



November 2008

# Wellness Works

A part of ISU Employee Wellness Program

## Announcements:

### Lunch N Learns

“Holiday Spices - Flavorful and Healthy”

Friday, December 12th  
Palmer Bldg., Room 0331

“How to Curb Mindless Eating”

Thursday, January 22nd  
Palmer Bldg., Room 0331

**Dodge Diabetes Week**  
November 19th

**Nutrition and Physical Activity Challenge**  
All of November

If you would like to receive the Wellness Works newsletter or any other wellness information via e-mail, please contact Sally Barclay at Barclay@iastate.edu

### Inside this issue:

How to Treat Problems Due to Diabetes	2
Diabetes Prevention	2
The Iowa State Exercise Clinic	3
Extra-Easy Lasagna	3

## Diabetes Awareness

**23.6** million Americans have diabetes, and with the obesity trends of our nation on the rise, that number is likely to grow. The disease affects the metabolism of sugars, and requires constant awareness of the patient’s diet and insulin. The long-term complications are serious: a higher risk of cardiovascular disease, chronic renal failure, retinal damage, and more. With November being American Diabetes Month we choose to devote this month’s newsletter to raising awareness of Diabetes’ symptoms, treatment and prevention. Please take the time to read this issue and also visit [diabetes.org](http://diabetes.org) for more information regarding the disease.

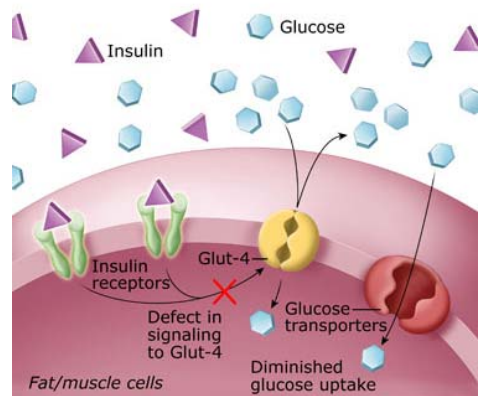
## Understanding Diabetes

**T**ype II diabetes is the most common form of diabetes, in which the cells ignore the insulin being produced. Insulin is essential for the body to use glucose for energy. After you eat, the body breaks down the food into glucose, which is the basic fuel for the cells in your body.

When you have diabetes, the glucose builds up in the bloodstream instead of going into the cells. In the short-term, your cells are starved of energy. On the other end of the spectrum, high glucose levels can eventually hurt your eyes, kidneys, liver, or heart.

Type II diabetes can seem harmless. In fact, some people have it for years and are completely unaware. Some symptoms to look for are increased thirst and frequent urination, extreme hunger, weight loss, fatigue, blurred vision, and slow-healing sores or frequent infections.

The cause if diabetes is unknown, but some common factors in individuals diagnosed are excess fat (especially abdominal fat) and inactivity. Other risk factors in-



clude family history, race, age, prediabetes, and gestational diabetes.

Blacks, Hispanics, American Indians, and Asian Americans are all at a higher risk of developing type II diabetes. After age 45 the risk also increases.

To avoid Type II diabetes, stay active and eat healthy foods. The more precautions you take, the less likely you are to develop Type II diabetes. Be sure to consult with a physician if you notice symptoms or have any questions concerning Type II diabetes.

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## How to Treat Problems Due to Diabetes

In diabetes, the body fails to properly use insulin, which is needed to take sugar from the blood to the cells. The problem is either that your body doesn't recognize insulin (Type II) or your body doesn't produce enough (Type I). Diabetics need to check the level of glucose in their blood very regularly to ensure that it is within normal range. If you or someone you know has diabetes, use these tips to get them back on track.

Part of living with diabetes is learning to deal with some of the problems that go along with having the disease. Hypoglycemia, or low blood glucose (sugar), is one of those problems. Hypoglycemia happens from time to time to everyone who has diabetes. To treat hypoglycemia, the quickest way to raise your blood glucose is with some form of sugar, such as three glucose tablets, half a cup of fruit juice, or five to six pieces of hard candy. Once you've checked your blood glucose and treated your hypoglycemia, wait 15 or 20 minutes and check your blood again. If your blood glucose is still low and your symptoms of hypoglycemia don't go away, repeat the treatment.

Another problem diabetics may have is hyperglycemia. To treat this, you can often lower your blood glucose level by exercising. However, if your blood glucose is above 240 mg/dl, check your urine for ketones. If you have ketones, do NOT exercise. Exercising when ketones are present may make your blood glucose level go even higher. You'll need to work with your doctor to find the safest way for you to lower your blood glucose level. Cutting down on the amount of food you eat might also help. Work with your dietitian to make changes in your meal plan. If exercise and changes in your diet don't work, your doctor may change the amount of your medication or insulin or possibly the timing of when you take it.

Information courtesy of American Diabetic Association.

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## Diabetes Prevention

**M**aking lifestyle changes can make a big difference in your chance of preventing diabetes or the progression of prediabetes. The Mayo Clinic suggests eating healthy foods such as fiber and whole grains, getting more physical activity, losing excess pounds, and skipping fad diets as the main preventative measures.

Nutrition is an important component when at risk for developing prediabetes. Eating healthy and making healthy choices is important. Here are some dietary suggestions from the American Diabetes Association:

- Fruits and vegetables: eat a lot in a variety of different colors
- Whole grains, brown rice, and whole wheat pasta
- Dried beans (such as kidney or pinto) and lentils
- Fish: eat 2 to 3 times per week
- Lean meat: eat meat that ends in "loin" such as pork loin or sirloin
- Turkey and chicken: don't eat the skin
- Non-fat dairy: examples: skim milk, non-fat yogurt and cheese
- Water and calorie-free drinks: no soda or sweetened or sugary drinks
- Liquid oils instead of solid fats: use oils such as olive oil when cooking compared to butter
- Healthy snacks: reduce high-calorie snack foods and desserts such as chips, cookies, and ice cream
- Portions: reduce portion sizes, the amount of food you eat is just as important as what you eat

How much physical activity do you need? The American Diabetes Association suggests 30 minutes of physical activity at least five days a week. Physical activity is beneficial to your health in many ways including lowering blood glucose levels, blood pressure, and cholesterol. It also increases circulation and helps insulin work more efficiently. Physical activity can be as easy as taking a walk around a mall or fun like going dancing.

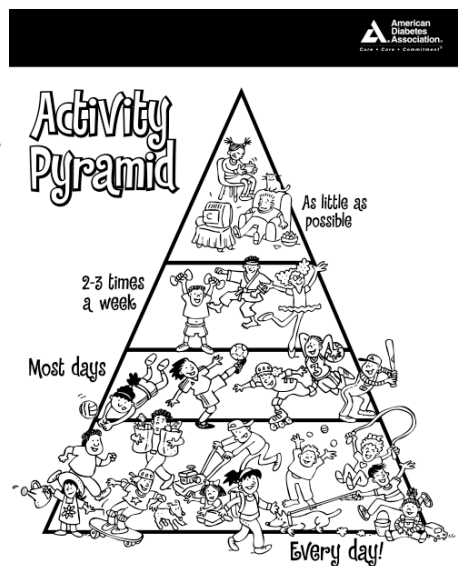
Eating right and getting enough physical activity is beneficial to your health in more ways than just preventing diabetes. So stay active! The American Diabetes Association has more useful information on its website on diabetes, nutrition, physical activity and more. Visit [www.diabetes.org](http://www.diabetes.org) for information.

## The Iowa State Exercise Clinic

The top three causes of death in the United States are cardiovascular disease, cancer, and stroke. There are ways that you can avoid or delay the onset of these conditions. What you may not know is that there is a place on campus for you to access to help assist you in avoiding these conditions. The Iowa State Exercise Clinic is an on-campus adult fitness center that is sponsored by the Kinesiology Department and directed by a fellow faculty member, Warren D. Franke, PhD.

Dr. Franke is a veteran of the fitness industry and has managed the exercise clinic for the last 17 years. He has seen many different types of fitness facilities and he truly believes that this is “a fitness center, but one that does it the right way.” In the exercise clinic you will be given a program that is specific for your needs and allows you to achieve your goals. As Dr. Franke says, “this isn’t your traditional fitness center where you see big macho men and women staring at themselves in the mirror; this is a place to work on your health.”

The exercise clinic offers a variety of services. These services include: fitness assessments, exercise classes, blood profiling, cardiovascular disease profiling, nutritional counseling, well mile incentive program, and massage therapy. On top of these great services, you will have the opportunity to work out with state of the art equipment in the 8700 square foot Fitness/Wellness Teaching Laboratory in the Forker Building here on campus. These services will give you a great understanding of just what your health status is and your risk factors for various diseases. The best part is that these great services are offered at a minimal price compared to other fitness centers. For a schedule of activities, operating hours and prices please visit the exercise clinic website at: <http://www.kin.hs.iastate.edu/outreach/exercise-clinic.php>



## Extra-Easy Lasagna

### Ingredients (serves 8):

3 cups PREGO Traditional Spaghetti Sauce  
15 oz. Ricotta cheese  
2 cups Shredded mozzarella cheese (8 oz)  
6 cups Lasagna noodles  
¼ cup Water  
¾ lb Lean ground beef

### Nutrition:

Calories: 408  
Total Fat: 18g  
Cholesterol: 62mg  
Sodium: 678mg  
Carbohydrates: 36g  
Protein: 25g

### Directions:

In a 10-inch skillet over medium-high heat, cook beef until browned, stirring to separate meat. Spoon off fat. Add spaghetti sauce; heat through, stirring occasionally.

In 2-quart oblong baking dish, spread 1 and ½ cups of meat mixture. Top with three uncooked lasagna noodles, half of the ricotta cheese and half of the mozzarella cheese. Repeat layers. Top with remaining meat mixture. Slowly pour water around inside edges of baking dish. Cover lightly with foil. Bake at 375 degrees for 45 minutes.

Uncover; bake 10 minutes more. Let stand 10 minutes before serving.

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