

good news

Information **you can use**
for diabetes and your health

Defining diabetes

When you have diabetes, there are a lot of terms to keep track of. The following list may help you better understand the terminology associated with your condition.

Insulin (natural): Your body's natural insulin is a hormone produced by cells in the pancreas. It helps your body use glucose as energy. When your body cannot make enough insulin, you take injections or use an insulin pump.

Type 1 diabetes: A condition characterized by high blood sugar levels due to your pancreas's inability to produce insulin. It typically develops in young people, but can appear in adults.

Type 2 diabetes: A condition characterized by high blood sugar levels caused by either a lack of insulin or the body's inability to use insulin efficiently. It typically develops in middle-aged and older adults, but can appear in young people.

Beta cell: A cell located in the pancreas that makes insulin.

A1C: A test that measures your average blood glucose level over a 2- to 3-month period.

Blood glucose: The main sugar found in the blood and your body's main source of energy. Also called blood sugar.

Fasting blood glucose: Blood sugar levels after you have not eaten for 8-12 hours (typically overnight).

Postprandial blood glucose: Blood sugar levels taken 1 to 2 hours after eating.

Hyperglycemia: High blood sugar.

Hypoglycemia: Low blood sugar.

IN THIS ISSUE:

HOW DIFFERENT
MEDICATIONS ADDRESS
DIABETES

VISITING YOUR DOCTOR
AND WHAT TO EXPECT

MAKE TIME TO STRETCH

BARBEQUED CHICKEN &
VEGGIE SKEWERS RECIPE

GRILLED CORN & TOMATO
SALAD RECIPE

THIS MONTH'S
CHALLENGE

For more understanding,
guidance, and diabetes support,
visit wellness4yoursoul.net

How different medications address diabetes

Type 2 diabetes therapies all work in different ways to lower blood sugar levels. They can be used alone or, many times, in combination with each other.

Typically, doctors start by prescribing an oral medication. There are many types of oral medications, each of which functions differently to help people manage their diabetes.

Below are some of the different ways oral medications may work in the body to help lower blood glucose levels:

- Lower blood sugar by decreasing the amount of glucose made in the liver
- Make the body more sensitive to insulin so glucose can be absorbed
- Stimulate the body to release more insulin
- Work in the kidneys to help the body eliminate glucose in the urine

For most people with type 2 diabetes, it is common to intensify therapy as diabetes progresses. At some point, doctors may need to prescribe an injectable therapy.

Below are some of the different ways injectable therapies may work in the body to help lower blood glucose levels:

- Supplement the body's natural insulin
- Help the body use glucose for energy
- Imitate a naturally occurring hormone to stimulate the release of the body's insulin
- Decrease the amount of glucose made in the liver



Visiting your doctor and what to expect

Many factors determine when you should visit your doctor. Typically, you should schedule 2-4 checkups a year. If you have trouble managing your sugar levels, are sick, have complications, or are starting a new therapy, you may need to visit your doctor more often. Your doctor will decide how many visits are best for you.

What your doctor checks at each visit depends on your condition and the therapy you've been prescribed, but here are some things you can expect your doctor to do:

Check

- Blood pressure
- Weight
- Feet condition (look for changes in how feet look and feel)

Discuss

- Your blood sugar readings
- How you're feeling and how you're handling therapy
- Any questions or concerns you have

Every 3-6 months

- Check A1C levels to determine if a change in therapy is needed

At least once a year

- Check your feet more thoroughly for nerve complications
- Perform an eye exam to look for early signs of damage
- Give you a physical exam to review your overall health
- Measure your cholesterol



When most people think of getting active and staying healthy, they don't consider stretching as part of their routine. But the truth is that stretching is just as important to your body as exercising.

make time to stretch

SOME STRETCHES TO TRY:

1. Standing, extend your left arm up into the air and slowly lean to your right side. Hold for a few seconds, switch arms, and lean to the left side.
2. Sit on the ground with your legs extended out in front of you. Slowly reach out and try to touch your fingers to your toes. If you can't touch your toes, that's okay—reach as far as you comfortably can.
3. Still seated on the ground, bring the soles of your feet together so your legs are bent and your knees point out to the side. Place your hands on your feet and slowly lower your body to your feet, going only as far as you comfortably can. Hold for 10-15 seconds.
4. Start by rolling your shoulders down and away from your ears. Reach your right arm behind your head, bending it at the elbow and placing the palm of your hand on your back. With your left hand, apply light pressure on your right elbow. Hold for 10-15 seconds, switch arms, and repeat.

BENEFITS OF STRETCHING:

- ✓ Loosens muscles and helps you relax
- ✓ Improves posture and flexibility
- ✓ Reduces the chance for injury
- ✓ Increases coordination

For more information about stretching, go to www.acefitness.org.



Chef Jennifer Hill Booker shows you how soul food can be healthy food (and still taste good)

Barbequed chicken and veggie skewers

These simple and delicious chicken skewers are a great way to add vibrant colors to your plate all year round.

These nutrition facts are based on estimates. Depending on ingredients you swap out, measurements you adjust, or product brands you use, the label may slightly change. This information is intended to help you make smarter food decisions.

Ingredients

BARBEQUED CHICKEN & VEGGIE SKEWERS

- 2 pounds boneless, skinless chicken breasts
- 2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 3 large garlic cloves, minced
- 1 jalapeno, seeded and minced
- 1 tablespoon sweet paprika
- 1 tablespoon smoked paprika
- 2 tablespoons canola oil
- 16 white mushroom caps
- 2 small onions, cut into 4 wedges each
- 1 large red bell pepper, cut into 16 pieces
- Garnish:** 6 green onions, white and green parts, chopped

Directions

- 1** Preheat grill to 400°F. Soak 2 dozen wooden skewers in water for at least 30 minutes.
- 2** Trim chicken of excess fat and cut into 1-inch cubes. Place in a large bowl and set aside.
- 3** Place the mushrooms, onion, and bell pepper in a separate bowl; set aside.
- 4** In a large bowl, combine the salt, pepper, garlic, jalapeno, both sweet and smoked paprika, and oil. Mix with a rubber spatula until the ingredients are well blended.
- 5** Divide between the bowl of chicken and the bowl of vegetables; mix until well coated with the spice mixture. Cover with plastic wrap. Refrigerate for 30 minutes to 1 hour.
- 6** Thread the chicken onto 6 of the soaked skewers and the vegetables onto the other 6 skewers.
- 7** Place the kabobs on the hot grill and cook until browned and slightly charred (about 15 minutes), turning to keep from burning.
- 8** Remove the chicken and veggie kabobs from grill and let rest for 5 minutes before serving.

Garnish with chopped scallions and serve hot.

Nutrition facts

SERVINGS: 8

Amount per serving
Calories: 119

	% Daily Value*		% Daily Value*
Total Fat: 4.5g	6%	Total Sugars: 1.6g	
Saturated Fat: 0.4g	2%	Protein: 14.7g	
Cholesterol: 33mg	11%	Vitamin D: 0mcg	0%
Sodium: 28mg	1%	Calcium: 29mg	2%
Total Carbohydrate: 4.9g	2%	Iron: 1mg	6%
Dietary Fiber: 1.1g	4%	Potassium: 25mg	1%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.



Chef Jennifer Hill Booker shows you how soul food can be healthy food (and still taste good)

Grilled corn and tomato salad

With Lime Chili Vinaigrette

Fast, easy, and delicious! This summer salad is the perfect addition to any table.

These nutrition facts are based on estimates. Depending on ingredients you swap out, measurements you adjust, or product brands you use, the label may slightly change. This information is intended to help you make smarter food decisions.

Ingredients

GRILLED CORN & TOMATO SALAD WITH LIME CHILI VINAIGRETTE

VINAIGRETTE:

- ½ cup fresh lime juice (about 6 limes)
- 2 teaspoons ground cumin
- 1 teaspoon mild chili powder
- 1 teaspoon salt
- 2 teaspoons fresh ground pepper
- ¼ cup extra virgin olive oil, plus 1 tablespoon for brushing the corn

SALAD:

- 4 ears of corn, husks and silks removed
- 3 cups grape tomatoes, stemmed and cut in half
- 1 small red onion, sliced thin (about ½ cup)
- ½ cup fresh cilantro, rough chopped

Directions

- 1 Preheat grill to 400°F.** In a small bowl, whisk together the lime juice, ground cumin, chili powder, salt, and pepper.
- 2** Pour in the ¼ cup of olive oil in a slow, steady stream, whisking constantly. Set aside.
- 3** Brush the ears of corn with the remaining oil. Place on the grill and cook until lightly charred (about 10 minutes). Turn the corn often for even cooking.
- 4** Remove from the grill and allow to cool.
- 5** Stand the ear of corn on a cutting board. Firmly holding each ear of corn, carefully cut down the corncob with a sharp knife to remove the kernels. **You can also use a kitchen tool called a Corn Zipper to remove the corn kernels from the cob.**
- 6** Put the corn kernels in a large bowl; stir in the tomatoes, onion, and cilantro.
- 7** Drizzle with the vinaigrette and toss to coat evenly.

Serve chilled or at room temperature.

Nutrition facts

SERVINGS: 6

Amount per serving
Calories: 146

	% Daily Value*		% Daily Value*
Total Fat: 12.1g	16%	Total Sugars: 3g	
Saturated Fat: 3.4g	17%	Protein: 1.6g	
Cholesterol: 0mg	0%	Vitamin D: 0mcg	0%
Sodium: 67mg	3%	Calcium: 43mg	3%
Total Carbohydrate: 12.5g	5%	Iron: 2mg	9%
Dietary Fiber: 3.4g	12%	Potassium: 38mg	1%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Strength and
growth come
only through
continuous *effort*
and *struggle*.

- NAPOLEON HILL



Need help?

Lilly is a sponsor of the Partnership for Prescription Assistance[®], a single point of access to information on more than 475 patient assistance programs offering prescription medications for free or at very low cost. In addition, the organization provides information on free and low-cost clinics for patients who need assistance paying for health care. Since 2005, PPA has helped more than 10 million patients access public and private assistance programs.

More information is available at www.pparx.org.

THIS MONTH'S CHALLENGE

STRETCH FOR 3 MINUTES EVERY DAY

Whether it's when you wake up in the morning or right before you go to bed, try different stretches for a few minutes every day. By adding stretching to your daily routine, you'll feel more energized while helping your body prevent injury and improve flexibility.

