



# The Beacon

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## Med-Cert Medical Management Resources

*“Guiding your way to better health management”*

### The Sweet Truth About Food and Diabetes

**1. Sweets like candy and cake are off-limits to people with diabetes.**

The correct answer is: **FALSE**

Sweet indulgences -- candies, pies, cakes -- were once off-limits for people with diabetes. Not any more.

In fact, research has shown that starches like potatoes and white bread affect your blood glucose levels much like sugar -- causing sometimes-dangerous spikes in blood glucose. Carbohydrates found in most vegetables or whole grains don't affect blood sugar as much.

So today, counting carbs and choosing the healthiest of them is more important than eliminating sugar altogether. A little sweet treat is fine. If you're at a wedding, for instance, you can have a small slice of cake -- very small. Just substitute it for another starchy carb you might eat, like a small potato or a piece of white bread.

**2. A glass of wine with dinner is fine for people with diabetes.**

The correct answer is: **TRUE**

Within limits, of course, alcohol is

fine. Experts say that women can safely have one drink a day; two drinks are fine for men.

Keep the portions small. Four ounces of wine or 12 ounces of beer equals a serving. And just 1.5 ounces of hard liquor equals one drink.

But there are exceptions: People whose blood sugar levels are not under control -- or who have nerve damage from diabetes -- shouldn't drink alcohol.

**3. Foods high in fiber, such as beans, can help lower your blood sugar levels.**

The correct answer is: **TRUE**

A high fiber diet (more than 50 grams/day) has been shown to help lower blood sugar levels - but it's difficult to do. How? Your body digests fiber-rich foods more slowly - which means glucose (a form of sugar) is absorbed into your blood gradually, thereby helping to moderate your blood sugar levels.

But you have to eat a very high fiber diet to attain this effect!

High fiber diets have also been shown to help you lower cholesterol levels, lose weight, feel fuller, and

stay regular.

Remember, always check food labels for carbohydrates. Many high-fiber foods have sugar added to help them taste better.

**4. High-protein diets are risky for some people with diabetes.**

The correct answer is: **TRUE**

Research shows that people with kidney problems have faster loss of kidney function if they follow a high-protein diet.

How much protein is too much? The American Diabetes Association suggests you eat just 15% to 20% of your calories from protein. And do your body a favor: Choose protein such as beans, fish, or chicken more often than fatty red meat. Fatty meat boosts your risk of heart disease.

**5. Artificial sweeteners are safe alternatives for people with diabetes**

The correct answer is: **TRUE**

With low-calorie sweeteners, you can have sweetness that tastes as good as sugar, without the extra calories.

Artificial sweeteners like saccharin and aspartame have no calories or

carbohydrates -- so they can be added to your meal plan rather than substituted for other carbs.

In fact, some new sugar substitutes -- like lactitol -- are great for baking. They have the same "bulk" that regular sugar has. Yet they have half the calories of sugar, and they don't raise blood glucose levels rapidly like sugar does.

### Crunch on this

Carrots make you pretty. Well, that's what Mom always said when she was trying to coax us to eat more of them.

It turns out carrots do make you pretty from the inside out. Here's a true and false quiz from Prevention Magazine to find out how much you know.

1. Carrots are high in calories?
2. Carrots are high in carbohydrates?
3. Carrots are loaded with sugar?
4. About half of the carbohydrates in carrots are from fiber?
5. Beta carotene, which is found in carrots, is linked to improve blood-sugar control?
6. Falcarinol, a phytochemical found in carrots, may help protect against colon cancer?
7. The vitamin A in carrots is good for your eyesight?
8. Carrots make you pretty?

Answers:

1. False. One cup of chopped raw carrots has 52 calories.
2. False. One cup of chopped carrots has 12 grams of carbohydrates.
3. False.
4. True.
5. True.
6. True.
7. True.

8. True -- according to Mom.



### ASK A NURSE

**Q:** I just started working on the Orbitrak Elite elliptical, been working on it 4 days and this will be my second week. I can only seem to do 5 minutes and get a little winded but I got the ok to do this from my doctor, I know I'm out of shape so how do I build up my stamina?

**A:** **How fast are you going?** If you are just starting (2 weeks is just starting), then you need to build up your stamina slowly. Also try other machines if you have access to them and mix them up. My suggestion is to work on endurance first- 5 minutes this week, 7 minutes next week, 9 minutes the next week, etc. Later on, when this becomes easy, you can vary the intensity.

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**Q:** I'm always tired. I need to know what I can do to boost energy. I go to the gym and lift weights, but then never have the energy to do cardio.

**A:** There are many reasons for fatigue. It could be stress, anxiety, depression, lack of sleep, or something medical. I recommend that you speak with your doctor.

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**Q:** What does it mean if you have pigmented lattice?

**A:** Lattice degeneration is quite common. It can make a person slightly more prone to a retinal tear or detachment. If you see any new floaters or flashes you should see your ophthalmologist right away.

### October is Breast Cancer Awareness Month

There were 178,480 cases of breast cancer diagnosed in 2007 in the US. There are 2.5 million living with the disease or survived it. 40,000 died from it in 2007. Breast cancer is the second deadliest cancer in women (behind lung cancer).

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### Recipe Corner



#### Autumn Pumpkin Pie

- 1 1/4 cups pumpkin puree, canned or fresh
- 3/4 cup sugar
- 1/2 teaspoon salt
- 1/4 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- 1 teaspoon all-purpose flour
- 2 eggs, lightly beaten
- 1 cup evaporated milk, undiluted
- 2 tablespoons water
- 1/2 teaspoon vanilla extract
- 1 unbaked pastry shell (9-inch)

Combine pumpkin, sugar, salt, spices, and flour in a medium mixing bowl. Add eggs; mix well. Add evaporated milk, water, and vanilla; mix well. Pour into pastry-lined pie pan. Bake at 400° for 15 minutes; reduce heat to 350° and bake about 35 minutes longer, or until center is set.



This newsletter is brought to you courtesy of Med-Cert, Inc. Our sources for this edition are Web MD, and Prevention magazine.