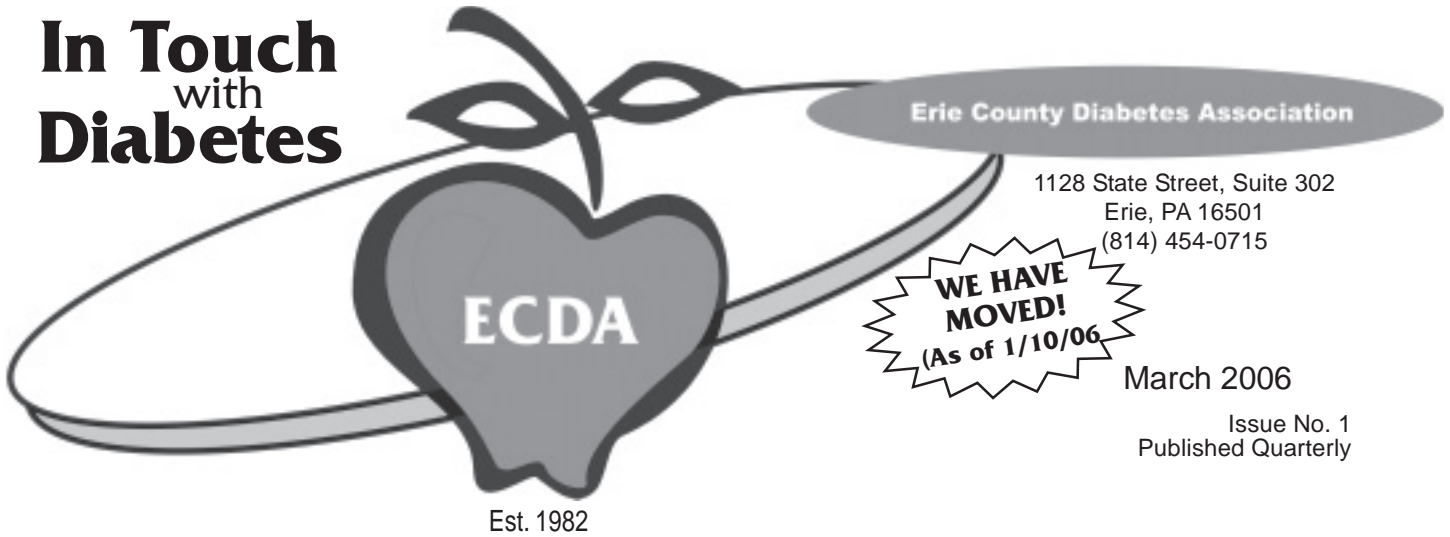


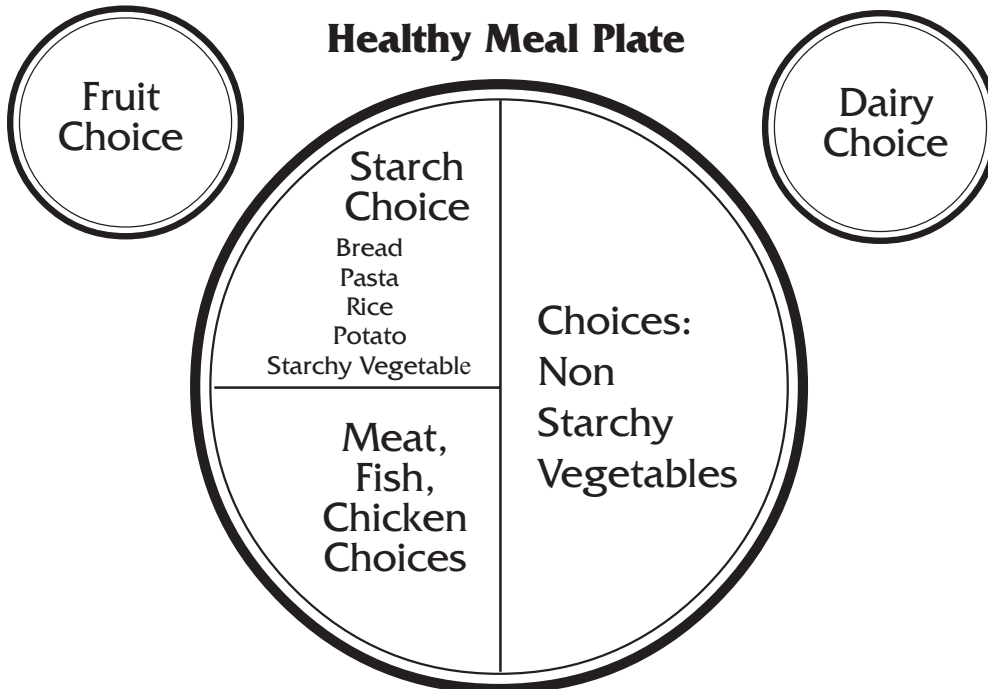
In Touch with Diabetes



— SPECIAL ISSUE —

SOUND THE DIABETES ALERT!

Does Your Plate Look Like This?



If your main meal plate does not look like the one above, take steps to setup your next main meal plate like the example. You would be amazed how this simple approach can help you to eat healthier and even lose weight. Give it a try.

How Is Your Healthy Plate I.Q.?

1. What are some examples in the Dairy Group?
2. Name some non-starchy vegetables.
3. Name some starchy vegetables.
4. A serving size of meat, fish or chicken would look like what?
5. How can you get more fiber in your meal plan?

(see answers on page 7).

Be a Diabetes Detective In March

Give the risk test in this newsletter to a family member, friend or co-worker to help them identify if they are at risk for Diabetes. If they score 10 or higher, encourage them to ask their doctor to order a FASTING BLOOD SUGAR.

ECDA Services

- Information and referral help line.
- Complimentary quarterly newsletter.
- Mailing of Diabetes literature.
- Support groups.
- Books and video lending library.
- Community talks.
- Participation in health fairs.
- Distribution of diabetes risk tests.
- Distribution of supplies for the uninsured or underinsured, as available.
- Promotion of Diabetes community events.

FACT ...

Believe It Or Not ...

Average Annual Medical Expenses
Person without Diabetes ... \$2,560
Person with Diabetes \$13, 243

Source: Centers for Disease Control

In Touch with Diabetes
is published quarterly by the
Erie County Diabetes
Association, Inc.
1128 State Street, Suite 302
Erie, PA 16501
www.diabeteserie.org
(814) 454-0715



Where Can I Be Tested For Diabetes?

Take the diabetes risk test included in this newsletter or call ECDA and the nurse will review the test with you.

Ask your family doctor to order a fasting blood sugar test.

Ask your doctor when the last time your fasting blood sugar was checked especially if you are over 40, overweight, and have a family history of Diabetes. For this test, you need to fast for 8-10 hours and the blood needs to be analyzed by a laboratory.

Blood sugar “screenings” alone cannot diagnose Diabetes. Screenings are available throughout the community. A 2 hour fast (nothing to eat or drink for 2 hours) is needed. A finger stick will be done. The results should be no higher than 140 two hours after eating. There may be a charge for the screening. Call the Erie Center on Health and Aging for screening locations and times at 453-5072. Remember this is only a screening. Follow-up with your physician is extremely important.

By Request ...

(limit 2)

Call ECDA at 454-0715 and request your choice of articles.

- Glucagen-lifesaving treatment for severe hypoglycemia (low blood sugar reaction).
- Exubera: Inhaled Insulin
- Recipe: Flavorful Soft Tacos
- Recipe: Hearty Beef Stew
- Parents Attitudes Toward Their Child’s Eating Habits
- Childhood Obesity
- Ten Ways To Keep Kids free of Type 2 Diabetes
- Recipe For Disaster: What Is Causing The Diabetes Epidemic?
- Starting A Weekly Walking program
- Learning How To Change Habits
- Taking Charge of Your Diabetes and Your Heart
- Voucher for a free blood sugar screening in March. Must be 18 or older, not have Diabetes, score 10 or higher on the risk test and not have health insurance. (must speak with ECDA nurse).

Great Lakes Diabetes Institute

Excellence in Education and Technology

Diabetes Expo 2006

- Free Community Event
- Diabetes Experts
- Product Exhibits
- Free Samples
- Free Information

Knowledge is Power.

Tuesday, March 28 • 2:00 p.m. - 6:00 p.m.
Erie Shrine Club • 2525 West 38th Street, Erie PA

2:30pm Food for Thought: Eating Healthier Carbs
Jill Brooks, RD, CDE

4:00pm Neuropathy: Current Trends and Treatment
Jay Moritz, DPM

5:00pm Medication Update
Anne LaRoche, MD



Diabetes Expo 2006

For more information call (814) 877-6543



Erie County
Diabetes Association

Great Lakes
Diabetes Institute
Excellence in Education and Technology

Wegmans

Community Support = ECDA's Lifeline

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Annual Dinner 2006

On Thursday, March 30, 2006, at 6 p.m., (cocktails at 5:30 p.m.) the Erie County Diabetes Association will hold its Annual Dinner at Porters of Union Station, 123 West 14 Street. Special feature of the dinner will be Sounding The Diabetes Alert with a novel interaction tool with the audience. ECDA's programs and

services to the community plus 2006 financial goals will also be presented to the public at this event. Volunteers and others will also be specially recognized for their service to the mission of the ECDA. Donation: \$30.00/person Use the form below to order tickets for the event.

Ideas for Supporting ECDA:

Needy Fund Ongoing
 Annual Fund Drive Spring
 Annual Dinner March 30, 2006
 Bowl-A-Thon October, 2006
 Dancing for Diabetes November, 2006
 Become a "Matching Donor" Call us for details
 Adopt A Charity Have your group, class or business do a fundraising event for ECDA. Call us for more information.

COUNT ME IN AS A SUPPORTER

DATE _____ Place my name on the mailing list for quarterly newsletter.

NAME _____

ADDRESS _____

CITY, STATE, ZIP _____

PHONE NUMBER _____

I would like to help ECDA to serve our community.
 \$5.00 \$10.00 \$15.00 \$25.00 Other _____

Please use donation to support Services for the Needy.
 Donation is given In memory of/In honor of _____

I would be interested in volunteering. Please call me with details.
 Please send me _____ tickets for Annual Dinner. Amount Enclosed _____

For Office Use —
 Business
 Individual
 Primary Group _____
 Newsletter
 Other _____
 Contact Categ _____
 Supplies Donor
 Notes _____
 Newsletter _____
 _____ TY
 _____ DB

Mail form to: Erie County Diabetes Association, 1128 State Street, Suite 302, Erie, Pennsylvania 16501

And More . . .

In Memory

ECDA wants to remember all individuals with Diabetes who have passed away. We have received memorial donations for the following individuals. We extend our deepest sympathy to their families and we sincerely thank all donors for their support.

**October 17, 2005 to
February 6, 2006:**

Joseph & Eva Allen
Paul Allen
Sophie Anderson
Sarah Bartholomew
Richard W. Curtis
Michelle Glass
Ann Hall
William Jackson
Elizabeth Johnson
William Krivonak
(Annual Appeal in memory of)
Judy Peck
Naomi Proper
Chuck Quinlan
Erma Lou Richardson
Norma M. Rodgers
Barbara Sabados
Shirley Kent Smith, Groton, CT
Arthur D. Spiris
Beatrice L. Sproveri
Frances A. Tarbell
Marianne Trott
Dorothy Vergotz
Richard E. Wagner, Sr.
Dorothy Will
Herman Winans

Christmas Gift honoring

Tracy Chipoletti

Christmas Gift honoring

Michaelynn Orlando

A Special Tribute To Frannie Tarbell

On December 18, 2005, our community lost a compassionate and fun loving person and a fantastic registered nurse with a special calling to help those with diabetes. Frannie Tarbell always stepped up to the plate to volunteer with various diabetes events like the Diabetes Expo. She was a loyal supporter of the Erie County Diabetes Association. For the past two years she ran ECDA sponsored diabetes support groups in Union City and Corry. Her contagious smile always calmed even the most frustrated or depressed individuals with Diabetes. She was so practical with her suggestions and people felt her caring presence even when she had to challenge their ways of coping with Diabetes.

Frannie had many nurse colleagues and friends who will always remember her in many special ways. A permanent memorial will be displayed in the Programs and Services room at the Erie County Diabetes Association. It will serve as a reminder to all who enter of Frannie Tarbell, diabetes nurse extraordinaire—a true example of a health professional who was an advocate for people with Diabetes. Thanks, Frannie—you will never be forgotten.

Did You Know?

ECDA is an independent non-profit diabetes organization.

ECDA is not financially supported by the United Way of Erie County, the American Diabetes Association or the Juvenile Diabetes Research Foundation.

All donations received by ECDA remain in our service area which is generally Erie County and the surrounding areas.

ECDA does not sponsor door-to-door or neighbor-to-neighbor fundraising campaigns.

ECDA always welcomes designated donations which are used for particular services such as the newsletter and needy services, for example.

A donation to ECDA can be used for tax purposes as determined by law. A donation is a gift to ECDA which does not include receiving any goods or services.

ECDA encourages donors to designate our organization for memorials as well as in an individual's will.

WANTED: DIABETES ANGELS

Donate blood sugar testing strips that are not expired, lancets, sterile insulin syringes and new blood sugar machines. With your help, we can help those less fortunate. We cannot accept used blood sugar machines or any medications, including insulin.

Gestational Diabetes

Gestational Diabetes is a form of Diabetes that only affects women during pregnancy. It interferes with the body's ability to control blood sugar levels. It usually goes away after the baby is born.

Gestational diabetes is screened for in most women between the 24th to 28th weeks of pregnancy. A woman has a higher risk of developing gestational diabetes if she is over 25, overweight, has a family history of diabetes or belongs to an ethnic group at high risk for diabetes.

Gestational diabetes requires close monitoring and special care for the health of mother and baby. It is not uncommon for the mother to have to be treated with insulin. If blood sugars are not controlled, the baby can be too big at birth.

Gestational diabetes usually occurs in 2% – 5% of all pregnancies and usually disappears at delivery.

Take Home Message: Even though gestational diabetes usually

disappears at delivery, these mothers have a 50-70% chance of developing full blown Diabetes later in life. Taking off excess weight can make a tremendous difference in preventing Diabetes.

Women with gestational diabetes will usually develop it again in future pregnancies. Be sure to have annual checkups with your family doctor and ask to have your blood sugar checked. Remember, the normal fasting blood sugar result should be below 100.

WHAT'S NEW?

Products

Glucagen Hypo Kit. Manufactured by Novo-Nordisk. Used to treat severe low blood sugar reactions when the person with diabetes is unable to respond. Requires no refrigeration. Given by injection by someone in household. Requires a prescription. Learn more at www.glucagenhypokit.com.

Exubera is the first of what will be more inhaled insulins. Manufactured by Pfizer. Recently approved by the Food and Drug Administration. Will be available mid 2006.

Sweet Future is a new line of low carb, low fat, and low calorie ice cream. Being sold currently only in Texas but will soon be available in

other parts of the country. Learn more at www.dolcefood.com.

Dreamfields Pasta. Contains only 5 grams of carbohydrate per serving. Has twice the fiber of regular pasta. Learn more at www.dreamfieldsfoods.com/diabetes

Neurogen. Registered as an over-the-counter medication by the Food and Drug Administration in August 2005. It is topical oil for the relief of pain caused by diabetic neuropathy and shingles. Not currently available in most stores. Learn more at www.neurogen.com or call 888/234-7256

Side Kick. Manufactured by Home Diagnostics. This newest of blood sugar machines is a bottle of 50 strips with a built-in meter. When the strips

are all used, the meter is thrown away. Available at CVS Pharmacies.

Splenda is now available in a Brown Sugar Blend. Available at all grocery stores.

Research

Hip Fractures in Type 1 Individuals. Swedish researchers in a large scale study have found that individuals with Type 1 Diabetes (male and female) are at increased risk for hip fractures. Bone density tests are recommended in order to identify risk and start early treatment.

Services for Women

Booker T. Washington has opened its new Women's Medical Center. The clinic's focus is obstetrics and gynecology. Call 453-5744 for more information.

Ways To Learn More About Diabetes

ECDA – 454-0715. Speak to our certified diabetes educator, Judy Halcom, R.N.
Request “In Touch with Diabetes.”
Free quarterly newsletter.

Self Management Programs: Great Lakes Diabetes Institute, 877-6130.
Corry Memorial Hospital, 814/664-4641. St. Vincent Diabetes Resource Center, 864-0038.

Diabetes Support Groups/Programs: Call ECDA for support group schedule.

TV/Cable/Radio

Watch [dlife](#), Sunday, 7PM, CNBC Channel 32.

Watch [Adelphia Cable Access](#), Channel 17. Check main menu of programs or call ECDA for schedule.
Erie Cable Access, Channel 2. Tune in to “Sailing Along with Diabetes” with host David Devine. Call ECDA for March viewing schedule.

WJET Radio, 1400AM. Tune in every Saturday in March 2006 from 11AM – Noon to “Sound The Diabetes Alert”. Questions can be called in

at 451-1400 while on the air.

Diabetes Resource Guide

Order a free copy of this guide to community resources for Diabetes. Limited quantities available. Developed by NWPARDI (PA Regional Diabetes Initiative).

Internet

www.diabetes.org
www.childrenwithdiabetes.org
www.defeatdiabetes.org
www.mendosa.com
www.diabeteserie.org (ECDA website)
www.dlife.com

Keep Screening

“Free” Kidney Early Evaluation Program on March 31. If you have high blood pressure, diabetes or a family history of kidney disease, be sure to attend. Call ECDA for locations and times.

Diabetes Blood Sugar Screenings

Call the Erie Center on Health and Aging for locations and times at 453-5072. There is a small charge and a 2-hour fast is required.

TIPS FOR HEALTHY EATING

- Eat a variety of foods.
- Watch those portion sizes.
- Use the nutrition label when shopping and preparing food.
- Use olive or canola oil instead of other fats.
- Control the amount of carbohydrates in your meal plan.
- Use herbs and spices in place of salt.
- Cut down on the amount of fats in your meal plan.
- Use artificial sweeteners sparingly-go with natural sources of sugar instead.
- Drink more water instead of soda or juices.
- Get more fiber in your meal plan-it will fill you up.

Wish List

Homemade craft or hobby items to be used as door prizes at ECDA fundraising events.

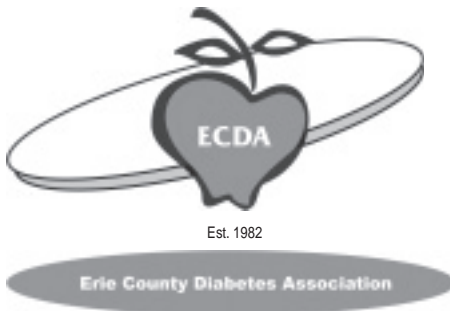
Volunteers Needed

- Mailing of newsletter
- Delivery of newsletter mailing to post office
- Helping at ECDA sponsored events
- Data entry in ACCESS database.
- Assisting nurse with inventory of literature
- Helping out at the Diabetes Expo.

Answers To Measure Your Healthy Plate I.Q.

(From page 1)

1. milk, yogurt, cottage cheese, ice cream, cocoa.
2. green beans, cabbage, asparagus, beets, carrots and most other vegetables.
3. baked beans, corn, peas, lima beans, squash, sweet potatoes.
4. deck of cards.
5. whole grain bread and cereals, fruits and vegetables. Also look for fiber(more than 3 Grams) on the nutrition label.



Non-Profit Org.
US POSTAGE PAID
ERIE, PA
PERMIT NO. 470

Erie County Diabetes Association, Inc.
1128 State Street, Suite 302
Erie, PA 16501
www.diabeteserie.org
e-mail:diabetes@surferie.net
(814) 454-0715
Fax (814) 454-0815



***Tune in at 11 a.m. every
Saturday in March to
“Sound The Diabetes Alert”
radio program on
WJET, 1400 AM.***

MISSION

The mission of the Erie County Diabetes Association is to promote a community awareness about the seriousness and risks of Diabetes in order to facilitate the prevention, early detection and comprehensive management of Diabetes. We believe that our personalized information, support and referral service will promote the health of our community overall.

If You Have Diabetes – Remember Your ABC’s

- A** Ask your doctor to order an A1C.
Ask for the number (expressed as a percent)
Goal should be an A1C below 7.
If the A1C is 7 or more, find out how you can lower it.
A1C of 7 = average blood sugar of 170 over the past 3 months.
- B** Control your blood pressure. Goal is less than 130/80
- C** Control your cholesterol. Goal is less than 200. Also, raise the good cholesterol(HDL)number as much as you can.

**See You At The Diabetes Expo,
Tuesday, March 28, 2-6 p.m.
at the Shrine Club in Erie.**

SOUND THE DIABETES ALERT!

Take the Test. Know your Score.

To find out if you are at risk, circle the points next to each statement that is **true** for you. If a statement is **not true**, circle the zero. Add the points to get your total score.

- | | <u>Yes</u> | <u>No</u> |
|--|------------|-----------|
| 1. According to my height , my weight is equal to or above that listed in the chart to the right. | 5 | 0 |
| 2. I am under 65 years of age and I get little or no exercise during a usual day. | 5 | 0 |
| 3. I am between 45 and 64 years of age. | 5 | 0 |
| 4. I am 65 years old or older. | 9 | 0 |
| 5. I am a woman who has had a baby weighing more than nine pounds at birth. | 1 | 0 |
| 6. I have a sister or brother with diabetes. | 1 | 0 |
| 7. I have or had a parent with diabetes. | 1 | 0 |

Total Points: _____

Scoring 3-9 points:

You are probably at low risk for having diabetes now. But don't just forget about it -- especially if you are Hispanic/Latino, African American, American Indian, Asian American, or Pacific Islander. You may be at higher risk in the future.

Scoring 10 or more points:

You are at greater risk for having diabetes. Only your health care provider can determine if you have diabetes. At your next office visit, find out for sure.

Age: _____

Gender: M F

Race: (check ONE)

- White
 African American
 Latino
 Native American
 Asian American
 Pacific Islander
 Other _____

At-Risk Weight Chart		
Height (ft., in. - no shoes)	Women (lbs.)	Men (lbs.)
4'9"	134	142
4'10"	137	146
4'11"	140	149
5'0"	143	153
5'1"	146	157
5'2"	150	160
5'3"	154	162
5'4"	157	165
5'5"	161	168
5'6"	164	172
5'7"	168	175
5'8"	172	179
5'9"	175	182
5'10"	178	186
5'11"	182	190
6'0"	186	194
6'1"	190	199
6'2"	194	203
6'3"	198	209

The chart above shows weights that are 20 percent heavier than what is recommended for men and women with a medium frame without clothes. If your weight is at or above the amount listed for your height, you may be at risk for diabetes.

WHAT IS THE NORMAL BLOOD SUGAR?

A fasting blood sugar should be ordered by your doctor and done by a laboratory after you have fasted for 8- 10 hours.

RESULTS

Normal blood sugar (no Diabetes) less than 100.

Pre-Diabetes 100- 125.

Diabetes is generally diagnosed 126 or higher

on two different

occasions.

With the most common type of Diabetes (Type 2), the condition comes on gradually over a period of 7-10 years. Therefore, if you are tested and your blood sugar is between 100 and 125, you may have Pre-Diabetes, which means you are starting to develop problems with maintaining a normal blood sugar. It is critical that you take action. Efforts to lose weight and get more exercise can make a tremendous difference. Ask your doctor to refer you to a dietitian. If action is taken, you can reduce your risk of developing Diabetes by about 50%. If no action is taken, you are placing yourself at greater risk of developing Diabetes within 10 years.

WHO SHOULD HAVE THE FASTING BLOOD SUGAR TEST?

- If you score 10 or higher on the risk test.
- If you are age 45 or older”, overweight, get little or no exercise, have a family history of Diabetes.
- If you are under age 45, overweight and **ANY** of the following are true:

Blood pressure of 140/90 or higher.

Cholesterol higher than 200.

Triglycerides higher than 150.

Family history.

History of gestational diabetes.

Get little or no exercise.

Are in one of the high risk ethnic groups

(African American, Hispanic American,

Native American Indian, Latino American)