

Diabetes Registry News

April 2011

Volume 1, Issue 2

website <http://www.utpa.edu/bho>



SYMPTOMS OF DIABETES

Type 1 Diabetes

Frequent urination
Unusual thirst
Extreme hunger
Unusual weight loss
Extreme fatigue and irritability

Type 2 Diabetes

Any of the type 1 symptoms
Frequent infections
Blurred vision
Cuts/bruises that are slow to heal
Tingling/numbness in the hands/feet
Recurring skin, gum, or bladder infections

*Often people with type 2 diabetes have no symptoms



Type 1 Diabetes Diagnosis in Children Often Missed

Thousands of children are diagnosed with type 1 diabetes every year but approximately one quarter of them are only diagnosed after experiencing an attack of diabetic ketoacidosis. Children in these cases present with traumatic symptoms such as nausea vomiting stomach pain and rapid breathing. In a report to be published in the British Medical Journal Dr. Julie Edge a consultant pediatric diabetologist at the John Radcliffe Hospital Oxford wrote that 35 percent of children diagnosed with type 1 diabetes before age five have had an attack. Parents should take their children to a doctor if they see any symptoms of type 1 diabetes which may include frequent urination or bed wetting often dismissed by parents as the result of stress.

To read more on "Type 1 Diabetes Diagnosis in Children Often Missed" visit:
<http://www.diabetes.org/news-research/news/diabetes-in-the-news/type-1-diabetes-diagnosis-in.html>

Diabetes Basics

Type 1 diabetes- is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. In type 1 diabetes, the body does not produce insulin.

Type 2 diabetes- either the body does not produce enough insulin or the cells ignore the insulin. Insulin is necessary for the body to be able to use glucose for energy.

Recipe of the Month

Pasta Primavera

Serves: 6; Serving size: 1 1/2 cup

Ingredients

8 oz uncooked spaghetti
2 tsp margarine
1 onion, cut into wedges
2 cups broccoli florets
2 small carrot, thinly sliced
1 zucchini, thinly sliced
1 yellow summer squash, diced
3/4 cup low-fat, low-sodium chicken broth
1/3 cup chopped fresh parsley
1/3 cup chopped fresh basil
3 Tbsp lemon juice
1/2 tsp salt
1/4 tsp fresh ground black pepper
3 Tbsp grated Parmesan cheese

Preparation

1. Cook the spaghetti according to the package directions, omitting salt; drain well.
2. While the pasta is cooking, heat the margarine in a large skillet. Add the onion and saute about 1 minute.
3. Add the vegetables and chicken broth; stir. Cover and simmer about 6 minutes.
4. Add the parsley, basil, lemon juice, salt, and pepper. Stir and cook 1 minute more.
5. Add the spaghetti to the vegetables; toss well.
6. Sprinkle with Parmesan cheese at serving time.

Nutrition Information

Total Calories: 225
Calories from Fat: 52
Total Fat: 6 g
Saturated Fat: 1 g
Cholesterol: 2 mg
Sodium: 242 mg
Total Carbohydrate: 37 g
Dietary Fiber: 5 g
Sugars: 5 g
Protein: 8 g

To read more on recipes please visit :www.diabetes.org
American Diabetes Association

Terms & Definitions

Blood glucose- the main sugar found in the blood and the body's main source of energy. Also called blood sugar.

Blood glucose level- the amount of glucose in a given amount of blood

CURRENT NEWS

Fuelling the athlete with type 1 diabetes

People with type 1 diabetes (T1DM) want to enjoy the benefits of sport and exercise, but management of diabetes in this context is complex. An understanding of the physiology of exercise in health, and particularly the control of fuel mobilization and metabolism, gives an idea of problems which may arise in managing diabetes for sport and exercise. Athletes with diabetes need to be advised on appropriate diet to maximize performance and reduce fatigue. Exercise in diabetes is complicated both by hypoglycaemia and hyperglycaemia in particular circumstances and explanations are advanced which can provide a theoretical underpinning for possible management strategies. Management strategies are proposed to improve glycaemic control and performance.

To learn more about : Fuelling the athlete with type 1 diabetes; Diabetes, Obesity & Metabolism; Feb2011, Vol. 13 Issue 2, p130-136, 7p.

Question of the Month

People with diabetes can't eat sweets or chocolate?

If eaten as part of a healthy meal plan, or combined with exercise, sweets and desserts can be eaten by people with diabetes. They are no more "off limits" to people with diabetes than they are to people without diabetes.

Our Mission

The UTPA Diabetes Registry works to promote knowledge and awareness about diabetes and its prevention.

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