

Diabetes and Heart Health

Spring 2008

Self-Management

“Self-Management” is fast becoming a Health Care phrase you will be hearing a lot now and in the future. With the increasing number of people living with chronic diseases they will be expected to play a bigger role in the management of their health. By learning all you can about your condition, the different medications, treatments and health care services available, you can become a self-manager.

Chronic disease self-management can help you by giving you the training and skills to:

- Manage pain and fatigue
- Exercise
- Eat healthy
- Understand medication use
- Manage anger, fear, and frustration
- Solve health-related problems
- Evaluate alternative treatments
- Better communicate with the health care team

Your *Health Care Team* may include any of the following:

- Doctor
- Nurse
- Dietitian
- Physiotherapist
- Occupational Therapist
- Pharmacist
- Psychologist
- Social Worker



The role of the health care team is to educate, coordinate, and help you live a normal life. But remember, this is a joint effort with you in the lead.



Forming a Partnership with your Health-Care Team

Living with a chronic disease will increase your need to see your doctor and other members of your health-care team regularly. It is important for you to develop a good relationship with them. As a partner with your health-care team you increase the benefits from your treatment plan by:

- Better understanding your disease and how to manage it.
- Better understanding of how your disease affects your life.
- Increased self-confidence in your ability to perform daily tasks.
- Improved health and function.
- Decreased pain and depression.
- Overall satisfaction with treatment.

How to Form a Partnership with your Health-Care Team?

By taking a more active role in managing your disease you can turn your medical relationships into a partnership by:

- Making decisions with your health-care team.
- Telling the health-care team how your disease impacts your life.
- Learning as much as you can about your disease and how it affects you and your family.
- Following the treatment plan that you and your health-care team develop.
- Asking questions if you are not sure, so you fully understand.
- Keeping track of your progress of your treatment plan.

Prehab Clinic

The Prehab Clinic offers individuals education and exercise classes to help manage living with osteoarthritis of the hip or knee.

The purpose of the classes is to help individuals improve their health and/or prepare them for successful joint replacement surgery. Clinics are held every Tuesday and Thursday. To attend you must be referred by your family doctor or surgeon.

Group or individual sessions are lead by one of the following health care team members:

- Doctor
- Nurse
- Dietician
- Physiotherapist
- Occupational Therapist
- Pharmacist
- Psychologist

The goal of the Prehab Clinic is to improve the individual's knowledge base, nutritional status, level of fitness and function and quality of life.



Point of Purchase Nutrition Programs

Point of Purchase (POP) nutrition programs help you choose healthier foods at the “point of purchase” or where you purchase food such as grocery stores, restaurants, cafeterias, workplaces and schools. Each POP nutrition program uses different symbols to identify healthy food choices.

POP nutrition programs were developed based on buyer demand. Studies have found that 80% of grocery purchasing decisions are made in stores and that 93% of Canadians want to see nutrition information on the foods they buy.

A potential benefit of POP nutrition programs is an increased understanding of nutrition while purchasing food. A potential drawback is that nutritious products that are not part of a POP nutrition program may be viewed as being unhealthy or bad. Another disadvantage is a lack of standardization between the POP nutrition programs. Each program has its own criteria for inclusion, which may be confusing to buyers when trying to select healthy choices.

The following is a summary of the Point of Purchase nutrition programs at local grocery stores:

Point of Purchase Program	Number of products	Website
Health Check™ (Heart and Stroke Foundation of Canada)	Over 500	www.healthcheck.org
Eating Right™ (Safeway)	Over 100	www.eating-right.ca
General Mills Goodness Corner™	Unknown	www.generalmills.ca
PepsiCo Smart Spot™	Over 130	www.smartspot.ca
President's Choice Blue Menu™ (Superstore)	Over 340	www.presidentschoice.ca
Compliments balance – e`quilibre (Sobey's)	217	www.compliments.ca
Kraft Sensible Solutions™	Unknown	www.kraftcanada.com



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The Live Smart Diabetes Expo offers informative presentations, demonstrations, a tradeshow and an “Ask the Experts” area so you can talk one-on-one with healthcare professionals.

Recipes

The Benefit of the Dough

*Quick-rising, whole wheat and ground flax pizza dough
No doubt about this dough! The best tasting healthy pizza
crust you've ever tried.*

Flour all purpose	1 cup
Whole Wheat flour	1/2 cup
Flax meal or ground flaxseed	2 tbsps
Fleishmann's quick rising yeast	1 envelope
Salt	1/2 tsp
Very warm water	2/3 cup
Olive oil	2 tsp
Liquid honey	2 tsp
Olive oil cooking spray	
Cornmeal	1 tbsp

- In a medium bowl, combine both flours, flax meal, yeast, and salt. Mix well.
- Measure warm water in measuring cup, then stir in olive oil and honey. Pour mixture over dry ingredients and mix using a wooden spoon to form a ball.
- Turn dough out onto a lightly floured surface. Knead for 2 minutes. Spray another medium bowl with olive oil spray and place dough inside. Cover with plastic wrap. Let rise in a warm place until double in size, about 20 minutes.
- Meanwhile, spray a 12-inch pizza pan with olive oil spray and dust with cornmeal.
- When dough has risen, turn out onto a lightly floured surface and, using a rolling pin, roll dough onto a 12-inch circle. Transfer dough to prepared pizza pan.
- You can top it with your favourite toppings at this point and bake in a 425 F oven for about 15 minutes.
- Or, prick crust in several places with a fork and bake untopped for 6 minutes. Remove crust from oven, top with your favourite sauce and toppings, then slide pizza directly onto middle oven rack and bake for an additional 8 to 10 minutes.

Makes 1– 12 inch pizza crust (1/8 crust per serving)

Calories	122
Total fat	2.8 g
Protein	4 g
Carbs	21 g
Fiber	2.6 g
Sodium	148 mg
Saturated fat	0.3 g
Cholesterol	0 mg



Source: Eat, Shrink and Be Merry by: Janet and Greta Podleski

Best Ever Chocolate cookies

Preheat oven to 350 F (180 C) Baking sheets, ungreased

Flour (All purpose)	1 cup
Cocoa powder, unsweetened	1/2 cup
Baking soda	1 tsp
Salt	1/4 tsp
Eggs	2
Margarine, softened	1 cup
Packed brown sugar	3/4 cup
Quick Cooking rolled oats	1 1/2 cups
Bran Cereal (not flakes)	1 cup
White chocolate chips	3/4 cup

- In a small bowl, sift flour, cocoa powder, baking soda and salt.
- In a large bowl, beat eggs, margarine and brown sugar. Fold in flour mixture. Stir in oats, bran cereal and chocolate chips.
- Drop dough by heaping tablespoons (15 ml), about 2 inches (5 cm) apart, onto baking sheets.
- Bake in preheated oven for 7 to 9 minutes or until just crisp. Let cool on baking sheets on a wire rack for 5 minutes, then remove to rack to cool completely.

Makes 42 cookies per serving (1 per serving)

Calories	103
Fat	6.0 g
Protein	1.6 g
Carbs	11.8 g
Fiber	1.3 g
Sodium	16 mg
Calcium	20 mg
Iron	0.7 mg



*Source: Simply Great Food, Robert Rose, Inc. 2007
Dietitians of Canada*

Ask the expert

Pain CAN Hurt You

I have heard recently that I should not try to “tough it out” when I have pain. Can you please explain!

Answer:

You know that pain warns you, teaches you and makes you ready to fight or flee. But did you know that it can hurt you more than the “ouch?” Pain is a natural response of our body to harmful or potentially harmful stimuli and we rely on it to help us survive. However, after the warning, it can cause some unwanted and unneeded havoc.

The “fight or flight” response or stress response happens when a person has an injury or pain. It’s effects can include:

- increased work of the heart
- increased blood sugar levels and decreased insulin levels
- inflammation
- reduction of the immune response.

This increases the risk of post-operative infections.

Pain causes suffering; pain and suffering are not the same thing. Severe pain and or prolonged pain can lead to suffering.

Pain can lead to damage to the nervous system resulting in pain continuing even after the cause is removed.

Examples of such conditions include:

- post-shingles pain
- phantom limb pain
- painful diabetic neuropathy
- complex regional pain syndrome

Early and aggressive pain therapy can help to avoid changes or damage to the nervous system.

(References available on request)

Submitted by: *Beverley J. More RN Pain Management Resource Nurse*
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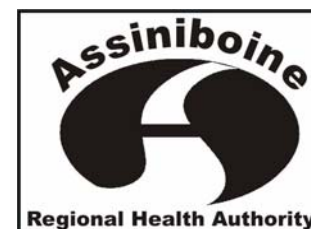
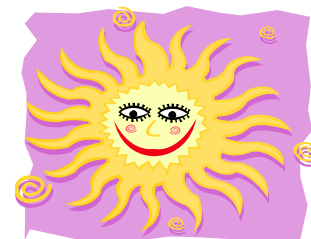
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