

Control Solution... Why It's Important!

All of us here at American Medical Supplies are dedicated to assisting you manage your condition. To that end, we will offer tips in *To Your Good Health* that we trust will be of benefit to you. We are leading off with the importance of control solution in assuring the accuracy of the testing strips.

When did you last test your test strips for accuracy?

Ideally, your test strips should be checked each time you begin using a new bottle. It's important to confirm the strips are functioning accurately. If the glucose results are not accurate, then your treatment may not be appropriate either. So, here's a brief recap for you to perform the control test:

- Shake the control solution bottle to evenly distribute the glucose solution.
- Turn on your meter or insert the test strip.
- Apply a drop of the solution to the test strip, just as you would apply a drop of blood.
- Read the results and compare them with the acceptable test range identified on the test strip bottle.
- If the value is in range, your test strips are working properly.

We've also prepared an educational video on the use of control solution which you can find on our website www.amsdiabetic.com. If you still have questions, our diabetes coordinators will be happy to assist you. Call us toll-free at **1-800-575-2345**.



Cellular Protein Yields Clues to Diabetes, Alzheimer's

New information about a cellular protein might help in efforts to develop drug treatments for diabetes and Alzheimer's disease, researchers say.

In tests on rats, they found that humanin, which may prevent nerve cells from dying, also helps improve insulin action and lower blood glucose levels.

"This new role of humanin in glucose metabolism is very intriguing since scientists have long proposed a link between Type 2 diabetes and Alzheimer's disease," said Dr. Nir Barzilai, a co-senior author of the study and director of the Institute for Aging Research at Yeshiva University's Albert Einstein College of Medicine.

In the study, scientists infused humanin into the brains of diabetic rats. The researchers said the infused humanin significantly improved overall insulin sensitivity, and a single treatment with a highly-potent form of humanin significantly lowered blood sugar levels in the diabetic rats.

Source: *Public Library of Science (PLOS) One*

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Welcome to our Fall 2009 issue of *To Your Good Health* where you'll find helpful tips for dealing with your diabetes, scientific breakthroughs in the treatment of the disease, offbeat items of interest, along with an easy-to-prepare recipe. As always, we welcome your feedback. You can call us at 1-800-575-2345 or e-mail us at service@amsdiabetic.com. We look forward to hearing from you.

Man's Best Friend Has Diabetes, Too



Yes, man's best friend is not immune to the disease. How do you know if your pet has diabetes? The symptoms are similar to those in humans... incessant thirst, urinating more than usual, weight loss. A simple blood test by your veterinarian can tell if your dog's blood sugar is too high. Several other tests may be required to confirm the diagnosis.

As for treatment, your dog will need to have insulin shots, probably twice a day.

At least 50% of diabetic dogs have Type 1 diabetes. Diabetes in dogs is typically seen between the ages of 4 to 14 years, with a peak incidence at 7 to 9 years. Unspayed females have a slightly higher risk. (1)

Your veterinarian will advise you what type of food your dog should eat and in what amounts. For many diabetic dogs, any high-quality balanced diet will work. However, in some cases, the veterinarian may suggest your dog eat a specially formulated diabetes diet.

Source: 1. *Concurrent disorders in dogs with diabetes, JAVMA 217(8): 1166-1173, 2000*

We're Here For You!

Broccoli May Be Good for You!



Eating broccoli could reverse the damage caused by diabetes to heart blood vessels. The key is a compound in the vegetable called sulforaphane. It encourages production of enzymes which protect the blood vessels and a reduction in high levels of molecules which cause significant cell damage.

A research team at the University of Warwick in England tested the effects of sulforaphane on blood vessels damaged by high blood glucose levels and recorded a 73% reduction of molecules in the body which can damage human cells.

Researchers also found the sulforaphane activated a protein in the body which protects cells and tissues

from damage by activating protective antioxidant and detoxifying enzymes. "Our study suggests that compounds such as sulforaphane from broccoli may help counter processes linked to the development of vascular disease in diabetes," said Paul Thornalley, lead researcher.

Source: *BBC News June 16, 2009*

Exercise But Don't Overdo

Exercise Helps the body better use insulin, resulting in a lower blood sugar level. But before you begin, consult with your doctor, some diabetes complications may be worsened by some types of physical activity.

Nutrition Tips to Control Diabetes

You can make a difference in controlling your blood sugar. Here are a few simple steps to take to assist you in that goal:

1. Eat at least three meals a day.
2. Eat at about the same time each day.
3. Eat about the same amount of food at each meal.
4. Do not skip meals.
5. Choose foods that are low in fat.
6. Choose foods that are high in fiber.
7. Choose foods that are low in sodium.
8. Choose foods that are low in simple sugar.
9. Limit alcohol consumption.
10. Use artificial sweeteners.



Be calorie-conscious to maintain a reasonable body weight.

Recipe: Oven 'Fried' Chicken

Preparation time: 15 minutes
Baking time: 20-25 minutes

1/3 cup dry unseasoned bread crumbs
2 teaspoons sesame seeds
1½ tablespoons grated Parmesan cheese
¼ cup fat-free mayonnaise (not salad dressing mayonnaise)
¼ teaspoon salt
1/8 teaspoon garlic powder
2 dashes cayenne pepper
¼ teaspoon poultry seasoning
4 (4 ounces each) boneless, skinless chicken breast halves
Cooking spray

Preheat oven to 425 degrees. Place bread crumbs, sesame seeds and Parmesan cheese in a large zip-top bag and shake gently to combine.

In a small bowl, whisk together mayonnaise, salt, garlic powder,

cayenne pepper and poultry seasoning. Using a pastry brush, coat both sides of each piece of chicken with the mayonnaise mixture. Place chicken, one piece at a time, into the bread crumb mixture in



the zip-top bag, seal and shake to coat chicken well. Transfer chicken to a foil-lined baking sheet coated with cooking spray. Spray chicken evenly with cooking spray.

Bake for 20 to 25 minutes or

until juices run clear and chicken is no longer pink in the center.

Yield: 4 servings
Serving size: 1 chicken breast half

Nutrition Facts:

Per serving:
Calories: 238
Carbohydrate: 9 g
Protein: 37 g
Fat: 6 g
Saturated fat: 2 g
Sodium: 446 mg
Fiber: 1 g

Exchanges per serving: 5 very lean meat, ½ starch, 1 fat
Carbohydrate choices: ½

Recipe developed by Tami Ross, Diabetes Nutrition Specialist & Certified Diabetes Educator, Lexington, KY.

Diabetes Wounds Healed with Oxygen Under Pressure

An Australian-led team of researchers has modeled the use of hyperbaric oxygen therapy (HBOT), the intermittent exposure of the body to pure oxygen under pressure, to heal the debilitating wounds that plague diabetics.

The investigation showed that HBOT applied intermittently under pressure to a diabetic wound speeds up its healing, said Jennifer Flegg, a lead researcher. She added that HBOT must be continued until the wound has completely healed and that individual wounds needed to be treated differently.

Source: *Queensland University of Technology, Brisbane Australia*

Something to Think About:

There are 23.6 million adults and children in the U.S., or 7.8 percent of the population, who have diabetes, according to the American Diabetes Association.