

# Diabetes Newsletter



1600 North Second Street

July 1, 2009

Volume 18, Issue 7

## What Are the Effects of Smoking?

The following information was taken from two articles that was in the DiabetesHealth E-Newsletter, Issue 182, May 21, 2009

The connection between smoking and cancer is well documented. Less well known, however, is the fact that smoking exacerbates complications for people with diabetes. Smokers with diabetes are eleven times more likely to have a heart attack or stroke than people who don't have diabetes and don't smoke.

Smoking has severe effects on your diabetes and your health. Quitting smoking will give you more energy, better control of your diabetes, and less chance of a heart attack or stroke.

### Blood sugar:

Smoking raises your blood glucose (sugar) and reduces your body's ability to use insulin, making it more difficult to control your diabetes.

### Eyes:

Smoking can make vision problems worse and raise your risk of blindness.

### Teeth:

Smoking raises your risk of getting gum disease and losing your teeth.

### Nerves:

Smoking increases your risk of nerve damage, which can cause numbness, pain and problems with digestion.

### Heart:

Smokers with diabetes are eleven times more likely to have a heart attack or stroke than people who don't have diabetes and don't smoke.

### Kidneys:

Smoking triples your risk of kidney disease. Drugs that help prevent kidney failure don't work as well for smokers.

### Feet and legs:

to serious foot and leg problems, like infections, ulcers, and poor blood flow, and raises your risk of amputation.

**Cholesterol:**

Many people with diabetes have high levels of cholesterol. Smoking makes this worse by increasing buildup on artery walls, putting you at more risk for heart attack or stroke.

Source: California Diabetes Program of the CDPH, UCSF, ([caldiabetes.org](http://caldiabetes.org))

**Update on the diabetes walk:**

We finally have a total that was raised from the diabetes walk. We raised a total of \$7,701.92. I think that this is an amazing amount of money that was raised. I want to thank everyone that helped with the walk or participated in the walk. You helped make the walk a success.

We plan on having another walk next March and will start planning in October or November. Please let us know if you would like to be a chairperson on the committee or would like to help with the planning for the next walk. Our phone number is 660-885-2253, Ext. 6081

Remember that all of this money is kept locally and can be used to help people buy supplies, get education or medications. Please let us know if you know someone that could benefit from some financial help with their diabetes care.

The Top Team was Golden Valley Medical Clinic—Clinton and the 2nd place team was Physicians Optical doctors, employees and patients.



"...and our lucky super lotto winner has just told us his winning five numbers '75-83-89-80-90' were the results of his last five blood glucose tests..."



## Clinton Support Group

### TOPIC

Healthy Grilling

### DATE

Thursday,  
July 9, 2009

### TIME

10:30—11:30 a.m.

### PLACE

GVMH Medical Plaza Classroom

### Presented By:

Sherry Collins, MS, RD, LD

## Warsaw Support Group

### TOPIC

Healthy Grilling

### DATE

Tuesday,  
July 14, 2009

### TIME

11:30 am—12:30 p.m.

### PLACE

Warsaw GVMH Medical Clinic Rehab Gym

### Presented By:

Sherry Collins, MS, RD, LD

## No Bake Chocolate Cookies

Makes 24 cookies

Nutrition at a Glance: Serving Size: 1 cookie  
Calories 63.9, Protein 1.3 g,  
Fat 4.7 g , Carbs 3.1 g

### Ingredients and Method

1 cup quick-cooking oats  
1 cup unsweetened coconut, finely desiccated  
1/4 cup cocoa  
10 Splenda packets  
2 tbsp whole or skim milk powder  
2 tbsp unsalted butter  
2 tbsp peanut butter, no sugar or salt added, OR almond butter  
1 tsp vanilla extract  
1/2 cup DaVinci Sugar Free Chocolate Syrup, or water, 1 Splenda packet and chocolate extract to taste

In large bowl, combine oats, coconut, cocoa, Splenda and whole or skim milk powder. In cereal bowl, microwave butter and peanut butter or almond butter 1 minute. Stir in vanilla extract. Add peanut or almond butter mixture to dry ingredients. Pour Da Vinci Sugar Free Chocolate Syrup overall, withholding the last two tablespoons (add only if necessary). Stir well. Line cookie sheets with wax paper. Drop cookie dough by heaping teaspoons onto wax paper. Flatten with back of spoon. Refrigerate.

Recipe from Splendid Low-Carb for Life, Vol. 1, by best selling cookbook author, Jennifer Eloff ([www.low-carb.us](http://www.low-carb.us))