



Welcome to our Summer 2010 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 and offbeat items of interest. As always, we welcome your feedback. You can call us at 1-800-575-2345 or e-mail us at [service@amsdiabetic.com](mailto:service@amsdiabetic.com). We look forward to hearing from you.

## HOW ACCURATE IS YOUR METER?

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Ever feel frustrated when your blood glucose meter readings seem out of whack? Not to worry. All of us can relate. The good news is there are steps you can take to assure it's working just fine.

One of the most important is to **use only strips made for your meter and to use them correctly.** This means making sure the strips have not passed their expiration date, coding your meter for each new batch of strips (if your meter requires coding) and being careful to store your strips in their original container away from sources of heat,

cold or humidity.

Improperly used or stored strips are one of the biggest sources of error in home glucose



meters. To check whether a batch of strips is okay, use a drop of fresh control

solution compatible with your meter on one of the strips in the batch.

Of course, the best way to determine if your meter readings are accurate is to test them against the results you get from a laboratory. If your self-monitoring results generally conform to the ones you get from the lab, you'll know they're accurate.

Breathing easier now?

### 'Unwich', not Sandwich.

The "unwich" is a sandwich without bread. For example, instead of a traditional tuna salad sandwich, why not try an "unwich" by stuffing the tuna salad inside crisp iceberg lettuce and roll it up. Could save you 100 calories. Can't live without bread? You can still save some calories by removing one slice or the bun top.

## ARTHRITIS DRUG MAY CONTROL BLOOD GLUCOSE LEVELS

A generic drug, salsalate, long used to treat arthritis, may help control blood glucose levels in Type 2 diabetics. That's the word from scientists at the famed Joslin Diabetes Center. In a three-month trial, a significant number of patients who took salsalate showed improved

blood glucose levels. Starting off, the patients had levels of hemoglobin A1C levels of 7.0 % to 9.5%. This number dropped by 0.5% for many of those taking salsalate.

Researchers say that salsalate may provide an effective, safe and inexpensive new diabetes treat-

ment. However, the findings are preliminary and they do not recommend use of this medication for diabetes treatment until further studies are completed.

*Source: Joslin Diabetes Center, affiliated with Harvard Medical School.*

## INSULIN...INHALE, NOT INJECT

There's a new insulin product that users inhale, rather than inject, awaiting approval by the Food & Drug Administration. The mealtime insulin comes in a powder form that dissolves immediately after inhalation and is absorbed in the patient's bloodstream. The drug is absorbed ultra-rapidly, so that it becomes effective much more

quickly than an injection of the same drug, the company's manufacturer says.

The product is intended for use at mealtime to control the rapid rise in blood sugar level that occurs immediately after a meal. The company that developed the product says it controls glucose as well as products on the market today, poses a lower risk of hypo-

glycemia and leads to less weight gain compared to other insulin treatments.

Attempts by other drug companies to market insulin inhalers met with little success and were withdrawn from the market.

*Source: Presentation at American Chemical Society National Meeting 2010*

## WHAT DOES SUGAR-FREE MEAN?



Sugar-free claims don't mean these items are carb-or calorie-free. They often contain other ingredients with carbohydrate – such as milk, flour or fruit-that count toward your carb allowance. Government labeling rules dictate that sugar-free

products must have less than 0.5 gram of sugar in a serving and no-sugar-added foods can't contain added sugar. To add sweetness without sugar, some of these products use sweeteners called sugar alcohols, such as sorbitol, which contribute to the carb count but not as much as sugar. Many products also contain no-

calorie sweeteners, such as sucralose, aspartame and acesulfame potassium, which don't provide carbohydrates.

In many cases, sugar-free and no-sugar added foods offer significant carb and calorie savings making them smart choices. But sometimes these foods cut your carb intake only slightly and may cost more, too. If you simply prefer the taste of the sugar version of the food, you may find a smaller portion of it is just as satisfying as a full serving of the sugar-free option.

*Source: Diabeticlivingonline.com*

## NEW DISCOVERY MAY SPEED UP WOUND HEALING

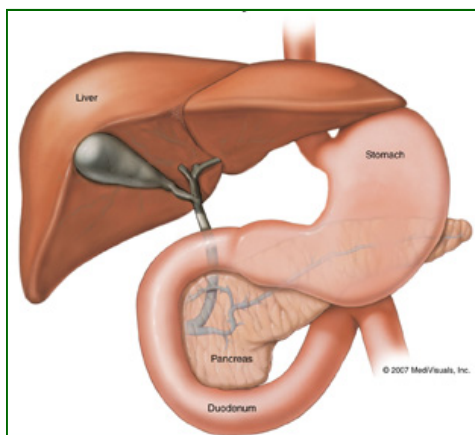
Researchers at Loyola University Health System have discovered certain immune system cells that slow the wound-healing process. In an experiment with mice, they found that mice with the immune system cells, known as NKT cells, exhibited a significantly slower healing process than in a special breed of mice that lacked these cells.

Researchers don't know how NKT cells slow healing. But they believe that they may be able to inactivate these cells using an antibody. They are testing this procedure in a follow-up study.

*Source: Loyola University Health Care System*



## ARTIFICIAL PANCREAS: SUCCESS IN CONTROLLING BLOOD SUGAR IN TYPE 1 PATIENTS



In the first clinical trial of a system using two hormones, an artificial pancreas delivered insulin and glucagon in a way that closely mimics the body's control of blood sugar and maintained near-normal levels

of glucose in a small group of Type 1 diabetes patients.

Both insulin and glucagon are produced in the pancreas: insulin by beta cells and glucagon by alpha cells. Blood sugar is controlled by a delicate balance of the two.

In the trial conducted at Massachusetts General Hospital in Boston, researchers said that after delivering both hormones in response to frequent blood sugar tests, it is possible to control blood sugar levels without hypoglycemia, even after high-carbohydrate meals.

The new artificial pancreas system consists of a blood glucose monitor,

insulin pump technology and specialized software that control the delivery of insulin and glucagon.

The trial, with 11 adult patients with Type 1 diabetes, was designed primarily to test the software that controls the artificial pancreas. Now, researchers plan to expand the study to include both adults and children.

*Source: Massachusetts General Hospital*

## WHAT'S A HEALTHFUL PORTION?

You can estimate your portions by using common household objects or even your own hand. For instance:

A deck of cards is about the size of a 3- to- 4 ounce portion of

meat, fish or poultry, or ½ cup of starch such as rice or cut-up fruit. A baseball or tennis ball is the size of a piece of fruit. The palm of an average woman's hand equals about 4 ounces or ½ cup. A fist equals about 1 cup. A thumb is

about one tablespoon. The tip of the thumb to the first knuckle is about 1 teaspoon. How do you measure up?

## RYE OR WHOLE WHEAT? WHICH IS BEST FOR YOU?

Whole wheat has generally been the bread of choice for blood sugar control. But researchers at Lund University in Sweden say it isn't so. The conventional wisdom has been that when grains are processed, the fiber and nutrient-rich exteriors are lost. But with rye, the researchers say, the good stuff is on the inside, too. Moreover, whole rye flour has twice the nutrients as whole wheat flour.

So why isn't rye more popular? Researchers conjecture it may be because rye has less gluten and makes

denser bread. This makes it more filling. You feel fuller and less likely to eat more. So what's your preference?

*Source: Lund University, Sweden*



# Sugary Drinks Not Sweet for Diabetics

Researchers say that the increased consumption of sugary drinks such as sodas and sport drinks has contributed to thousands of new cases of diabetes and heart disease in the U.S. Research indicated that an increase in consumption of sugary drinks between 1990 and 2000 had

contributed to 130,000 new cases of Type 2 diabetes and 14,000 cases of coronary heart disease. Health policy experts have proposed a tax of 1 cent per ounce of sugar-sweetened beverage that, they say, would decrease consumption of these drinks by 10%.

*Source: Findings presented at American Heart Association's 50<sup>th</sup> Annual Conference on Cardiovascular Disease Epidemiology and Prevention*

## Want Fries with your Burgers?



Better think again before you say yes. You know they're loaded with saturated fat, sodium and calories.

But did you know how much? Well, here's the skinny on fat: This is the nutritional breakdown for a large order of french fries at McDonald's and Burger King.

### **McDonald's:**

Calories: 500; Total Fat: 25 g; Saturated Fat: 3.5 g; Sodium: 350 mg; Carbohydrate: 63 g; Cholesterol: 0.

### **Burger King:**

Calories: 580; Total Fat: 23 g; Saturated Fat: 6 g; Sodium: 990 mg; Carbohydrate: 74 g; Cholesterol: 0.

*Source: Companies' web sites*

**Note:** Information contained in this newsletter is not intended as a substitute for informed medical advice. You should not take any action before consulting with your physician.



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