

NUTRITION NEWS

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American Diabetes Month

November is American Diabetes Month. Most of us know someone who is affected by this disease. Whether they are managed by diet only or are taking insulin, the consequences of this disease can be far reaching. Untreated diabetes can result in neuropathy, retinopathy, blindness, kidney disease, and even death.

Diabetes is a disease that affects how your body uses blood sugar (or glucose). Glucose is an important source of energy for our cells that make up muscles and tissues. It is also the brain's most important fuel source. If you are a diabetic, it means that you simply have too much glucose in your bloodstream. And this can lead to serious complications, as mentioned above.

Symptoms of diabetes vary greatly from individual to individual. The symptoms also differ based on how elevated your blood sugar is. People with Type I diabetes (those people whose pancreas has stopped procuring insulin) generally present with more dramatic symptoms. They are usually more severe and come on quite suddenly.

Symptoms can include the following: increased thirst, frequent urination, extreme hunger, unexplained weight loss, presence of ketones in the urine, fatigue, irritability, blurred vision, slow-healing sores, and frequent infections such as gum or skin infections.

While there is generally not a cause of Type I diabetes, Type II diabetes can be caused by the body's cells becoming less sensitive to insulin (possibly as a result of being stretched from obesity). Insulin may still be in your system, but your body's cells are not responding efficiently to it. Because of this fact, weight loss is often recommended as the first line of "treatment."

Controlling your blood sugar can come from dietary changes, weight loss, exercise, oral medications, or insulin. Different oral medications have different mechanisms to help control your blood sugar. And because of that, there are many different side effects that can vary from medication to medication. Here

INSIDE THIS ISSUE:

DIABETES MEDICATIONS 2

ALZHEIMER'S AWARENESS MONTH 3

SWEET POTATO DUMP 4

Monthly Exercise **Abdominal Contractions**

These are done to increase strength in abdomen

While taking a deep breath, tighten the muscles of your abdomen. Hold in this position for three breaths. Release

Do 10 repetitions

are some of the more common oral agents and what you may be able to expect from them..

Metformin: Metformin works by decreasing the amount of glucose that is dumped into your bloodstream by the liver. Side effects include: bloating, gas, diarrhea, upset stomach, loss of appetite (usually within the first few weeks of starting metformin). Metformin is not likely to cause a low blood sugar. You should tell all your physicians that you are taking metformin however, as it may need to be stopped before a surgical procedure or a dye study.

Glipizide or Glyburide: These drugs work by stimulating the pancreas to increase its production of insulin, both directly following a meal as well as for several hours after the meal. Because of this, a typical side effect is a low blood sugar. They may also cause a skin rash, irritability, and an upset stomach. Because these may cause a low blood sugar, if you are regularly taking these medications, you should always be sure to carry a carbohydrate source with you.

Prandin: Because this medication stimulates the pancreas to increase its insulin production directly after a meal, this medication needs to be taken with a meal. The effects of this medication diminish quickly. They may also cause a low blood sugar. However, if taken properly, it is less likely to cause a low blood sugar than glipizide or glyburide.

Actos: This medication does not increase your production of insulin but instead makes your body more sensitive to the insulin that has already been produced. It may cause side effects of edema (swelling) or fluid retention. While it does not generally cause a low blood sugar, it does increase the risk of congestive heart failure in those people who are already at risk of developing CHF.

Januvia: Januvia improves your insulin level after a meal and also lowers the amount of glucose made by the body. Side effects include stomach discomfort, diarrhea, sore throat, stuffy nose, and upper respiratory infections. It does not cause a low blood sugar however. This medication may also be taken in combination therapy with other oral diabetes agents.

Precose: Precose must be taken with a meal. It slows the absorption of carbohydrate into your bloodstream. Side effects can include gas, diarrhea, upset stomach, and abdominal pain. While it must be taken with meals to be effective, it does not cause a low blood sugar. The additional side effects should subside within the first few weeks.

Be sure your physician has your complete medication list before starting a new medication.

Some info courtesy of the Joslin Center



November is also Alzheimer Awareness Month. Alzheimer's is a progressive disease that destroys memory and other important mental functions. During the progression of the disease, brain cells degenerate and die, causing a steady decline in memory and mental function. Current medications and management strategies may temporarily improve symptoms. But it is important to recognize that there is no cure for Alzheimer's Disease.

Increasing forgetfulness and mild confusion may be the only symptoms of Alzheimer's that are initially recognized. And this is easy to attribute to aging. However over time the disease impacts your memory more and more. The rate at which symptoms develop varies from person to person. The memory loss associated with Alzheimer's generally worsens until it affects the person's ability to function at work and/or at home. People with Alzheimer's may do some or all of the following:

- ◆ Repeat statements and questions over and over, not realizing that they've asked the question before
- ◆ Forget conversations, appointments, or events, and not remember them later
- ◆ Routinely misplace possessions, often putting them in illogical locations
- ◆ Get lost in familiar places
- ◆ Eventually forget the names of family members and everyday objects
- ◆ Have trouble finding the right words to identify objects, express thoughts, or take part in conversation

Alzheimer's Disease also makes concentrating and thinking difficult. Multitasking becomes especially challenging. Managing finances, balancing your checkbook, and paying your bills on time all become increasingly difficult. Making decisions can also become problematic, as can planning and performing familiar tasks.

Even mundane daily activities like bathing and getting dressed can become almost impossible.

Lastly, Alzheimer's can cause personality and behavior changes in individuals afflicted with the disease. They may display the following:

- Depression
- Apathy
- Social withdrawal
- Mood swings
- Distrust in others
- Irritability and aggression
- Changes in sleeping habits
- Wandering
- Loss of inhibitions
- Delusions, such as believing something has been stolen

While the causes of Alzheimer's disease are not fully understood, the effects on the brain are clear. A brain affected by this disease has many fewer cells and many fewer connections among surviving cells than a healthy brain does. As with most conditions, early detection and treatment may help preserve function.



Keep your **BRAIN** Healthy

PROTECT YOUR HEAD

Help prevent an injury to your head. Wear a helmet for activities like biking, and wear a seatbelt. Protect yourself while playing sports. Do what you can to prevent falls, especially for older adults

MANAGE DIABETES

Type 2 diabetes can be prevented or controlled by healthier eating, increasing physical activity and medication, if necessary.

HEAP

If you received **HEAP** last year but have not yet received an application for this year, please call the **HEAP** office.

315-867-1195

If you did not receive **HEAP** last year but want to apply this year, please contact the **HEAP** office for an application.



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Thanksgiving is right around the corner! Here is a decadent dessert that should be a hit at your family gathering!

Sweet Potato Dump Cake

2 (15 ounce) cans sweet potatoes in light syrup, drained

1/2 cup salted butter, melted

1 (14 ounce) can sweetened condensed milk

1 tbs vanilla extract

1 tbs pumpkin pie spice

1 package (2 layer) spice cake mix or yellow cake mix

1/2 cup salted butter, cold, cut into small pieces

1/2 cup chopped pecans (optional)

Whipped cream or vanilla ice cream, to serve, if desired

Preheat oven to 350 degrees. Grease a 9x 13 inxh baking pan and set aside.

Combine drained sweet potatoes, 1/2 cup melted butter, sweetened condensed milk, vanilla, and pumpkin pie spice in a large bowl. Beat until almost smooth with an electric mixer.

Spread sweet potato mixture evenly into the prepared pan. Sprinkle cake mix over the sweet potato mixture. Place cold butter pieces evenly over cake mix. Sprinkle with pecans, if using.

Bake until golden brown and set, about 45 minutes. Cool at least 20 minutes in pan before serving. Serve with whipped cream or ice cream if desired.