



# Highway Diabetes Centre Newsletter

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Greetings to everyone,

Well, 2016 is well underway and what an exciting year it promises to be. Our first "SHAPE UP" sessions begin this month on Tuesday mornings at 6:45am. There is still space available if you would like to join and benefit from this structured way of taking accountability for your weight loss and healthy lifestyle. Please contact Debbi if you would like to join. If there is enough interest to start parallel sessions at a different time, we can certainly do that, so please just contact her with your details.

February is traditionally the month of love with Valentines' Day just around the corner. I thought I would take the opportunity to direct some information towards cardiac care and your heart. A few years ago, Dr Kramer, one of the directors of CDE in Houghton gave an excellent presentation about three little pigs who often tend to build their homes close together. These pigs he referred to as Diabetes, Hypertension and Hyperlipidaemia (high cholesterol). The story he told was a fantastic way of illustrating the close nature of these three conditions and the devastating nature of their co-morbidity.

### **Opening hours:**

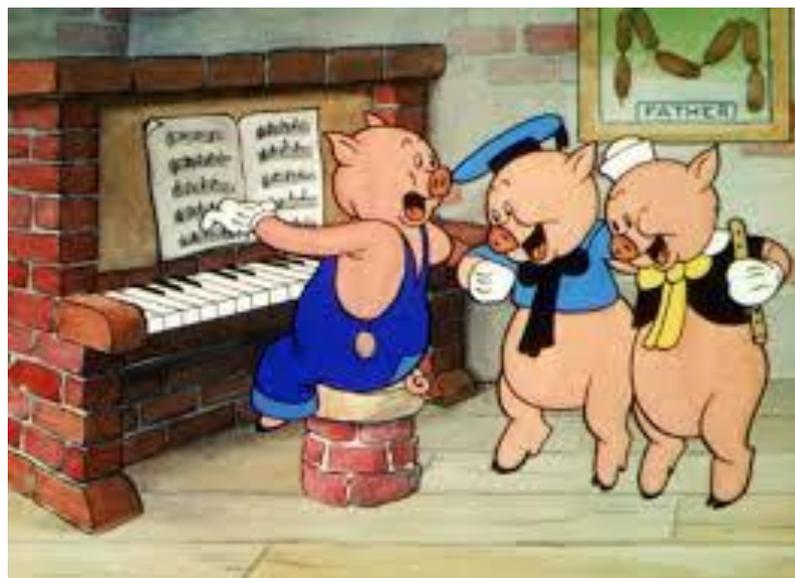
Mon-Thurs: 7am-3pm  
Fri: 7am – 1pm  
(Consults by appt only)

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Lifestyle changes which lead even to a 3-5% reduction in weight can have significant clinical benefits. Obesity is a major problem in society at the moment with alarming numbers of young adults and people over 60 years of age being overweight. International and South African guidelines suggest a targeted approach to managing these comorbidities and reducing complications. General guidelines are as follows:

- Moderate exercise 3-5 times a week for 30-45mins
- Stop smoking
- Reduce blood pressure and cholesterol (note that normal levels are different for those people with diabetes)
- Diet high in vegetables with moderate protein and regulated carbohydrates
- HbA1c below 7%
- Specific medication (eg: aspirin, statins)

For those who have already had complications such as a heart attack or stroke, the risk is even greater and stricter guidelines may be recommended. Remember that there are also factors over which we have no control – age, gender, family history etc. Regular monitoring of these parameters is a vital aspect of diabetes care and should be done at least bi-annually.

It's not all doom and gloom this month. Take some time out to spend time with your loved ones and to renew your love for them. You may want to have a look at some of these meal ideas that are suitable for diabetics as a special treat.

Tenderloin with sweet potatoes (only 24g carbs per serving) just add your favourite veggies for a really tasty and healthy meal.

<http://www.diabeticlivingonline.com/recipe/petite-tenderloin-with-chipotle-sweet-potatoes/>.



For those who want a sweet treat try these delicious desserts!

<http://www.diabeticlivingonline.com/recipe/cheesecake/vanilla-bean-panna-cotta-with-strawberries> (23g carbs/serving)



OR

<http://www.diabeticlivingonline.com/recipe/pudding/spiced-orange-custards> (15g carbs/serving).

Take care of your own cardiac health and well-being. The time for change is now!!

Warm regards

Dr Paula Diab and staff

