



Choice Quarterly Newsletter Volume 3, Issue 1

Spring 2015

Communal Health of Interacting Couples Study

Dear CHOICE Participants:

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CHOICE Couples, We now have 112 couples in our study! We started the study in September of 2012 and plan to continue enrolling couples for another 1-2 years until we reach our goal of 200 couples. Our couples range in age from 31 to 82 and come from a variety of educational backgrounds. We have found most of you

from health fairs, such as the ADA Expo, and others of you from the Research Registry, brochures in physician offices, advertisements on the bus, and word of mouth. People with diabetes are everywhere – but certainly not all in one place! If you know of a place we should contact to hang a study poster or leave our brochures, please let us know.

As a reminder, we will be contacting you 6 months after you start the study for a second in-person interview and then 18 months later for a brief phone interview. If you move or are planning to move, please let us know how to reach you.

We hope the snow is melted by the time you receive this and that spring is truly on its way.

Vicki Helgeson

Exercise Tip: 5 Myths About Exercise and Aging

1. I'm getting too old to exercise.

Fact: Exercise and strength training helps you look and feel younger. Regular physical activity lowers your risk of: Alzheimer's and dementia, heart disease, high blood pressure, obesity and, you guessed it, diabetes.

2. Older people shouldn't exercise— they need rest.

Fact: Research shows a sedentary lifestyle is unhealthy for adults over age 50.

3. Exercise puts me at risk of falling down.

Fact: Regular exercise builds the strength and stamina to aid in improving balance and preventing the loss of bone mass.

4. It's too late. I'm too old.

Fact: You're never too old to exercise! Start with light walking and build your way up!

5. I'm disabled. I can't exercise sitting down.

Fact: If you are chair-bound, you can: life weights, stretch, and do chair aerobics to increase muscle tone.



For more information on exercise tips and programs, visit: www.helpguide.org

Source: <http://www.helpguide.org/articles/exercise-fitness/exercise-and-fitness-as-you-age.htm>

Recipe: Sweet Potato Baskets with Eggs



Winter is almost over! Make it to spring with these delicious sweet potato baskets, which are a good source of protein and healthy carbs. Feel free to play around with the recipe by adding diced peppers and onions or topping with cheese and hot sauce.

Ingredients:

- Cooking spray
- 1 large sweet potato (16 ounces), peeled
- 5 slices (1/2 oz each) deli-style ham, diced small
- 1.25 cups southwest style egg beaters
- .25 tsp ground black pepper

Instructions:

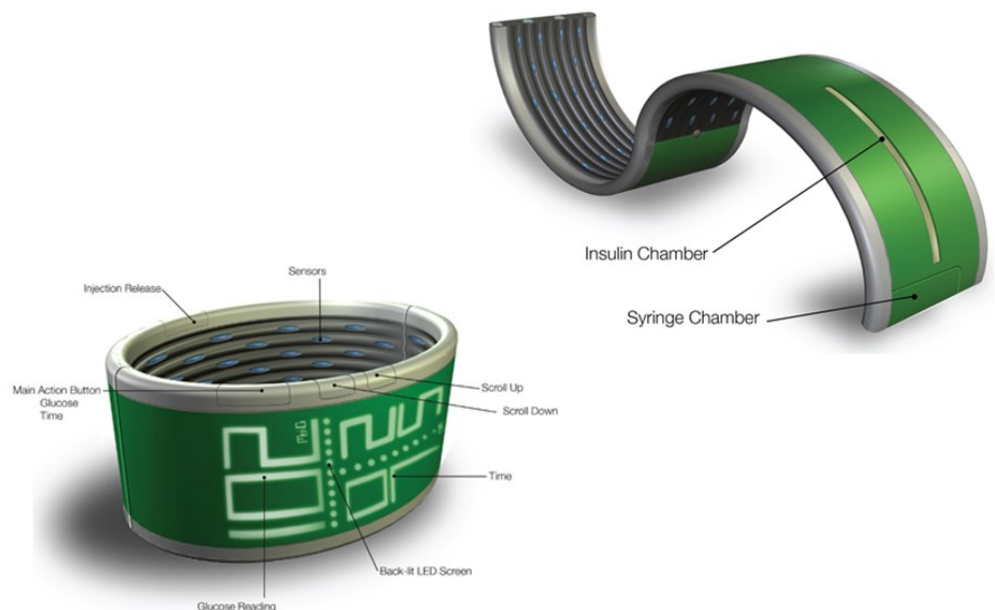
- Preheat oven to 425 degrees F. Spray tin muffins with cooking spray.
- Grate the sweet potato using largest grating size on grater. Place grated potatoes in a towel of cheesecloth to drain any excess liquid.
- Using your hands, place the grated sweet potatoes evenly into 12 muffin cups; spread the potatoes thinly on the bottom and insides of muffin cups. Spray the muffin cups with cooking spray and bake on your lower oven rack for 25 minutes.
- While the sweet potatoes are baking, sauté the ham in a pan over medium heat for 2 minutes.
- In a medium bowl, mix together the egg beaters, ham, and pepper.
- Remove the sweet potato muffins from the oven. Pour the egg mixtures into the muffin cups, dividing it evenly to fill each muffin cup about 2/3 full. Bake for 12-15 minutes, until the eggs are cooked through.

Source: <http://www.diabetes.org/mfa-recipes/recipes/2015-03-sweet-potato-baskets-with.html>

Breaking News in Diabetes: Futuristic Blood Glucose Monitoring

The Gluco(M) Wristband is a concept medical device that offers three major functions to those with diabetes: non-invasive and instant glucose reading, storing previous reading history with averages, and an extremely useful insulin chamber with loaded syringe cartridge.

Source: <http://www.tuvie.com/glucom-wristband-monitors-your-blood-glucose-levels/>



Local Diabetes Event: UPMC St. Margaret's Diabetes Support Group

Free support group meetings led by a diabetes educator and offers an opportunity for patients to interact with others who are living with diabetes. The group meetings offer education, networking, and support.

2015 Schedule

- Thursday, March 19, 6:15 p.m. Cafeteria Conference Room A and B
- Thursday, May 21, 6:15 p.m. Cafeteria Conference Room A and B
- Thursday, October 15, 6:15 p.m. Cafeteria Conference Room A and B

To register, call **412-784-4194**.

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