

Diabetes Newsletter



1600 North Second Street

June 1, 2010

Volume 19, Issue 6

Decreased Sleep Means Increased Insulin Resistance

Diabetes Health e-newsletter
May 6, 2010

Russell Phillips, PhD

May 6, 2010

A new study to be published in the June issue of the *Journal of Clinical Endocrinology & Metabolism (JCEM)* says that a single night of too little sleep can induce insulin resistance.

"Sleep duration has shortened considerably in western societies in the past decade and simultaneously, there has been an increase in the prevalence of insulin resistance and type 2 diabetes," said Esther Donga, MD in a press release from the Endocrine Society. Dr. Donga of the Leiden University Medical Center in The Netherlands is the lead author of the study. "The co-occurring rises in shortened sleep and diabetes prevalence may not be a coincidence. Our findings show a short night of sleep has more profound effects on metabolic regulation than previously appreciated."

While previous studies have suggested that repeated nights of too little sleep can influence insulin regulation, this is the first study to demonstrate that just a single night of stunted slumber can have a significant effect.

Nine healthy people (five men and four women) were studied, once after a normal night of sleep (eight hours), and once after four hours of sleep. Sleep restriction did not affect basal levels of glucose or insulin. Insulin sensitivity was measured by hyperinsulinemic euglycemic clamp studies. Glucose and insulin were infused directly into the bloodstream, and the amount of additional glucose needed to compensate for increased insulin levels without causing hypoglycemia was measured. These data are used to determine insulin sensitivity.

The article, "A single night of partial sleep deprivation induces insulin resistance in multiple metabolic pathways in healthy subjects," will appear in the June 2010 issue of *JCEM*.

Other researchers working on the study include: Marieke van Dijk, J. Gert van Dijk, Neinke Biermasz, Gert-Jan Lammers, Klaas van Kralingen, Eleonara Corssmit and Johannes Romijn of Leiden University Medical Center in The Netherlands.

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Sources:

Endocrine Society news release

Journal of Clinical Endocrinology & Metabolism abstract

Diabetes Services Offices have Moved

Our new offices are located in the Rehabilitation Services Department on the first floor. This department is located across from the Radiology department.

Clinton Support Group

TOPIC
Meal Planning

DATE
Thursday,
June 24, 2010
Note Date Change

TIME
10:30—11:30 a.m.

PLACE
GVMH Medical Plaza Classroom

Presented By:

Sherry Collins, RD, CDE

Windsor Support Group

TOPIC
Peripheral Arterial Disease

DATE
Tuesday,
May 8, 2010

TIME
11:30—12:30 a.m.

PLACE
Windsor GVMH Medical Plaza Classroom

Presented By:

Jamie Ketterman, RN, BSN, CDE

Cherry Berry Pie Cups

Marlene Koch

May 11, 2010

Recipes are from Eat What You Love: More than 300 Incredible Recipes Low in Sugar, Fat, and Calories (Running Press, April 2010) by Marlene Koch

Nobody will believe you created these perfect cherry "pies" in under 30 minutes. (And of course you don't have to tell). Fresh raspberries complement the cherry pie filling perfectly and add a fresh homemade quality while refrigerated piecrust makes them as easy as, well, pie!

Ingredients:

1 package refrigerated piecrust
1 (20-ounce) can no-sugar-added cherry pie filling
1/4 cup no-calorie granulated sweetener (like Splenda)
1 pint fresh raspberries
Light whipped topping, for garnish

Directions:

1. Preheat the oven to 425°F. Place one piecrust on a cutting board or flat surface and roll out lightly to an 11-inch diameter. Using a 4-inch round cutter, cut out six rounds. Set scraps aside. Repeat with the second piecrust.
2. Lightly press the pastry rounds into 12 muffin cups, pressing into the bottom and up the sides. Set aside.
3. In a medium bowl, mix together the cherry pie filling and the sweetener. Gently fold in the raspberries. Spoon about 3 tablespoons of the filling into each crust-lined cup.
4. Bake for 17 to 19 minutes, or until the edges are well browned and the filling is bubbly.
5. Let cool slightly and serve warm or cool. Garnish each pie cup with a dollop of whipped topping.

Nutrition Information Per Serving

- Calories 135, Carbohydrate 18g (Sugars 12g), Total Fat 7g (Sat Fat 2.5g), Protein 1g, Fiber 1g, Cholesterol 5 mg, Sodium 150 mg, Food Exchanges: 1 Starch, 1 Fat. 1/2 Fruit, Carbohydrate Choices: 1, Weight Watcher Point Comparison: 2,

