



Alameda County Public Health Diabetes Program Newsletter



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Diabetes Program (510) 383-5185

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Gum Health

Paying attention to your oral health is very important and even more so when you have diabetes. Periodontal disease or gum disease is of great concern when you have diabetes. Periodontal disease is a low grade infection on the gums and teeth caused by bacteria and can affect your jaw, gums and even cause tooth loss. Seeing your dentist regularly (twice a year) or a specialist if needed to help to prevent problems.

Because gum disease is a form of inflammation it can cause problems with blood sugar control and insulin resistance leading to poor control of your diabetes. Other things can also lead to gum disease like smoking, not brushing your teeth regularly, stress and bridges or other dental appliances that don't fit well.

What can you do to try and prevent gum disease?

Brush your teeth after every meal making sure you clean the front, back and chewing surfaces. Always use a soft bristle toothbrush.

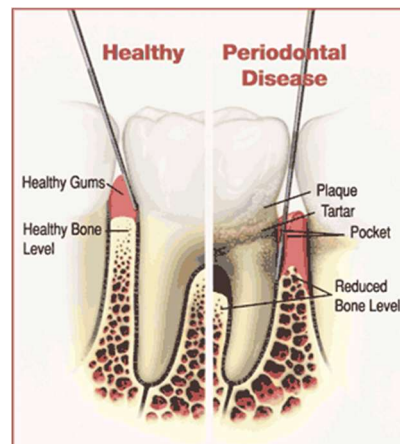
Floss between your teeth at least once a day. Ask your Dentist or the Hygienist to show you the proper technique for flossing and brushing.

Ask your dentist what type of mouth wash you should use.

Stop smoking.

See you dentist at least twice a year or every 6 months.

Get a referral from your dentist to a specialist if you have gum disease.



Walking

Walking is a great low impact exercise that can assist you in losing weight, maintaining weight, help your body use insulin and lower your blood sugar. Walking can also help you get back into a regular exercise routine and progress to a more vigorous exercise.

How do I get started?

Have a plan

Start slow maybe walk for 5 minutes and build up from there by adding 2 minutes each week. By the 8th week you should aim to walk 20 minutes a day. By the end of 12 weeks you should be up to 30 minutes.

Be Creative

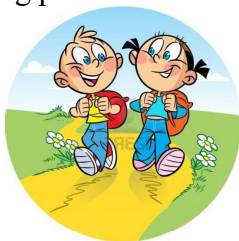
Walking 30 minutes a day does not have to be all at the same time, take three 10 minutes walks a day (5 minutes out and 5 minutes back each time).

Walk with a friend, co-worker or a group while sharing interesting stories, the time will fly. When you walk with others everyone can encourage each other make sure they walk. You can wear a pedometer to measure your steps and make your target 10,000/day.

You can get in extra steps by taking stairs instead of the escalator or elevator, and park a little farther away from wherever you are going.

Have fun on a walk. Listen to music, books on tape and walk a different path or area each time. Many cities have historical walks that are interesting and make you feel like you are not exercising. Parks have special walks where you can see nature and interesting creatures as they migrate. Walk at the zoo and see the wild life. Check with Parks and Recreation and your city for walks in your town

Check this website www.nhlbi.nih.gov and the search for “sample walking plan”.



Strawberry Mousse

Serves 6; serving size: 1/2 cup

Ingredients

1 package (4 serving size) strawberry sugar free gelatin
½ c boiling water
2 c slice strawberries, divided
4 oz reduced-fat cream cheese
½ c cold water
¼ t almond extract
1 c reduced-fat whipped topping, plus additional for garnish

Preparation

1. Place gelatin in small bowl. Pour boiling water over gelatin and stir until completely dissolved. Pour gelatin mixture in to a blender; add 1 cup of strawberries, cream cheese, cold water and almond extract. Blend 1 minutes or until completely smooth.
2. Pour mixture into medium bowl. Thoroughly whisk whipped topping into mixture (make sure gelatin mix does not settle to the bottom).
3. Pour mousse into 6 serving cups. Refrigerate at least 2 hours or until mousse is set. Top mousse with remaining sliced strawberries and dollop of whipped topping.

Nutrition Information

Calories: 89
Total Fat: 5.0 g
Sodium: 138 mg
Total Carbohydrate: 8 g
Dietary Fiber: 41 g
Protein: 3 g

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Department*

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

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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
1st Tuesday of every other month beginning 2/6/18,
10:00 am – 12:00 pm.

English: Livermore Parks & Rec. 4444 East Ave, Livermore
2nd Tuesday of every other month beginning 1/9/18,
10:00 am – 12:00 pm.

English: Oakland Eastmont Mall 7200 Bancroft Ave., Ste. 202, Oakland
3rd Tuesday of every other month beginning 1/16/18,
10:00 am – 11:30 am

English: Alameda Recreation and Parks, Mastick Senior Center
1155 Santa Clara Avenue, Alameda
4th Wednesday of every other month beginning 1/24/18, 1pm - 3 pm

English: San Leandro Senior Community Ctr 13909 E. 14th St, San
Leandro
4th Tuesday of every other month beginning 1/23/18,
10:00 am – 12:00 pm

Spanish: Hayward La Familia Counseling Service 22366 Fuller Ave,
Hayward
1st Tuesday of every other month, 10:30 am – 12:00 pm

Spanish: Oakland Eastmont Mall 7200 Bancroft Ave., Ste. 202
1st Thursday of the month, 10:00 am – 12:00 pm **Also** Quarterly May 19,
2018 10:00 am – 12:00 pm

For details go to our website <http://www.acphd.org/diabetes.aspx>