



# DSE QUARTERLY NEWSLETTER

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## Dear DSE Participants,

We have re-interviewed 28 of you from the original CHOICE study and welcomed 23 new dyads to the study. The new dyads include people who are participating in the study with someone other than a romantic partner. We realized that it is not always our spouses or romantic partners that are involved with or affected by diabetes. The 23 new dyads are participating with children/grandchildren (9), friends/neighbors/coworkers (9), siblings (2), other relatives (2), and a significant other (1).

We will be conducting the study for another 2 years. If you have changed your address or phone number, please contact us to let us know so that we can update you on the study progress.

The holidays are approaching so we know everyone is likely to get busier. Please contact us as soon as possible if we have been trying to reach you for the new DSE study.

Here's hoping for a nice long Fall!

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## Let's Deal with Diabetes

When: Saturday, November 10th, 10 a.m. to 3 p.m.

Where: UPMC Connect Service and Sales Centers at Monroeville Mall, Ross Park Mall, South Hills Village, and The Mall at Robinson

Learn more about how to manage or prevent the onset of diabetes at this community wellness event. Join us at a participating UPMC Health Plan Connect Service and Sales Center to talk one-on-one with a UPMC Health Plan health coach—as well as get a FREE glucose check. The free glucose check will not be available at the Ross Park Mall or South Hills Village locations.

See the event online at: <https://www.eventbrite.com/e/free-weekly-healthy-eating-classes-tickets>



## Zucchini Crust Pizza

*A healthy dinner to wind down your day!*



**Total Time:** Prep : 20 min. Bake: 25 min.

Each slice is 1 serving if you cut the pizza into 6 slices

### NUTRITION FACTS

Calories	188
Carbohydrate	12g
Protein	14g
Fat	10g
Saturated Fat	5g
Dietary Fiber	1g
Cholesterol	30mg
Sodium	514mg

### Ingredients

2 cups shredded zucchini, squeezed dry  
1/2 cup egg subs. or 2 large eggs, lightly beat  
1/4 cup all purpose flour  
1/4 teaspoon salt  
2 cups shredded part-skim mozzarella cheese, divided  
1/2 cup grated parmesan cheese, divided  
2 small tomatoes, halved and sliced  
1/2 cup chopped red onion  
1/2 cup julienned bell pepper  
1 teaspoon dried oregano  
1/2 teaspoon dried basil

### Instructions

1. Preheat oven to 450°. In a large bowl, combine first four ingredients; stir in 1/2 cup mozzarella cheese and 1/4 cup Parmesan cheese. Transfer to a 12-in. pizza pan coated generously with cooking spray; spread to an 11-in. circle.
2. Bake until golden brown, 13-16 minutes. Reduce oven setting to 400°. Sprinkle with remaining mozzarella cheese; top with tomatoes, onion, pepper, herbs and remaining Parmesan cheese. Bake until edges are golden brown and cheese is melted, 10-15 minutes. Sprinkle with chopped fresh basil, if desired.

<https://www.tasteofhome.com/recipes/zucchini-crust-pizza/>

## The Original Source of Insulin, Beef and Pork?

Insulin in the 1920s was initially extracted from the pancreas of a cow or pig. Eli Lilly in Indianapolis was the only licensed producer of insulin, naming it Iletin. Both beef- and pork-derived insulin are nearly identical to human insulin, and can be utilized by our bodies to convert the carbohydrates we eat into energy. More than two tons of pig parts were needed to extract just 8 oz of purified insulin. Today's insulins are created in the lab, cultured from bacteria and yeast through recombinant DNA.



## An Exercise to Try: Yoga with a Chair

### Tree Pose

Focus: Stimulate single leg balance.

1. Stand next to the back of the chair with the chair on the right side of the body.
2. Place the right hand on the chair.
3. Rotate the left leg away from the body and either place the heel above the ankle, or the entire foot on the calf muscle.
4. Lift the left arm overhead and hold. Repeat on the opposite leg.



### Foot to Seat Pose

Focus: Stimulates single-leg while practicing a stepping motion.

1. Face the side of the chair.
2. Place the left hand on the back of the chair and step the right foot onto the seat of the chair.
3. Keep the right hand on the hip or lift the right arm over head. Hold and repeat on the opposite side.



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