



# ABCs of Diabetes



Indiana University Health

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## WELCOME

Welcome to our **third year** of offering *The ABCs of Diabetes*. We plan to put out a newsletter once per quarter.

### Upcoming Events for 2015-2016

**Monday March 16 – KIDNEY ALERT SEMINAR**  
6-7:30p @ IU Health Goshen Hospital, Diabetes Center (2<sup>nd</sup> floor Heart & Vascular building).

**Monday April 20 – Avoiding Diabetes Drift – Support Group** 10-11am @ Greencroft Community Center

**Thursday April 23 – Supermarket Savvy**  
3-5p @ a local supermarket TBD. Pre-registration required. Space is limited. Call 574.364.2679 to register. Cost is \$7 per person, \$5 in advance.

**Monday May 18 – NUTRITION WORKSHOP**  
6-7:30p @ IU Health Goshen Hospital, Diabetes Center (2<sup>nd</sup> floor Heart & Vascular building).

**Fit Together** – Introducing Your Child To a Fun and Healthy Lifestyle. Age 5-12. Cost is FREE, but space is limited. Register at [www.GoshenFitTogether.org](http://www.GoshenFitTogether.org) or call 574.364.2931.

**Healthy Steps to a Healthy Weight Program** – This class meets for 12 consecutive Tuesdays from 5:30-6:45pm at IU Health Goshen Hospital. Cost is \$150. \*Registration required. Call 574.364.2855 to register or for more information. Next class starts April 14, 2015.

**Fitness Classes & Special Programs** held in The Get Strong Fitness Center at the Retreat, 1147 Professional Drive, Goshen. Please call 574.364.2855 for more info.

### CONTACT US

**Do you have a question or concern?**  
We'd love to hear from you!

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## KIDNEY ALERT!!!

One of the complications with diabetes is kidney disease or nephropathy. **On Monday March 16 we are having Kidney Alert Day!** Dr. Henry Wu is coming to speak to us about this disease at our seminar. See upcoming events for more info.

Our kidneys are remarkable organs. Each kidney is made of hundreds of thousands of filtering units that help remove waste from the body. When the kidneys are working well they process around 200 quarts of blood daily, removing waste products and extra water (around 2 quarts). They work hard! Too high of blood glucose levels can damage these structures and cause them to thicken and become scarred. Slowly over time more and more blood vessels are destroyed. The kidney structures begin to leak and protein begins to pass into the urine.



Not everyone with diabetes will get kidney disease. Factors that can influence kidney disease are genetics, blood glucose control, and blood pressure. The better control of blood glucose and blood pressure the less chance you have of developing kidney disease.

The main sign of kidney failure is persistent protein in the urine. Protein may appear in the urine 5-10 years before other symptoms develop. Some lab tests that may be done are urine albumin, BUN, serum creatinine, GFR glomerular filtration rate and 24 hour urine protein.

To sum up: if you have diabetes KEEP THAT BLOOD GLUCOSE IN GOOD CONTROL, keep blood pressure below 140/90, keep cholesterol in target ranges, be physically active, stop smoking, eat heart healthy foods and cut back on salt, and stop smoking.

## Exercise for Healthier Kidneys

We have all heard of the health benefits for the heart, lungs, muscles, and prevention of diabetes and cancer. But did you know that exercise can help the kidneys stay healthy and prevent disease?

According to recent studies published in the *Journal of the American Society of Nephrology* & the *Research Quarterly for Exercise and Sport*, the following benefits were noted:

- May reduce the risk of incident of kidney stones.
- Significant reduction in kidney function decline in renal patients who engaged in at least 150 minutes of physical activity per week.
- Improved muscle quality in end stage renal patients performing strength training exercises 3 times a week for 12 weeks.
- **Moderate – intensity exercise performed 3 to 5 times per week for 30-60 minutes per session** appears to be effective in reducing elevated blood pressure, thus preserving kidney function.

So no kidding, or (kidney), exercise is great for your kidneys too!

## *NUTRITION FOR KIDNEYS*

The kidneys have the important role of keeping the right balance of nutrients and minerals in the body. In kidney disease the kidneys may not be able to keep this balance. However, following certain nutrition guidelines can help to control the buildup of waste products in the body and slow the progression of kidney disease. Managing your blood glucose and diabetes may also help to slow the progression of this disease.

- 1.) If you have kidney disease, the first step is to **choose and prepare foods with less sodium and salt** to avoid fluid buildup and to control high blood pressure. Sodium is often high in packaged food, canned vegetables and soups, frozen meals, and fast food. Read the nutrition label and limit sodium to less than <1500 milligrams per day.
- 2.) Second, **avoid excessive protein intake** to reduce how hard your kidneys have to work by limiting intake to one protein serving per meal, about 3 ounces. Remember it's important to include a protein source at each meal and snack for better blood glucose control.
- 3.) Continue to **manage your diabetes**. Track the amount of carbohydrate eaten per meal; this should be 2-3 carb servings for women and 3-4 servings for men.
- 4.) Third, choose foods that are healthy for your heart. Reduce intake of saturated fat and **increase omega-3 fats**. Omega-3 fats are found in fish (salmons, canned albacore tuna, mackerel, herring, and others), canola oil, soybean oil, walnuts, flaxseeds, chia seeds, and hemp seeds. Avoid fried foods and buy leaner cuts of meat, such as chicken, turkey, fish, and the loin or round roast of beef and pork.
- 5.) Other nutrients that may need to be controlled are phosphorus, potassium, calcium, and fluid. Meet with a Registered Dietitian Nutritionist (RDN) to learn more about making food choices that are specific to you.

*Sources: National Kidney Foundation, National Institute of Diabetes and Digestive and Kidney Diseases, And Academy of Nutrition & Dietetics.*

## INGREDIENTS:

- 2 cups brown rice (uncooked)
- ½ cup frozen peas
- 2 eggs
- 3 cups cooked chicken (or shrimp)
- 1/2 cup yellow corn (fresh or frozen)
- ½ cup red bell pepper (chopped)
- 1/2 cup carrots (chopped)
- ¼ cup onion (chopped)
- 4 medium scallions
- ¼ cup fresh cilantro
- 1 Tbsp. minced garlic
- 1 Tbsp. lite soy sauce
- 1 Tbsp. ginger root
- 2 Tbsp. canola oil
- ¼ tsp. ground black pepper
- Dash red pepper flakes



## **VEGETABLE RICE MEDLEY RECIPE**

### DIRECTIONS:

1. Prepare rice according to package directions to make about 6 cups.
2. When cooked, heat oil in a large sauté pan or wok. Add diced carrots, minced garlic, minced ginger, onion and red pepper flakes. Cook approximately 1 minute.
3. Add bell pepper, corn, and peas. Cook for approximately 1 minute.
4. Add rice, black pepper, and soy sauce. Cook for approximately 2 minutes.
5. Add eggs and cook egg thoroughly.
6. Toss in sliced scallions and cilantro. Reserve some scallions and cilantro for garnish.
8. Serve & enjoy! 😊



**Nutrition Info:** Per 1 cup (serves about 8). 362 calories, 13 grams fat, 40 grams carbohydrate, 20 grams protein, 305 mg sodium, 4 grams fiber  
Recipe adapted from: National Kidney Foundation