

CHOICE QUARTERLY NEWSLETTER

VOLUME 5, ISSUE 1

SPRING 2017

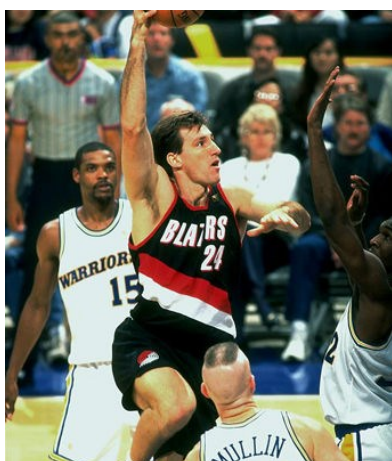
DEAR CHOICE PARTICIPANTS,

We have 190 couples in our study! Our goal is 220—so the end is in sight! After your participation ended, you have been receiving periodic phone calls from us to make sure we have your current contact information. We submitted a proposal to the National Institutes of Health to extend the study. If funded, this would mean that we would contact you all about 5 years after your participation to see how you are doing. The procedure would be similar to the original procedure with a similar level of compensation. We won't hear about this for 6-months to a year, but we will keep you posted. If you have a change of address or phone number, please give us a call. You can always leave a voicemail or send an e-mail, if that is easier.

We hope you enjoy this quarter's newsletter. Thank you all for making this to be such a spectacular study!

VICKI S. HELGESON

DID YOU KNOW: NBA PLAYERS w/ TYPE 1 DIABETES



Chris Dudley (Yale '87)

Dudley started a basketball camp for kids with type 1 diabetes.



Gary Forbes (U Mass '08)

Forbes is working with the ADA to raise awareness of type 2 diabetes among African Americans.



Adam Morrison (Gonzaga '06)

Morrison was diagnosed at age 14, and kept his goal of playing in the NBA.

TILAPIA w/ TOMATOES AND CAPERS

A great Lent alternative to a fish fry!



NUTRITION FACTS

Calories	150
Carbohydrate	2 g
Protein	23 g
Fat	5 g
Saturated Fat	1.3 g
Sugars	1 g
Dietary Fiber	1 g
Cholesterol	75 mg
Sodium	75 mg

Makes 2 servings

Ingredients

- 1 tsp olive oil
- 1 tilapia fillet (about 8 oz)
- 1 medium plum tomato, seeded and chopped
- 1 tbsp finely snipped fresh parsley
- 1 tsp capers, drained
- ½ tsp dried basil, crumbled
- ¼ tsp garlic powder

Instructions

1. Preheat oven to 400°F.
2. Pour the oil into 10 x 6 x 2-inch baking dish. Add fish, turning lightly to coat. If the ends of the fillet are thin, fold under so baking is more even.
3. Bake for 8 minutes.
4. Meanwhile, in a small bowl, stir together the remaining ingredients. Spoon over the cooked fish.
5. Bake 3-5 minutes, or until the fish flakes easily when tested with a fork.

<http://www.diabetes.org/mfa-recipes/recipes/2017-02-tilapia-with-tomatoes-and-capers.html>

OHIO VALLEY HOSPITAL'S 9th ANNUAL DIABETES DAY

When: March 28, 2017 from 9:00 am to 1:00 pm

Where: 25 Heckel Road, Kennedy Twp, PA 15136 (located on the 1st fl)

OVH is hosting a community event that will include many speakers, activities, food demonstrations, and prizes. You can also get a free A1c test and a foot exam!

For more information, visit www.ohiovalleyhospital.org/programs-and-events/diabetes-day/ or call 412-777-6205.

AMERICAN DIABETES ASSOCIATION'S TOUR DE CURE

When: July 23, 2017

Where: Big Butler Fairgrounds

Challenge yourself by bicycling anywhere from 2 to 70 miles this July! By registering, you will be raising awareness about diabetes and supporting diabetes research. If you register early, you'll receive a discount for the registration fee.

For more information, visit http://main.diabetes.org/site/TR/TourdeCure/TourAdmin?fr_id=11702&pg=entry or call 412-824-1181 x4604.

USE A MEDICINE BALL TO EXERCISE

Medicine balls can be purchased at many stores (like Target, DICK'S Sporting Goods, and even Amazon). Depending on the weight of the ball, they can range from \$10 to \$50.

Arm Circles

Works: shoulders and arms

1. Hold the ball with both hands, sit on a chair and place your feet on the floor in front of you.
2. Lift your chin so it is parallel to the floor and pull your shoulder blades down and together.
3. Lift your arms in front of your shoulders, parallel to the floor.
4. Straighten your wrists, bend your elbows slightly and form small clockwise circles with your arms.

Reps: perform for 30 seconds, switch directions and circle for 30 more seconds, without lowering your arms



Thigh Squeeze

Works: thighs

1. Sit on the edge of a chair, straighten your back and place the ball between your thighs.
2. Tighten your thigh muscles and press against the ball with your legs.

Reps: hold for 30 to 60 seconds

Modified Twists

Works: obliques

1. Hold the ball with both hands, sit on a chair and straighten your back.
2. Tighten your abdominal muscles, bend your elbows and lift the ball in front of your belly button. Relax your shoulder blades and lift your chin so it is parallel to the floor.
3. While keeping your hips still, twist your torso and the ball to your right. Return to the center, pause and then twist to your left.

Reps: 12 to 15 times

CHOICE STAFF



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If you would like to reach the CHOICE team, you can also contact us at 412-339-0297 or type2choice@gmail.com!

CHOICE
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