bacon slices
- 4 medium romaine leaves

### Instructions

1. Grind up the avocado and lemon juice in a medium bowl and spread equal amounts on top of 4 of the bread slices.
2. Top with the remaining ingredients, except the bread slices, in the order listed. Top with the remaining bread slices. Cut in half, if desired.

<http://www.diabetes.org/mfa-recipes/recipes/2017-07-avocado-blt.html>

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