

Diabetes and Depression Laboratory Newsletter



Letter from the Editor

Dear Partner in the Fight Against Diabetes,

We are pleased to bring you this next edition of the newsletter. As noted on page 2, Jean Andrews has joined our team as a project coordinator for several studies. I am delighted that Chas Wheeler, a graduate student in our department, has returned from an extended medical leave. Welcome back, Chas!

The theme in this quarter's newsletter is support. Whether you are a person with diabetes, a family member or a friend, most people work hard to be helpful to the one's they love. However, "help" (like art) is in the eye of the beholder. It can mean different things to different people.

For example, it is not uncommon for family members to feel that they are being "helpful" when they

remind a person with diabetes about eating healthy ("Should you have that piece of cake?"). For the patient, this may feel like a truly helpful reminder. Or, it may feel like the family member is acting like the "diabetes police" and you have suddenly become a "diabetes criminal."

A key to good "helping" is open communication. For people with diabetes, it can be useful to share with family and friends what they can do that will be truly helpful to you. Tap into the strengths of your support network to receive the help you need.

For family members, it can be useful to *ask* before you *act*. Talk with your family

member about situations in which you feel can help. Look for common ground so that you both can feel comfortable managing diabetes.

As always, if there are topics you would like to learn more about, please feel free to contact us at (740) 597-2564. Our newsletter is also available on the internet at <http://www.psych.ohiou.edu/labs/degroot.html>.

Best wishes for a healthy spring,
Mary de Groot, Ph.D.

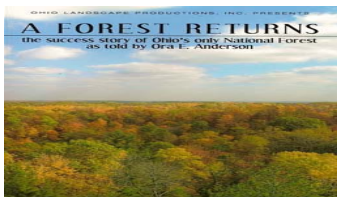
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Newest Members:

Jean Andrews recently graduated from Ohio University where she produced an award-winning Master's thesis video, "A Forest Returns: The Success Story of Ohio's Only National Forest as told by Ora E. Anderson." Jean is interested in oral history and storytelling, especially in Appalachia. Learn more about her video by visiting www.ohiolandscape.org



Studies in the Lab Living with Diabetes

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. 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!

Planning Rewards with Your Friends

by **Chas Wheeler**



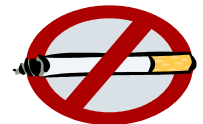
When you have diabetes, there is a lot to think about including diet, exercise, medications, and keeping track of your blood sugar levels. Many people find it helpful to ask for support with their healthy goals. One of the many ways that friends and family members can be supportive, is to plan some healthy, active rewards that you can both look forward to you. Here are some suggestions for plan-

ning these rewards:

- Start by making a healthy goal. Make sure to think about what the goal will be, and how long you would like to try for that goal. For example: Exercise 3 days a week for 30 minutes at a time for the next two weeks.
- Have your friend or family member make a goal for themselves.
- Decide on a reward that you can both enjoy. Some examples might be: going to a movie together, taking a day trip, going shopping together, etc.
- Once you both reach your goals enjoy your activity!

Finding Support When You Quit Smoking

by **Jennifer Merrill**



Deciding to quit smoking is a great step towards a healthier lifestyle, especially when you have diabetes. However, starting the process of quitting can feel overwhelming. To feel more in control, here are some ideas of ways to find support to help you along the way:

- Talk to your doctor when you decide to quit smoking. They can provide you with helpful tips and encouragement.
- Tell your friends and family about your plans to quit smoking, and talk to them about ways that they can help you.
- The Ohio Quitline 1-800-QUIT-NOW (1-800-784-8669) provides free telephone counseling for people trying to quit smoking. They can help to design a "quit plan" that is right for you.
- The American Cancer Society (1-800-ACS-2345) often has information about group classes to help you quit smoking. There is normally no fee to attend these classes, and they can be a great way to meet others who are also trying to quit smoking in your area.

Healthy Snacks **by Vanessa Shrontz**

Eating healthy can be hard when you have a busy schedule, but it is important when you have diabetes. Here are a few healthy snacks that can be made ahead of time for easy, on-the-go snacking.

Snack Ideas:

- Crackers & low-fat string cheese
- Sliced apples with peanut butter
- Low fat microwave popcorn with Parmesan cheese
- Carrots & celery with ranch dressing
- 1/2 whole grain bagel with low fat cream cheese
- Fruit yogurt with a handful of mixed nuts



The American Diabetes Association website at www.diabetes.org has some great suggestions for recipes, including this snack:

Crispy Chips

Number of Servings: 6 *Serving Size:* 8 chips

Ingredients:

6 corn tortillas (yellow or blue)
1 cup water
Chili powder to taste



Preparation: Preheat the oven to 450 degrees F. Dip each tortilla quickly in water (this helps to crisp the chip). Stack the tortillas on top of each other. Cut the stack into 8 triangles. Lay the triangles on a nonstick cookie sheet. Sprinkle the chips with chili powder. Bake in the oven for 5-8 minutes until crisp.

Nutrition Information Per Serving:

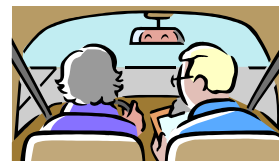
Calories 56 *Calories From Fat* 6
Total Fat 1 g *Saturated Fat* 0 g
Cholesterol 0 mg
Sodium 41 mg

Exchange: 1/2 starch

Total Carbohydrate 12 g
Dietary Fiber 1 g
Sugars 0g
Protein 1 g

Support at the Doctor's Office

By Leslie Markowitz



Doctor's visits can be a good time to involve family and friends in your diabetes care. There are many ways that family or friends can help before, during, and after the visit. Before a doctor's appointment, have a family member or friend help you make a list of questions that you want to ask during your visit. Also, practice what you will say to the doctor with a family member or friend. This is a great way to feel less nervous when you talk to your doctor. On the day of the visit, a family member or friend can drive you to the doctor or sit with you into the waiting room to help you feel more comfortable. After the visit, if you are feeling upset or nervous about a change in your treatment, talking with a family member or friend can help to make you feel better. You can also ask your family members or friends to remind you about making appointments with your doctors, including eye doctors and podiatrists. That way, they can help you stay on track!



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Blueberry Bran Pancakes

Ingredients:

1/2 cup fresh or frozen
blueberries
1 cup Fiber One® cereal
2 egg whites
1 1/4 cups low-fat buttermilk
2 Tbs. canola oil
1 cup all-purpose flour
1/2 tbs. baking soda
1 tbs. baking powder
1 Tbs. sugar 1/2 tbs. salt

Procedure:

- If using frozen blueberries do not thaw before adding to batter. If using fresh,

rinse, drain and sort to re-
move spoiled blueberries

- Crush cereal in large bowl. Stir in egg whites, buttermilk, and oil. Let stand 7 minutes.
- Spray unheated skillet or griddle with non-fat cooking spray, then heat over medium heat until hot (if using an electric griddle, heat to 375°).
- Add flour, sugar, baking soda, baking powder, and salt to the cereal mixture and whisk together.
- Gently fold in the blueberries.
- Spoon the batter onto the heated griddle. Cook pan-

by Francie Astrom, MS, RD, CDE

cakes until puffy and full of
bubbles. Turn pancakes only
once. Cook on the second side
until well browned.

Serving Size: 2 pancakes

Nutrition Facts:

Calories 190

Calories from fat 55

Total Fat 6 grams

Saturated Fat 0.5 grams

Cholesterol <1 mg

Sodium 521 mg

Total carbohydrates 33 grams

Dietary Fiber 7 grams

Protein 5 grams

Exchanges: 1 1/2 carbohydrate,
1 fat