

Diabetes and Heart Health

Are you at Risk for Diabetes?

There are many factors that can increase your risk of developing type 2 diabetes. Some risk factors include family history, high blood pressure, being overweight, and having impaired fasting glucose or impaired glucose tolerance, otherwise known as prediabetes.

Prediabetes is when blood sugar levels are higher than normal but not high enough to be considered diabetes. The Public Health Agency of Canada (PHAC) estimates that prediabetes affects 1 in 5 people in Canada and without intervention; 30 - 60% of people with prediabetes will develop type 2 diabetes within 6-8 years. Research has shown that if steps are taken to manage blood sugar levels when a person has prediabetes, they can delay or even prevent type 2 diabetes from developing.

People at a high risk of diabetes are lucky if they are born in Finland. This Nordic country has created a simple questionnaire called the FINDRISC, which can effectively determine the 10-year risk of type 2 diabetes and can also detect many cases of previously undiagnosed type 2 diabetes. The luckiest are found even before the diabetes has been diagnosed, because it is known that at this stage the disease can be preventable.

Currently in Canada, screening efforts to prevent type 2 diabetes are mostly limited to passive case findings at the doctor's office, where persons are screened for diabetes as part of some other health care visit. PHAC aims to actively screen people with the intent to promote early detection and empowerment of persons at high risk to seek further testing and physician diagnosis.

PHAC has developed a modified version of a Finland's screening questionnaire (FINDRISC) called the CANRISK. The CANRISK tool consists of the original items on the FINDRISC questionnaire, plus additional items to reflect Canada's multi-ethnic context. Pilot projects are running across Canada to test the CANRISK and see if it works as well as the FINDRISC.

The Brandon Regional Health Authority in partnership with Manitoba Health and Healthy Living is excited to be part of this opportunity to have a pilot project running right here in Brandon. Upstream Screening for Prediabetes and Undiagnosed Type 2 Diabetes research project is looking for 1000 individuals without diabetes to participate.

Participation entails filling out the CANRISK questionnaire and having a blood test called an oral glucose tolerance test. This test measures how well your body handles a load of sugar. Participants need to fast overnight (which means having nothing to eat or drink except sips of water) and have a blood sample taken from their arm in the morning.

Participants will then have a sweet orange sugar drink. After 2 hours another blood sample will be taken from their arm. Following the blood test, each participant receives \$20.00. Everyone receives a copy of their blood test results and a copy is also sent to their doctor. For more information or to volunteer, please call 571-8486.

What's going on!



MOVING BEYOND
MOVING BEYOND
Arthritis Conference
Saturday, September, 27, 2008
8:30 AM~4:00 PM
UCT HALL~Keystone Centre
Brandon, Manitoba

Presented by

The Arthritis Society
Manitoba/Nunavut Division


Brandon Regional Health Authority

Arthritis can turn simple, everyday tasks into painful ordeals. Learn the latest news and discover practical ways to outsmart the disease!

Call the Manitoba Arthritis Society toll free at:
1-800-321-1433 to register.
Fee of \$30.00 includes: breakfast, lunch, and

ARTHRITIS - FIGHT IT!

GET BETTER TOGETHER! A program for living better with chronic disease

Are you sick and tired of being sick and tired? Or, are you managing well and want to stay that way? Get Better Together! is for you.

A free program for people living with any kind of ongoing health problem. Six weekly session will help you learn to manage your condition better and cope with the challenges. Programs are led by an instructor also living with a health condition.

To register, call 571-8455.

To find out more information or to ask about becoming a Get Better Together! Leader, call 571-8398.

FALL SCHEDULE

- Sept 16 - Oct 28, Tuesdays, 6:30 - 9 PM
McDiarmid Drive Alliance Church, 635 McDiarmid Drive
- Oct 9 - Nov 20, Thursdays, 1 - 3:30 PM
West Lounge, Brandon Regional Health Centre, 150 McTavish East.
- Oct 29 - Dec 3, Wednesdays, 3:30 - 6 PM
7th Street Health Access Centre/Community Kitchen, 20 - 7th

World Record Title for Canada!

Guinness affirmed Canada as the new World Record holder for the largest number of people walking one kilometer at the same time. On **October 3, 2007**, with 231,635 participants, Canadians smashed Australia's 2006 record of 100,915 walkers.

Included in the official record were **1,310 walkers from 10 Brandon sites!** Another 10 Brandon sites also held unofficial walks on the same day and time, with a combined total of **over 3000 Brandonites** walking at the same time!

Australia hopes to reclaim the title in 2008, so get ready for a rematch in 2009!

The Walking Capital of Canada – Brandon takes the challenge!

Officials from Brantford, Ontario and Brandon, Manitoba have self-declared their communities as the "Walking Capital of Canada." Healthy Brandon *in motion* has challenged Brantford to see where the shoe really fits!

On October 1, 2008, the two cities will go "foot to foot" to rightfully earn the title. Who will have the most people walking thirty minutes on that one day?

Watch
www.brandoninmotion.ca
for more information



GOTCHA!

"Get off the Couch" Healthy Activity Program

"GOTCHA" is a FREE program that helps you become more active during your day. A **pedometer** and group meetings motivate you toward reaching your goals.

The 12 week program includes 4 group sessions, 8 weeks of self motivation and a reunion on the 12th week to review goals and celebrate.

Next program (4 weeks of group sessions):

Dates: Thursdays beginning Oct 30, 2008
Place: Prairie Health Matters -Town Centre, Brandon
Time: 6:30 - 8:30 p.m.

To register, call: 571-8357

Recipes

Curried Beef with Yellow Split Peas and Root Vegetables

Canola Oil	1 tbsp
Boneless sirloin steak cut into 1" pieces	1 lb
Onion, coarsely chopped	1 large
Carrots, coarsely chopped	2 large
Celery, coarsely chopped	3 stalks
Garlic, finely chopped	1 clove
Salt	1/2 tsp
Pepper	1/4 tsp
Curry powder	2 tsp
Tumeric	1/2 tsp
Lime juice	2 tbsp
Water	2 1/2 cups
Yellow split peas	3/4 cup
Raisins (optional)	1/3 cup
Cilantro or parsley, freshly chopped	1/4 cup
Or dried parsley	1 Tbsp
Rice	

Heat oil in large saucepan, over medium heat. Add beef and chopped vegetables and garlic. Cook and stir over medium high heat until meat is no longer pink, about 7 minutes.

Add salt, pepper, curry powder and tumeric and cook 1 minute longer. Add lime juice and water. Cover and simmer over low heat 30-35 minutes. Add split peas.

Cover and simmer over low heat 45 minutes or until split peas are just beginning to fall apart and the meat is tender. Add raisins about 5 minutes before cooking time is complete.

Just before serving, stir in 1/4 cup chopped cilantro. Serve over rice.
Makes 5 servings

Pulse Canada 

Source: Pulse Canada

Per serving: Including 1/2 cup cooked rice

Calories	387
Fat	11.9 g
Protein	24.7 g
Carbohydrates	46.7 g
Fibre	2.9 g
Cholesterol	49.5 mg
Sodium	324 mg

The Yellow Bows of Texas

Turkey, skinless, ground	1 lb
Onions, chopped	1 cup
Garlic clove, minced	1
Green bell pepper, diced	1 cup each
Tomato sauce, no salt added	1 1/2 cups
Salsa	1 1/2 cups
Black beans, drained and rinsed	1 can
Chili powder	1 1/2 tsp
Cumin, ground	1 tsp
Oregano, dried	1/2 tsp
Pasta, bow-tie, uncooked 12 oz	7 cups
Sour cream, low fat	1/2 cup
Cheddar cheese, reduced-fat sharp, shredded	1/2 cup
Onions, green, chopped	1/2 cup

Spray a large, non-stick skillet with non-stick spray. Add ground turkey and cook over medium-high heat until no longer pink. Break up any large chunks with a fork. Add onions, garlic, green pepper and carrots. Cook and stir for 4 to 5 minutes, until vegetables have softened.

Stir in tomato sauce, salsa, beans, chili powder, cumin, and oregano. Bring mixture to boil, then lower heat and simmer for 10 minutes, stirring occasionally.

Meanwhile, prepare pasta according to package directions. Drain well. Divide pasta among six serving plates. Ladle chili over pasta. Place a dollop of sour cream in the center, then sprinkle with cheese and onions. Serve immediately.
Makes 8 servings



Source: Crazy Plates Cookbook

Per serving:

Calories	331
Fat	4.6 g
Protein	25.9 g
Carbohydrates	49.2 g
Fiber	3.7 g
Cholesterol	32.5 mg
Sodium	350 mg

Weight Management Classes

A series of 8 classes starting Sept 22nd at 6:30 pm
No fee, call 571-8357 to register
Space limited!

Ask the expert

What is Specialty Compounding?

Specialty compounding helps pharmacists and doctors meet the individual needs of their patients. By compounding or mixing medications into creams, suspensions (liquids), suppositories, lollipops, gummi bears, or lozenges, pharmacists are able to help solve problems that are associated with everyday medication use. Suspensions, lollipops, or lozenges may help a person who is unable to swallow a tablet or capsule. Gummi bears and suspensions can be flavoured to make a medication more appealing to a young child. Creams can be used to deliver medications through the skin to bypass many side effects related to oral medication use.

How can specialty compounding help with chronic pain?

Specialty compounding for pain management may include all of the above mentioned products, however, topical creams are used most often. Through the use of a cream, pain is relieved by application to sites called trigger points. A trigger point is a spot on the body that may be painful as a result of an injury, or cause pain when touched or moved. Take for example, a person who has a lower back injury with pain traveling down one leg. A cream may be applied to the lower back (where the injury occurred), as well as various points down the leg or even the foot. The application of a cream to multiple sites can help stop the transmission of pain impulses throughout the body – in the above case, prevent pain from traveling down the leg.

Topical creams may be used as additional therapy along with a person's oral medications or alone to help treat pain. As supplemental therapy, a person may use a cream when needed to help treat breakthrough pain, when oral medications wear off. A cream may also be used regularly to possibly decrease the amount of oral medication required. Alone, cream formulations may be used if a person is unable to tolerate an oral medication due to a bothersome side effect such as stomach upset, drowsiness, or dizziness.

Overall, specialty compounding provides people with another option when it comes to pain management.

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Wellness Newsbeat is a newsletter for people with chronic illness providing information on lifestyle management. Wellness Newsbeat is published in the fall, winter and spring. We would welcome any suggestions for further items. Send your thoughts or comments to:

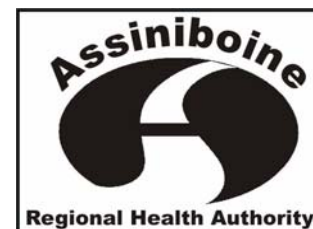
Wellness Newsbeat
C/O Prairie Health Matters
Diabetes and Heart Health Promotion
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Brandon, MB R7A 6N5
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Let us know if you would like to receive future newsletters via email.

Past editions are available at www.brandonrha.mb.ca and www.phm.brandonrha.mb.ca



BRANDON REGIONAL HEALTH AUTHORITY



Regional Health Authority



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