



DSE QUARTERLY NEWSLETTER

VOLUME 2, ISSUE 1

Spring 2019

Dear DSE Participants,

We have reached out to 85 of the 207 of you who participated in the original CHOICE study. We also have recruited 27 new pairs of people to participate in this new DSE study. Of those 27, 13 are participating with a child/grandchild, 9 with a friend/coworker/neighbor, 2 with a sibling, 2 with other relatives, and 1 with a significant other. We have about another 2 years to complete the study. Now that the weather is warming up, we are hoping to reach out to the next group of you to schedule interviews. If you are due for the interview, you will be receiving a letter in the mail from us within the next couple of days.

We are especially proud of all of you and this study because it is known as a true “community” study. That is, we found you in the community. Listed below are all of the ways that we found the people who participated in the original CHOICE study:

- | | | |
|----------------------------------|---------------------|-----------------|
| •Research Registry | •Bus advertisements | •Direct mailing |
| •Health fair/expo/community days | •Friend/family | •Church |
| •Doctor’s office/clinic/doctor | •Mass media | •Pharmacy |

As always, if you have changed phone numbers or moved, please contact us to let us know how to best reach you. Of course, you always have the choice to opt in or opt out of any research we are conducting.

Hope you are all doing well!

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Diabetes Support Group with UPMC St. Margaret

When: Thursday, March 21st, 6pm-7:30pm

Where: UPMC St. Margaret Cafeteria A&B



The Diabetes Support Group provides informal information sessions on various aspects of living with diabetes. If this date and time do not suit your schedule, you can see other possibilities in April and May online.

Questions about the program can be directed to 412-784-5162 or 412-784-4195.

See the event online at: <https://upmc.asapconnected.com/ClassDetail.aspx?pk=1312593>

Healthy Stuffed Chicken Breast

A healthy dinner to wind down your day!



Ingredients

1 chicken breast
1 oz. low-fat mozzarella
1 artichoke heart (from a can)
1 tsp. sundried tomato, chopped
5 large basil leaves
1 clove garlic
1/4 tsp. curry powder
1/4 tsp. paprika
Pinch of pepper
Toothpicks

Instructions

1. Preheat oven to 365°F. Cut the chicken breast almost halfway through with a sharp knife
2. Chop up the mozzarella, artichoke, basil, tomato, and garlic. Mix to combine and stuff it into the cut chicken breast. Use a few toothpicks to close the chicken breast around the stuffing.
3. Place the chicken breast on a baking sheet or aluminum foil, and season it with pepper, curry powder, and paprika.
4. Bake for around 20 minutes (depending on size of chicken breast).
5. Remove toothpicks before serving!

<https://diabetesstrong.com/stuffed-chicken-breast/>

Total Time: Prep : 5 min. Bake: 20 min.
Recipe is for one serving.

NUTRITION FACTS

Calories	262
Carbohydrate	8.5g
Protein	46.1g
Fat	4.1g
Saturated Fat	1.8g
Dietary Fiber	2.4g
Cholesterol	109mg
Sodium	338.9mg

Do you want to be a 600 B.C. “Water Taster”?

In ancient times, doctors would test for diabetes by tasting urine to see if it was sweet. They consulted intricately designed urine flavor charts that described the sight, smell, and taste of urine. People who tasted urine to check for diabetes were called "water tasters." Other diagnostic measures included checking to see if urine attracted ants or flies. Even as late as 1674, an English doctor named Thomas Willis described diabetic urine as “wonderfully sweet as if it were imbued with honey or sugar.”



An Exercise to Try: Dynamic Stretching

Non Standard Floor Touch

Focus: Stretch hamstrings and promote balance.

1. Walk forwards.
2. As you take each step, pause on your heel and try and touch the ground (or your ankle) while keeping your forward leg straight. Hold the pose for 10-15 seconds. You should feel the stretch in your hamstring.
3. Repeat 10 times for each leg.



Quad + Dip (Challenging!)

Focus: Stretch quads, hips, hamstrings, and promote balance.

1. Stand still and bend your knee so that you are grabbing your ankle behind your back. Use the wall to help you balance initially!
2. Transition from grabbing your ankle upright to simultaneously reaching for the floor with your other



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Visit our website:

<https://www.cmu.edu/dietrich/psychology/gender-relationships-health/index.html>

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