

DIABETES ONE DAY AT A TIME

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Carbohydrate Confusion

*Submitted By: Kara McGill-Meeks
MS, RD, LD, CDCES*

People will often tell us, "I have stopped eating all carbohydrates." Carbohydrates ("carbs"), it appears, have gotten a "bad rap."

Carbohydrates provide key nutrients and are one of the main sources of energy for our bodies. They support brain function and prevent protein from being used as energy.

THREE TYPES OF CARBOHYDRATES:



Fiber



Starches



Sugars

What is the difference between complex and simple carbohydrates?

It takes your body longer to break down complex carbs so they are less likely to cause spikes in blood sugar. They also contain vitamins, minerals, and fiber that your body needs. Fiber and starches are complex carbs. Sugars are simple carbs.

Simple carbs are in foods like sugar, candy, syrups, and fruit juices. These foods provide quick energy bursts.

Complex carbs are more nutrient dense and are digested more slowly. They supply steady energy release. Food sources include beans, peas, starchy vegetables (potatoes), fruits, milk, and whole grain products (like brown rice).

Carbohydrate Confusion *cont.*

Is one type of carbohydrate better or healthier than the other?

It depends on your body's needs at a given moment. For example, if your blood sugar is low, you need to eat or drink simple carbohydrates like juice or candy to quickly raise your blood sugar levels.

If you are getting ready for an active day or a long exercise session (more than 1 hour), complex carbohydrates would be the better option. The body can store the extra sugar in your liver and muscles. It can then release it as energy during your activity when it is most needed.

Nutritious foods can contain both types of carbohydrates. For example, fruits contain BOTH types.

Foods that are high in SIMPLE carbohydrates:

- Baked goods and desserts with added sugar
- Candy
- Fruit juice
- Fruits (fructose)
- Milk and some dairy products (lactose)
- Sugary drinks (pop, sweet tea)
- Syrups (honey, corn, agave)

While dairy products and fruits do contain simple sugars, they can also contain fiber, vitamins, and minerals. This increases their health value.

Most of the time, it is best to limit foods with added sugars, like candy, cakes, cookies, or soda.

Foods that are high in COMPLEX carbohydrates:

- | | |
|-----------------------|---------------------|
| • Barley | • Oats |
| • Beans | • Peas |
| • Brown and wild rice | • Spelt |
| • Buckwheat | • Vegetables |
| • Bulgur wheat | • Whole wheat pasta |

Whole grains (above) retain all the parts of the grain. This offers more fiber, vitamins, and minerals. On the other hand, refined grains (like white rice) do not retain all parts of the grain.



So- what should you consider when choosing foods that contain carbohydrates?

Whole or natural foods often contain more complex carbohydrates.

On the “Nutrition Facts” food label, pay attention to:

- Total carbohydrates
- Added sugars
- Dietary fiber

The U.S. Dietary Guidelines recommend keeping added sugars at less than 50 grams per day. Check the food label to see how much added sugar that item contains. Also, foods with **at least 2.5 grams** of fiber per serving are “good sources of fiber”.

So, do not avoid all carbohydrates! Both simple and complex carbohydrates help give us the energy we need. They differ in the rates of digestion and how they affect blood sugar levels. Choose the right type to meet your body's current needs.

Metabolic And Bariatric Surgery and Diabetes Outcomes

Submitted by: Brandi Mingyar MS, RD, LD- Bariatric Dietitian, Mount Carmel

Higher weight is a strong risk factor for type 2 diabetes. A recent study from Johns Hopkins University found 86 percent of U.S. adults with type 2 diabetes had overweight or obesity. This compares to 64 percent of adults without diabetes.

Weight loss can be part of managing Type 2 diabetes. When a person loses weight, there is less fat around the liver and pancreas. In some cases, this can allow the pancreas to produce insulin more effectively. It can also help the body's cells respond better to insulin. In other words, weight loss can reduce insulin resistance.

Losing weight is often very hard. The risk of gaining weight back is high. Weight loss surgery (also called bariatric surgery) can be a treatment option for people with type 2 diabetes who are struggling with weight loss. Weight loss surgery can lead to diabetes "remission."

Diabetes remission is defined as:

- A1C level under 6.5%
- No diabetes medications taken for at least 3 months.
- Safe blood sugar levels for at least 3 months

Remission is the result of more than just weight loss. There are changes in hormone levels and metabolism. This can help insulin work better in the body. Changes also occur in the digestion of food, which helps control blood sugar.

Remission is not a "cure." The diabetes still exists. Blood sugar can go back up over time, and healthy habits are still needed. The good news is that even if it comes back, diabetes is often less severe than before the surgery. Studies show about 13% to 30% of patients who have bariatric surgery maintain remission for 5 to 12 years.

Bariatric surgery can also improve other conditions. These include high blood pressure, sleep apnea, and heart disease.

CONDITION/DISEASE	REMISSION RATE
Type 2 Diabetes	92%
Hypertension	75%
Obstructive Sleep Apnea	96%
Dyslipidemia	76%
Cardiovascular Disease	58%

The Roux-en-Y Gastric Bypass (RYGB) is one type of weight loss surgery. It creates a small pouch from the stomach that connects right to the intestine. The vertical sleeve gastrectomy is another type. This is a removal of 80% of the stomach, and it leaves a tube-shaped sleeve. The RYGB offers slightly better long-term remission rates than the sleeve.

Higher remission rates occur in:

- Patients with diabetes for less than 5 to 8 years
- Patients not yet requiring insulin
- Patients with a lower starting weight

For long-term success after bariatric surgery, a person must be committed to a healthy lifestyle. People who participate in support groups and education programs are also more likely to maintain weight loss and diabetes remission.

To qualify for bariatric surgery, you must:

- Be over 18 years old and show past failed diet attempts.
- Have a Body Mass Index (BMI) greater than or equal to 35 regardless of other health conditions.
- Have Type 2 Diabetes Mellitus (T2DM) and have a BMI greater than or equal to 30.

Note: These BMI ranges may not match individual insurance requirements

If you want to learn more, you can go to mountcarmelhealth.com/find-a-service-or-specialty/bariatric-surgery or call 614-663-5041.

Tips for Enjoying Summer with Diabetes

Submitted by: Janie Jacoby MS, RDN, LDN, CDCES

Are you ready for summer? Changes to routine and warmer temperatures can affect diabetes care. Here are some tips to be prepared!

Stay hydrated

Hot weather can increase the risk of dehydration. High blood sugar can also cause dehydration. Drink plenty of water and other sugar-free drinks. Electrolyte drinks can be helpful, especially if you will be active – and there are low-sugar or sugar-free options to avoid raising blood sugar.

Increased thirst is a symptom of high blood sugar, so if you seem to be extra thirsty, check your blood sugar levels to see if they are running high.

Protect your medication and supplies

Extreme temperatures can damage many medications and supplies. This includes insulin, glucose meters, and test strips. For example, they may not work as well if they are sitting in a hot car or left out in the sun. The longer insulin is at high temperatures, the less effective it becomes. Keep insulin at room temperature, less than 86 degrees F.

There are many ways to protect them. There are a few types of insulated cases or coolers. Some of them use frozen gel packs, some use batteries, and some only require water to keep them cool. It is possible to use a DIY cooler, however, make sure that the insulin is not directly next to ice or an ice pack – freezing will also damage the insulin.

Protect your feet

Summer can be a hazard for feet. Examples include walking barefoot, getting blisters from new sandals, or doing more walking than usual. Foot care is key, since high blood sugar can affect blood flow, nerves, and wound healing in the feet.

- Be extra careful on hot pavement or hot sand – especially if you have neuropathy (nerve damage). You may not feel how hot it is, and it is possible to burn the bottom of the foot.
- Check feet daily for any sores, cuts, redness, swelling, or other concerns.
- Do not go barefoot.
- Wear shoes that fit well and do not cause blisters.

Be prepared for emergencies.

It helps to be ready for extreme events that may happen in your area. Tornadoes, hurricanes, flooding, or forest fires can all occur in the summer. Basics like food, water, flashlights, and first aid are a great start. Then, think about what diabetes supplies you might need. For example, you may need extra medications, supplies to check blood sugar, and treatment for low blood sugar.

Check out the Diabetes Disaster Response Coalition for a checklist to help you prepare: diabetesdisasterresponse.org

Protect yourself from the sun and heat.

Did you know that sunburn can increase your blood sugar?

Protect your skin with:

- Avoid direct sun, especially between 10am and 4pm
- A wide-brimmed hat
- Loose, lightweight clothing
- Sunscreen with at least SPF 30

Extreme heat can lead to dehydration or even heat stroke. Avoid being out on days with extreme heat. And check the heat index – when it is humid, even temperatures in the 80s can be dangerously hot.

Avoid low blood sugar

Increased physical activity and changes to your routine can lead to low blood sugar. So, if you are at risk of low blood sugar, be prepared. Bring your meter, snacks, and a treatment for low blood sugar when you go out. Glucose tablets are a great option to treat lows because they will not go bad or melt in the sun.

Many of these tips apply to everyone, not just people with diabetes. Remember, having diabetes does not need to hold you back from enjoying summer!



Zesty Bulgur Salad

By Tami Ross

Prep Time: 30 minutes

Chilling Time: at least 1 hour

Standing Time: 1 hour

Total Time: 2 hours and 30 minutes

Servings: 12 (1/2 cup serving)

Ingredients

1 cup tap water

1 cup bulgur wheat

2 tbsp. olive oil

½ cup fresh-squeezed lemon juice

⅛ tsp. salt

⅛ tsp. black pepper

½ tsp. minced garlic

1 cup chopped green onions (about 4 onions)

½ 15-ounce can garbanzo beans, rinsed and drained

⅓ cup finely chopped carrot

1 cup finely diced tomato

1 cup peeled and diced cucumber

¾ cup chopped fresh parsley

Instructions

1. In a bowl, pour water over bulgur, stir, and let stand 1 hour (most of the water will be absorbed). Drain off any remaining water and discard.
2. In a small bowl, whisk together oil, lemon juice, salt, pepper and garlic. Drizzle over bulgur and mix with a fork. Stir in onions, garbanzo beans, carrot, tomato, cucumber, and parsley. Toss to coat well. Cover and refrigerate at least 1-2 hours to allow flavors to blend. Toss before serving. Tastes great leftover.

***This whole-grain salad
is high in complex carbs!***

NUTRITION FACTS PER SERVING: Calories: 95; Fat 3 g; Saturated Fat <1 g; Sodium 82 mg; Carbohydrates 14 g; Fiber 4 g; Protein 3 g

Source: diabetesselfmanagement.com/recipes