

Fall

WellAware

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FEATURE ARTICLE

Diabetes: Are you at risk?

by JoAnn Manty, Director of MGHS Diabetes Education Program

Diabetes affects 15.7 million people in the United States, approximately 390,000 of which are adults in Michigan. According to the 1995 population estimates from the Behavioral Risk Factor Surveillance System of Michigan, an estimated 6000 people under the age of 18 have been diagnosed with diabetes.

Diabetes is a serious, chronic disease in which the body does not produce or properly use insulin, a hormone that is needed to convert sugar (glucose), starches and other food into energy needed for daily life.

There are two major types of diabetes:

Type I—An autoimmune disease in which the body does not produce any insulin, most often occurring in children and young adults. People with Type I diabetes must take daily insulin injections to stay alive. Type I diabetes accounts for 5-10 percent of diabetes.

Type II—A metabolic disorder resulting from the body's inability to make enough, or properly use, insulin. It is the most common form of the disease. According to the American Diabetes Association, Type II diabetes is reaching epidemic proportions, which may be attributed to an increased number of older Americans, and a greater prevalence of obesity and a sedentary lifestyle.

Uncontrolled diabetes can lead to heart disease, stroke, blindness, kidney disease and amputations. However, increased awareness and education about diabetes self-management have proven effective in lowering complication rates.

You are at risk for diabetes if:

- you are over 45
- you are overweight
- you do not exercise regularly

- you have a family history of diabetes
- you have had a baby that weighed more than 9 pounds at birth
- you are Finnish, Native American, African American, or Hispanic American
- you have elevated blood pressure

Things you can do to reduce your risk:

- eat less fat
- exercise regularly
- maintain a healthy weight

Symptoms of elevated blood sugars:

- extreme thirst
- blurry vision
- frequent urination
- unusual tiredness or drowsiness
- weight loss that is unexplained
- tingling/numbness in the hands or feet
- cuts/bruises that are slow to heal

Tools available to help a person take control and maintain normal blood sugar control:

- blood sugar monitoring
- oral medications and/or insulin
- meal planning
- exercise
- education

For more information about diabetes, call the Marquette General Health System Diabetes Education Program at 906-225-3473 or 1-800-562-9753 extension 3473.

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PREVENTION

Improving your odds against cancer

Eat right, exercise, watch your weight, and don't smoke—and you will be 60 percent less likely to get cancer. One-third of cancer deaths in the United States may be linked to how people eat. Here are 15 weapons you can use to guard you.

1. Eat a plant-based diet—Eat a plant-based diet, rich in a wide variety of fruits, vegetables, legumes and minimally processed complex carbohydrates. Plant foods are established cancer-protectors because they are loaded with fiber, vitamins, minerals, anti-oxidants and phytochemicals.

2. Avoid gaining weight as you age—

Ten pounds during adulthood is acceptable. Endometrial cancer, kidney cancer, and breast cancer risk have been linked to weight gain.

3. Eat fruits and vegetables—Eat five a day of fruits and vegetables all year. Green leafy vegetables and citrus fruits have compounds that are potent cancer-fighters. All fruits and vegetables play a part in reducing risk of cancers of the lungs, colon, mouth, throat, stomach, breast, pancreas, and bladder.

Vegetables and fruits contain beta-carotene, vitamin C, vitamin E and selenium—all anti-oxidants that protect cells from damage by free-radicals. These compounds also boost the immune system to fight off infection and cancer.

The cruciferous family of

vegetables—broccoli, cabbage, cauliflower, bok choy, and brussels sprouts, have particular protection against cancer. Tomatoes contain lutein and lycopene, and carrots have carotenoids, which can also help in the fight against cancer.

4. Eat complex carbohydrates—

Eat more than seven servings a day of whole grains, legumes, roots and tubers. Limit foods high in refined sugar. Complex carbohydrate foods offer protection against cancer of the colon, rectum, breast, and pancreas because of their fiber, vitamins, minerals and phytochemicals.

Whole grains, brown rice, dried peas and beans, sweet potatoes, beets, turnips, and bananas are particularly powerful. The fiber moves waste through the digestive tract faster, so harmful substances don't have as much contact with your intestinal walls.

5. Limit alcohol—A moderate amount of alcohol offers protection against heart disease. However, the more alcohol consumed regularly, the higher the incidence of mouth, liver, larynx, and colon cancers. The higher the intake of alcohol, the greater the risk of cancer. Keep it low: two drinks a day for men, one a day for women.

6. Limit fatty foods—Especially those of animal origin. Use more monounsaturated fats as part of your total fat intake. Diets high in fat, particularly saturated fat, promote breast, colon, endometrial, lung, prostate and rectal cancers. Fat intake should fall below 30 percent of total calories,

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MARQUETTE GENERAL HOSPITAL
HEALTH INFORMATION CENTER

A cooperative effort of Marquette General Hospital & Auxiliary

The Health Information Center continues to increase its supply of materials available to patrons. American Heart Association materials have been added as well as poison prevention information and diabetes videos and cookbooks.

Visit the Health Information Center, located on the first floor of the MGH Patient Tower. The center is open Monday through Friday, 10 am-2 pm. Questions? Call 906-225-4950 or 1-800-562-9753, Ext. 4950. Or send a request to MGH HIC, 580 West College Avenue, Marquette, MI 49855

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MGH Health Numbers

Health Information Center	906-225-4950
Wellness Institute	906-225-4802
Upper Michigan Heart Institute	906-225-4600
Upper Michigan Cancer Center	906-225-3500
Women's & Children's Center	906-225-3081
Poison Information Network	906-225-3497

WellAware

A courtesy of the Wellness Institute of Marquette General Hospital. If you would like more information on wellness-related issues or would like to be on our mailing list, please call us at 906-225-4802 or 1-800-562-9753 ext. 4802. Margaret Swetish Twichell, Editor; Stacey Brooks, Community Relations, Layout & Design; and Nicole Couveau, Wellness Secretary. Printed by MGH Print Shop.

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15 diet weapons

and canola or olive oils should replace lard, butter and margarine in the diet.

7. Limit salty foods & use of salt—The rate of stomach cancer is higher in populations who eat a high-salt diet. Try to limit processed foods and the use of the salt shaker.

8. Only eat foods that are stored properly—Foods that are stored in warm, damp conditions can develop molds, and mycotoxins that may promote live cancer. Peanuts and grains can develop mycotoxins in commercial storage.

9. Don't eat charred foods—Don't eat overly crisp grilled meats and fish. Very high heat on protein foods can produce cancer causing heterocyclic aromatic amines. These compounds have been linked to colon and rectal cancers.

10. Drink tea—Green and black tea have polyphenols, specifically catechins, which prevent cancerous cells from growing and may even destroy them.

11. Give soy a try—Americans do not use soy foods as a staple, but populations who do have less cancer of the breast, prostate, and lung. The substance in soy, genistein, is an isoflavone that appears to protect against cancer. You can increase your isoflavone intake with soy milk, tofu, and the textured soy protein used in veggie burgers.

12. Pile on the onions & garlic—The pungent flavor from these vegetables come from chemicals called organosulfurs, which detoxify potential carcinogens. Garlic extract has slowed the growth of breast, skin, and colon cancers in mice. It seems the raw version of onions and garlic is most useful in cancer protection.

More research is needed to determine if supplements are as effective as the food source.

13. Try a little hot spice—Chile peppers that set your tongue on fire also burn out carcinogens. They contain a potent anti-oxidant, capsaicin, which interferes with the union of nitrites and amines. These nitrosamines are linked to stomach cancer. Also, capsaicin may keep the carcinogens in cigarette smoke from causing the genetic damage that can lead to lung cancer.

14. Do not smoke or chew tobacco—Though not a diet recommendation, it can't go unsaid that tobacco is the chief cause of lung cancer. A great diet can be protective, but it is no insurance policy if you smoke.

NUTRITION

Eating healthy during the holiday season

by Sherri Rule, MGH Registered Dietitian

Among the many pleasures of the holidays are foods and festivities of the season. But for many, these present a special challenge. You may wonder, how can I enjoy the holidays and still manage to maintain a healthful diet? Most foods, even traditional holiday treats, can fit into a healthy eating plan. The secret is moderation and balance.

Parties

Juggling beverages and small plates, shaking hands, and holding conversations can take your attention away from what you are eating. Here are some effective tips for holding the line at holiday stand-up events.

- Eat small, lower-calorie meals during the day so you can enjoy a special treat later. Eat a healthful snack right before the party. A hungry stomach can sabotage even the strongest willpower.

- When you arrive at the party, don't rush to the food. Greet people you know, get a beverage, and settle in first.



- Make only one trip to the buffet and be selective.
- Choose only the foods you really want to eat.

- Keep portions small. Often, a taste is all you will need to satisfy a craving or your curiosity.
- Skip the fried food and eat the crackers, bread, and fruit.
- If you want to nibble on cheese, take only one or two pieces.
- Fresh vegetables are always great. Have a small dollop of dip, just enough to coat the end of the carrot stick, or broccoli flowerette.
- Boiled shrimp or scallops are a good choice. Choose cocktail sauce or lemon and horseradish as a condiment.

Dinner parties

Dinner invitations away from home could mean eating at a friend's or relative's home or perhaps at a country club or hotel for the company bash. In either case, the meal is already planned and you don't have a menu choice.

- If you're bringing a dish to a friend's or relative's table, make a low-fat version of a family favorite.

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Eating healthy during the holiday season

Once the food is on the table, you will have some healthy choices.

- If possible, choose two appetizers instead of an entrée or share an entrée with a friend.
- If second helpings are mandatory with your host or hostess, make your first helping small. That way, if you're enticed to take seconds, at least the total amount of food you eat may equal a normal-sized portion.
- Choose skinless white meat of poultry. It has fewer calories and fat than dark meat.
- Eating a roll is fine. If it's fresh, you may not even need butter or margarine.

Menu planning

Modify your traditional holiday recipes to reduce fat, cholesterol and calories. *For example:*

Original Menu

- 3 ounces roast duck
- ½ cup stuffing
- ½ cup broccoli with hollandaise sauce
- ½ cup jellied cranberry sauce
- 1 medium crescent roll

1 slice pecan pie
Total calories = 1205
Total Fat = 55 grams

Leaner Menu

- 3 ounces roast turkey breast
- ½ cup rice pilaf
- ½ cup broccoli with lemon juice
- ½ cup fresh cranberry relish
- 1 fresh roll
- 1 slice pumpkin pie
- Total Calories = 730**
- Total Fat = 21 grams**

Celebration strategies

- Be realistic. Trying to lose weight during the holidays may be a self-

defeating goal. Striving to maintain your weight, however, is a reasonable expectation. Forget the "all or nothing" mindset. Depriving yourself of special holiday foods or feeling guilty over a particular food choice is not part of a healthy eating strategy—and certainly not part of the holiday spirit.

- Have fun! Sharing food is an important way to spread holiday cheer. Enjoying a traditional meal or celebrating with family and friends need not destroy the healthy food habits you have nurtured all year.

Try these substitutes:

Instead of	Use
Cream Cheese	Low-fat cream cheese, low-fat ricotta cheese, or all-fruit preserves or jams
Sour cream	Low-fat yogurt or ½ cup low-fat cottage cheese blended with 1½ teaspoons lemon juice, or low-fat sour cream
Whipped cream	Whipped evaporated skim milk (<i>chill well before whipping</i>)
Whole egg	Two egg whites for each whole egg, or an egg substitute
Mayonnaise	Reduced-calorie or "light" mayonnaise
High-fat cheese	Low-fat or skim-milk cheese; look for cheese with less than 5 grams of fat per ounce.

WELLAWARE, a newsletter written by, and for, the people of the Upper Peninsula of Michigan, is available for purchase. For more information, contact Margaret Twitchell at 225-4802, or toll free at (800) 562-9753, ext. 4802. This newsletter cannot be duplicated without expressed written consent of the Wellness Institute at Marquette General Hospital.

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