

Diabetes Hands On News

Volume 9, Issue 7
October 2017

Stress and Hyperglycemia

Taking Care

Daily feet check.

Glucose checks as recommended.

Brush and floss daily.

A1c every 3 months.

Blood pressure every doctor visit.

Dental exam every 6 months.

Eye exam (retinal) yearly.

Cholesterol at least yearly.

Urine test for microalbumin

Managing blood sugars can be a difficult task for any one with diabetes. Sometimes no matter how regimented you may be with your carbohydrate consumption and medication administration, you can still experience high blood sugars. You are not alone in this struggle! One of the culprits for your hyperglycemia can be stress. There are many types of stress. For example, physical stress would be your body healing from a recent surgery, whereas emotional stress can be due to problems with your job, marriage, finances, etc. Both of these types of stress initiate a “fight or flight” response. During times of stress, your body will essentially be gearing up for whatever is coming next. Your body will release hormones including cortisol, which in turn cause a surge of energy by releasing stored glucose into the blood stream. This is how stress can lead to hyperglycemia. A recent study out of Duke University looked at a hundred individuals with elevated blood sugar levels. The participants partook in 5 education classes on diabetes and some also learned stress management techniques. After one year, more than 50 percent of those who learned about stress relief improved their levels of blood sugar to a degree that they were able to decrease their chances of having vision problems, kidney disease, neuropathy,

and heart disease so typical of uncontrolled diabetes.

The study participants were able to decrease their stress levels by partaking in relaxation exercises, progressive muscle relaxation, positive mental imagery exercises, deep breathing exercises, and thought-stopping techniques. They sometimes used CDs or DVDs to guide them through stress-reduction therapies.

Here are some scientifically proven ways to de-stress:

Take deep breaths. Try taking at least three slow, deep breaths before starting the car or answering the phone. Stressful activities like starting a new project at work or dealing with the kids can be made less stressful by taking some deep breaths beforehand.

Make meals leisurely. Set aside a few hours a week to enjoy a sumptuous meal with a friend, relative, or other loved one. By spending time relaxing and eating, you can decrease your stress levels.

Partake in relaxation exercises. Exercises that involve progressive relaxation can be done just about anywhere and can be taught in a class or learned by buying a CD or DVD that teaches progressive relaxation exercises. The exercises involve alternatively



A1C%	eAG _{mg/dl}
5	97
5.5	111
6	126
6.5	140
7	154
7.5	169
8	183
8.5	197
9	212
9.5	226
10	240
10.5	255
11	269
11.5	283
12	298

tensing and relaxing your muscles so you end up with a completely relaxed body. **Treat yourself.** Have a small treat (like a 1oz. piece of dark chocolate) to reduce glucocorticoid stress hormone production. Listen to music. Any kind of music you enjoy will have an overall calming effect.

Go for a walk. This will boost endorphins and is also a great way to lower blood sugars.

Pick your battles. Decide if it is worth it to argue over trivial things or get angry at your spouse because they forgot to take out the garbage. Pick those battles that will actually make a difference in your life and let the minor things slip by you.

Try a massage. Find a good massage therapist who can work on your tense muscles and decrease your level of stress. Massages have been found to improve your immune system by aiding in the body's ability to make white blood cells.

They are also known to reduce cortisol levels, decrease blood sugar, and enhance feelings of well-being. **Take a class in exercising.** Even if you don't like group exercise classes, you can learn from a trainer how to participate in other exercise activities, dance, spinning, ballet, fencing, or jumping on a trampoline. You will get a heart-healthy workout by doing something that is fun and playful. Studies have indicated that thirty minutes of aerobic exercise daily on most days of the week can be as effective as taking an antidepressant for depression. Exercise also decreases the body's stress level.

Try aromatherapy. You don't have to use aromatherapy oils. The fresh scent of green plants, fresh flowers, candles, potpourri, and aromatherapy sprays can decrease your stress levels, which will bring down your cortisol level and your blood sugar levels if you have diabetes.



HALLOWEEN: ALTERNATIVES TO CANDY AND OTHER HELPFUL HINTS



TO CUT DOWN ON CANDY

- DON'T STOP AT EVERY HOUSE. CHOOSE THE ONES MOST DECORATED.
- IF TRICK-OR-TREATING WITH MORE THAN ONE CHILD, HAVE ONLY ONE CANDY BUCKET THEY USE FOR THE GROUP
- PUT CANDY IN A BOWL TO SHARE WITH HOUSE GUESTS.
- IF YOU LIKE CARAMEL APPLES, TRY BUYING THE APPLES & DIP SEPARATELY SO YOU HAVE THE OPTION OF HOW MUCH CARAMEL YOUR KID WANTS TO DIP
- HARDER CANDY, LIKE JOLLY RANCHERS, TAKES LONGER TO EAT SO YOU CRAVE LESS.

TRICK-OR-TREATER OPTIONS

- PRETZELS
- STICKERS
- PENCILS
- SMALL ERASERS
- BUBBLES
- COINS
- TEMPORARY TATTOOS
- SMALL PADS OF PAPER

ROASTED PUMPKIN SEEDS

CLEAN & WASH SEEDS. TOSS IN OLIVE OIL OR CANOLA OIL. SPRINKLE WITH A PINCH OF SALT AND/OR CHILI POWDER & BAKE AT 325F FOR 15 MINUTES OR UNTIL TOASTED. STIR THE SEEDS WHILE BAKING TO PREVENT BURNING.



Trick or Treats

We are going to update our list for our monthly newsletters. If you have not attended one of our reunions in the last four years but you would like to continue receiving our letters please contact us:

You can email Megan Tedder at mtedder@feedingamerica.org

You can text us at 361-562-6890

Or call our office at 361-887-7979

(please just leave a message with your name and that you would like to stay on our mailing list)

We will give you till the end of the year to respond so January 2018 we will complete our update. Just remember if you are coming on a regular basis there is no need to call, text or email. We appreciate everyone's help.

We need your help!

Pumpkin Parfait

Ingredients:

- 1 cup pumpkin puree
- 1 (1 ounce) package instant sugar-free vanilla pudding
- 1 teaspoon pumpkin pie spice
- 1 cup evaporated milk
- 1 cup skim milk



Directions:

In a mixing bowl, combine pumpkin puree, vanilla pudding mix, pumpkin pie spice, evaporated milk, and skim milk. Blend together until smooth. Place in parfait glasses and chill until set.

Milk Duds Fun Size 54 cal & 9 g carb
Skittles Fun Size 80 cal & 18 g carb
Reese's Peanut Butter Cup Fun Size 88 cal & 10 g carb

Fun Size M&M's
Plain 88 cal & 12g carb
Peanut 93 cal & 11g carb



Candy Corn 11 pieces 70 cal & 18 g carb
Hot Tamales 50 cal & 12 g carb
Smarties 25 cal & 16 g carb

Tootsie Rolls
Small Bar 50 cal & 10 g carb
Midgee 23 cal 7 g carb
Mini Midgee 11 cal 2 g carb
Tootsie Pop 60 cal 15 g carb

Fun Size Bars
Nestle's Crunch 50 cal & 7 g carb
Pay Day 90 cal & 10 g carb
100 Grand Bar 50 cal & 8 g carb
Almond Joy 80 cal & 10 g carb
Babe Ruth 85 cal & 10 g carb
Heath 74 cal & 9 g of carb
Butterfinger 85 cal & 14 g carb
Mounds 83 cal & 9 g carb
Kit Kat 73 cal & 9 carb

Miniature Bars
Milky Way, Snickers,
Twix, 3 Muskateers 38
cal & 5g carb each bar

Twizzlers Mini Bars 11 g carb
Blow Pop 50 cal & 14 g carb
Starburst Fun Size (2) 40 cal & 10 g carb
Laffy Taffy 32 cal 7 g carb

Hershey Kisses 26 cal & 8g carb
Hershey Miniature Bars (mixed)
43 cal & 5g carb
Whoppers 100 cal 16 g carb

