

Diabetes and Depression Laboratory Newsletter



Letter from the Editor

Dear Partner in the Fight Against Diabetes,

It is hard to believe that summer is nearly here! This year has been an important one for the Diabetes and Depression Lab. We are very pleased to announce that we received funding this spring from the National Institutes of Health to begin a new study designed to treat depression in people with type 2 diabetes. This study is entitled Program ACTIVE (Appalachians Coming Together to Increase Vital Exercise). We will be enrolling people with type 2 diabetes and depression for the next 2 years. If you would like to learn more about the study, please call us at (740) 597-2564.

The funding for Program ACTIVE comes, in part, as a result of the Living with Diabetes Study (Part I). The purpose of this study was to find out the rates of

depression in people with diabetes in this area. We learned that 1 in 3 people reported significant levels of depression. This rate (30%) is similar to other studies that have been done with people living in urban areas. This high rate of depression inspires us to find new ways to help people manage and overcome depression and to reduce the negative impact it can have on blood sugars and diabetes complications. We are most grateful to the 201 people who agreed to participate in the study. Thank you!

I am also pleased that two of our students will be graduating in June: Carleen Risaliti and Leslie Markowitz. As you may know,

Carleen has been the project coordinator for the Living with Diabetes Study (Part 2). She will complete her Honors Thesis in late May and graduate with honors in June. She will attend medical school in the fall.

Leslie Markowitz will attend the Wright State School of Professional Psychology in Dayton this fall. We wish them well!

Many thanks to you for your support of our research. With your help, we are advancing our understanding of diabetes and working to make diabetes a more livable disease.

Best wishes for the summer,

Mary de Groot, Ph.D.

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Enjoy the Outdoors This Summer for Free **by Leslie Markowitz**



There are many ways to enjoy the warmth and sunshine during the summertime for free. Instead of cooking indoors, cook outside on a grill. By doing so, you not only avoid heating up your kitchen but you can enjoy nature while preparing the meal. If cooking a dinner that has to be made indoors, try eating your meal outside. Another idea is to take your hobby outdoors. Reading the newspaper, knitting, doing crossword puzzles and other activities are great

to do outside. If you enjoy sports, get a few neighbors or family members together and play a game of horseshoes or badminton. This is a great way to exercise and spend time with family and friends. Another option is to go for a walk around the block, or, pack lunch and go to a local park for a picnic. No matter what kinds of activities you like, try to turn them into something that can be done outside so you can take advantage of the nice weather while it lasts!

Athens Farmer's Market

University Mall
Parking Lot

East State Street

Year Round

Saturdays 10am-1pm

April-November

Saturdays 10am-1pm

Wednesdays 10am-1pm

Produce at the Farmer's Market

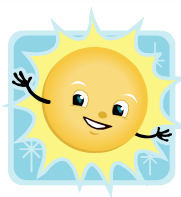
by Vanessa Shrontz



The shift from spring into summer hopefully brings a little sunshine to all of our lives. The nice weather allows us to be outside more and it can bring a little color to our dinner plates. The Farmer's Market is a wonderful resource to be able to find fresh and affordable produce. It not only tastes better but it is also healthier. Fresh produce is a great source of many essential vitamins and minerals. The Farmer's Market offers a variety of vegetables and fruits like asparagus, green beans, strawberries, and pears, along with many more. The Market is located in the University Mall parking lot on East State Street. You can visit them year-round on Saturdays from 10 a.m. to 1 p.m. and Wednesdays, April through November from 10 a.m. to 1 p.m. to snatch up all your tasty and healthy foods.

Staying Cool In the Summer Heat

By Jennifer Merrill



The summer is a great time to be active outdoors, but heat and humidity can also make it very uncomfortable to stay outside. Heat illnesses such as heat stroke and heat exhaustion can also occur, so it's important to keep the following tips in mind whenever you'll be spending a lot of time outdoors:

- Drink plenty of water throughout the day
- Use plenty of sunscreen or sunblock
- Wear comfortable, light-colored clothing
- Use a hat and/or sunglasses to keep out the sun
- Avoid heavy meals, alcohol, and caffeine
- Try to stay indoors during the hottest times of day

Also remember to take plenty of breaks and to stop and rest in a cool, shady spot if you start to feel overheated.

Healthy & Refreshing Summer Drink Recipe

Raspberry Tea Punch

1 quart water
6 bags raspberry tea
2 bags English tea
2/3 cup Splenda® granular
1/4 cup fresh lemon juice
1 quart club soda
2 cups fresh/frozen raspberries

Bring water to a boil and steep tea bags in heat resistant pitcher. Add Splenda® and chill for at least 2 hours. Just before serving add lemon juice, raspberries, and club soda and stir.

40 calories per 8 oz. serving



Diabetes Education at ARHI Diabetes/Endocrine Center

The Diabetes/Endocrine Center at Ohio University's Appalachian Rural Health Institute (ARHI) offers diabetes education classes for people who are newly diagnosed with diabetes and those who would like a review of self-management techniques. Classes are taught by Suzanna Theodoras, R.N., CDE and Barbara Nakanishi, R.D., L.D. Classes include information about using diabetes medications, diet, exercise, and the "facts" about diabetes and its complications.

To attend classes, individuals need a referral from their physician and an individual assessment at the Diabetes/Endocrine Center. For more information please contact Suzanna Theodoras at (740) 593-2453.





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Upcoming Studies in the Diabetes & Depression Lab

Program ACTIVE

This summer we will begin 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

Heart Disease Risk Study

Have you ever talked to your doctor about your risk for heart disease? Has your doctor ever told you how to reduce your risk of heart disease? We are currently looking for people with Type 2 diabetes who are willing to answer questions about heart disease at their next appointment with their doctor. Please call us at (740) 597-2564 if you are interested in participating.

Living With Diabetes

We are still collecting follow-up information for the Living with Diabetes Study from last year. We are interested in how your diabetes experience has or has not changed over the past 12 month. Thank you to everyone who has already participated in the follow-up study. If you have not had a chance to participate, we will continue to contact individuals over the next few months about the study. Feel free to call us at (740) 597-2564 for more information.