

# Diabetes and Depression Laboratory Newsletter



## Letter from the Editor

Dear Partner in the Fight Against Diabetes,

Thanksgiving is just around the corner! In this issue of the newsletter, we are featuring articles that relate to self-care during the holidays. There are articles on talking effectively with your doctor, finding ways to get physical activity in the wintertime, and caring for yourself during difficult holiday seasons.

We have two studies are pleased to offer to people at this time. We are asking for volunteers for Program ACTIVE (Appalachians Coming Together to Increase Vital Exercise), a new study of depression treatment for people with type 2 diabetes. The study is

for adults who have had type 2 diabetes for one year or longer, who have the ability to do aerobic exercise, and who are experiencing symptoms of depression. If this is a study that you would be interested in participating in, please let us know!

We are also asking for people to participate in our Living with Diabetes Study II. This study asks about your experiences with diabetes and possibly depression over the past year. Information from this study will help us better understand how persistent depression may be for people with diabetes.

If there are topics you would like to learn more about, please feel free to contact us

at (740) 597-2564. If you know someone who has diabetes who would like to receive the newsletter, please have them contact us to be added to the mailing list. We will be happy to send them a copy. Our newsletter is also available on the internet at <http://www.psych.ohio.edu/labs/degroot.html>. If you would like to receive an email notice when the newsletter is available, please contact us at (740) 597-2564 or [degroot@ohio.edu](mailto:degroot@ohio.edu).

Best wishes for a healthy and happy holiday season,

Mary de Groot, Ph.D.

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## Newest Members

### Vanessa Shrontz

Vanessa is a junior at Ohio University majoring in psychology. After graduation she plans to attend graduate school.

### Cara Finnegan

Cara is currently a senior at Ohio University. She is pursuing degree in psychology and plans to attend graduate school or law school. She is interested in clinical and counseling psychology. Cara is from Elyria, Ohio.

### Jennifer Merrill

Jennifer is a 1st year graduate student in clinical psychology. She graduated from Washington University in 2003 and is interested in chronic illness. Jennifer is originally from Portland, Maine.



## Getting Ready for a Doctor's Visit by Leslie Markowitz



When getting ready to go to the doctor, there are many things you can do to make sure your visit goes smoothly. First, make a list of questions, problems or concerns. By having a list, you will be sure to remember everything you want to ask the doctor.

Plan to bring a record of your blood sugar readings. Showing your doctor your blood sugar log or diary can help you both understand what changes you may need in your treatment routine. It is also a good idea to keep track of how much you exercise per day and to bring that information with you as well. Exercise is key to managing diabetes and it is important that your doctor knows your exercise program.

Bringing along a friend or family member with you can also be useful. This person may be able to help you ask harder questions you might not feel comfortable asking on your own. They can also serve as a support system during your visit. Having a good line of communication with your doctor is important in taking care of your diabetes. Planning ahead for your doctor's visit is a great way to stay ahead.

## Depression During the Holidays

by Jennifer Merrill

The holidays are usually thought of as a cheerful time with parties, family events, and other fun seasonal activities. However, for many people this time of year can be bring up feelings of sadness, loneliness, and anxiety. If you have diabetes, dealing with the stress of the holidays on top of your usual self-care routine can be even harder. So if you find yourself feeling a little bit of the "holiday blues", try some of these tips to feel better this season:

- Don't try to do too much in one day. Save some time to relax.
- Ask for help with cooking and shopping if you need it.
- Make a budget for the holidays if you are worried about money.
- Try to stick to your regular eating and exercise schedule.
- Enjoy the current holiday season, and try not to spend too much time dwelling on past holidays or "the way things used to be".
- Don't worry if everything doesn't go as planned. Have fun!!

If you find that your feelings of depression don't improve after the holidays are over, or if they seem to be getting worse, consider speaking to your doctor. If at any time you feel unsafe or are thinking about hurting yourself, you can call CARELINE at 1-888-475-8484 to speak to someone immediately who can provide evaluation for mental health services if necessary.

## Winter Workout

by Cara Finnegan

The holiday season is right around the corner, along with the cold and snowy days of winter. With the hustle and bustle of shopping and celebration we often find ourselves short on time and energy. In many cases, this can have bad effects on exercise routines which are important for our overall health, no matter what the time of year. The good news is that there are ways to include exercise into our lives even in the chilly days of winter.

Walking is a great way to get fit, and it's an exercise that is easy to fit in to your holiday preparations. Instead of taking 30 minutes out of your day to walk around in the cold weather, why not combine your holiday shopping and your exercise routine and head to the mall. Before you leave do some stretching and drink plenty of water so you will be ready to go when you get to the shopping center. Depending on when you go, eat a good meal before you head out so the food court will not be as tempting. If you park further away, you can get in the first couple of minutes of exercise before you even get inside. Bring your friends and family along as well. Exercise is always more fun when you have a partner, and they can help you with gift ideas too! It isn't necessary to walk for 30 minutes straight, it might be easiest to break it up in 10 minute periods, alternating exercise and browsing. Just consider any purchases part of a weight training program!



Exercise is important for many reasons. It reduces stress, improves circulation, aids in weight loss, lowers blood sugar and helps us to look and feel better. Exercise includes anything that gets you moving, and it doesn't have to be long or hard to be beneficial. Exercising while at the mall, or any indoor facility, is a great way to beat the winter chill and to add some interest to an exercise routine.

### Studies in the Lab

#### Living With Diabetes Study II

As you may be aware, we are currently conducting a follow-up study to a study many of you participated in last year. We're interested in how your diabetes experience has or has not changed over the past twelve months. In addition, Carleen Risaliti, one of our undergraduate students, will be using the information you provide to complete her Honors Thesis in psychology. Many of you have already been contacted about this study and responded. A big thank you to all of you! If you haven't had a chance to participate, don't worry. We will be continuing to contact many of you within the next few weeks to invite you to participate in this follow-up study. Thanks again for all your help!

#### Program ACTIVE

Soon we will be starting a new study to see how exercise and counseling can improve depression in people with type 2 diabetes. This study is called Program ACTIVE (Appalachians Coming Together to Increase Vital Exercise). Please call us at (740) 597-2564 if you have:

- Type 2 diabetes for 1 year or longer
- Depression symptoms
- Interest in exercise and counseling to treat your depression

Participants will receive free cardiac stress tests, counseling and exercise coaching.



**Diabetes and Depression  
Laboratory at Ohio University**

**Department of Psychology**

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**Diabetes-Friendly Pumpkin Pie** from the American Diabetes Association website: [ada.org](http://ada.org)

**Ingredients:**

2 cups crushed graham crackers  
3 Tbsp low-calorie margarine  
2 Tbsp brown sugar  
2 tsp cinnamon  
2 cups pumpkin puree  
12 oz. can evaporated skim milk  
2 eggs, beaten  
1 tsp cinnamon  
1/2 tsp nutmeg  
1/2 tsp allspice

**Preparation Time:** 10 minutes

**Procedure:**

- Preheat the oven to 425° F. Combine the graham crackers, margarine, sugar, and 2tsp cinnamon and press into bottom of 9" pie plate. Place in the oven and bake for 5 minutes, then remove and set aside.
- Beat together all remaining ingredients in the order given. Pour into the crust and bake for 15 minutes.
- Lower oven to 350° and bake for 35 minutes or until the pie is set.
- Cool slightly or chill before serving.

**Cooking Time:** About 1 hour

**Serving Size:** 1 inch slice

**Nutrition Facts:**

Calories 181

Calories from fat 47

Total Fat 5 grams

Saturated Fat 1 grams

Cholesterol 49 mg

Sodium 218 mg

Total carbohydrates 28 grams

Dietary Fiber 2 grams

Sugar 13 grams

7 grams protein

**Exchanges:** 2 carbohydrate, 1/2 monounsaturated fat