

CHOICE QUARTERLY NEWSLETTER

VOLUME 5, ISSUE 3

FALL 2017

DEAR CHOICE PARTICIPANTS,

We have some excellent news! First, we have finally reached the 200 mark! We have 200 couples who have participated in this study over the past 5 years. Second, we received additional funds from the National Institutes of Health to conduct a follow-up study. This means that we will contact you some time within the next 2 years to offer you an additional research opportunity with similar compensation. In the mean time, **please contact us if your address or phone number has changed**. We really want to be able to present each of you with this new opportunity.

We also are looking for a few more couples to finish out the original study. If you know anyone who has been diagnosed with type 2 diabetes in the last 10 years, please have them contact us. We say 10 years, because we might be recruiting a new sample in 2018 that has had diabetes for a longer period of time.

When the CHOICE study is officially closed to recruitment, we will send you an update that describes the final group of people who have been in this study.

Thank you for your support throughout the study.

VICKI S. 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!

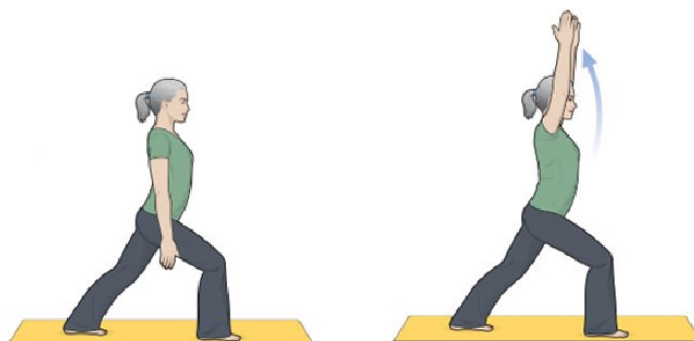
GENTLE YOGA FOR BLOOD GLUCOSE CONTROL



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 STEP OUT WALK TO STOP DIABETES

When: Saturday, October 7, 2017

Where: North Shore; Art Rooney Ave, Pgh, PA 15212

Register online or contact Chelsea Schaffer
(412-824-1181 ext. 4609)



The Pittsburgh Step Out Walk to Stop Diabetes event is an opportunity to spread awareness and raise money for diabetes research. The event features several inspirational speakers who have been influenced by diabetes at the starting line. The walk is then along a well-marked route that features water stations and race support. At the finish line, there will be more refreshments, entertainment, and a festival of wellness exhibitions. If you are living with type 1 or type 2 diabetes, you can register to be a VIP of the walk and receive special recognition and rewards!

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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