



**HAPPY  
Mother's Day**

## Diabetes Diet Myths

**A diet for a person with diabetes is very restrictive.**

**NOT TRUE**

A diet, designed by a registered dietician or certified diabetes educator, is based on a person's lifestyle, food preferences, ethnicity, and socioeconomic status. It is individualized to allow flexibility and variety, while balancing foods that cause blood sugar to rise.

**A person with diabetes has to buy special foods and prepare their foods separately from their family.**

**NOT TRUE**

The same foods can be purchased and prepared. The whole family could benefit from a healthy lifestyle of lower-fat cooking. The person with diabetes has to be careful of the portions.

**A person with diabetes cannot eat sugar.**

**NOT TRUE**

As long as the person recognizes that sugar is a form of carbohydrate and eats the food in small amounts, it is acceptable.

**All sugar-free foods can be eaten.**

**NOT TRUE**

Most desserts marked "sugar-free" or "no sugar added" on the label contain other ingredients. If the ingredients are carbohydrates and are eaten in large quantities, blood sugar levels may rise. Also be careful of "no sugar added" desserts with sugar alcohols (sorbitol, manitol), as these are highly laxative.

**There are "good carbs" and "bad carbs".**

**NOT TRUE**

All foods are good, or have benefits for good nutrition. Carbohydrates, also known as carbs, provide an energy source for our bodies. In addition, they carry vitamins, minerals, fibers, proteins, and antioxidants that are beneficial. They tend to be low in saturated fats, which can be more heart healthy. Examples are starches, fruits, milk, many snack foods, desserts, and sweetened drinks. In diabetes, large amounts of foods with carbohydrates will raise blood sugar levels, while smaller amounts may help control blood sugar. The recommendation is to spread carbohydrate foods throughout the day in several small meals and snacks.

**People with diabetes should only eat meat and vegetables to keep blood sugar levels low.**

**NOT TRUE**

All food has benefits. A healthy diet with a mixture of foods is best.

*-Saint Francis Hospital Healthworks*



Please join the Wellness Department in welcoming Kathy Jerome as a substitute Aquatic Instructor. Kathy has 17 years of experience teaching Aquatics and currently teaches at the Cheshire Pool. She will be training during the month of May and will substitute teach when necessary.

### SAVE THE DATE

**Meditation in Motion Demonstration**

Monday, May 4<sup>th</sup> at 2:30pm

In the Wellness Center Aerobics Room. Participate in or watch a demo of slow, smooth body movements designed to achieve a state of relaxation of body and mind. May be performed in a seated or standing position.

## THE IMPORTANCE OF SLEEP



National surveys report that over 40 million Americans suffer from over 70 different sleep disorders and 60% of adults report having sleep problems a few nights per week or more. Most of these cases go undiagnosed and thus untreated.

Sleep is an important function of the body as it is the time when chemicals important to the immune system are secreted. The muscles and cells repair during sleep and the brain is given a chance to archive and organize memories during sleep.

Sleep needs vary among individuals. Most adults need between 7 and 10 hours per night. A common theory that the older a person becomes, the less sleep they require is pure myth. A full night's sleep is something that many of us take for granted but for others getting that sleep can be very difficult. People who suffer with chronic pain from arthritis lose sleep just because they cannot find a comfortable position in which to sleep.

Signs of excessive sleepiness include; moodiness, disinhibition, apathy, slowed speech and flattened emotional response. Most extreme signs include nodding off while doing activities such as driving or reading.

Various abnormalities in the brain and nervous system, cardiovascular system and metabolic systems can cause sleep abnormalities. Conditions such as hypertension, emotional disorders,

metabolic syndrome and diabetes can also cause sleep problems.

Stress is the #1 cause of short term sleeping difficulties. Once the stress disappears, the sleeping problems do as well. Medications such as decongestants, steroids, and medications for asthma, depression and hypertension can cause sleep problems.

Sleep apnea a chronic disorder caused by an upper airway obstruction is one of many physiological conditions that cause sleep disturbances. This upper airway obstruction can be caused by overweight, loss of muscle tone during aging, muscle relaxation found in dream sleep or the brain forgetting to stimulate breathing. Symptoms of sleep apnea include; loud chronic snoring, choking/gasping during sleep, morning headaches, memory or learning problems, irritability, poor concentration and mood changes. Diagnosis of sleep apnea is done during an overnight study called a polysomnogram.

Try these suggestions if you feel that you are not getting the amount of rest that you need:

- Get yourself on a regular sleep/wake schedule.
- Avoid caffeine 4-6 hours before bed and minimize daily use (remember hidden caffeine in foods such as chocolate)
- Avoid alcohol and heavy meals before you go to sleep.
- Get regular exercise.
- Minimize noise, light, and excessive temperatures in your sleeping environment
- Try to wake without an alarm clock.

It is important to see your doctor if sleep interruptions and disturbances continue .

### “Pre-habilitation” Success

Fred Beck prepared for knee replacement surgery in order to rehabilitate and recover as quickly as possible. Fred used three leg strengthening machines, two to three times per week, for several weeks prior to surgery to strengthen his knee joint. The outcome was positive, as evidenced by his quick recovery of strength, range of motion and normal gait (walking).

More often than not, surgeons are recommending getting in shape prior to surgery because of the post-op benefits. Fred continues with his exercise routine to maintain the gains he made in rehabilitation. After 30 years, Fred is now “cane-free”



Fred Beck uses the leg press machine to strengthen his legs and knee joints.

### Massage Rooms

Now that massage therapy has begun, please look for the “Do Not Disturb” signs on the Therapy Room doors indicating a massage session is taking place. If you are in the area, please keep quiet to respect the clients receiving massage.

### No Exercise Classes

Monday, May 25<sup>th</sup>, Memorial Day

The Wellness Center will be open for use



### REMINDER

Proper footwear must be worn while exercising. Please remember to change from sandals to closed shoes before using the wellness center.