



Alameda County Public Health Diabetes Program Newsletter

Diabetes Program (510) 383-5185

October 2018

Volume 15, Issue 10

The Benefits of Strength Training



Individual Highlights:

Strength Training	1
Emergencies	2
Recipe	2
Support Groups	3

As the weather changes and out door activities are not as attractive we need to look for other ways to exercise. Strength training is one of those options that can be done in doors. Studies show that strength training can be very useful in managing you blood sugar levels and improving your insulin sensitivity. It can also strengthen your bones and muscles, which can help to reduce bone fractures or osteoporosis.

The American Diabetes Association recommends strength training twice a week in addition to some type of aerobic exercise like walking, running, or a class. Some of the ways you can incorporate strength training, include:

- Weight machines at a gym or free weights at home (exercise weights or even a can of vegetables or bottle of water)
- Using resistance bands (stretchy bands)
- Exercises that use you own body weight to strengthen muscles, including pushups, sit ups, squats, lunges, wall-sits and planks
- Even heavy gardening and yard work count

Here are three other exercises to consider adding to your fitness plan. Try to do two sets of 8 to 12 repetitions

Curls

Hold a light pair of dumbbells (3-5 lbs) in each hand, arms at your side with palms facing up. Holding elbows steady, curl your forearm to bring the dumbbell almost to your shoulders and then resume starting position. A 24 oz. water bottles can be used instead of dumbbells. This exercise will strengthen your biceps.

Wall Squats

Stand against a wall, feet about a foot in front of you. Bend you knees as you lower your back against the wall until you are in a sitting-position. Hold for several seconds, and then return to standing. Wall squats work the Quadriceps and hamstrings in the thighs.



Made possible by Diabetes Self-Management Sept-Oct 2018

Emergencies and Diabetes

Diabetes-related emergencies are most often due to a severe drop in or rise in blood sugar levels; without proper treatment, it can become serious and even life-threatening. In the next few newsletters we will review important information on how to recognize and address these emergencies.

Serve Hypoglycemia

Hypoglycemia, or low blood sugar is described by the American Diabetes Association as a blood sugar 70 mg/dl or lower. When blood sugar levels drop even further (typically below 54 mg/dl), this is called clinically significant hypoglycemia. Severe hypoglycemia is not defined by specific blood sugar value; rather, it's defined by cognitive impairment and the need for assistance to recover.

Symptoms

- Inability to swallow
- Seizures or convulsions
- Loss of consciousness

Severe hypoglycemia poses an immediate risk, but it can also increase the risk of dementia in older adults. Left untreated it can lead to death.

Action Steps

If you take any type of diabetes medication, you can be at risk. Taking too much medication, skipping or delaying meals, drinking alcohol without eating and doing unplanned physical activity all put you at risk for low blood sugar.

Take your diabetes medications as directed. If you have frequent lows, talk to your doctor because you may need to lower your dose or change medications. Always have treatment for low blood sugar with you (fast acting carbs, glucose tablets, hard candy, raisins, juice box)

Check your blood sugar regularly and more often if you eat less than usual or have been more active.

Check it before you drive the car or operate machinery.

Get a prescription for Glucagon and injectable hormone that raises your blood sugar and is good when you can't swallow.

Wear an ID bracelet or necklace stating you have diabetes.

Made possible by Diabetes Self-Management Sept-Oct 2018

Roasted Carrot Soup

Serves 8; serving size: 3/4 cup

Ingredients

2 lb carrots, peeled and halved crosswise
1 onion, cut into 1" chunks
4 cups water
2 t fresh minced ginger
½ t salt
1/8 t pepper
Fresh dill

Preparation

1. Preheat the oven to 425 degrees. In a large bowl, combine the carrots, onion and olive oil. Toss until evenly coated. Place the veggies on a baking sheet. Roast for 30 minutes, or until veggies are tender and beginning to brown.
2. Working in batches, if necessary, place the roasted veggies in a blender with the water. Process until smooth, then pour into a soup pot. Add the ginger, salt, and pepper.
3. Over medium heat, ginger to a boil, then reduce the heat to low. Simmer for 5 minutes, or until heated through. Garnish each serving with fresh dill.

Nutrition Information

Calories: 80
Total Fat: 3.5 g
Sodium: 220 mg
Total Carbohydrate: 13 g
Dietary Fiber: 4 g
Protein: 1 g

Brought to you by Diabetes Forecast Magazine
July/August 2018

Alameda County
Public Health
Department

Diabetes Programs

7200 Bancroft Ave. Ste. 202
Oakland, CA 94605

Phone:
(510) 383-5185

Fax:
(510) 383-5183

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

Brenda Yamashita – Director

Rajinder Singh – 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
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 9/26/18
10 am - 12 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

English: Castro Valley Kenneth Atkins Senior Center 17800 Redwood
Rd, Castro Valley
2nd Wednesday of every other month beginning 9/12/18
10:00 am – 11:30 am

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>