

AppleCare Medical is the regional leader in affordable, primary care services, with immediate care centers conveniently located in Brunswick, Jesup, and Pooler with a new location opening in Warner Robins May 17, 2010.

Additional centers opening soon in Valdosta, Tifton and Waycross.



## Pre-Diabetes-Don't Risk It!

Pre-diabetes is a condition which occurs when a person's blood glucose levels are higher than normal but not high enough for a type-2 diabetes diagnosis. There are 41 million Americans who have pre-diabetes, in addition to the 28.2 million with diabetes.

Unless lifestyle changes are made, a person with pre-diabetes will develop type-2 diabetes somewhere in the range of 2-8 years. Type-2 diabetes results from insulin resistance (a condition where the body does not produce enough insulin), combined with an insufficient amount of insulin in the body. Most Americans who are diagnosed with diabetes have type-2 diabetes.

Overweight people age 45 and older should be screened for pre-diabetes. The importance of early detection cannot be over-stressed. Blood glucose levels in the pre-diabetes range increase a person's risks of having a heart attack or stroke by 50 percent.

### SYMPTOMS OF PREDIABETES

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Increased fatigue

### REDUCE YOUR RISK BY FOLLOWING THESE THREE SUGGESTIONS:

- Keeping your weight in control or loose weight if you are overweight
- Staying active most days of each week
- Eat low fat meals high in fruits, vegetables and whole

### SCREENING FOR RISK FACTORS

Overweight adults under the age of 45 should be screened if they have one or more of the following risk factors:

- Family history of diabetes
- Low HDL (good) cholesterol
- High triglycerides
- High blood pressure
- History of gestational diabetes or birth to a baby weighing more than 9 pounds

### Belong to one of the following ethnic groups:

- African Americans
- American Indians
- Asian Americans
- Hispanic Americans

### IMPORTANT TO REMEMBER

With early intervention, most people can prevent or delay the development of type-2 diabetes by making the lifestyle changes recommended here. **Always** check with your doctor before making any major lifestyle changes.

Sources: American Diabetes Association  
[www.diabetes.org](http://www.diabetes.org)

National Institute of Diabetes,  
Digestive and Kidney Diseases  
[www.niddk.nih.gov/health/nutrit.htm](http://www.niddk.nih.gov/health/nutrit.htm)

## Driving Safety Tips

People trust the other driver to be predictable and do the right thing. The result is the 138 people who die each day in traffic accidents. Below are the top five mistakes good drivers make:

### 1. Overconfidence

**Why:** 99% of drivers think they are very good drivers. 93% fail to follow basic safety practices like turning off cell phones or obeying the speed limit.

**Instead:** Acknowledge your vulnerability and pay attention!

### 2. Multi-tasking

**Why:** Driver distraction preceded almost 80 percent of crashes.

**Instead:** Smart drivers just drive.

### 3. Secure Loose Objects

**Why:** Loose items cause 13,000 injuries in accidents every year.

**Instead:** Put your junk in the trunk.

### 4. Drowsy Driving

**Why:** 50% of Americans admit to driving while drowsy and 20% say they nodded off at the wheel during the past year.

**What to do instead:** If you're tired, stop driving. Try a 20-minute power nap.

### 5. Green Means Go

**Why:** 33% of Americans drive through red lights. If you've got the green you may be right, but you could be dead wrong.

**Instead:** Yield, even if you have the right of way. Look both ways – twice.

## Osteoporosis

Millions of Americans are at risk for Osteoporosis, a disease in which bones become fragile and more likely to break. If not prevented or left untreated, osteoporosis can progress painlessly until a bone breaks.

### Prevention

About 85-90% of adult bone mass is acquired by age 18 in girls and 20 in boys. Building strong bones during childhood and adolescence can help to prevent osteoporosis later in life.

The following five steps can help prevent osteoporosis:

- Get the daily recommended amounts of calcium and vitamin D (milk, dark leafy greens)
- Engage in regular weight-bearing and muscle-strengthening exercise
- Avoid smoking and excessive alcohol
- Discuss any risk factors and/or family history with your physician
- Have a bone density test and take medication your doctor prescribes

### Symptoms

Unfortunately, the first symptom of osteoporosis is a broken bone, so it is important to pay special attention to prevention and risk factors.

### Risk Factors

Certain people are more likely to develop osteoporosis than others. Many of these risk factors include:

- Being female
- Older age, though osteoporosis is not just for the aged
- Family history of osteoporosis or broken bones
- Being small framed and thin
- Race - Caucasian, Asian, or Hispanic/Latino.
- Low sex hormones (men and women)
- Diet - low calcium and vitamin D intake; high intake of protein, sodium and caffeine
- Inactive lifestyle
- Smoking
- Alcohol abuse

## Ambrosia Macaroons

- 1 stick unsalted butter, soft
- 3/4 cup sugar
- 1/8 teaspoon salt
- 2 teaspoons grated orange peel
- 3 large eggs
- 24 ounces sweetened flaked coconut (firmly packed)
- 6 ounces bittersweet chocolate, melted



Position rack in center of oven; preheat to 325°F. Line baking sheet with parchment. Using electric mixer, beat butter in large bowl until smooth. Add sugar, salt, orange peel – blend. Add eggs - 1 at a time. Fold in coconut. Drop onto sheets by tablespoonfuls, 1 ½ inches apart.

Bake 1 sheet at a time, until golden on bottom, 25 to 30 minutes. Cool completely on sheets.

Drizzle chocolate over macaroons. Chill on sheets until chocolate is firm, about 30 minutes.

Serving size 1

Calories – 118; Total Fat – 7g; Cholesterol - 17mg; Sodium – 34mg; Potassium - 64mg; Total Carbohydrates – 12g; Fiber – 1; Sugars – 3g; Protein – 1g.

### Did you know?

One of the best types of exercise for preventing and/or reducing complications of diabetes, such as stroke or heart attack is simple walking. According to a Harvard Medical School study, women who walked 30 minutes daily slashed their risk of diabetes by 30 percent. Walking also shrinks the dangerous abdominal fat that increases your risk of diabetes. Fat around your abdomen causes inflammation in cells, which makes them resistant to insulin, increasing your chance of developing diabetes. Women who walked 30 minutes a day decreased their belly fat by 20 percent after 14 weeks.

### Helpful Links

#### American Diabetes Association

[www.diabetes.org](http://www.diabetes.org)

#### National Institute of Diabetes, Digestive and Kidney Disease

[www.niddk.nih.gov/health/nutrit.htm](http://www.niddk.nih.gov/health/nutrit.htm)

### Take the Challenge

If you have any risk factors for *diabetes* (as listed in the front page article), get familiar with the list in this month's companion piece or visit:

[www.lowglycemicdiet.com/gifoodlist.html](http://www.lowglycemicdiet.com/gifoodlist.html). You will find foods you already eat - but you may be surprised to learn how simple it is to make better choices to lower *diabetes* risks.

GOAL: Substitute two lower-valued glycemic choices in your daily diet for 30 days.



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## GOAL: Substitute two lower-valued glycemic choices in your daily diet for 30 days.

A diet filled with lower glycemic food items is better for everyone, but completely necessary for those with pre-diabetes or type-2 diabetes. Completing the 30-day challenge gives you and your family a chance to get used to making better substitutions when available. You will begin to automatically reach for the lower glycemic choice, which can equal lower blood sugar – a major step towards reducing your risks for pre-diabetes and diabetes.

Use common sense to select healthy, wholesome carbs, lean protein, and healthy fats -- especially if you are pre-diabetic, carry extra weight around your middle, and have not succeeded on traditional weight control methods. Keep in mind that you must also control portion sizes and total calories, and you must get regular physical activity.

### LOW GLYCEMIC FOODS

**Dairy Products:** These dairy products should be either fat-free or 1%: milk; yogurt - no sugar added; cream cheese; sour cream; cottage cheese; and hard cheeses. AVOID low-fat ice cream and soft cheeses.

**Cereals:** Oat bran and oats, rice bran, and any cereal, which provides about 10g of fiber per serving, are ideal. AVOID sugary cereals and any cereal with less than 8-10g of fiber.

**Grains:** Converted white rice, long grain white, bulgur, buckwheat, and barley. AVOID short grain and instant white rice, wild rice and corn meal.

**Breads:** Bread made of coarse rye flour; high-fiber whole grain or whole wheat bread; or any other grainy and heavy bread. AVOID white bread, French baguette, bagels, taco shells and all types of crackers.

**Snacks:** Hummus, peanuts, walnuts, cashews. AVOID jellybeans, popcorn, pretzels

**Noodles and Pasta:** Similar to bread, choose noodles and pasta made of whole-grain and high-fiber grains. AVOID macaroni and rice vermicelli.

**Proteins:** All kinds of fish, poultry meats and eggs are allowed. It is recommended to eat skinless chicken and extra lean beef. Japanese food lovers are advised to eat sashimi and AVOID sushi, because the white rice that is used to make sushi increases its GI substantially.

**Legumes:** Most kinds of dry lentils and beans are allowed. AVOID baked, refried or canned beans of all kinds.

**Vegetables:** All kinds of vegetables like cabbage, broccoli, tomatoes, eggplant, asparagus, celery, cucumber, spinach, lettuce, green beans... and so on are fine. However, root vegetables like sweet potatoes, rutabagas, beets, and yams are high in starch and therefore are high glycemic index foods, hence need to be consumed in moderate amounts. AVOID potatoes, French fries, pumpkin and parsnips.

**Fruits:** Fresh fruits like cherries, blackberries, blueberries, strawberries, raspberries, lemons, plums, pears, apples, grapefruits, grapes, peaches, and oranges are very good. The fruits that need to be consumed moderately are tropical fruits like pineapple, mangoes, bananas, and so on. AVOID fruits that belong to the melon group such as honeydew melon, cantaloupe, and watermelon, because their sugar content is very high.

**Oils and Fats:** Sugar-free salad dressings and mayonnaise, light, non-hydrogenated margarine, canola oil, olive oil, flaxseed oil, and fish oil (rich in omega-3 fatty acid). AVOID butter and vegetable or corn oil.

## Healthy Low-Glycemic Ideas

### BREAKFAST

- Light yogurt with fresh fruit and low-fat granola or bran buds
- Old-fashioned rolled oats with dried apricots or raisins (cooked in fat-free milk)
- Low-GI cold cereal (see GI list of foods below) with skim milk and fruit
- Whole wheat pita bread stuffed with scrambled egg and fruit

### LUNCH

- Homemade soups - vegetable, lentil, black bean, split pea, minestrone, or barley
- Sandwiches made with lean meats on whole-grain wheat, rye, pumpernickel or pita bread, along with baby carrots and fruit salad
- Pasta salad with vinaigrette dressing and assorted fresh vegetables and reduced-fat cheese
- Mixed salad with grilled chicken and vinaigrette dressing (be sure to toss in some beans!)

### DINNER

- Fresh vegetables and salads
- Lean meats, chicken and fish – broiled or grilled
- Whole grain pasta or bread, rice, beans

### SNACKS

- Light yogurt with fruit
- Nuts (small serving)
- Sugar-free Jell-O (add some fruit)
- Whole wheat pita chips or baked tortilla chips
- Natural applesauce with light whipped topping



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## May - Healthy Eating

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						