



diabetes dialogue

WINTER 2006 ISSUE

Ask the Experts ABOUT OBESITY AND DIABETES

On Thursday, January 26, 2006, City of Hope's Patient, Family & Community Education Department will host a community lecture about obesity and diabetes. Drs. Ken Chiu and Michael Racine (read more below about these two new City of Hope physicians) will speak about how weight management relates to this devastating disease. This free event is open to the public and will take place on the City of Hope campus at the Platt Conference Center from 6 to 7:30 p.m. For reservations or information, contact **800-535-1390, ext. 6-KNOW (6-5669)**. See enclosed insert for more information.

MEET THE NEW ADDITIONS TO OUR TEAM



**M. YAMEN AL-SAYED,
M.D.**

assistant professor

Dr. Al-Sayed is an authority on insulin pump therapy and islet cell transplantation in the management of type 1 diabetes. He is also involved in the department's Diabetes and Cardiovascular Risk Reduction and Diabetes Education programs. He attended medical school in Syria, and completed his internal residency training from Medical College of Wisconsin.



**KEN C. CHIU,
M.D., F.A.C.E.**

associate professor

Dr. Chiu is an expert in diabetes and endocrinology and has extensive experience in diabetes prevention and treatment of pre-diabetic states, such as polycystic ovarian syndrome presenting as irregular menstrual cycle and hirsutism (excessive hair growth). He received his medical degree from Taipei Medical College, Taipei, Taiwan and his internal medicine residency training from St. Luke's Hospital, St. Louis, MO.



MICHAEL RACINE, M.D.

assistant professor

Dr. Racine's primary area of research interest is in hypothalamic-pituitary function and growth in survivors of childhood cancer. He received his medical degree from Loma Linda University School of Medicine and took his fellowship in adult and pediatric endocrinology at the University of Michigan.



“GET MOVING” TOWARD A HEALTHIER LIFESTYLE!

Incorporating a physical regimen into your everyday lifestyle is something everyone should strive for, especially people with diabetes. Besides lowering your blood sugar, burning calories, and increasing your heart, lung, and muscle strength, exercise can also improve sleep, bone strength and self-confidence. But before you sign up to run a marathon, the American Diabetes Association (ADA) recommends that people with diabetes first follow a few helpful tips:

1. **Meet with your doctor before beginning any form of exercise.**
2. Choose activities that are challenging but not overly strenuous or difficult.
3. Allow yourself time to form a routine. Extra walking is an easy way to get started. Warm-up by walking slowly for 3 to 5 minutes. Then pick up the pace for up to 20 minutes followed by a cool down of at least 5 minutes.
4. Always wear your medical ID tags, especially during physical activity, in case an emergency should occur during your workout.
5. Monitor your blood sugar. Because exercise uses glucose, you must check your blood before and after exercise. Always plan to have water and snacks readily available in case your blood glucose level should become too low.
6. Pay attention to how exercise affects your body. Because exercise speeds up metabolism not only during exercise but also for up to 24 to 72 hours post-workout, people on insulin may sometimes need to reduce their insulin doses. Keeping track in a logbook may help make the process easier the next time you

exercise, and better help your physician know how to advise you.

7. Listen to your body and know when **not** to exercise such as the onset of a cold, flu or fever, and/or fighting a sore throat or asthma problems. Exercise can make your illness worse, and you need to rest at this time.

If you've spent most of the year more stationary than active but want to take steps toward a healthier lifestyle, then don't wait ... get moving!

OBESITY SPEEDS ONSET OF BOTH TYPES OF DIABETES IN KIDS



Across the U.S., specialists who treat diabetes are seeing more children with type 2 diabetes, a disease once referred to as “adult-onset” diabetes that can result in blindness, limb amputations and kidney failure, as well as dramatically boost the risk of heart disease and stroke.

Some overweight children are at higher risk than others. The disease is more likely in kids who have a close relative with the disease, as well as youngsters in certain ethnic groups such as American Indians, African-Americans, Hispanics and Asian/Pacific Islanders. How can you spot the disease in its earliest stages? Pay attention to these signs:

Chicken Parmesan

This recipe, with its vibrant colors, is a cheerful, easy meal! You can also replace the chicken in this dish with veal or turkey breast.

Number of servings: 8

Serving size: 1/8 of recipe

Cooking time: 30 minutes

Ingredients	Measure	Weight
26 oz. jar seasoned tomato sauce	1 ea.	—
Boneless, skinless chicken breast	—	20 oz.
Shredded part skim mozzarella cheese	1/2 cup	—
Grated Parmesan cheese	1/2 cup	—

Preparation instructions

1. Preheat oven to 350° degrees F.
2. Spread half of the tomato sauce in a 9"x13" baking pan or large casserole dish.
Place the chicken on the sauce, then pour the rest of the sauce over the chicken.
Sprinkle the mozzarella cheese atop the chicken, followed by the Parmesan cheese.
3. Cover and bake until bubbly and cheese is lightly browned.

Exchanges per serving

3 Very lean meat

1 Vegetable

1/2 Fat

Nutritional information — Amount per serving

Calories: 153 (calories from fat: 41)

Total fat: 5g (saturated fat: 2g)

Cholesterol: 51mg

Sodium: 762mg*

Total carbohydrate: 7g (dietary fiber: 1g; sugars: 5g)

Protein: 22g

* Not appropriate for low sodium diets. If you need to watch the sodium in your meal plan, choose a low-sodium brand of prepared sauce, but add 1 tablespoon of oregano or Italian seasons to spice it up.

This recipe is from *Forbidden Foods Diabetes Cooking*, published by the American Diabetes Association. You can order a copy of this and many other cookbooks by calling 1-800-ADA-ORDER (1-800-232-6733) or by visiting www.diabetes.org.



City of Hope®

**Patient, Family and Community Education Department
At City of Hope Presents:**



Ken C. Chiu, M.D., F.A.C.E.

*Associate professor, Department of Diabetes, Endocrinology & Metabolism,
and director, Endocrinology Fellowship Training Program*

and

Michael Racine, M.D.,

Assistant professor, Department of Diabetes, Endocrinology & Metabolism

Speaking on

**Diabetes: Obesity-Related Diabetes
in Children and Adults**

Thursday, January 26, 2006

6 to 7:30 p.m.

Free admission. Open to the public. Light refreshments will be served.

Platt Conference Center, City of Hope
1500 E. Duarte Road, Duarte, California 91010

Call us now to reserve your seat!

800-535-1390 ext. 65669



**City of Hope®
Cancer Center**

- ▶ **A heavy child.** According to the American Diabetes Association, as many as 80 percent with type 2 diabetes are overweight at the time of diagnosis. If your child is heavy, ask your doctor to check his/her fasting blood glucose levels, even if no symptoms are present.
- ▶ **Fatigue.** Sleepiness is common in teens, but have him/her checked if tiredness does not go away. Persistent fatigue is never normal in young children.
- ▶ **Blurry vision.**
- ▶ **Increased thirst and urination.**
- ▶ **A fruity smell to the breath.** High blood sugar levels may lead to frequent sweet, fruity smell on the breath.

Although it may seem difficult initially, parents can help their children make lifestyle changes to help counter obesity and/or reduce the risk of complications if they are diabetic. Encourage children to eat a healthy breakfast, steer clear of junk-food-laden vending machines at school, and skip the fast food meal that precedes dinner for many teens.

MAINTAINING HEALTHY EYES

Eating right, exercising and quitting smoking can reduce the risk of diabetes, cancer, heart disease, hypertension and many other conditions. But did you know that exercise can also aid in keeping eyes healthy? Here's what research has to say about sight-saving tips:

- ▶ *Stop smoking!* Smoking greatly increases one's risk of getting nuclear cataracts (the most common type of cataracts in the U.S.) and age-related macular degeneration (AMD).
- ▶ *Protect your eyes from the sun.* Wear protective eye gear and make sure it protects against UV light. Also wear broad-rimmed hats whenever possible, particularly in the summer.
- ▶ *Eat your vegetables!* Studies suggest that diets high in nutrients lutein and zeaxanthin may reduce the risk of developing both cataracts and AMD, and may even slow progression of these diseases once they've begun.
- ▶ *Take your vitamins!* Studies have found that high levels of antioxidants and zinc slow the progression of advanced AMD and vision loss. However, always check with your physician before altering your vitamin intake.
- ▶ *Eat your fish and skip the junk food!* A published study in 2001 found that people whose diets were high in omega-3 fatty acids and low in omega-6 fatty acids were significantly less likely to develop AMD.
- ▶ *Get out and walk!* Some evidence suggests that regular exercise can reduce the intraocular pressure in people with glaucoma.

For more information about diabetes and healthy eye care, talk to your physician or visit the ADA's Web site at www.diabetes.org.

For more information about diabetes treatment options at City of Hope, or to become a patient, contact New Patient Services by calling 800-826-HOPE (4673), or visit our Web site at www.cityofhope.org/diabetes.

DIABETES EDUCATION CLASSES

City of Hope's (COH) Department of Diabetes, Endocrinology & Metabolism has opened its comprehensive, 14-hour Diabetes Education Program to interested teens and adults with diabetes, whether or not they are COH patients. Interested family members and friends are also welcome to attend. The four, consecutive classes are held Fridays from 8:30 a.m. to noon in COH's Leslie and Susan Gonda (Goldschmied) Diabetes and Genetic Research Center classroom. Course content has been recognized by the American Diabetes Association as meeting the standards for Diabetes Self-Management Education. Family members can attend the class at no additional charge. For more information or to register, call **626-256-HOPE, ext. 62740**.

"The classes put the information into plain and simple-to-follow language. I have already recommended these classes to a friend." — Diabetes Education Program participant

THE DIABETES & CARDIOVASCULAR RISK REDUCTION PROGRAM (DCVRRP)

City of Hope's Department of Diabetes, Endocrinology & Metabolism offers the Diabetes and Cardiovascular Risk Reduction Program (DCVRRP) for people who are more than fifty pounds above their ideal bodyweight and have one or more of the following medical conditions: diabetes, high blood pressure, high cholesterol, sleep apnea, heart disease, disabling joint disease, polycystic ovary syndrome, chronic obstructive pulmonary disease. For one year, participants receive comprehensive medical care and attend educational sessions on nutritional and behavior management every Wednesday in the late afternoon and early evening. For weight reduction, participants consume nutritionally complete liquid supplements and selected solid foods as outlined by the dietitian. For more information please contact your City of Hope physician, or call Sachiko Paz at **626-256-4673, ext. 65994**.

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Director

Fouad R. Kandeel, M.D., Ph.D.

Editors

Kim D. Proescholdt

Fouad R. Kandeel, M.D., Ph.D.

Contributing Writers

Kim D. Proescholdt

Lois Hopkins, R.N., B.S.N., C.D.E.

Designer

Paulette Dahlgard

MED 6860 12/05 3.2M



National Medical Center
Leslie and Susan Gonda (Goldschmied)
Diabetes and Genetic Research Center
1500 E. Duarte Road
Duarte, CA 91010-3000

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