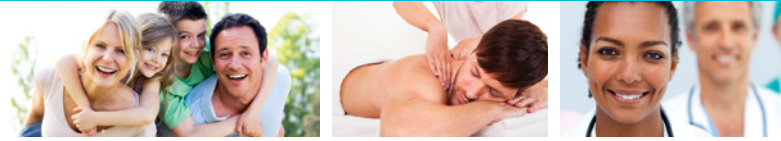




Living with Diabetes



Diabetes is a chronic disease characterized by high blood glucose (blood sugar) that affects nearly 26 million people in the United States.

The most common forms of diabetes are Type 1, Type 2, and gestational diabetes. Type 2 accounts for about 95% of diagnosed diabetes in adults, which is the most common form and the focus of this article.

While diabetes is a progressive disease, if managed well, people with diabetes can live normal healthy lives. Many people with type 2 diabetes can control their diabetes using simple lifestyle changes which include a healthy diet and an exercise regime.

“At Healthy Diets we try to facilitate behavior change by counseling patients on how to adapt lifestyle decisions and incorporate healthy choices in their self-management,”

notes Denise Griffith, MS, RD, LDN, CDE, a certified diabetes educator at Healthy Diets, Inc. “As dietitians, we focus on tailoring nutritional recommendations to the patient

and their individualized needs, not just giving generic meal plans or advice.”

“The belief that there is a single diet plan for people with diabetes is no longer valid, rather it is recommended that people with diabetes work with their dietitian to develop a nutrition care plan that fits their metabolism, nutrition and lifestyle needs.”

“We often suggest the portioned plate concept for people with and without diabetes because it provides a meal pattern that encompasses healthy eating, is easy to follow, and allows all foods to be part of a normal routine,” explained Griffith. “Other clients with diabetes, may need a different approach based on their diabetes medications and the level of control needed. This might include carbohydrate counting, exchange lists or calorie controlled menu patterns.”

A team approach to care is essential.

While healthy eating is a critical part of managing diabetes, having a team of medical experts will empower patients to make the

right choices to sustain their health. Having an established relationship with a primary care physician is important, along with a certified diabetes educator, an ophthalmologist, a podiatrist and a dentist.

Additionally, one of the key members of the team is a pharmacist. “Education is critical for a patient newly diagnosed with diabetes,” explained Steve Adkins, PharmD, Health Park Pharmacy.

At Health Park Pharmacy when a patient with diabetes brings in a new prescription, a QR code will be generated and scanned into an iPad that is equipped with a QR (barcode) reader. While patients wait for their prescription, they can sit in a private consultation area and view videos related to their new medication.

They can view videos on topics such as how to perform a finger stick or how to use insulin. Once the prescription is ready, the pharmacist will meet with the patient to discuss and ask the patient to “teach back” the method to ensure they leave knowing what to do.

Article Continued on pg. 2

	TYPE 1	TYPE 2	Differences Between Type 1 and Type 2 Diabetes
Diagnosis	Genetic, environmental and auto-immune factors, idiopathic	Genetic, obesity (central adipose), physical inactivity, high/low birth weight, GDM, poor placental growth, metabolic syndrome	
Commonly Afflicted Groups	Children/teens	Adults, elderly, certain ethnic groups	
Onset	Rapid (weeks) - often present acutely with ketoacidosis	Slow (years)	

The “Exercise is Medicine,” Healthy Start Program by Healthtrax, is a safe and effective path to fitness for patients with diabetes.

Talk with your provider to ensure you can begin an exercise program and how to factor in your medications, since you may need to schedule them based on your fitness program.

For each hour of exercise, consume an additional 15 grams/carbohydrates before or

after exercise. Remember to stay hydrated during your workout, optimally drinking before, during and after exercise.

Try to schedule moderate-intensity cardiovascular exercise at least four days a week for 20 to 60 minutes and lower-resistance, lower-intensity strength training exercising the major muscle groups two days a week. Aim for 10 to 15 reps.

Don't exercise if your blood glucose is elevated since vigorous activity releases adrenaline and

hormones that can increase your blood glucose levels. Remember to start slowly and build up in time and intensity, and take breaks as needed.

Physical fitness is essential for controlling blood glucose levels and maintaining a healthy weight. The “Exercise is Medicine” Healthy Start Program is an affordable 60-day prescription-based exercise program offered through Healthtrax Fitness & Wellness Center.

www.healthtrax.com • 919-847-2393 ■

Fall Recipe!

Sweet Potato Chai Muffins

Ingredients

- 1 large sweet potato or yam, cut in half lengthwise
- 1 banana, peeled
- 2 chai tea bags (no sugar added)
- 3 eggs
- 1/3 cup each: pecans, flax seed meal, coconut oil, melted
- 3 tablespoons pure maple syrup
- 1 teaspoon each: vanilla extract, baking powder
- 1/2 teaspoon each: cinnamon, baking soda
- pinch of salt

Instructions

1. Preheat oven to 405 degrees. Cut sweet potato in half and bake for 20-25 minutes. Remove skin.
2. Reduce oven temperature to 375 degrees.
3. Puree sweet potato and banana in the food processor. Add: chai tea herbs from two bags, pecans, flaxseed meal, baking soda and powder, and cinnamon. Puree until smooth.
4. Add wet ingredients: coconut oil, eggs, coconut nectar, and vanilla extract.
5. Puree until smooth.
6. Line muffin tin with paper or silicone liners
7. Bake muffins for 25-30 minutes & then let cool

12 servings - Nutrition per serving: 143 calories, 11 g fat, 3g protein, and 10g carbohydrate

Sweet potatoes are an awesome diabetic super food. These tubers are packed full of fiber, vitamin A, an important nutrition for healthy vision, and have a lower glycemic index than regular potatoes.

PROVIDER SPOTLIGHT



Are you recovering from sports injury? Have you been diagnosed with Lyme Disease, or are you thinking of starting a weight loss program? Then, Carolina Hyperbarics and Cryotherapy can provide you with supportive, healing therapy.

The treatment center opened at AIHF in the fall 2011 and has recently added whole body cryotherapy (short-term freezing). Hyperbaric oxygen therapy (HBOT) has been used in hospitals primarily for wound healing, helping approximately 85 percent of patients with diabetes avoid amputations. HBOT has been found to be effective in treating a variety of conditions, including sports injuries, Lyme Disease, before and after surgery, autism, cerebral palsy, substance recovery, detox therapy, brain injuries, chronic fatigue, sleep disorders and more.

Concentrated oxygen therapy helps the body build new capillaries and reduce inflammation and swelling from injury, surgery and chronic illness. During a treatment, patients sit comfortably in the chamber where they can watch TV or relax while receiving treatment. Everyone from World-class athletes to weekend warriors to children diagnosed with autism or cerebral palsy have benefited from this non-invasive, concentrated oxygen therapy.

Adding Cryotherapy further extends the center's commitment to restorative care. “We believe the combined therapies offer patients in our area access to innovative and advanced healing,” noted Mary Marchbanks, president & CEO, of Carolina Hyperbarics and Cryotherapy. “Often, it is beneficial to use both modalities to flush toxins from a patient's skin and body.”

Patients undergoing cryotherapy step into a spacious vertical cylinder, which is filled below the neck with an inert cooling gas. The skin is exposed to temperatures below zero degrees Fahrenheit for three minutes or less. This quick short-term freezing effect offers many benefits.

“The extreme cold causes the body to turn up its metabolic rate to produce heat,” continued Marchbanks. “This effect lasts for hours, causing the body to burn about 500 calories, and when patients undergo multiple treatments, the increase in the metabolic rate tends to last longer. This is beneficial to patients starting a weight loss program as it helps reset your body to burn the maximum number of calories.”

Marchbanks explains that cryotherapy is a tool used in conjunction with a lifestyle change that includes a healthy diet and exercise, not as a replacement. Cryotherapy also benefits skin by helping to increase the production of collagen, which can result in improved texture and elasticity. Patients living with psoriasis often seek out this treatment to get relief from the scaling and itchy condition.

“Other patients see results simply from the detoxification that is delivered with each treatment,” explained Marchbanks. “We offer a unique and exclusive combo of hyperbaric oxygen therapy and whole body cryotherapy that is the ultimate aid to detox, healing and performance.”

www.nchbo.com • 919-720-4377 ■

HEALTH FIT Q & A

Answering your questions about healthy living

Q Why is skin care so important for patients with diabetes? What steps should I take to avoid skin complications?

A The American Diabetes Association states that as many as one-third of people with diabetes may experience a skin malady at some point in their lives. The skin may also be the first area of the body that manifests the initial symptoms of diabetes.

Diabetes is a serious condition that can lead to a variety of skin issues and complications; therefore, it is important to see a dermatologist to get proper skin care advice if you notice a skin problem. The most common complication of diabetes in the skin is associated with high blood glucose levels and / or poor circulation in the skin.

People with diabetes often experience dry skin due to poor circulation, dryness or yeast infection. These patients are also at higher risk of bacterial and fungal infections of the skin. There are also a number of inflammatory conditions specific to diabetes that can lead to serious complications in the skin. Therefore, good skin care is extra critical in preventing skin complications in patients with diabetes. It is especially important to keep your skin clean by using a gentle cleanser (not soap) and to moisturize daily to maintain a healthy skin barrier.

Foot care is often a complication, so feet should be inspected daily. Potential problems such as cuts or open sores should be addressed by cleaning them and applying an antibiotic ointment to the area twice a day to prevent infection. The nails should be trimmed nice and tidy.

During the dry, cold months, keep your home humidified by using a cool mist humidifier. Using mild shampoos is also helpful for appropriate scalp hygiene. Ask your dermatologist how to recognize the signs and symptoms of potential skin problems and treat them quickly and appropriately.

Dr. Carol Trakimas, DO • The Dermatology Center of Raleigh • www.tdcor.com • 919-573-9030

Q What is plagiocephaly, and why does it often require a baby to wear a helmet?

A Cranial remolding helmets help to correct plagiocephaly, a condition characterized by flat spots on a baby's head. Incidences of plagiocephaly have increased since the 1990s, when the Back to Sleep campaign recommended babies sleep on their backs to cut the rates of Sudden Infant Death Syndrome (SIDS).

The helmets reshape a child's head by giving it a mold in which to grow. The best candidates for the helmet are children between five and nine months, as this is typically the age when most growth is seen. Children past this age can still be treated, but they may not experience as much change. If a baby is older than 15 months, it is usually too late to wear a helmet.

Helmets are effective, but they can be expensive. They can cost between \$2,000 and \$3,000, but most private insurances will cover at least some of the cost. Medicaid will cover the cost upon referral by a neurosurgeon.

The process of getting a helmet begins with a head scan. This is a noninvasive process that involves little touching, as EastPoint uses a scanner to capture the size of a child's head. A 3D replica of the patient's head is visualized on a screen in the exam room, which allows the orthotist to compile a report comparing the baby's head to that of the "average" child. Parents can then decide whether or not they want to proceed with the helmet. ■

Rachel Bennett • EastPoint Prosthetics and Orthotics
www.eastpointpo.com • 919-844-7897

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Present this coupon and get

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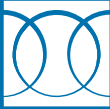
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p.3



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Fall 2013 NEWSLETTER



Upcoming Events

Flu Shot Clinic

Now through December | Monday to Friday,
9 a.m. to 6 p.m.
Health Park Pharmacy, Suite 227
Call 919-847-7645 or visit
www.healthparkpharmacy.com for details.

AIHF Community Health Day

Finding Your Healthcare Heroes
Saturday, September 28 | 9 a.m. to noon
AIHF campus. Visit www.aihf.net for details.

Park Centre Spa, Suite 131

Botox & Blue jeans, Wine & Cheese Botox Event
Thursday, October 3, November 7,
December 5 | 5 to 7 p.m.
RSVP with \$50 deposit to 919-846-1920.

Foundation of Beautiful Skin Fall Event

- Jane Iredale
Thursday, October 17 | 10 a.m. to 4 p.m.
Call 919-846-1920 for details.

Healthtrax Open House

Events throughout the month of November
Call 919-847-2393 for details.

November Seminar Series on Diabetes

Tuesdays in November | 6 to 7 p.m.
Conference Center, Garden Level
RSVP to 919-926-3015

Managing Diabetes through Nutrition & Exercise

Healthtrax, Health Diets, Center for
Chiropractic & Wellness

Understanding How to Monitor your Blood Sugars & CHO Counting

Free Blood Sugar Monitor Included
Health Park Pharmacy

Juvenile Diabetes:

A Parent's Guide to Navigating Diabetes
alongside your Children

Healthy Diets, Carolina Family Practice
& Sports Medicine

Spa Safe!

Medical Grade Manicures,
Pedicures & Other Skin Treatments
Park Centre Spa

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Hyperbarics & Cryotherapy, Rachel Bennett - EastPoint Prosthetics
and Orthotics, Martina Jacek - Healthcare Property Group,
Sandy Dorta - Healthtrax Fitness & Wellness, and Kim Pearson Parker

All events will be held on the
AIHF campus, **8300 Health
Park** in Raleigh