



DSE QUARTERLY NEWSLETTER

VOLUME 3 ISSUE 1

WINTER 2020

Dear DSE Participants,

We are over halfway through the study. We thank you all for your support and sticking with us all these years! After you have completed DSE, you may be eligible for a new study. It requires a one-time travel to CMU, and you are monetarily compensated. Melissa Zajdel is leading this study, in case you get a phone call from her.

Also, if you know anyone who was diagnosed with diabetes about 5-15 years ago, feel free to have them give us a call and we will see if they are eligible for any of our studies.

We hope you find these interesting diabetes news, recipes, and exercise tips helpful!

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Let's Cook Healthy with Diabetes



Penn State Mercer | Tues May 5 | 12:00pm

Penn State Corry | Tues May 12 | 12:00pm

Penn State Butler | Tues May 19 | 12:00pm

Penn State Meadville | Tues May 26 | 12:00pm

At Let's Cook Healthy with Diabetes, you will learn about cooking techniques and recipes to help you manage type 2 diabetes. This hands-on cooking class will teach you how to plan and prepare healthy, tasty meals. Instructors will walk you through every step. You will be able to taste-test what you cook during the class!

WHAT WILL YOU LEARN?

- * How to create a healthy plate
- * How to count carbohydrates and plan serving sizes

Find out more and register at www.extension.psu.edu/lets-cook-diabetes

Beef Stroganoff

Comfort food on a cold winter night



Prep: 15 min

NUTRITION FACTS

Serving Size (serves 5)

Calories 275

Total Fat 7g

Saturated Fat 2.5g

Cholesterol 50mg

Sodium 250mg

Total Carbohydrate 29g

Dietary Fiber 4g

Total Sugars 3g

Protein 23g

Ingredients

| | |
|--|---------------------------|
| 5 oz Ronzoni Healthy Harvest Whole Grain egg noodles | 1 tbsp. flour |
| 2 tsp olive oil | 1/2 C dry white wine |
| 1 lb beef tenderloin tips | 1 tsp Dijon mustard |
| 1 1/2 C mushrooms, sliced | 14.5 oz beef broth |
| 1/2 C onion, minced | 1/2 C fat-free sour cream |
| | salt & pepper, to taste |

Instructions

1. Cook noodles according to package directions.
2. Add oil to a large sauté pan over high heat. Add meat and sauté for about 3 minutes. Remove meat from pan. Add mushrooms and onion and sauté for 5 minutes or until beginning to brown.
3. Add flour and cook for 1 min. Add wine to deglaze pan; cook for 2 minutes. Add Dijon mustard and beef broth; bring to a boil. Reduce heat and simmer for 5 minutes.
4. Add beef and any juices back to broth and simmer for 3 min. Add sour cream, salt, and pepper.
5. Serve over whole-grain egg noodles.

https://www.diabetesfoodhub.org/recipes/beef-stroganoff.html?home-category_id=20

What's New in Diabetes? Restoring Beta Cell Function

In what's dubbed the DiRECT (Diabetes Remission Clinical Trial) study, researchers found that in early type 2 diabetes, insulin-producing beta cells are not damaged and "irreversibly lost" as previously thought. In fact, they can be restored to normal function. Almost 300 patients were enrolled in the study, showing that a commercial weight loss plan followed by dedicated weight loss management allowed 36% of the participants to go into type 2 diabetes remission and keep that up for 2 years.



<https://www.healthline.com/diabetesmine/ada-scientific-sessions-2019-research#6>

5 Walking Mistakes to Avoid

1. **Overstriding.** When you try to walk faster, a natural inclination is to lengthen your stride. However, your shins hurt and you really don't get any faster. *Instead*, concentrate on taking shorter, quicker steps if you are trying to walk fast. Think of really rolling through your step with your back foot and leg, getting a good push off.
2. **Wrong shoes.** Not all walking shoes are good for walking. *Instead*, walking shoes should be lightweight and flexible while still providing support and cushioning. Your feet swell when you take a long walk. So you may need bigger shoes if you walk for 30 minutes or more for exercise.
3. **Walking flat-footed.** Your foot is flattening out prematurely and you land flat-footed. *Instead*, make sure to have flexible shoes that bend at the ball of the foot. Focus on rolling through each step with your forward foot from heel to toe. As part of your warm-up, try walking on your heels for 30 seconds.
4. **Not using your arms or wild arm motion.** Your arms are either stiff or flailing around. *Instead*, arms should add power and speed to your walking. Bend your arms 90 degrees. Keep elbows close to the body; no chicken wings! Hands should not come up above your chest.
5. **Walking with your head down.** Looking down can cause back, neck, and shoulder problems. *Instead*, keep your chin parallel to the ground. Look 10 to 20 feet ahead, and you'll still avoid cracks in the sidewalk.

<https://www.verywellfit.com/walking-mistakes-to-avoid-3435576>



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