

WOMEN'S HEALTH NEWS

Center of Excellence in Women's Health ♦ Neighborhoods Initiative Division of Community Health
University of Illinois at Chicago

April-May 2006
Volume 1, Issue 2



Chicago Women's Health Initiative, 1640 W. Roosevelt, MC 980, Chicago, Illinois 60608
Phone: 312-996-9077 or 312-413-4251 Website: <http://www.uic.edu/orgs/womenshealth/cwhi>

Diabetes: A Disease to

Take Seriously

Diabetes, also known as “high blood sugar” or “sugar” is a serious and growing problem. About 17 million Americans have diabetes, but only 11 million cases are diagnosed. One of every three women who has diabetes does not even know she has it! Diabetes is the 5th leading cause of death in women.

Diabetes can lead to serious, even life-threatening complications and serious damage to many parts of the body: the heart, eyes, kidneys, blood vessels, nerves, gums and teeth, feet and legs. Unfortunately, many people first become aware that they have diabetes when they develop one of these problems. Women with diabetes also face concerns, like an increased risk of vaginal infections and complications during pregnancy.

What is Diabetes?

Diabetes is a condition in which the body can't make enough **insulin** or can't use insulin correctly. **Insulin** is a **hormone** (a chemical made in the body that affects how the body functions) made by the **pancreas**, a small organ near the stomach. Insulin is important because it helps convert sugars and starch in the food we eat into energy that the body needs to live.

Right: The pancreas is an organ near the stomach and intestines that produces insulin.

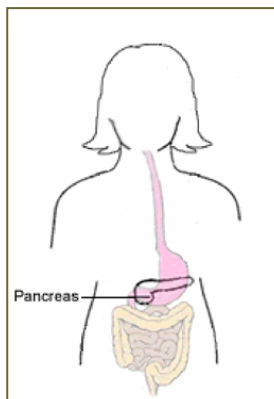


Image Source: The Center for Young Women's Health, Children's Hospital Boston, www.youngwomenshealth.org/diabetes.html

INSIDE THIS ISSUE

Diabetes: A Disease to Take Seriously	1
What is Diabetes?	1
What are the Different Types of Diabetes?	2
Can Diabetes Be Prevented?	3
RECIPE: Oven Fried Chicken	3
How is Diabetes Treated?	4
RECIPE: Yogurt Parfait	4

This issue of *Women's Health News* will describe what diabetes is, provide tips for reducing your risk for diabetes, and help you know the signs of diabetes. We have also included healthy recipes that are suitable for people with diabetes and also great for those trying to prevent diabetes.

Source: The National Women's Health Information Center.
www.womenshealth.gov

Are you at risk for having diabetes?

- Are you overweight?
- Do you have a parent or brother or sister with diabetes?
- Have you given birth to a baby that weighed more than 9 pounds?
- Did you have diabetes during pregnancy?
- Do you have high blood pressure (140/90 or higher)?
- Do you get little or no exercise on most days?
- Are you over age 45?

If you answered “YES” to any of these questions, you may be at risk for having diabetes. Talk to your health care provider about getting tested. If you are over age 45, you should be tested every 3 years.

What are the Different Types of Diabetes?

There are three main types of diabetes:

(1) **Type 1 diabetes** (also called “juvenile-onset diabetes” or “insulin-dependent diabetes”) usually occurs in children and young adults. In type 1 diabetes, the pancreas does not work properly and it produces little or no insulin, so sugar is not taken out of the blood. A person with type 1 diabetes needs daily injections of insulin and she needs to follow a healthy diet and monitor her blood sugar levels.

Symptoms of type 1 diabetes include:

- Increased thirst and urination
- Constant hunger
- Weight loss
- Blurred vision
- Extreme tiredness

If not diagnosed and treated with insulin, a person can lapse into a life-threatening coma.

(2) **Type 2 diabetes** (also called “adult onset diabetes” or “non-insulin dependent diabetes”) is the most common form of diabetes. This form of diabetes usually develops in adults over age 40 and is most common among adults over age 55; but, the number of children and young people with type 2 diabetes is continually increasing. About 80% of people with type 2 diabetes are overweight.



In type 2 diabetes, the pancreas usually produces insulin, but the body cannot use the insulin effectively. The result is the same as for type 1 diabetes—an unhealthy buildup of sugar in the blood and the body cannot use the sugar for energy.

People with type 2 diabetes need to monitor their blood sugar and keep it in a normal range, eat healthy, exercise, aim for a healthy weight, and take the medication that the doctor prescribes.

The symptoms of type 2 diabetes develop gradually and are not as noticeable as in type 1 diabetes.

Warning signs of type 2 diabetes:

- Frequent urination (especially at night)
- Excessive thirst or hunger
- Losing weight without trying
- Blurry vision or changes in vision
- More infections than usual
- Slow healing of sores
- Numbness or tingling in the hands or feet
- Feeling very tired
- Very dry, itchy skin

(3) **Gestational diabetes** develops or is discovered during pregnancy. This type usually disappears when the pregnancy is over, but women



who have had gestational diabetes have a greater risk of developing type 2 diabetes later in their lives. Gestational diabetes occurs in 2 to 5% of pregnancies and is most common among African Americans, Latinos, and Native Americans.

Source: The National Women's Health Information Center.
www.womenshealth.gov.

Healthy Woman News is brought to you by the **Chicago Women's Health Initiative**, a collaboration between the University of Illinois at Chicago (UIC) and five beauty shops in Chicago.

For more information about the **Chicago Women's Health Initiative**, please contact:

Virginia Julion: 312.996.9077 or vjulion@uic.edu

Kris Zimmermann: 312.413.4251 or

kzimme3@uic.edu

Website: <http://www.uic.edu/orgs/womenshealth/cwhi>

It is not the intention of the Chicago Women's Health Initiative to provide specific medical advice, but rather to provide women with information to better understand their health. The Chicago Women's Health Initiative urges you to consult with a qualified health care provider for diagnoses and for answers to your personal questions.

Can Diabetes Be Prevented?

Research has shown that in high risk people, type 2 diabetes can be prevented or delayed by:

Losing weight

&

Getting 30 minutes of physical activity on most days

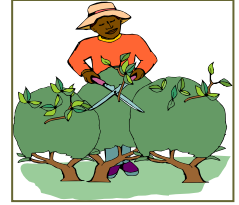
To help you lose weight:

- Eat a healthy diet that includes a variety of foods from all of the food groups
- Eat less fatty foods and lower cholesterol foods by choosing low-fat dairy products, lean cuts of meat, and more fish and poultry without the skin
- Eat more foods that are high in fiber, like whole grain breads and cereals, fresh fruits and vegetables, dried fruit, and beans.
- Limit foods that are high in salt and sugar



Here are some suggestions for getting more physical activity:

- Walk around the block or around your home
- Do housework or work in your yard
- Dance
- Try to create opportunities for activity, such as parking your car farther away or taking the stairs instead of the elevator
- If you can't set aside 30 minutes, do short activities during the day, such as three, 10-minute walks
- To help you stay motivated, exercise with a friend or family member

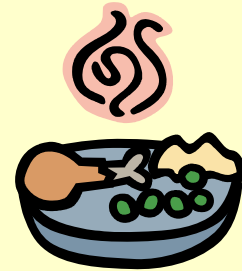


Source: *The National Women's Health Information Center. www.womenshealth.gov.*



Recipe: Oven Fried Chicken

3 lbs. whole fryer chicken, cut up	1 teaspoon pepper
1 cup skim milk	1 teaspoon salt
1 teaspoon thyme	1/8 teaspoon red pepper flakes
1 teaspoon garlic powder	1 teaspoon onion powder
1 cup flour	Non-stick cooking spray, such as Pam
1 teaspoon paprika	



Preheat oven to 450. Remove skin from chicken and place in the milk. Put the flour in a wide bowl. Add thyme, garlic powder, onion powder, paprika, pepper, salt, and red pepper flakes to the flour and mix. Dip each piece of chicken in the flour mixture to make sure it is well-coated. Place in a baking pan sprayed with non-stick cooking spray. After all chicken is added to pan, spray top of chicken with non-stick cooking spray. Bake in oven for 45 minutes or until juices run clear.

Makes 4 servings.

Nutrition information (per serving): 344 Calories, Total Fat: 8 grams, Saturated fat: 2 grams, Cholesterol: 98 milligrams, Sodium 706 milligrams, Carbohydrate: 27 grams, Dietary Fiber: 1 grams, Sugar: 3 grams, Protein: 37 grams

Adapted from the U.S. Food and Drug Administration, <http://www.fda.gov/womens/taketimetocare/diabetes/>

How is Diabetes Treated?

If you have diabetes, your health care provider can help you come up with a plan to take care of your diabetes.

Monitor blood sugar: It is important to keep blood sugar levels in a normal range to avoid complications from diabetes. Ask your health care provider what the best range of blood sugar is for you, how to test your blood sugar and how often. Write down your blood sugar levels, and call your health care provider if your numbers are too high or too low for two or three days.



Meal planning: Eating healthy and eating meals and snacks around the same time each day will help you manage your diabetes.

Exercise: People with diabetes should aim to be active for a total of 30 minutes on most days.

Medication: Your health care provider will tell you if you need diabetes pills or insulin shots. If you do need diabetes medicine, take it at the same time every day.

Check your feet: Check your bare feet for cuts, blisters, sores, swelling, redness, or sore toenails (use a mirror if you have trouble seeing the bottom of your feet; don't forget to check in between your toes). Talk to your health care provider right away if you have any cuts or sores that take a long time to heal, have a strong odor, or change color.

Get regular check-ups: Since diabetes can cause serious problems for other parts of your body, you can help detect these problems early by:

- Having an eye exam once a year, even if your eyes seem okay
- Having a dentist clean and check your teeth and gums twice a year
- Having your urine tested at least once a year to make sure your kidneys are healthy.

See your health care provider right away if you have lower abdominal or low back pain, blood in your urine, frequent urination, urgency to urinate, pain when urinating, fever, or chills, as these may be signs of a urinary tract, bladder, or kidney infection.

*Source: The National Women's Health Information Center.
www.womenshealth.gov*

Recipe: Yogurt Parfait

Yogurt Parfait can be eaten as a tasty breakfast, fulfilling snack, or healthy dessert. Try it with other fruits, such as strawberries, raspberries, and peaches!

- 1 small banana
- 1 cup (8 ounces) fresh or frozen blueberries
- 1 16-ounce can pineapple chunks, drained
- 2 cups vanilla lowfat or nonfat yogurt
- 1 cup granola cereal



Slice banana and mix with drained pineapple and thawing blueberries. Spoon mixed fruit into 8 small cups or 4 larger cups. Add yogurt to each and top with granola.

Makes 8 small servings or 4 larger servings.

*Nutrition information (per **large** serving): 324 Calories, Total Fat: 8 grams, Saturated fat: 2 grams, Cholesterol: Less than 10 milligrams, Sodium 42 milligrams, Carbohydrate: 54 grams, Dietary Fiber: 6 grams, Sugar: 42 grams, Protein: 10 grams*

