



Winchester
District
Memorial
Hospital

Preventing Diabetes Newsletter

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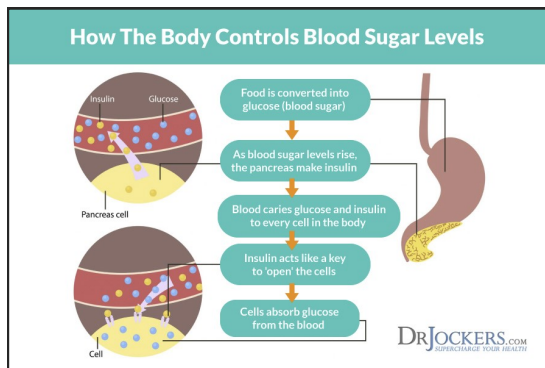
Quote of the Day

IF IT IS IMPORTANT
TO YOU, YOU WILL
FIND A WAY.

IF NOT
YOU'LL FIND
AN EXCUSE

Insulin Resistance and Prediabetes

Under normal conditions, carbohydrate rich foods (like breads, pasta, rice, potatoes, fruit, baked good, juice, pop and candies) break down into their building blocks of glucose (sugar). The glucose then enters the blood stream. When your body detects a rise in blood glucose, your pancreas starts making insulin to keep blood glucose in a normal range. Insulin's job is to help the sugar get from the blood into your cells (like your muscle cells). Once in the cell, glucose can be used by the cell for many of the jobs it needs to do or it gets stored to use later.



If you've been diagnosed with Prediabetes, it means that your body is starting to become resistant to the insulin your pancreas makes—this is called insulin resistance.

When you are insulin resistant, your cells don't respond as well to insulin and it's difficult for them to take up glucose from your blood. Your pancreas will try to make up for this by making more insulin but eventually this stops working well and the glucose stays in your bloodstream rather than entering your cells. As a result of this, your blood glucose tests will now be out of the 'normal' range.

So what causes insulin resistance?

1. Some things you can't control that increase your risk are:
 - being age 45 or older;
 - Genetics or family history of diabetes
 - a history of gestational diabetes
 - Having polycystic ovarian syndrome.
2. How much you weight and where you put on your weight matters. Extra weight makes your cells less sensitive to insulin. This effect is greater when you carry your weight around your belly—it is often called visceral fat. Unfortunately visceral or belly fat releases hormones that block insulin from doing its job.
3. Not being active also increases your insulin resistance. Regular physical activity makes your cells more sensitive to insulin which helps keep blood glucose under control.
4. A diet high in saturated fat (think red meat, cheese, butter, fried foods and coconut oil) increases insulin resistance.

So what can you do to decrease insulin resistance and help keep blood glucose in the normal range?

- ⇒ Be active most days
- ⇒ Try to lose a bit of weight—even a 5% loss can help a lot
- ⇒ Cut back on red meat, butter, cheese, fried foods and coconut oil
- ⇒ Choose whole grains, chicken and fish more often and have an extra helping of vegetables!

Need help? See the FYI section for our upcoming classes or make an appointment with us. Hope this helps!

Black Bean and Corn Salad

Great for using up leftover corn on the cob

Ingredients

- 2 cans black beans drained and rinsed
- 1 1/2 cups corn kernels fresh, frozen or canned
- 1/4 cup red onion minced
- 1 red bell pepper diced
- 1 avocado peeled, pit removed and diced
- 1 jalapeno ribs and seeds removed, then minced (optional)
- 1/3 cup cilantro leaves chopped
- 1/3 cup olive oil
- 1/4 cup lime juice
- 2 teaspoons honey
- 1 teaspoon chili powder
- 1 teaspoon cumin
- salt and pepper to taste

Instructions

Makes: 6 servings

1. Place the black beans, corn, red onion, red bell pepper, avocado and jalapeno in a large bowl.
2. In a small bowl, whisk together the cilantro, olive oil, lime juice, honey, chili powder, cumin and salt and pepper.
3. Pour the dressing over the beans and vegetables and toss gently to coat. Serve.



Nutritional analysis per serving

Calories 223kcal, Protein 9g, Carbohydrates 34g, Fibre 10g, Fat 13g, Sodium 87mg

Recipe from dinneratthezoo.com

FYI

- ⇒ For those interested in finding out more on how to maintain your weight or promote a bit of weight loss, we will be running a **'Your Best Weight'** class October 5, 2019. To register, please call (613) 774-2420 x6765.
- ⇒ For those interested in finding out more about the Diabetes Canada physical activity guidelines along with the basic tools you need to start a walking program, we will be running a **'Physical Activity and Diabetes'** class August 13, 2019. To register, please call (613) 774-2420 x6765.
- ⇒ To see what other classes we offer, go to www.wdmh.on.ca/diabetescalendar.
- ⇒ Interested in free workshops and webinars on living a healthy life with chronic health conditions or chronic pain? Check out www.livinghealthy Champlain.ca.
- ⇒ Looking for exercise classes in your community—some are even free! Check out <https://www.champlainhealthline.ca/libraryContent.aspx?id=20751#SDG>
- ⇒ Want to try 'Urban Polling'? We have ten sets of urban poles you can borrow to try it out.