



DIABETES

BY GUS HOFFMAN, MD MBA

Diabetes in this county is close to epidemic proportions. Most of us have seen the articles in Time or Newsweek indicating the statistics behind the increase in diabetes in this country. There is not only an increase in type 2 diabetes, which is seen in elderly people, but also in type 1, which is seen in younger individuals. The projections for the next few years are frightening.

The etiology of diabetes of course relates to which type. There is evidence for a viral etiology, for an autoimmune condition, for some insult to the pancreas, for hyperinsulinism, and for obesity. The disease condition relates to the under production, under utilization or absence of insulin. This results in a state of hyperglycemia or an elevated blood sugar. How that relates to the complications seen with diabetes is presently not fully understood. But there is no question of the relationship of controlling the blood sugar and the control of complications. If you control your sugar level, you have fewer complications and less serious complications. What complications can occur? Coronary artery disease, stroke, peripheral artery disease, sores which do not heal properly, blindness, hypertension, amputation, and early death to name a few. Always remember, the better control of your sugar, the fewer and the milder the complications.

For most of us, in our age group, we face the possibility of type 2 diabetes as we get older. That is related more to excess weight than to any other condition. As I am sure you have read, the level of obesity and of being over weight in this country is increasing with each decade. Likewise, the presence of type 2 diabetes is increasing at nearly the same rate. Our children are getting fat and the parents and grandparents are getting fat. Our children are getting diabetes as are the older members of society.

Perhaps I should stop and apologize for these statements but it is the truth. The latest studies indicate that 60% of Americans

are overweight and 40% are obese. That means that 60% of Americans weigh more than 20 lbs. more than they should and 40% weigh more than 40 lbs. more than they should. Go to the local mall and see for yourself. However it is not only the weight which we carry but the types of foods which we eat. Both are having a pronounced effect upon society and the conditions which result. Our parties are built around food. Our reward system to children is built around food. Our drinks night or day are built around soft drinks. We go out to eat and have processed foods, frequently fatty processed foods. Basically most of us live to eat rather than eat to live.

This is an important concept because much of type 2 diabetes can be controlled, if not cleared, by controlling our diet and our weight. Many a patient has stopped their diabetic medication because their diabetes cleared when their weight was controlled. Even those with type 1 diabetes can exercise better control of their blood sugar by exercising their control over their diet and weight. It is one of the first principles taught to new diabetics - weight control and the eating of proper foods.

Now please understand that not all diabetes will be cleared by proper weight management. There are many, many individuals who require forms of insulin medication to control their diabetes and their blood sugar levels. This is particularly true of those with type 1 diabetes. Theirs is a struggle with a condition which controls their life and which they did not cause. Theirs is a difficult struggle sometimes and they are to be commended. And yet, if we could control the things which can result in this condition, we will be better off individually, as a people, and as a society. It is something to work towards and to understand more fully. Watch your weight. Check your blood sugar if you have any symptoms suggesting diabetes. Eat well and enjoy life.

UPCOMING EVENTS

TO REGISTER, OR FOR MORE INFORMATION VISIT
www.byu.edu/wellness OR CALL 8-5884

ALL EVENTS ARE  **FREE** UNLESS OTHERWISE NOTED

1 FLU SHOTS

NOVEMBER 3-14

STUDENT HEALTH CENTER

The flu season is here! Come get your flu vaccination at the Student Health Center to help keep you from getting sick this season. Free of charge to those on DMBA and Altius insurance. For all other insurances, a \$14 fee applies. Register online.

2 3K FUN WALK

NOVEMBER 6, 11:45 A.M. - 12:45 P.M.

RB & SFH QUAD (Register during the first half hour in the quad between the RB and the SFH)

Come join us at 11:45 a.m. in the RB/Smith Field House quad for some exercise, healthy snacks and to enter to win fun prizes! Learn more about diabetes while you walk including some of the symptoms, risk factors, and ways of prevention. Register for this event in the quad during the first half-hour.

3 BLOOD PRESSURE/GLUCOSE SCREENING

NOVEMBER 10, 9:00 - 11:00 A.M. (C116 1M MTC)

NOVEMBER 24, 10:00 - 12:00 A.M. (A203 ASB)

Stay on top of these important health numbers by dropping on by these FREE screenings. No appointment necessary. An eight hour fast is encouraged for an accurate glucose reading.

4 "DIABETES" WELL & WISE SEMINAR

NOVEMBER 19, 12:00 - 1:00 P.M.

3224 WSC

Come learn from Jo Ann Abegglen, from the College of Nursing, as she presents a great overview of diabetes - the current facts, signs and symptoms, question and answer, and prevention techniques.

5 HOLIDAY WEIGHT CHALLENGE

NOVEMBER 24, 8:00 - 10:00 A.M., 3239 WSC

3:00 - 5:00 P.M., 268 UPB

NOVEMBER 25, 8:00 - 10:00 A.M., C245 ASB

3:00 - 5:00 P.M., 3239 WSC

Accept the challenge to maintain your weight this holiday season! Receive a packet full of great recipes and tips to help you with this challenge. Register online. Choose from one of the above sessions that is most convenient for you and arrive anytime within the two-hour session.

CHEF'S CORNER

GARDEN VEGGIE SOUP

(4-6 servings)

2/3 cup sliced carrots	½ cup green beans
½ cup diced onion	1 Tbsp. tomato paste
2 minced garlic cloves	½ tsp. dried basil
3 cup fat-free broth (vegetable, beef, or chicken)	¼ tsp. dried oregano
1½ cup diced cabbage	¼ tsp. salt
	½ cup diced zucchini

1. In large saucepan, sprayed with nonstick cooking spray, sauté the carrot, onion, and garlic over low heat until softened, about 5 minutes.

2. Add broth, cabbage, beans, tomatoe paste, basil, oregano, and salt. Bring to a boil. Lower heat and simmer covered, about 15 minutes or until beans are tender.

3. Stir in zucchini and heat 3-4 minutes. Serve hot.

Per serving: 42 calories, 0 grams fat, 0 mg cholesterol, 63 mg sodium, 8 carbohydrates, 2.4 grams dietary fiber, 3 grams protein, 41 mg calcium