

New Travel Tips You Need to Know

A trip can be a great getaway. With a little extra planning and careful packing, you can avoid complications—such as low blood sugar—on the road. Here are some helpful tips to make your next trip hassle-free:

- Check with your doctor several weeks before your trip to discuss special precautions, such as getting immunizations if you are traveling abroad and obtaining an identification bracelet or necklace with emergency medical information.
- When you travel by plane, ask your doctor how to adjust the pressure in your insulin vials by inserting and removing the syringe and plunger. This will allow your insulin to dispense properly.
- Experts recommend taking along twice the amount of medication and diabetic supplies you normally would need. Take

extra prescriptions for insulin and other medications.

- If you are flying, pack all your medication and diabetic supplies in carry-on luggage. Be sure to call your airline to ask about the latest security policies. For example, they may require that all your medication, such as insulin, be packed in its original container with a preprinted pharmaceutical label.
- Ask your airline carrier how to pack lancets to test your blood sugar levels. You may be able to board the plane with your lancets capped if you also have a glucose meter with the manufacturer's name embossed on it.
- Keep your glucagon kit in its original pharmaceutical container for trips that involve plane travel.
- Take emergency supplies, such as glucose

tablets, to treat your blood sugar. Pack small snacks to eat while you are on the road. Talk to your doctor about adjusting your medication and meals if you travel across different time zones.

- Check your blood sugar frequently while you're away from home to find out how your trip is affecting your diabetes. Make adjustments to your activities and daily care if necessary. ●

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Keep Exercise Safe

Exercise is a great way to keep your diabetes in check. Here are ways to keep yourself safe while you get in shape:

Walking

Check for blisters on your feet before and after you walk. Replace your walking or athletic shoes when they begin to wear out.

Swimming

Avoid walking bare-foot around a pool or locker room. Wear sandals to prevent stepping on sharp objects or catching a fungal infection.

Cycling

If you have problems with low blood pressure when you work out, ride a reclining bicycle. This can help you avoid becoming lightheaded or feeling faint.

Extra Safety Tips

- If you have trouble seeing, exercise with a partner.
- Work out at a pace that lets you talk comfortably while exercising.
- Start your exercise at a slow pace, gradually increasing your intensity.

Get Moving to Control Your Blood Sugar

Whether you want to prevent diabetes or manage it better, it's best to keep active. In fact, physical inactivity has greatly contributed to the rise in the prevalence of type 2 diabetes in recent years.

Fortunately, an inactive lifestyle can be reversed. By going from inactive to active, people can control—and prevent—type 2 diabetes. As little as 30 minutes of brisk walking, biking, or other moderate exercise several times a week can lower your blood sugar levels. Regular exercise also improves the way your body breaks down carbohydrates and uses insulin.

How Much Exercise Is Enough?

When combined with modest diet changes and weight loss, brisk walking and other moderate exercise, for a total of 150 minutes a week, cut the risk of type 2 diabetes by 58% in adults with prediabetes. People with prediabetes have higher-than-normal, but not quite diabetic, blood sugar levels.

Be sure to pace yourself. If you're new to exercise, a 10-minute walk may be

enough to start. Then, gradually add on minutes and increase the intensity. Use caution though. You should be able to hold a conversation while you are exercising. If you have difficulty breathing or feel faint during or after exercise, you're exercising too hard.

Strategies for a Safe Workout

People with either type 1 or type 2 diabetes need to be especially diligent about blood sugar monitoring before and after exercise. Low blood sugar is common during or after exercise—even hours after a workout.

If your blood sugar is too low before exercise, eat a high carbohydrate snack, such as crackers or fruit juice. Add some meat and a cup of low-fat milk if you plan on working out intensely.

Before you start an exercise program, though, talk to your doctor. He or she can fill you in on any other precautions that you may need to take. ●



Make Your Favorite Meals Healthy

Sticking to a healthy diet doesn't have to mean forgoing your favorite meals. Instead, try these tips with your favorite recipes:

- Bake, broil, or roast meat and poultry instead of frying it.
- Use fresh vegetables instead of vegetables packed in brine.
- Season foods with herbs and spices instead of with salt.

Looking for ways to make your favorite dishes healthier without sacrificing taste? Follow these steps for healthy recipe makeovers:

Step 1: Add Healthy Ingredients

- Add lots of vegetables to casseroles, soups, salads, and sauces.
- Add beans, which are high in protein and fiber, to salads.
- Flavor foods with herbs, spices, and no-salt seasonings instead of marinades or butter.

Step 2: Substitute Healthy Ingredients

Try these healthy alternatives for key ingredients found in many recipes:

- Two egg whites or $\frac{1}{4}$ cup egg substitute instead of one whole egg
- Low-fat or fat-free instead of whole milk
- Soft margarine or cooking oil instead of butter



- Ground skinless turkey breast instead of ground beef or pork

Step 3: Put It into Practice

Pick your favorites from this list and see how easy it is to transform a recipe from heavy to healthy:

- Bagels or vegetable dips: Use low-fat cream cheese for spreading and mixing.
- Cream-based soups and sauces: Use evaporated skim milk instead of cream.
- Pizza and tacos: Top with part-skim mozzarella instead of cheddar cheese.
- Sandwiches: Make with whole-grain breads and low-fat meats such as lean beef, lean ham, or turkey or chicken breast. ●

HEALTH TIP

Perk up your spaghetti sauce with shredded zucchini, carrots, onions, and bell peppers.

recipe: MACARONI SALAD



- 12 oz. elbow macaroni, uncooked
- $\frac{1}{2}$ C vegetables, chopped (peppers, broccoli, cauliflower, carrots, onions)
- $\frac{1}{4}$ C low-fat or fat-free mayonnaise or salad dressing
- $\frac{1}{2}$ t pepper
- $\frac{1}{4}$ t garlic powder

1. Cook macaroni according to package directions. Drain and allow to cool.

- 2. Combine vegetables, mayonnaise or salad dressing, and spices.
- 3. Add macaroni and toss lightly. Chill.

Yield: 4 servings **Serving size:** $1\frac{1}{2}$ C
Each serving provides: Calories: 430;
 Total fat: 13 g; Saturated fat: 2 g;
 Cholesterol: 0; Sodium: 72 mg

Do you have a favorite recipe to share?
 Call ForeSee Health at 877-436-7373 or
 e-mail info@foreseehealth.com.

Does Your Family History Affect Your Heart Risk?

Has your sister or brother had a heart attack? That family history may increase your risk at least as much as having a parent with cardiovascular disease.

Researchers studied women and men whose sibling had suffered a cardiovascular disease (CVD) event. CVD events included heart attack, stroke, angina, coronary heart disease, and CVD-related death. Years later, these adults were much likelier to have suffered a CVD event than were study participants without CVD-affected siblings.

An earlier study examined the risks linked to having a parent with premature CVD. Those whose father had a CVD event before age 55 or whose mother had one before age 65 faced a 70% greater risk for CVD than those whose parents were unaffected.



Talk to your doctor about family history so he or she can help you decide how to treat borderline high blood pressure or cholesterol.

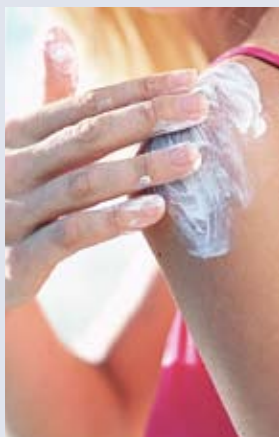
What changes can you adopt today? Here are some of the strategies for reducing CVD risk:

1. Avoid smoking.
2. Aim for 30 minutes of exercise on most days of the week.
3. Eat a heart-healthy diet that includes fruits, vegetables, grains, low-fat or fat-free dairy products, fish, poultry, lean meats, and beans. Limit saturated fat, cholesterol, and trans fat.
4. Maintain a healthy weight.
5. Ask your doctor if taking aspirin daily is right for you. ●

KNOW YOUR NUMBERS

Make sure you get your blood pressure, cholesterol, and triglyceride levels checked as recommended by your doctor. If you are diabetic, make sure to include your A1C. Know and understand your results.

WHICH SPF DO YOU NEED FOR SKIN PROTECTION?



One woman's olive skin hardly ever burns. But her redheaded, fair-skinned friend seems to burn within minutes of being outside.

Can both friends share the same sunscreen? Or do different skin types require different sun protection factors (SPFs)?

An SPF tells you how well a sunscreen guards against ultraviolet-B (UVB) rays, which burn the skin and raise your risk of skin cancer. The higher the SPF, the longer you can spend in the

sun without burning. But the numbers can be misleading. An SPF 30 doesn't provide twice as much protection as an SPF 15. An SPF 15 sunscreen filters about 92% of ultraviolet-B light, while an SPF 30 sunscreen filters about 97%.

The best way to prevent skin cancer: Stay out of the sun. If you know you're going to be exposed, cover up with protective clothing and slather on sunscreen. Experts recommend that everyone use an SPF of at least 15—even if you have dark skin.



Deborah Zimmerman, MD
ForeSee Health Medical Director

Q&A: Ask Dr. Debbie

How can you tell if food is spoiled?

When it comes to food poisoning, you can't judge a food by its looks—or its taste or smell, for that matter. The bacteria and pathogens that can cause illness are so tiny that it's usually impossible to tell whether or not they are present.

Most cases of food poisoning can be prevented by following some basic guidelines for food preparation and handling.

Keep Hot Foods Hot and Cold Foods Cold

- At the store, buy cold food last. Refrigerate it as soon as you get home.
- When preparing food for a party, keep hot food over a heat source until it's time to serve. Keep cold food on ice or in the refrigerator.
- Defrost frozen food in the microwave, refrigerator, or a water-tight, plastic bag under cold running water.
- Marinate raw meat, poultry, or fish in the refrigerator.

Handle Leftovers Wisely

- Pitch food that has been out for more than two hours. In temperatures

above 90 degrees Fahrenheit, toss it after an hour.

- Refrigerate hot food in a shallow container so it will cool more quickly.
- Discard leftover marinade that has been used for raw meat, fish, or poultry.

Keep Food Clean

- Never allow raw meat, poultry, or fish—or their juices—to come into contact with other foods.
- Use soap and hot water to wash cutting boards, knives, and hands after handling raw meat, poultry, or fish.
- Sanitize cutting boards often with a diluted bleach solution.

Most people with food poisoning get better on their own. But sufferers should call a doctor if symptoms persist more than 24 hours or get worse.

People in high-risk groups should be more cautious and seek medical care at the first sign of food poisoning. This includes young children, pregnant women, the elderly, and people with weak immune systems.

Do you have health questions you'd like Dr. Debbie to answer? Let us know! Write ForeSee Health at 14528 S. Outer Forty Road, Suite 300, Chesterfield, Missouri 63017 with your questions. You may also e-mail info@foreseehealth.com. •



Should You Keep It or Toss It?

Do you know how long foods stay fresh? Take this true-false quiz to check your food storage savvy.



Questions:

1. As long as you buy eggs before the expiration date, you can store them for three to five weeks. T F
2. It's safe to use that month-old mayonnaise. T F
3. You can keep unopened, packaged lunchmeats in your refrigerator for one month. T F

Answers:

1. **True.** But keep them in their original carton where they are most likely to stay cool.
2. **True.** After you open a jar of mayonnaise, you can safely store it in the refrigerator for two months.
3. **False.** Unopened, packaged lunchmeats will keep in a cold refrigerator for two weeks—but no longer than a week after the "sell-by" date. After opening, packages can be stored chilled for three to five more days.

Quench Your Thirst the Healthy Way



Beverages are a big part of your diet. If you have diabetes, certain ones can help keep your blood sugar under control and help you stay at a healthy weight.

But some are not as healthy. Experts say it's important to limit your consumption of soft drinks, or soda pop, and other sweetened beverages.

The next time you need to quench your thirst, follow these tips:

- When you drink fruit juice, keep track of your serving amount. For example, ½ cup of fruit juice usually is equivalent to one serving of fruit. Drink only 100% fruit juice that has no sugar added.
- Talk to your doctor or registered dietitian about including small servings of a sweetened beverage or soft drink as an occasional treat. And remember, it's important to count the carbohydrates to make sure they fit into your meal plan.
- Low-calorie, or artificial, sweeteners do not raise blood sugar levels. They can be added to your meal plan since they

do not count as carbohydrates. But drink beverages with artificial sweeteners only in moderate amounts. Drinking too much of these can cause diarrhea and gas.

■ If you want to add sugar to a beverage, such as unsweetened iced tea, you need to include it in your meal plan since sugar counts as a carbohydrate. Each teaspoon of sugar has 4 grams of carbohydrate.

■ Make it a habit to drink water at meals and when you're thirsty.

If you have heart failure, your doctor may have told you to limit your fluid intake. If so, follow these tips:

- Measure your fluids before you drink. This will help you keep on track.
- Keep your drinks in the refrigerator. They'll taste better and quench your thirst faster.
- Drink only when you are thirsty.
- Keep your mouth moist by chewing sugarless gum. You can also swish some water in your mouth—but remember not to swallow it. ●

HEALTH TIP

Sports drinks also have carbohydrates. Count them to make sure they fit in your meal plan.

What topics would you like to see in *For Your Health*? We'd love to hear from you! Please e-mail info@foreseehealth.com, or write us at ForeSee Health ATTN: Newsletter Department 14528 S. Outer Forty Road, Suite 300, Chesterfield, Missouri 63017.



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