

Diabetes and Depression Laboratory Newsletter



Letter from the Editor

Dear Partner in the Fight Against Diabetes,

We are quickly approaching the transition from spring to summer. I hope this newsletter finds you enjoying the gift of warm days and cool evenings. In this edition of the Newsletter, students have written articles about fun summer activities and cost-saving ways to be active.

We are also advertising two studies that will continue this summer: Program ACTIVE and the Diabetes and Heart Disease Risk Study. Both of these studies are designed for people with type 2 diabetes who are able to exercise.

In the Diabetes and Heart Disease Risk Study, people who participate complete questionnaires just before and after their doctor's appointment. People who participate are paid \$10 for their time.

In Program ACTIVE, we are interested in talking with people who have type 2 diabetes and current depression (lasting at least 2 weeks at a time or longer). If this applies to you, please call us toll-free at 1-888-771-0002 for more information.

As part of Program ACTIVE, our students have been hard at work creating walking maps of the Athens area. One of these maps is included in this newsletter. This map is intended to inspire people to walk in the many lovely neighborhoods of Athens — both for fun and activity that helps manage diabetes. We hope you enjoy this map. If you would like other maps, please feel free to contact us at

(740) 597-2564 or 1-888-771-0002. If you have ideas about other neighborhoods and communities that would make for good walking, please let us know that, too!

Finally, we are preparing to say 'Happy Graduation' to two of our students: Ali Gano and Kristin Cornell. Ali will be starting a graduate program in psychology in Chicago in the fall. We wish both students every success!

As always, we are grateful for your generous spirit and support of diabetes research.

Best wishes for a fun spring and summer,

Mary de Groot, Ph.D.

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Did You Know?

By Laura Snelson

Exercise doesn't always have to be a demanding activity—it can be done with many activities in the home. Some easy ways to stay lean this summer are:

- Light house cleaning—if done for 18 minutes it can burn 100 calories.
- Cook at home—chopping veggies and preparing food burns 180 calories an hour.
- Play with your child, grandchild, or pet—running around like this can burn around 100 calories every 22 minutes!
- Wash your car—40 minutes spent doing this activity will burn around 177 calories.
- Have the best yard on the block—gardening for 20 minutes alone burns about 100 calories.



Diabetes Checklist

- ⇒ Remember to get your A1C checked 2-4 times a year.
- ⇒ Get blood pressure checked at every doctor's visit
- ⇒ Check cholesterol levels every year
- ⇒ Get a yearly dilated eye exam
- ⇒ See your dentist 2 times a year
- ⇒ Always remember to check your blood sugar and keep track of results if necessary

Participants Needed for New Study:



Are you...

an adult with Type 2 Diabetes?

Have you been...

feeling depressed for two weeks or longer?

Would you like these **FREE** services...

- medical exam?
- cardiac stress test?
- 12-week exercise program?
- access to the Athens Rec Center?
- 10-weeks of "talk" therapy?

Would you like to...

feel less depressed and healthier?

Find out more...

Be part of a study that offers treatment of depression for adults with type 2 diabetes. To find out if you qualify-

Call us today!

Program
ACTIVE

Appalachians Coming
Together to Increase
Vital Exercise

CONTACT:

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or

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OHIO
UNIVERSITY

Upcoming Events in Athens

by Kristin Cornell



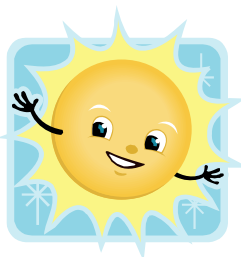
There are a wide variety of fun activities and festivals going on this summer in and around Athens, Ohio.

- ◆ The Quilt National Exhibit will be on display from May 26th – September 3rd at the Dairy Barn Cultural Arts Center.
- ◆ The Washboard Music Festival takes place on June 15th–17th in Logan with music, rides, and crafts. See www.washboardfestival.com for details.
- ◆ On Saturday July 7th enjoy peddling at the 2nd Annual Quilt Barn Bike Ride starting at 8 am at the Athens Community Center. For more information call 1-800-878-9767.
- ◆ On Sunday July 8th a Nature Walk will be held at the Ridges Cemeteries (740) 767-4185.
- ◆ The 3rd Annual Art and Music Festival is taking place in Nelsonville on Saturday July 14th. Bring your family and have a day full of jamming to amazing music, great food, and art!
- ◆ If you want to stay close to the heart of Athens come out for the "Boogie on the Bricks" in up-town Athens on Saturday July 21st. Fun activities are planned for everyone in the family so do not miss out!

Summer Safety By Ali Gano

Summer can be a fun, relaxing time of year. But, its also a season that requires a certain amount of caution. The following suggestions are ways that you can have fun and enjoy the warm weather while staying safe:

- ◆ Walk in the morning or evenings when it is cooler outside.
- ◆ Stay hydrated by drinking plenty of fluids.
- ◆ Watch for signs of heatstroke including dizziness, headaches, nausea, rapid heartbeat, vomiting, decreased alertness, and a temperature as high as 105°.
- ◆ Wear plenty of sunscreen when outdoors or swimming.
- ◆ Always wear a helmet when biking or rollerblading.



Outdoor Fun

By Claire Russell

Looking for some summer family fun? It might be closer than you think! Hocking Hills canoeing is located in Logan, Ohio

and offers a wide variety of activities. Along with inexpensive daily rentals, Hocking Hills canoeing offers guided day trips and even an overnight excursion. They also have other water activities including kayaking, tubing and rafting, all under \$15.00 per person. This is a great way to get outside and get some exercise with your family or a group of friends! Did you know a 155 pound person will burn 352 calories after canoeing for one hour?! Along with water activities, they offer a Family Fun Center with go-karts, miniature golf, game room, driving range, sand volleyball, horse-shoes and hiking trails. There is also a picnic area, so you can pack a healthy lunch or dinner and stay all day! There is something for everyone! For more information, visit their website at www.hockinghillscanoeing.com.



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Diabetes and Heart Disease Risk Study

Are You An Adult With Type 2 Diabetes?

Have You Ever Talked To Your Doctor About Heart Disease?

We are conducting a study to better understand how patients living with diabetes talk to their family doctor about heart disease.

Participants will:

- Complete a survey packet about heart disease, exercise, and background information through the mail.
- Complete a survey packet about their doctor and heart disease risk at the end of their next doctor's visit.

Participants will be paid: \$ 10.00 for their assistance with the survey.

If interested, please call (740) 597-2564 or 1-888-771-0002

