



# Alameda County Public Health Diabetes Program Newsletter



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Diabetes Program (510) 383-5185

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## Advances in Research

In a recent newsletter we were reminded of how far treating diabetes has come, especially in terms of diet, which is all we had for many years. Here is a very small sample of what's being done for diabetes in the future. It's good to take a moment and appreciate how much work is being done to learn more about diabetes so in the future we can prevent it or manage it better.

### Redefining Prediabetes to Prevent Complications

Association-funded researcher Ralph DeFronzo, MD, is examining how different medications might help prevent complications in people with prediabetes.

### Diabetes in Pregnancy Differs from One Woman to Another

Diabetes that occurs during pregnancy can have different causes and can lead to different complications. Pathway Scientist Marie-France Hivert, MD, is investigating these differences in order to better predict which women are at highest risk for complications.

### Can a Cup of Coffee Prevent Type 2

You probably know that coffee seems to help wake you up in the morning—and afternoon, and sometimes in the evening, too. But did you know it might help prevent diabetes?

### New Insight into How Diabetes Leads to Blindness

New research is uncovering how diabetes changes the kinds of proteins that are made in the eye. These changes may lead to diabetic retinopathy, a leading cause of blindness. This information is allowing researchers to identify new targets for therapies that could delay or prevent the development of diabetic retinopathy.

### The Connection Between Stress and Type 2

Researchers once thought genes alone might account for the dramatic differences in type 2 diabetes among rates among different populations. But there's increasing evidence that the environment we live in plays a bigger role than the genes we're born with.

### Pathway Scientist Identifies Possible Trigger for Type 1 Diabetes

In order to prevent or reverse the development of type 1 diabetes, it is essential to understand why and how the immune system attacks the body's own cells. Association-funded Researcher Thomas Delong, PhD, found a possible answer to these questions.

See more at <http://www.diabetes.org> Research & Practice, Recent Advances

## Exercise: Five Minutes is Better Than Nothing!

Thank you Adam Brown, author of Bright Spots and Landmines, for your suggestion regarding exercise: “Five minutes of activity beats zero minutes.”

This is a great reminder when we feel we don't have time to exercise. The American Heart Association recommends 150 minutes of physical activity a week, 30 minutes over just five days. That would seem easy, until we get so busy with the rest of life that even that half hour is hard to find. Then it's easy to just forget it, because exercising for a few minutes hardly seems worth it, or helpful. Yet, it is.

If you got up and moved for five minutes at a time throughout the day, you could accumulate thirty minutes by the time you hit the pillow.

Five minutes at a time can keep those joints moving, get the circulation going, and move a little blood sugar.

Time to mark your calendar for TCOYD, a life changing **CONFERENCE EXPERIENCE** For **Type 1s, Type 2s & Those Who Care**

**When:** *Saturday, March 3, 2018*  
*7:30am - Registration & Health Fair Open*  
*9:00am - 5:00pm - Conference*

**Where:** *Sacramento Convention Center*  
*1400 J Street Sacramento, CA 95814*

**How Much:** *\$30 per person. \$25 per person when two or more are registering together.*  
*After February 27, 2018: \$45 per person*

Want to attend but can't afford the registration fee? Contact our office at 800.998.2693 and ask about our **Registration Assistance Program.**

[www.tcoyd.org](http://www.tcoyd.org)

**Call Us!**  
800.998.2693  
858.755.5683

## Spicy Marinated Broccoli Salad

*This Recipe Serves 2*

### Ingredients

1 cup fresh broccoli florets, cut into bite-sized pieces  
1/2 medium carrot, grated  
1/4 cup chopped red onion  
1/4 cup diced roasted red bell pepper, rinsed and drained if bottled  
2 tablespoons plain rice vinegar  
1 tablespoon water  
1/2 tablespoon olive oil (extra-virgin preferred)  
1 teaspoon honey  
1 small garlic clove, minced  
1/4 teaspoon crushed red pepper flakes  
1/4 teaspoon dried basil, crumbled  
1 teaspoon shredded or grated Parmesan cheese

### Instructions

In a medium bowl, stir together the broccoli, carrot, onion, and bell pepper.

In a small bowl, whisk together the remaining ingredients except the Parmesan. Pour over the broccoli mixture. Stir gently to coat. Cover and refrigerate for 1 to 2 hours, stirring occasionally. Before serving, sprinkle with the Parmesan.

Serving size 1/2 cup

11 grams carb, 2 grams fiber

[www.diabetes.org](http://www.diabetes.org)

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*This publication has been brought  
to you by your friends at the  
Diabetes Program*

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*Rajinder Singh – Registered Dietitian*

*Marisa Castaldini – Registered Dietitian*

*Kathy McFadden – Registered Dietitian*

*Leticia Somoza – Program Clerk*

The Diabetes Team provides education and counseling for patients with Type 2 diabetes. The Team provides education on meal planning, medication management, blood glucose monitoring, and helps clients link with local services.

## Come and join our diabetes support groups!

English: Dublin Senior Center 7600 Amador Valley Blvd, Dublin  
1<sup>st</sup> Tuesday of the month, 10:00 am – 11:30 am.

English: Livermore Heritage Estates 900 E Stanley Blvd., Livermore  
2<sup>nd</sup> Tuesday of the month 10:00 am – 11:30 am.

English: Castro Valley Kenneth C. Aitken Senior & Community Center  
17800 Redwood Road, Castro Valley  
2<sup>nd</sup> Tuesday of the month, 1:00 –3:00 pm

English: Oakland Eastmont Mall 7200 Bancroft Ave., Ste. 202, Oakland  
3<sup>rd</sup> Tuesday of the month, 10:00 am – 11:30 am

English: Alameda Recreation and Parks, Mastick Senior Center  
1155 Santa Clara Avenue, Alameda  
4<sup>th</sup> Wednesday of the month 1-3 pm

English: San Leandro Senior Community Ctr 13909 E. 14th St  
4<sup>th</sup> Tuesday of the month, 10:00 am – 12:00 pm

Spanish: Hayward La Familia Counseling Service 22366 Fuller Ave  
1<sup>st</sup> Tuesday of the month- every other month (October, December),  
10:30 am – 12:00 pm

Spanish: Oakland Eastmont Mall 7200 Bancroft Ave., Ste. 202  
1<sup>st</sup> Thursday of the month, 10:00 am – 12:00 pm

Spanish: Street Level Health Project, 3125 E. 15<sup>th</sup> St, Oakland  
3<sup>rd</sup> Friday of the month, 2:30 -3:30 pm

Cantonese/Mandarin: 16450 Kent Ave., San Lorenzo  
2<sup>nd</sup> Tuesday of the month, 10 am – 12 pm