

In Touch with Diabetes



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Erie County Diabetes Association

1128 State Street, Suite 302
Erie, PA 16501
(814) 454-0715



June 2006

Issue No. 2
Published Quarterly

small steps...BIG REWARDS: *PREVENT DIABETES*

Do you know how to determine if you are at risk for developing Diabetes as well as if you are at risk for heart disease?

Check off any of the following areas that are true for you in order to determine your risk: (If you don't know, you need to find out.)

- ___ Excess fat around the stomach area-more than 40 inch waist in men and 35 inches in women.
- ___ High blood pressure -more than 140/90.
- ___ Smoke cigarettes.
- ___ Fasting blood sugar equal to or greater than 100.
- ___ High level of "bad cholesterol" LDL-greater than 100 (if you have heart disease) or greater than 130 (if you have two or more other risk factors) or greater than 160 (if you have 0 or one risk factor).
- ___ Low level of "good cholesterol" HDL-less than 40 in men and less than 50 in women.
- ___ High triglycerides-greater than 150.

If you are at risk for heart disease and Diabetes, a user-friendly, self-directed program developed by the National Diabetes Education Program may help you. Game plan booklets include:

- Am I At Risk?**
- Game Plan for Prevention**
- Food and Activity Tracker**
- Fat and Calorie Counter**

To order booklets, call 1-800-860-8747 (the National Diabetes Clearinghouse) or go to www.ndep.nih.gov. Take action now to prevent Diabetes, it's never too late to start in the interest of your health.

Eat More Fiber With Whole Grains

- Whole wheat
- Whole oats/oatmeal
- Whole grain corn
- Popcorn
- Brown rice
- Whole rye
- Whole-grain barley
- Wild rice
- Buckwheat
- Triticale
- Bulgur (cracked wheat)
- Millet
- Quinoa
- Sorghum

Source: Agriculture
Research Service

Do you have a question about Diabetes?

Speak to our certified nurse diabetes educator. Call 454-0715.



In The Next Issue

- Personal Success Stories
About Diabetes
- Recipe Collection

Diabetes Etiquette

— William Polonsky, PhD, CDE



If you know someone with Diabetes, maybe you need to keep in mind some helpful “Diabetes Etiquette”. There are things that people with Diabetes would appreciate not hearing.

1. Please don't make comments about my eating.
2. No stories about your relatives with Diabetes.
3. Please don't offer un-requested advice.
4. Don't make me feel different.
5. Don't feel like you need to reassure me.

Remember, it's really impossible to know exactly what a person with Diabetes needs. However, a good start would be to ask them, not tell them.

Source: Diabetes Forecast, March 2006

Hats Off To ECDA

Here are some comments we have received recently, thanking ECDA for its service to the community. If you have a comment on how we may have helped you, please call and let us know.

“I recently received my first ECDA newsletter. I found it to be extremely informative, the best I have ever received”.

“I love the newsletter, especially being able to request articles and also seeing websites where I can get more information”.

“Coming to an ECDA support group has shown me how much I don't know about diabetes. I leave each group with some new piece of information”.

“I have watched the programs that ECDA and the Millcreek Education Center have done on Adelphia Cable Access, Channel 17. Keep them coming. I have learned so much because of the informal and personal way in which the programs were presented”. Note- Numerous positive comments have been received from the community about these shows and we hope to continue producing more programs”.

“Thank you for helping me to find out that there are resources available even though I have no health insurance”.

“I am so grateful for being able to now test my blood sugar thanks to receiving the EZ Gluco meter starter kit from ECDA”.

“I am so glad that I looked in the phone book under Diabetes and found ECDA. I have heard a lot about Diabetes recently and wondered if I could be at risk. I was sent the Diabetes Risk Test and found out that I am at high risk. I have scheduled an appointment with my doctor. Thank you for helping to save my health”.

Legislative Update Senate Bill 1955

It took a long time to pass laws in 46 states to cover diabetes education and testing supplies. Pennsylvania is one of those states. Without question, these 46 states faced their gravest threat yet if this bill had passed in the US Senate. ECDA, as an advocate for the diabetes community, along with many other individuals, called our senators and voiced opposition to the bill, known as the Health Insurance Marketplace Modernization and Affordability Act. It worked. You can read more about this failed legislation by visiting the American Diabetes Association website at www.diabetes.org. Thanks to all who joined in the opposition.

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A Special Tribute To Colette

Colette Garnon, a registered nurse and diabetes advocate for those less fortunate in our community, passed away on April 20, 2006. She was a long time supporter of ECDA's mission and also helped us to spread the word about the seriousness of diabetes to clients that were served by ION Health. She was instrumental in setting up a support group which always included healthy colorful snacks. Attendance was always great. Her quiet, caring manner provided much support to clients. She will be fondly remembered and truly missed. Our sympathy to her family and friends.

Millions of Teens In The U.S. At Risk For Diabetes

About 18.2 million people in the United States have diabetes, including 210,000 people younger than age 20 according to the Centers for Disease Control. Another 1.3 million new cases a year are being diagnosed and the vast majority are Type 2. Previously, the disease was almost exclusive to people over 40. This is no longer the case.

Nearly 2.8 million teenagers in the U.S. could be on the brink of developing Type 2 Diabetes (Pre-Diabetes) and another 39,000 teens might already have the disease.

Weight loss and exercise hold the key to prevention in teens as well as adults. Another area of concern is the excessive intake of soda by teenagers. One can contains about 10 teaspoons of sugar. One study showed that the average teenage boy consumes 7 cans of regular soda daily. New guidelines from the Alliance for a Healthier Generation, William J. Clinton Foundation, the American Heart Association and beverage industry leaders are teaming up on initiatives to curb this problem. Will these initiatives make a difference? Time will tell but a recent study by the America on the Move Foundation found that families who eliminated just 100 calories from their diet each day and walked an extra 2,000 steps were able to lose some weight.

Families are encouraged to add up how many cans of pop are consumed daily and then set some goals for decreasing this amount and increasing the intake of healthier beverages-water is always an excellent choice.

Source: diabetesnews.com

Obesity Risk Starts Early

A study in the British Medical Journal in June, 2005 found that 8 risk factors increased the risk of obesity in children by age 7. The risk factors included:

- Weighing more at birth.
- Sleeping less than 10.9 hours a night at age 3.
- Watching TV more than 4 hours a week at age 3.
- Being in the highest quarter of weight at ages 8 months and 18 months.
- Gaining weight at a high rate in the first year of life.
- Having a higher body mass index that usually starts in children at age 4-6, start early before age 4.
- Having catch up growth between birth and age 2. Catch up growth occurs when growth slows down or stops and then the child grows at a faster rate to catch up to where they should be.

If You Have Diabetes But No Health Insurance...

Tip - Choice is a one time use meter to check your A1C at home. The A1C measures your overall blood sugar control over the past 3 months. Available in most pharmacies. Cost is \$16-20.00.

By Request...(limit 2)

Call ECDA at 454-0715 and request your choices.

- The Diabetes Care Guide.
- Eat Smart Ideas .
- Move More Ideas.
- Get Real: You Don't Have To Knock Yourself Out To Prevent Diabetes.
- Seven Ways To Encourage Your Kids To Exercise.
- The top rated 10 Best Websites for Diabetic Cookies.

Voucher for a free blood sugar screening. Must be 18 or older, not have Diabetes, score 10 or higher on the risk test and have no health insurance. (Must speak with ECDA nurse.)

COMMUNITY SUPPORT =

Ideas for Supporting ECDA:

Annual Dinner 2006	Held March 30, 2006. Net proceeds \$1,474.00
Needy Fund	Ongoing
Annual Fund Drive	Until July 31, 2006
Bowl-A-Thon	October 21 and 22, 2006
Become a "Matching Donor"	Call us for details
Become a monthly donor	You can identify the amount you would like to give and ECDA will send you a monthly reminder.
Adopt A Charity	Have your group, class or business do a fundraising event for ECDA. Call us for more information.

YOUR DONATION CAN MAKE A BIG DIFFERENCE!!



Many ECDA Supporters have asked us to outline how their financial donations could support the ECDA mission. Below you will find a breakdown of how every donation can make a difference in the lives of residents of Erie County and our region. Take this opportunity to identify what dollar amount you can send to support ECDA.

INDIVIDUAL DONATIONS

\$1.00 donation	ECDA can mail a packet of information to one person who calls the office.
\$5.00 donation	ECDA can provide 2 boxes of lancets for an uninsured individual. <i>If every individual currently receiving our newsletter (3200 people) would send a \$5.00 donation, ECDA could expand its newsletter distribution.</i> ECDA can send a quarterly newsletter to one individual for one year. ECDA can provide a voucher for a free blood sugar screening for an uninsured person at risk for Diabetes.
\$10.00 donation	ECDA can provide 1 box of 100 syringes for an uninsured individual.
\$15.00 donation	ECDA can purchase a video or book for our lending library.
\$20.00 donation	ECDA can provide a starter blood sugar testing kit which includes the meter, 100 strips, lancing device and 200 lancets and personalized appointment with our Nurse for an uninsured individual. ECDA can schedule an individual appointment with our nurse to discuss the ins and outs of diabetes self management with an uninsured individual. ECDA can offer a complimentary voucher for attending an ECDA program which has a cost.
\$25.00 donation	ECDA can provide a one hour support group or community talk.
\$50.00 donation	ECDA can distribute 1,000 Diabetes Risk Tests in the community.
\$100.00 donation	ECDA can distribute a quarterly newsletter to 20 individuals for one year.

Are You An Online Shopper?

Your shopping experience can support ECDA.

- Free signup.
- ECDA receives a percentage of your purchases through iGive.com/ECDA.
- Great deals on merchandise.

**For More Information
See insert and visit**

www.iGive.com/ECDA

ECDA'S LIFE LINE

In Memory

ECDA remembers 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.

February 9, 2006 to May 8, 2006:

David Balzer
Richard Byrd
Mary R. Camera
Julia Cottrel
Marjorie Weber Prebeck Derby
Colette C. Garnon
Marjorie Good
Dale Haggerty
Bernice Proper Kimmy
Shirley J. Alward Lewis
R. Bruce Simpson
Mary Ellen Sparks
Raymond A. Warren



Angels For Diabetes Drive

From June 1st through July 1, ECDA encourages you to donate one or more of the following items:

- Box of blood sugar testing strips that are not expired.
- New lancing device.
- Box of lancets.
- Box of sterile insulin syringes.
- New blood sugar machine.
- Insulin pump supplies.
- Choice A1C testing kit.

All of these supplies will be used to help those with diabetes in our community who are without health insurance. With your help, we can help those less fortunate. We cannot accept used blood sugar machines or any medications, including insulin.

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.



Erie County Diabetes Association

What's For Lunch?

TURKEY WALDORF SALAD

- 4 cups cubed cooked chicken or turkey
- 4 egg whites from boiled eggs
- 1-1/2 cups halved grapes
- 3/4 cup sliced green onion
- 1/2 cup fat free Mayo
- 1/4 cup non-fat sour cream
- 1 T mustard
- Onion powder
- Celery seed
- Paprika
- Pepper
- Serves 6: 3 meat, vegetable, fruit



What's New?

“Shaping America's Health”

is a new online newsletter devoted to Weight Management and Obesity Prevention. It is part of a new initiative of the American Diabetes Association to combat the obesity epidemic that faces our country and our community as well. Visit www.diabetes.org to subscribe to the newsletter.

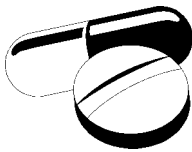


June is Home Safety Month

To keep your family and your home safe, you may want to request some free materials. Visit www.homesafetycouncil.org. Do you have smoke detectors and carbon monoxide detectors in your home? Do you change the batteries every time you change your clocks-Spring and Fall?

Medication

Apidra is a fast acting insulin that is now available by prescription. It also comes in cartridges available for use in the OpticClik pen which is currently approved for use with Lantus insulin. www.sanofi-aventis.com.



Products

Walden Farms Calorie Free Salad dressing is available in 16 varieties. Each 2 Tablespoon serving is calorie free, fat free, cholesterol free and carbohydrate free. www.waldenfarms.com or 1-800-229-1706. Also, available locally.

The Body Journal is a new computer software program that costs about \$50.00. It allows you to record, save and share complete health information for your entire family. 1-800-266-1996 or bodyjournal.com.

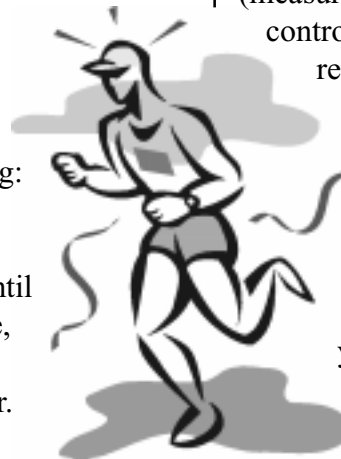
GlucoBurst is a new artichoke gel for use in treating low blood sugars. Not yet available locally but call 1-800-485-9809 for more information and a free sample.

Research

Researchers at Children's Hospital in Pittsburgh have found a way to reverse juvenile diabetes in an animal model and have received FDA approval for a clinical trial to test the safety and feasibility of the treatment.

Live Longer and Better

Living longer does not have to mean suffering extra years of illness and disability. A study published in the Archives of Internal Medicine in November, 2005 showed the following: regular exercise lengthens life and lengthens the time until a person has a stroke, heart attack or other blood vessel disorder. What do you do for activity every day? Try this move more tip. Every time a commercial comes on tv, get up and walk in place until the commercial is over.



About Chromium

In August, 2005, the Food and Drug Administration allowed a qualified health claim for chromium picolinate and confirmed its safety. This ruling was based on a study which showed that chromium picolinate helps to significantly increase insulin sensitivity in those at high risk for diabetes. Discuss chromium use with your doctor.

Higher HDL

(Good Cholesterol)

May Protect Your Kidneys

The more good cholesterol in your blood, the better off your kidneys may be. It turns out that HDL has the ability to transport the LDL (bad cholesterol) out of the body. LDL's that are too high increase the risk of kidney disease as evidenced by albuminuria (protein in the urine). Research has also shown that a lower A1C (measurement of blood sugar control over the past 3 months)

results in a decreased risk of albuminuria. These studies point out the importance of **asking for the numbers** when you have your LDL, HDL, A1C checked. Also, when you have blood work done, you can sign a permission sheet so that you can receive a copy of your blood work results. Be sure and discuss your numbers at your next doctor visit.

Learn More - Live Better

FDA gives go ahead for an insulin pump with real-time continuous glucose monitoring.

Januvia is a once daily medication for the treatment of Type 2 Diabetes. It enhances the body's own ability to lower blood sugar when it is elevated.
www.merck.com.

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

Diabetes 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 or if you would like to have a support group in your area.

If you are interested in learning more about Gastric Bypass Surgery, there is a support group that meets at Hamot Medical Center on the 1st, 2nd and 3rd Wednesdays of each month at 6:30 pm. Call 877-6997 for more information.

TV/Cable/Radio

Watch **dlife**, Sunday, 7 pm, CNBC Channel 32 (Erie Cable Access).

Watch **Adelphia Cable Access, Channel 17**. Check main menu of programs or call ECDA for schedule. Videos of past shows are available for sign out at ECDA office.

Preventing Diabetes video produced by Penn State Cooperative Extension is available for viewing at ECDA office or for sign out.

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).

Dr. Barclay's Camp for Children with Diabetes July 30- August 5, 2006. Call Great Lakes Diabetes Institute at 877-2123 for more information.

Keep Screening

"Free" Kidney Early Evaluation Program was held on March 31. 207 individuals attended this program which was sponsored by the National Kidney Foundation. This screening will again be held in November, National Diabetes Month. Schedule will appear in Fall newsletter.

Internet

www.diabeteserie.org (ECDA website) www.dlife.com

Ten Top Websites for Diabetes

American Diabetes Association www.diabetes.org
Diabetes Monitor www.diabetesmonitor.com
MedlinePlus www.nlm.nih.gov/medlineplus
David Mendosa's Diabetes Directory ... www.mendosa.com
Children With Diabetes www.childrenwithdiabetes.com
National Diabetes Clearinghouse www.diabetes.niddk.nih.gov
Food and Drug Administration www.FDA.gov
Kids Health www.kidshealth.org
Insulin Pumpers www.insulin-pumpers.org



The Healthy Diabetes Plate

Don't miss this 2 part program sponsored by the Erie County Cooperative Extension and ECDA. Program will be held June 21 and 28 from 5:30 - 7:30 pm at the Erie Center on Health and Aging. Cost is \$5.00 person. Call ECDA at 454-0715 or the Cooperative Extension at 825-0900 for more information no later than June 14.

Payment must be received prior to the program. Send name, address and to Erie County Cooperative Extension 850 East Gore Road, Erie, PA 16509. Attendees may want to purchase a samples bag of a variety of food products to use in meal planning and a recipe book at a nominal fee. Family members and support persons are welcome. Need not have Diabetes to attend.



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



SWEET REMINDER
Your donation of \$5.00 will help us to continue distributing the newsletter to our community.

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.



COUNT ME IN AS A SUPPORTER



*When you purchase a regular price Adult Ticket with this coupon,
the ERIE COUNTY DIABETES ASSOCIATION will receive \$5.00.*

Valid only for performances of "Fiddler on the Roof."



June 22, 23, 24, 25

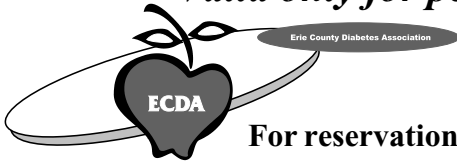
**Tickets on
sale May 15**

For reservations and seating availability call the Box Office.
May not be combined with any other offer.

Erie Civic Theatre **454-2852 ext. 0**
Erie Playhouse **erieplayhouse.org**

*When you purchase a regular price Adult Ticket with this coupon,
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— MORE COUPONS AVAILABLE UPON REQUEST —

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

NAME _____ — For Office Use —
 ADDRESS _____ — Business
 CITY, STATE, ZIP _____ — Individual
 PHONE NUMBER _____ Primary Group _____
 EMAIL _____ — Newsletter
 _____ — Other _____
 _____ Contact Categ _____
 _____ — Supplies Donor
 _____ Notes _____
 _____ Newsletter _____

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

___ Please use donation for: ___ The Needy ___ Annual Fund
 ___ Donation is given In memory of/In honor of _____

___ I would be interested in volunteering. Please call me with details.

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



COUNT ME IN AS A SUPPORTER



Did You Know?

ECDA has been an independent non-profit diabetes organization since 1982.

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

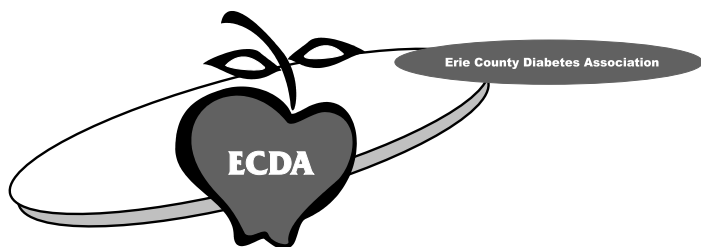
All donations received by ECDA remain in our service area which is generally Erie County and the surrounding areas.

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.



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iGive.com/ECDA

Online Shopping Benefits ECDA!

Did you know that more money is spent on gardening than on any other hobby? If only some of the money spent on buying seeds, bulbs, and gardening tools could make a difference for ECDA. But guess what? It can - buy your garden products *and everyday items* at iGive.com.

Like to help ECDA in a big way? Buy something for yourself. Better yet, save money on gas and shop conveniently online for lots of great things! But first join www.iGive.com/ECDA. ***Because whenever you purchase everyday items at the Mall at iGive, up to 26% of every purchase is donated to ECDA, at no cost to you!***

That's right, go ahead and buy something for yourself — a new CD, the latest bestseller, essentials like toothpaste or vitamins, even a computer. But first join www.iGive.com/ECDA. Every time you shop at one of the over 600 name-brand stores in the Mall at iGive.com, we'll receive a donation of up to 26% of each purchase you make, *at no cost to you*.

There's no catch, no cost. It's just a great way to help charities raise much-needed funds through convenient, secure online shopping.

Even by ordering your office supplies through your usual stores, you can generate big donations for ECDA. Stores like OfficeDepot.com, OfficeMax.com and Staples are part of iGive.com. Just by clicking on their stores from www.iGive.com/ECDA, your regular purchases will help people with Diabetes in Erie County!

At iGive.com you'll find all your favorite stores for getting your CDs, books, movies, toys, flowers, electronics, pet supplies and more. Be sure to check out PetsMart.com, Sears.com, Drugstore.com, Overstock.com, Best Buy.com, and Barnes&Noble.com

Remember, donating to ECDA with online shopping won't cost you anything extra. So visit www.iGive.com/ECDA. It just takes a minute to sign up. Membership is free and your privacy is guaranteed.