



DSE QUARTERLY NEWSLETTER

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DEAR DSE PARTICIPANTS,

Our new study is now fully underway! So far, we have re-enrolled 19 of the original CHOICE participants into the new DSE study, and we have 10 new DSE participants.

Former CHOICE participants: we will be contacting the rest of you over the next couple of years to offer you the opportunity to participate. Do not worry if your partner is not available for this new study - YOU can still participate on your own.

New DSE participants: Welcome to the study! We will be sending you quarterly newsletters to provide some information on events in the area related to diabetes and some tips for eating and exercise.

If any of you has a change of address or phone number, we would greatly appreciate it if you would contact us by phone or email. We hope that you are enjoying the summer and that you find something of interest in this newsletter.

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Free Weekly Healthy Eating Class

When: Every Wednesday at 6pm through August 22nd

Where: Choice Chiropractic and Wellness Center, 8074 McIntyre Square Drive, Pittsburgh, PA 15237 (Directly to the left of Giant Eagle)

Join Certified Nutrition Specialist, Jeremy, to talk about healthy eating and a healthy lifestyle. Some topics covered will include reading nutrition labels, pros and cons of counting calories, grocery shopping/meal prepping - just to name a few.



See the event online at: <https://www.eventbrite.com/e/free-weekly-healthy-eating-classes-tickets-47423443797?aff=ebdssbdestsearch#listing-organizer>

Eggs Benedict Florentine

A healthy breakfast to start your day!



Ingredients

Cooking spray
1 tsp olive oil
4 cups baby spinach
1 clove garlic (minced)
4 eggs
1 egg yolk
½ tsp lemon juice
2 tbsp. vegetable broth (low-sodium)
¼ cup plain yogurt (non-fat)
¼ tsp salt (optional)
1 dash of ground black pepper
2 whole-wheat English muffins (split and lightly toasted)

Instructions

1. Add the cooking spray and oil to a sauté pan over medium heat. Sauté the spinach until wilted. Stir in the garlic and sauté for 1 minute.
2. Prepare a double boiler with a heat-proof bowl. Add the egg yolk, lemon juice, and vegetable broth, whisking constantly until hot but not curdled. Remove from heat and whisk in yogurt, salt (optional), and pepper.
3. Boil water in a saucepan and then bring down to a simmer. Carefully add eggs and poach for a couple minutes.
4. Top each English muffin half with 1/4 of spinach mixture, one poached egg, and 2 tbsps. sauce.

<https://www.diabetesfoodhub.org/recipes/eggs-benedict-florentine.html>

Tip: If poached eggs aren't for you, try any other egg preparation for a delicious twist!

Each English muffin half is 1 serving
(4 servings total)

NUTRITION FACTS

Calories	165
Carbohydrate	16g
Protein	12g
Fat	8g
Saturated Fat	2.5g
Dietary Fiber	5g
Cholesterol	235mg
Sodium	220mg

An Exercise to Try: Chair Lift

Save your ski trip for after the peak season rush. In the meantime, get crazy toned with this slope sculptor for stronger shoulders, back, biceps, butt, and quads.

1. Stand with legs hip-width apart, holding a dumbbell in each hand, elbows bent 90 degrees by sides, palms facing each other.
2. Squat as you extend arms toward the floor and then raise them to shoulder level in front of you.
3. Stand up, lifting right knee in front of you to hip height while driving bent elbows back to sides.
4. Return to squat and repeat, this time lifting left knee.

Do 2 sets of 10 reps, alternating sides.

Tip: If this is too difficult, a modification can be to do this exercise seated. This will still target the shoulders and biceps.



Discovering Distinct Types of Diabetes

In 1959, using radioimmunoassay technology, Solomon Berson, MD, and Rosalyn Yalow, PhD, developed a method for measuring insulin in the blood. They noticed that some people with diabetes still make their own insulin, and they distinguished between “insulin-dependent” (type 1) and “non-insulin-dependent” (type 2) diabetes.



In 1977, Rosalyn Yalow was awarded the Nobel Prize in Physiology and Medicine for her work in measuring insulin in the body.

This two-type classification system was updated in 1979 by the National Diabetes Data Group to include two more types: gestational diabetes (diabetes developed during pregnancy) and diabetes associated with other syndromes or conditions. This is the classification system used today.

<http://www.diabetes.org/research-and-practice/student-resources/history-of-diabetes.html>

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