

Diabetes Newsletter



1600 North Second Street

July 1, 2010

Volume 19, Issue 7

Abnormal Heart Rhythm Risk Increases with Diabetes and Diabetes Medications

Patrick Totty
May 25, 2010

The following information was obtained from DiabetesHealth.com, May 25, 2010 edition.

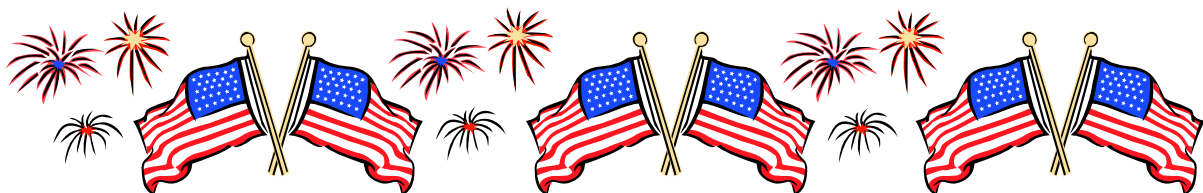
A Seattle-based study has found that people with diabetes run a 40 percent increased risk of developing a common type of abnormal heart rhythm known as atrial fibrillation*. The study also shows that as people with diabetes take drugs for the disease, their risk for developing atrial fibrillation increases three percent for each year that they use such medications.

Researchers at Group Health Cooperative, a large Seattle-based non-profit healthcare delivery system, tracked data on 3,613 of its members-1,410 who had been diagnosed with atrial fibrillation and 2,203 without the condition. Eighteen percent of the people with atrial fibrillation were also taking diabetes medications, versus 14 percent who had diabetes but no atrial fibrillation. The difference indicated to the researchers that people with diabetes carry a 40 percent greater risk of developing atrial fibrillation than people who do not have the disease.

The researchers also found a link between the risk for atrial fibrillation and A1c level. People with A1c levels of 7% or less (the ADA-recommended figure) ran a 6 percent greater risk of developing the heart condition than people without diabetes. At A1c levels between 7% and 9%, the risk was 50 percent greater, and at levels above 9%, the risk was almost double.

The research team recommended that doctors be made aware of the link between diabetes and atrial fibrillation. The most common way to treat atrial fibrillation is the prescription of blood thinners to thwart possible stroke.

*In atrial fibrillation, the heart's two upper chambers-the atria-beat irregularly and rapidly because of chaotic generation of the electrical signals that control the heart's beating. The condition puts the atria out of coordination with the two lower chambers, the ventricles, and often results in shortness of breath, heart palpitations, or feelings of weakness. Atrial fibrillation, which can be chronic or intermittent, is often bought on by heart disease or high blood pressure-the latter a condition frequently associated with diabetes. Atrial fibrillation is not itself considered life-threatening, but it does require medical attention because it is often a precursor to stroke. Therapies for addressing atrial fibrillation include medications or surgical interventions designed to restore order to the heart's electrical system.



Clinton Support Group

TOPIC
Sleep Apnea

DATE
Thursday,
July 8, 2010

TIME
10:30—11:30 a.m.

PLACE
GVMH Medical Plaza Classroom

Presented By:
Jamie Ketterman, RN, BSN, CDE

Tidbits of Information

Exercise may relieve the anxiety that often comes with a chronic illness. Researchers who analyzed 40 studies involving nearly 3,000 people learned that those who took part in activities like walking, running, cycling, and weight lifting reduced symptoms of anxiety, such as worry and nervousness, more than their sedentary peers.

Source: Archives of Internal Medicine, Feb. 22, 2010

Improving heart health by any dietary means
Slimming down to lower your blood pressure boosts heart health, regardless of the diet used to shed pounds. Doctors put overweight participants on either a low-carb, low-fat diet or a Mediterranean one. After two years, all showed equally effective reductions in measures of atherosclerosis (the hardening of arteries that can lead to a heart attack or stroke). Weight loss and the accompanying drop in blood pressure appeared to be the keys to success.

Sources: Circulation, March 16, 2010

Peanut Butter

9 servings, Serving Size: 1 Tbsp.
Preparation time: 5 to 7 minutes

1 cup unsalted roasted peanuts
1 Tbsp. Peanut oil
Pinch salt
Pinch sugar

1. Add the peanuts, oil, salt, and sugar to a food processor fitted with the steel blade attachment.
2. Process the peanut butter until a smooth paste is formed. Keep in a covered container for up to 2 weeks in the refrigerator. Let the peanut butter come to room temperature. Stir well before spreading.

Note: For a spicier peanut butter, add 1/2 tsp. Chili powder to the ingredients.

Nutrition Facts: High-fat meat exchange: 1

Amount per serving: Calories: 105; Calories from Fat: 80; Total Fat: 9 grams; Saturated Fat: 1.4 grams; Trans fat: 0 grams; Cholesterol: 0 mg; Sodium: 0 mg (without added salt); Total Carbohydrate: 3 grams; Dietary Fiber: 1 gram; Sugars: 1 gram; Protein: 4 gram

Peanut Butter with Chocolate Chips

11 servings: Serving Size: 1 Tbsp

2 Tbsp. Semisweet chocolate chips
1 recipe of Peanut Butter (Above)

1. Melt chocolate chips in microwave for 1 minute, stirring halfway through.
2. Using a food processor, blend into peanut butter.

Nutrition Facts: High-fat meat exchanges: 1

Amount per serving: Calories: 95; Calories from Fat: 70; Total Fat: 8 gram; Saturated Fat: 1.5 grams; Trans Fat: 0 gram; Cholesterol: 0 mg; Sodium: 0 mg (without added salt); Total Carbohydrate 4 gram; Dietary Fiber 1 gram; Sugars 2 gram; Protein: 3 gram