

CHOICE QUARTERLY NEWSLETTER

VOLUME 2, ISSUE 2

AUTUMN 2015

DEAR CHOICE PARTICIPANTS,

Once again, thank you for being part of this fantastic study of people who are relatively new to diabetes. There are a lot of people with diabetes in this country, as I am sure you know. But it is more difficult finding people when they are first diagnosed. We hope that the results from this study can be used to help people in the future who are diagnosed with diabetes.

To date, we have 135 couples in the study. We have been attending health fairs this past summer to get the word out about the study. If you know of some place that we should advertise, please let us know. We will be at the Bridge To Wellness Expo in November (formerly the Diabetes Expo). Perhaps we will see some of you there

We have been starting to take a look at some of the data that you provided us. You may remember that we audiotaped your answers to some questions about how you were diagnosed with diabetes and how you are handling diabetes. It is interesting to us that some people were diagnosed in an emergency situation, some people were diagnosed as part of a routine checkup, and other people had suspected diabetes (most likely from family and friends with diabetes) and then developed it. We will report back to you what we learn about this.

Enjoy the Fall and let's hope for a mild Winter.

Vicki Helgeson

BREAKING DOWN FITNESS

GET FIT

If exercising feels like a chore, consider ways to make it more enjoyable. While working out, try thinking about good times when you were active, like a hike during a vacation. Studies show it'll help motivate you to exercise more!

STAY FIT

Be patient. It may take up to a month of a consistent fitness routine to see results. Keeping track of your routine will help you see results sooner. When you've mastered your current routine, pump up the intensity in 30-second bursts.

BE FIT

Making fitness a habit will help it seamlessly become part of your life. Studies show that people who work out with a partner will exercise for 200% longer than those who work out alone. Make it a date. Make sure to encourage each other.

HEALTHY HAM & SPINACH ENGLISH MUFFIN PIZZAS



NUTRITION FACTS

Calories	130
Carbohydrate	17 g
Protein	10 g
Fat	3.5 g
Saturated Fat	1.5 g
Sugars	5 g
Dietary Fiber	3 g
Cholesterol	15 mg
Sodium	475 mg
Potassium	230 mg

Ingredients

2 whole-wheat English muffins, split in half
4 tablespoons chopped spinach
6 tablespoons jarred pizza sauce
2 ounces lower-sodium, deli style ham
1/2 cup reduced-fat, shredded mozzarella cheese

Substitute: If you find frozen vegetables more convenient, or you simply prefer them, make sure the spinach is thawed and drained.

Feel free to add any of your favorite vegetables, like sliced mushrooms and cherry tomatoes.

Instructions

1. Preheat oven to 425 degrees F.
2. Top each English muffin half with 1 tablespoon spinach, 1 1/2 tablespoons pizza sauce 1/2 ounce ham and 2 tablespoons mozzarella.
3. Bake pizzas for 8 minutes or until cheese is golden brown on top.

THE ORIGIN OF THE TERM DIABETES

Diabetes, *noun*

In 1552 B.C., Hesy-Ra, an Egyptian physician noticed that one of his patients was suffering from an unknown disease that caused frequent urination and loss of weight. These symptoms are thought to be the first recorded report of diabetes. Oddly, the ancient Egyptian physicians and healers noted that ants were attracted to the urine of those suffering from this unknown disease.

Centuries later, patients were diagnosed with diabetes by people known as "water tasters", who tasted the urine of the patients. If the urine tasted sweet, the patient was diagnosed with diabetes.

In 1675, the word "mellitus", meaning "honey", was added to the name "diabetes", to acknowledge this historical symptom. It wasn't until the 1800s that scientists developed chemical tests to detect the presence of sugar in the urine.

BRIDGE TO WELLNESS EXPO

2015 Bridge to Wellness Expo
Saturday, November 14, 2015
David L. Lawrence Convention Center
9:00 AM – 3:00 PM

The American Diabetes Association of Western Pennsylvania is introducing a new expo called the Bridge to Wellness. Unlike past expos, the Bridge to Wellness Expo will focus on general wellness information, health resources, and interactive experiences for the entire family. There will be forums to discuss and share health issues and practices such as: Diabetes (Prevention, Managements, Eyes, Feet, Kidneys, and Heart Health), Stress Management, Tobacco Cessation, Active Lifestyles, 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 event and registration, visit www.diabetes.org/bridgetowellness

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