

Wellness News Beat

Winter 2006

Prairie Health Matters Diabetes and Heart Health

Do You Have Leg Pain?

Peripheral Arterial Disease (PAD) also known as Peripheral Vascular Disease (PVD) is narrowing in the arteries in the leg. This narrowing reduces blood flow to muscles, starving them during exercise. Leg pain, most commonly in the calf, that occurs during exercise and improves during a ten minute rest is called "intermittent claudication". **It is the most common sign of (PAD)** and is common among people with diabetes. Other risk factors for PAD are - smoking, being overweight, having high triglycerides or cholesterol levels.

Although leg pain is a major symptom of PAD, it's only the tip of the iceberg. If arteries in the legs are narrow or blocked, it is possible that arteries elsewhere are blocked. Such blockages can lead to heart attack or stroke. Other signs and symptoms include:

- Leg numbness or weakness
- Cold legs or feet
- Sores on your toes, feet or legs that won't heal
- A change in the color of your legs
- Hair loss on your feet and legs
- Changes in your nails



What are the treatments?

1. Reduce risk factors – quit smoking, lose excess weight, control blood sugar and cholesterol levels, reduce blood pressure.
2. Walk – walking is an important part of PAD treatment. Although walking hurts, it won't harm you. Regular exercise of 30 to 45 minutes helps increase the distance you can walk without pain, with maximum benefits occurring after six months. Exceptions to walking are severe lung disease, heart failure or other problems that make exercise unsafe.

When risk factor reduction and exercise are not enough, medication can be used to help improve blood flow and allow muscles to get more oxygen.

Surgery can help some people who have disabling pain or who do not respond to treatment. Unfortunately in people with diabetes this is a less likely option.

Your best option is prevention and early diagnoses. The most effective, accurate and practical method of detecting PAD is a screening called an ankle brachial index (ABI).

Ankle brachial index is found by calculating the difference between your ankle and arm blood pressure readings. You should have this screening done if you:

- ✓ Have symptoms of leg pain
- ✓ Are over 70 years of age
- ✓ Are over 50 years of age and have diabetes, smoke, have high blood pressure, have high cholesterol levels
- ✓ Are obese

News

Cookbook Review Eat, Shrink and Be Merry? By Janet and Greta Podleski



It has been 6 years since the Podleski sisters' cookbook **Crazy Plates** and 9 years since their original best seller **Looneyspoons** was published. In their latest book, the sisters discuss the ever changing nutrition field. Although low fat continues to be the focus of their new cookbook, the emphasis is on "good" fats.

The result is 150 mouth-watering recipes –from ethnic delights like 'Thai Kwon Do' chicken pizza and "The Gift of Crab" coconut crab cakes, to family favourites such as sweet & spicy 'Ponderoasta' pot roast and Italian sausage 'Ooh la la-sagna'.

As an added bonus, Greta Podleski guarantees that all the ingredients are available locally – and if you're wondering what the heck Boca Ground Burger is, the 'cooking tip' section in the margin tells you what you're looking for and what area of the store to look in. As were it's predecessors, *Eat, Shrink & Be Merry* is full of interesting food tips, trivia and corny jokes, making it a fun read. This viewer's only word of caution, besides the surprise at the back of the book, is to be wary of some of the health information provided. Although correct, some of the messages are oversimplified.

Diabetes Medications Glumetza

There is something new in the market for diabetes. It is a new form of an already existing medication. The new product is called GLUMETZA. It is an extended release form of metformin, so it is taken only once daily. It must be taken with food to work properly. The tablets should be taken whole with a glass of water; do not break or crush the tablets. Glumetza is taken with the evening meal. If a dose of Glumetza is missed, it should be taken as soon as possible, with food. If it is less than 10 hours until the next dose is due, then skip the missed dose and go back to the regular schedule. Do not double dose. Glumetza comes in 500 mg tablets.

Glumetza is metformin, so it works as metformin does by improving insulin sensitivity in the liver and muscles and reducing production of glucose in the liver.

The main side effects include stomach upset, diarrhea, nausea and vomiting. The side effects may be reduced by starting with a lower dose and gradually increasing the dose until the blood sugar is lowered. This medication should not be used by those who are hypersensitive to it, have type 1 diabetes, kidney disease, a history of lactic acidosis during pregnancy or have other conditions as listed in the medication information sheets.

Since Glumetza is a new form of an already existing medication, **it is not covered by Pharmacare**. If you have questions about Glumetza, call Prairie Health Matters or speak to your doctor or pharmacist.

Are you interested in reducing or Quitting smoking?

As of November 1, 2005

"Quit 4 You" Tobacco Dependence Program

Is available to the residents of the Brandon RHA area.

Adults thinking about quitting or reducing his or her tobacco use can receive help and support from a trained professional.
You can learn how to quit and stay quit!

Contact Karen @ 578-4207 for more information
or an appointment.



Recipes

Easy Mexican Chicken and Beans (6 servings)

So simply to make and a great source of fibre!

Chicken breast strips, boneless, skinless	1 lb
Taco seasoning mix (25% less sodium)	1 pkg
Black or pinto beans, rinsed and drained	1 can (15 oz)
Whole kernel corn, undrained	1 can (11 oz)
Water	1/4 cup
Red and green pepper, chopped	1/3 cup

Spray 10-inch nonstick skillet with cooking spray. Cook chicken in skillet over medium-high heat 8 to 10 minutes, stirring occasionally, until no longer pink in center.

Stir in seasoning mix, beans, corn peppers and water. Cook over medium-high heat 8 to 10 minutes, stirring frequently, until sauce is slightly thickened. Serve with tortillas.

Don't forget to rinse the beans to lower the salt content. You can further reduce the sodium by cooking the beans from scratch.

Adapted from: Betty Crocker's Diabetes Cookbook

1 serving
Calories 223
Fat 3.3 g
Fibre 8 g
Sodium 453 mg
Protein 25 g
Cholesterol 46 mg
Carbohydrate 32 g



Great Mozza & Vegetable Chowder (Serves 6)

Satisfying, tasty and filled with bone-building nutrients

Light margarine	1 tbsp
Onion, medium, chopped	1
Cauliflower, broccoli, carrots (finely chopped)	2 cups of each
Chicken broth, sodium reduced (ready to use)	500 ml
Skim milk	2 cups
Flour	1/4 cup
Mozzarella cheese, reduced fat	1 1/2 cup

Melt margarine in large saucepan. Cook onions, stirring over medium high heat until tender. Add chopped vegetables and undiluted chicken broth. Bring to boil.

Reduce heat, cover and simmer until vegetables are tender—about 10 minutes. In bowl: whisk milk into flour, little by little, until smoothly combined. Add to saucepan, stirring. Cook and stir over medium heat until mixture boils and thickens.

Remove from heat. Add 1 cup (250 ml) cheese, stirring until cheese melts. Sprinkle each bowl with remaining cheese before serving and enjoy.

Adapted from: Chatelaine November 2005

1 serving
Calories 206
Fat 6.6 g
Fibre 3.8 g
Sodium 439 g
Protein 15.4 g
Carbohydrate 22.5 g



DO YOU OR SOMEONE YOU KNOW HAVE TYPE 1 DIABETES?

An education event for adults with type 1 diabetes will occur on:

Bring your questions



Wednesday March 8th
7 - 9 PM
Central United Church
327 - 8th St. Brandon, Manitoba
Call 728-2382 to register

Topics: An overview of insulin regimes and insulin to carbohydrate ratios

Co-sponsored by Canadian Diabetes Association and Prairie Health Matters

Ask the expert

How does Nicotine Gum work and how do you use it?

Nicotine Gum is a form of nicotine replacement therapy. It is a gum like product that delivers nicotine through the lining of your cheeks to lessen the symptoms of nicotine withdrawal (cravings, irritability, anxiety).

Nicotine gum will not give you the same amount of nicotine as smoking and allows you to gradually do away with your body's need for nicotine. It will let you focus on changing behaviours that go with tobacco use. You need to have a plan to cope with urges to smoke.

Which Nicotine Strength is Right for You?

- Use nicotine gum 4 mg if you smoke 25 cigarettes or more per day
- Use nicotine gum 2 mg if you smoke less than 25 cigarettes per day



How to Use Nicotine Gum

Nicotine gum is no ordinary gum, it is a medicine.

- ✓ **Bite - Bite** - slowly a few times
- ✓ **Park it** – for a minute, between your cheek and gum to allow for release and absorption of nicotine
- ✓ **Repeat Bite. Bite. Park** – park the gum in different places in your mouth.
- ✓ **Discard** the gum after 30 minutes

Use nicotine gum on a regular schedule or when you have an urge to smoke.

For more information on nicotine replacement therapy or to make an appointment to discuss your smoking reduction/cessation plan, call Karen Fisher @ 578-4207, Quit 4 You Tobacco Dependence Program.



Wellness Newsbeat is a newsletter designed to inform clients of Prairie Health Matters of current diabetes and heart health information.

Wellness Newsbeat is published in the fall, winter and spring. We would welcome any suggestions for further items. Send your thoughts or comments to:

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