

diabetesWATCH

A Publication of the Diabetes Philippines

philippines

September - December 2014
Year MMX14, NO.3

Holidays & Special Events



13 Cool Christmas Gift Ideas

Sick-Day Guide for Folks on Insulin

The Pleasure of Beverages:

Drink Light, Drink Right

Menu Planning for the Holidays

Travel Tips for a Fun Vacation

Poster Making Contest Winners 2014

"PREVENTING DIABETES AND ITS COMPLICATIONS"

FOR YOUR ADULT PATIENTS WITH TYPE 2 DIABETES



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REFERENCES: 1. Haak T, Meinicke T, Jones R, et al. Initial combination of linagliptin and metformin improves glycaemic control in type 2 diabetes: a randomized, double-blind, placebo-controlled study. *Diab Obes Met.* 2012; 14: 565-574. 2. Price computed based on Trajenta and Trajenta Duo treatment cost per day (using list price for both brands)

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From the EDITOR'S DESK



Christmas Every Day

*Christmas is forever,
not for just one day,
for loving, sharing, giving,
are not to put away
like bells and lights and
tinsel,
in some box upon a shelf.
The good you do for others
is good you do yourself...
~Norman Wesley Brooks*

For folks with health problems, 'tis the season to be jolly... albeit with some restraint.

For the 387 million people in the world living with diabetes, festive hearts shan't give way to overstuffed bellies. Otherwise, the price of unbridled merrymaking could be an exorbitant hospital bill.

World Diabetes Day is celebrated yearly on November 14. The theme for 2014-2016 is "Healthy Living and Diabetes". However, living healthy during the holidays can be quite challenging. The abundance of mouthwatering, greasy, sugary, calorie-packed treats can make gluttons of the most ascetic of patients.

But there are ways to keep diabetes at bay this season. Check blood sugars more often, stick to the meal plan, remember to take your meds, and learn to offset. If you really crave that piece of cake, then cut carbs from other sources (like rice, noodles, pasta and potatoes). Fill up on fiber from leafy vegetables and amp up your physical activity.

Rather than the gastronomic hedonism of the Yuletide season, it's the spirit of cheer and charity that must not be put away. If everyday were Christmas, the world would indeed be a better place.

Joy Arabelle C. Fontanilla, MD
Editor-in-Chief



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*"An affiliate society of the Philippine Medical Association" (PMA)
"An affiliate society of the Philippine College of Physicians" (PCP)
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The prime mover of effective prevention and excellent diabetes care in the Philippines

OUR VISION

By 2020, we envision:

1. Fewer Filipinos with diabetes
2. Improved quality of life for Filipinos with diabetes

OUR VALUES

INTEGRITY *Above all, the nobility of our purpose.*

We serve patients, pursue education and conduct research with zeal and without regard for personal gain. Honesty and transparency rule our behavior in relating with fellow members, partners, supporters and other stakeholders of our organization.

EXCELLENCE *Passionate workers, we expect from ourselves only the best effort.*

We continuously upgrade our knowledge and skills, adopt ever-improving technologies, and expand the reach of our services to attain our vision. Our mentors, generous with their knowledge and time, model excellent leadership.

COOPERATION *We work as one for the common good, enjoying the camaraderie, observing respect and maintaining loyalty even in dissent. We partner with institutions and other specialties that aim for the same goal. Caring for everyone's well being, we make work pleasant for members and staff.*

COMMITMENT *Persistent in our search for solutions to diabetes. We have selflessly devoted five decades to the improvement of diabetes care, education and research to prevent the onset of the disease in high risk individuals and the complications in those already afflicted by it. We take on responsibilities with diligence until their successful conclusion.*

Your PRESIDENT SPEAKS



Diabetes Philippines continues to be a national organization advocating the prevention and control of diabetes. Networking with local and international organizations, conducting workshops for patients and health workers, propagating diabetes awareness in the general public are main activities. The goal is a reduction in the national prevalence of diabetes.

The past couple of years were challenging. Devastating earthquakes, ravaging typhoons and even man-made calamities hit portions of our country. We cannot bring back all that was lost. In our own small capacity, we continue to help. Processes may be slow but steady.

As we look forward with a new set of officers, we sincerely thank all who helped us achieve our objectives. Advice filled with wisdom came from many friends. Suggestions, comments, and even criticism all came handy and were all very constructive.

I personally thank the working board for they are the real source of direction. I personally thank the efficient and effective office staff for they are literally doing all the logistical work. I personally thank all our pharmaceutical friends who continue to give support. There are still many things to be done in the future. I continuously pray that in all our endeavors, the love of Christ will manifest.

Richard Elwyn V. Fernando, MD
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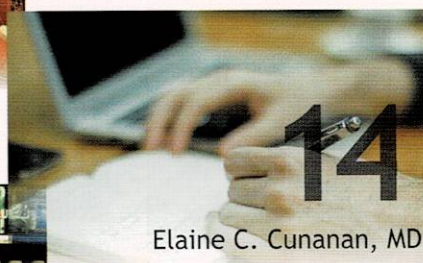
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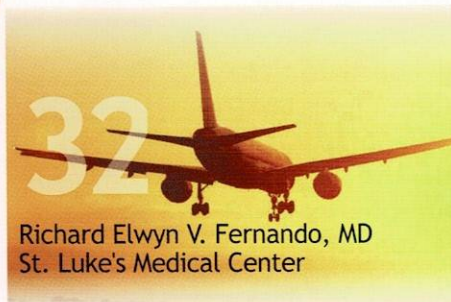
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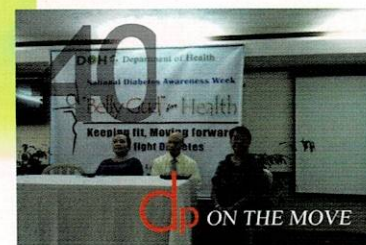
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Richard Elwyn V. Fernando, MD
St. Luke's Medical Center



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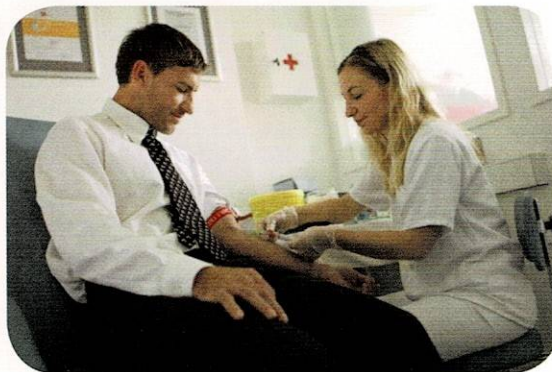
13 CHRISTMAS GIFTS FOR PEOPLE WITH DIABETES

Jay S. Fonte, MD, FPCP, FPSED
UST Hospital

Choosing a pleasant gift for our loved ones is one of the main reasons why the Christmas season is among the busiest times of the year. There are few basic things we consider in choosing a gift to anyone in general: what the person likes, what they already have, and what they don't have but would certainly appreciate. Of course, this is made challenging by working on a certain budget.

In buying a gift for someone with diabetes, there are additional factors that we need to consider. First, is it going to be related to diabetes? These are things that can help them improve their blood sugar control and help them with other medical conditions such as hypertension and elevated cholesterol. Second, is it going to be something not related to diabetes but would not adversely affect their condition? Whether we choose a gift related to diabetes or not, the key to rewarding gift-giving is knowing the person who will receive and appreciate it.

Here are some gift suggestions with a brief description of what they are and how they could possibly affect diabetes.



1. Laboratory Test Package

There are several independent laboratories that offer gift checks for laboratory tests. The price range depends on how many tests are included in the package but it is certainly cheaper than when each test is paid individually. Some patients with diabetes often have increases in blood sugar and cholesterol during the yuletide season. Hence, a blood test after the holidays will help them get back on track. The test package usually includes: fasting blood sugar, HbA1c, lipid profile, creatinine, urinalysis, and liver enzymes.



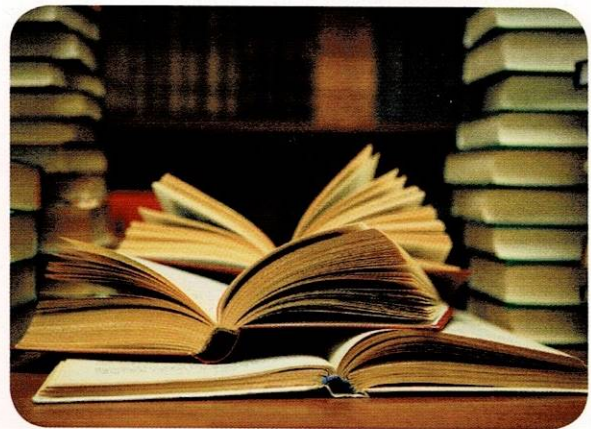
2. Glucose meter

A glucose meters is an important tool that can help patients with diabetes achieve their target blood sugar. This is especially important among those who have type 1 diabetes, those who are injecting insulin, and patients who experience frequent hypoglycemia. There are several types of glucose meters available in the market. One important thing to consider when buying a specific type of glucose meter is the cost of the testing strips because this is one that the patient will have to buy once the free strips that comes with the newly bought meter are consumed.



3. Automatic BP apparatus

Majority of patients with diabetes have hypertension. An automatic BP apparatus helps them monitor their blood pressure at home.



4. Book

There are a lot of books available for patients with diabetes. They cover several topics such as diet, exercise, sick-day guide, and pathophysiology of diabetes made easy-to-understand by lay readers.



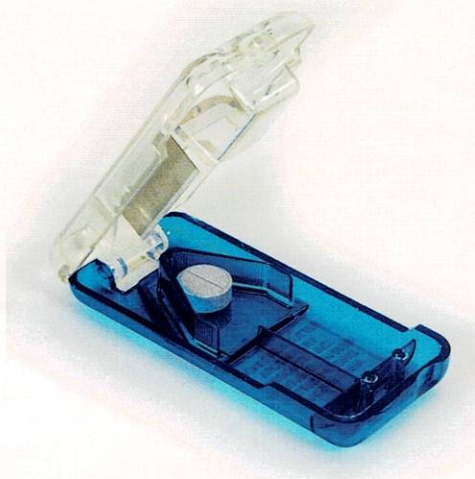
5. Footwear

Some elderly patients complain of foot or heel pain. There is footwear available that provides comfort and relief of this condition.



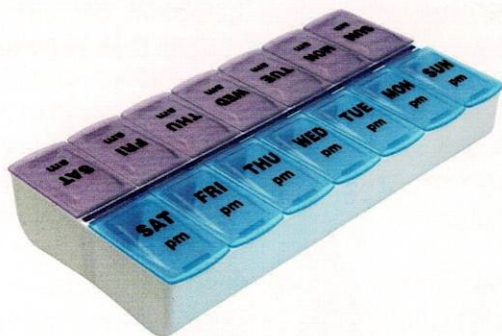
6. "Diabetic Socks"

"Diabetic Socks," or more appropriately called socks for people with diabetes are designed without seams in order to reduce the chance of blistering, control moisture in order to reduce risk of fungal infection or have cushioning to prevent foot ulcers. This is an affordable option for some of those who have limited budget.



7. Pill cutter

Patients may be advised to split tablets in order to obtain the required dosage when a dosage form of the required strength is unavailable. Some patients, in the attempt to lessen expenses, buy higher dose of medication and split them to achieve the prescribed dose. This however, in general, is not advisable unless the tablet formulation is scored where splitting it into two will not affect the strength of each part.



9. Pill organizer

Pill organizers have several compartments that allow patients to organize their medications for a week. This is helpful for patients who are taking a lot of tablets, for patients who frequently forget to take their medication regularly, or for patients who frequently travel. This is also a very affordable option.



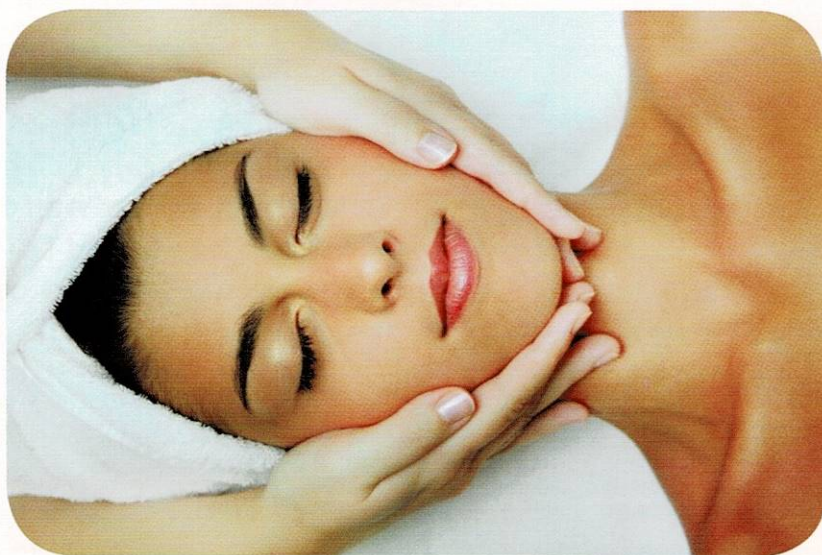
10. Hand, feet and body creams

Some patients with diabetes have dry skin that makes them prone to develop chaps and ulcers. Body creams are useful to moisturize skin. People with diabetes are advised to use a moisturizer except in areas between their toes that should always be dry.



11. No added sugar or unsweetened foods and beverages

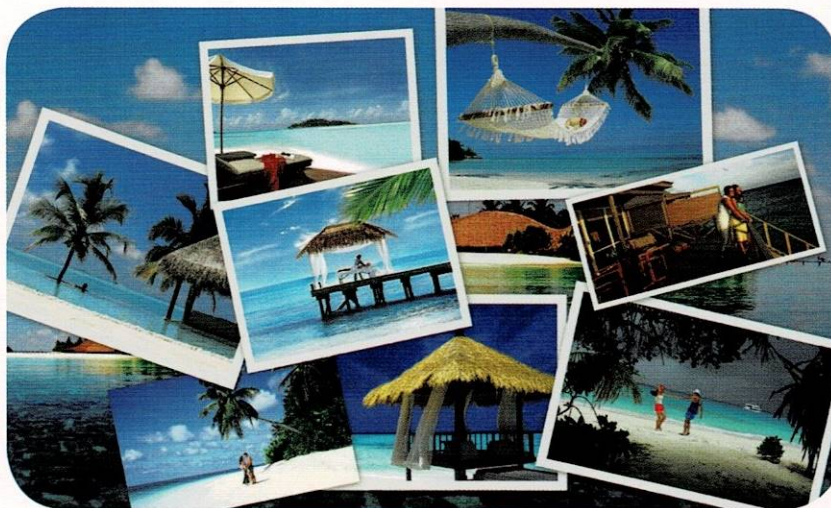
Just because a product says “no added sugar” does not guarantee that it cannot increase blood sugar levels. “No sugar added” products can’t be sweetened with any “sugar containing ingredients.” They can, however, be made with artificial sugars and sugar alcohols, which have fewer calories than regular sugar but can cause bloating and other digestive issues when consumed in excess. Products labeled “unsweetened” can contain naturally occurring sugar and sugar alcohols but not artificial sweeteners.



12. Massage, facials, or other pampering

A lot of establishments are selling gift certificates for massage and other forms of pampering. Massage is said to improve blood circulation.

Foot spa should be done carefully in people with diabetes. Diabetes can affect nerves in the feet losing their sensitivity to heat. During a foot spa, feet are soaked in lukewarm to hot water. Hence, the water's temperature should always be tested first by someone who has no diabetes to avoid the risk of burning. Patients with foot ulcers should not be allowed to have a foot spa since it will make them at risk for infection. Furthermore, heat may worsen neuropathy.



13. Travel Package

This is probably expensive but can be made cheaper if planned in advance by early booking in flights and hotel accommodation. A travel package for the whole family will make this an excellent gift option from a child who has been busy with work during most times of the year to his or her parent with diabetes. We can take advantage of the long holidays and nothing is more precious than time spent with our family.

There are so many other options when it comes to gifts to show how much we care. When we put some thought into it and choose a meaningful present, the gift becomes a source of someone's happiness. Find your loved ones the meaningful gift they deserve! ○

DIABETES QUERIES

Florence Amorado-Santos, MD
Mary Mediatrix Medical Center



Holidays. Merriment. Food. A patient with diabetes may find this time of the year a real torture. With all the tempting, mouthwatering and enticing food fare in every corner, how can one really behave and follow the doctor's advice to not indulge too much? Read on and you might get some tips from the emailed questions specifically pertaining to this joyous but need-to-be-disciplined season.

There will be several invites for night outs during the Christmas season plus endless celebrations in the office, if I will be offered al-

coholic drinks, can I have some and how much is allowed?

Moderate alcohol consumption is advised for all patients with diabetes. Males are advised to have 2 drinks or less per day and females to have 1 drink or less. One alcohol-containing beverage is defined as 12 oz of beer, 5 oz of wine or 1.5 oz of distilled spirits, each containing approximately 15g of alcohol. Excessive use alcohol may put you at risk of hypoglycemia especially if you are using insulin or oral medications which can cause insulin release in your body. With all the other things that can preoccupy you during this jolly season, you can still be merry even without the drinking!

I have Type 1 Diabetes Mellitus and it is my first year to be on insulin pump. My blood sugar has been pretty controlled for the last few months since I was on this gadget. However, with the coming Christmas food galore, I am worried I may not be able to control my blood sugar despite having my pump.

You can ask your doctor to adjust your prandial doses if you think you will be indulging here and there. Make use also of your calorie counter or seek advice from your dietitian regarding your anticipated additional calorie intake so you can work with your doctor on how much dose of insulin you will need to cover for your blood sugar rush. But remember, discipline is still the magic word despite the festivities.

My family will be go on a Christmas vacation trip abroad. I am on insulin regimen and I need to bring all my "diabetes paraphernalia" with me. Will these be allowed at the airport?

Yes, they are allowed for travel. Make sure your insulin pens or vials are placed in an insulated bag with ice pack preferably for the duration of your trip. We usually advise patients to put medications including insulin in the carry-on luggage since the airline cabin has more controlled temperature. Just declare all that you are bringing and make sure to get a medical certificate from your doctor proving that all these belong to you.

What is calorie counting? Is it really effective in controlling my blood sugar?

Welcome to the calorie counting bandwagon! So timely for this great eating season! More popularly, calorie counting is used for weight loss or weight gain programs. However, in patients with poor glucose control, calorie counting can be of help. First, ask your doctor to compute for your total caloric needs considering the diabetes regimen that you are using. Once you have that nutritional prescription proceed talking to your dietitian for your meal plan and it is there where you will learn food exchanges. You will also be taught the equivalent calories of each food that you eat in a certain meal to make up the total of your caloric requirement. Basically by learning the calorie content food can also help you learn portion control. Simply divide your total calories into all the meals you will be eating the whole day. ○

For more queries and suggestions, feel free to email the writer at
xygrance@gmail.com



Velmetia®

A close-up photograph of a hand making a peace sign (V-shape) with the index and middle fingers. A small, bright red dot is visible on the tip of the index finger. The skin is light-toned, and the background is a plain, light-colored surface.

**New**

The image shows a OneTouch Ultra2 blood glucose meter. The screen displays the text 'MEAL FLAG' at the top, followed by 'BEFORE MEAL' and 'AFTER MEAL' separated by a horizontal line. At the bottom of the screen, it says 'NO FLAG' with a small upward arrow icon. The device has a blue and white color scheme with a circular design and several buttons at the bottom, including an 'OK' button and directional arrows.

Includes:

Simple Start

Diabetes + You



6mm



Helping all people
live healthy lives

^yCurrent needle sizes: 12.7mm and 8mm.
IM=intramuscular

IM=intramuscular.

HbA1c 9.0% BMI 32

HbA1c 8.2% BMI 28

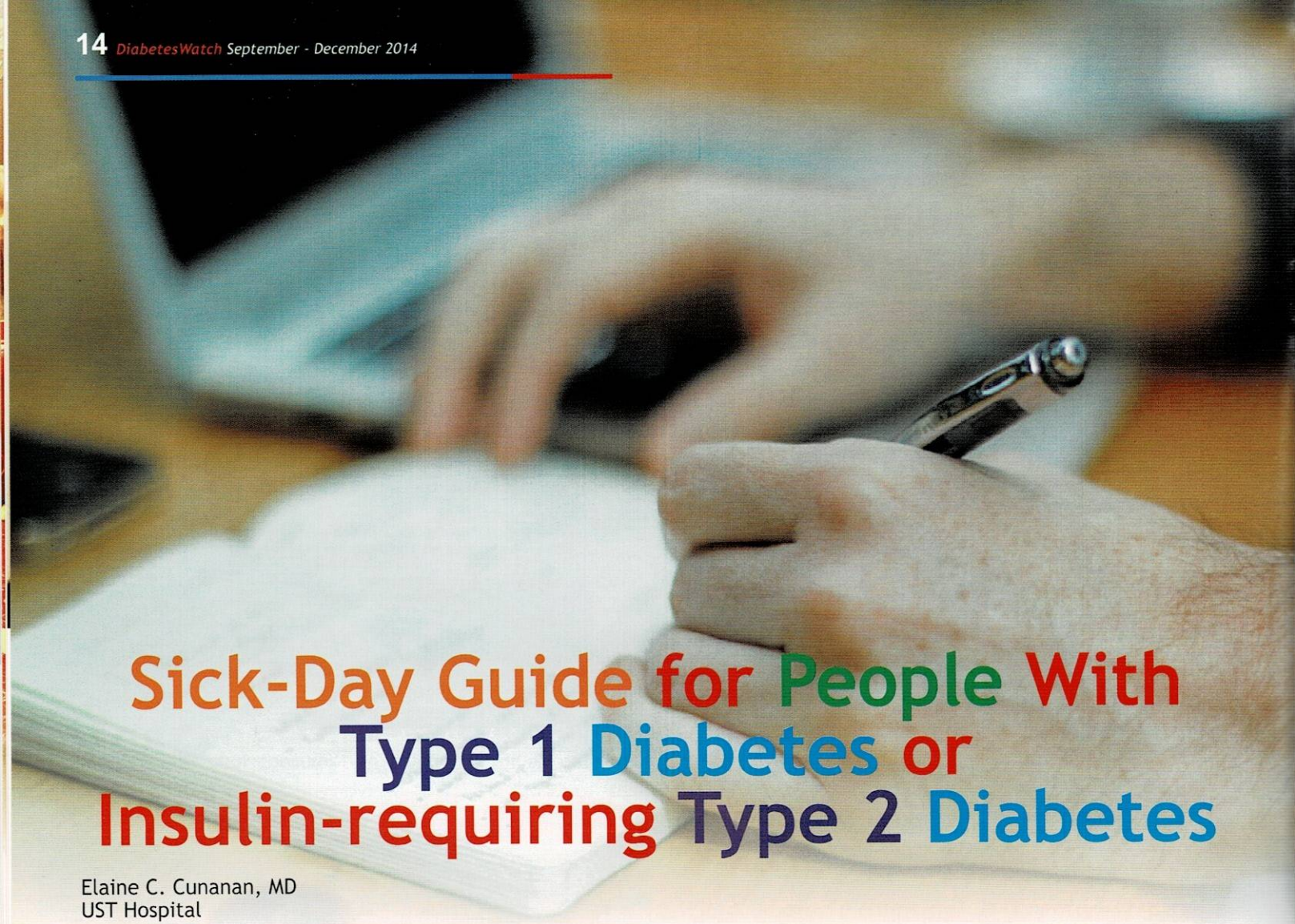
HbA1c 7.8% BMI 26

HbA1c 7.6% BMI 34

Additional printing information: 126 pages, 350 illustrations.

[illegible]

Liraglutide
Victoza®



Sick-Day Guide for People With Type 1 Diabetes or Insulin-requiring Type 2 Diabetes

Elaine C. Cunanan, MD
UST Hospital

How does illness affect my blood sugar?

When you are sick, your body releases stress hormones like cortisol and epinephrine to help fight infection. However, these hormones can raise your blood sugar. Your blood sugar level may, therefore, be high during an illness even if you are eating less or not even eating. If your blood sugar is high, you usually experience increased thirst, increased urination, fatigue, weight loss and dehydration.

Blood sugar levels may become hard to control during illness and can lead to diabetic ketoacidosis (DKA).

If you live alone, you should tell a family member or close friend that you are ill and have them call to check on you several times each day.

What is Diabetic Ketoacidosis (DKA)?

DKA results from not having enough insulin in the body. When you do not have enough insulin, the body burns fat for energy. Breakdown of fat produces ketones (a substance that is acidic). When high levels of ketones build up in the blood, DKA results. If not treated right away, it can lead to coma and death.

Signs and Symptoms of DKA include:

- Nausea or vomiting
- Abdominal pain
- Rapid, labored breathing
- Fruity odor to the breath
- Severe dehydration

To prevent DKA:

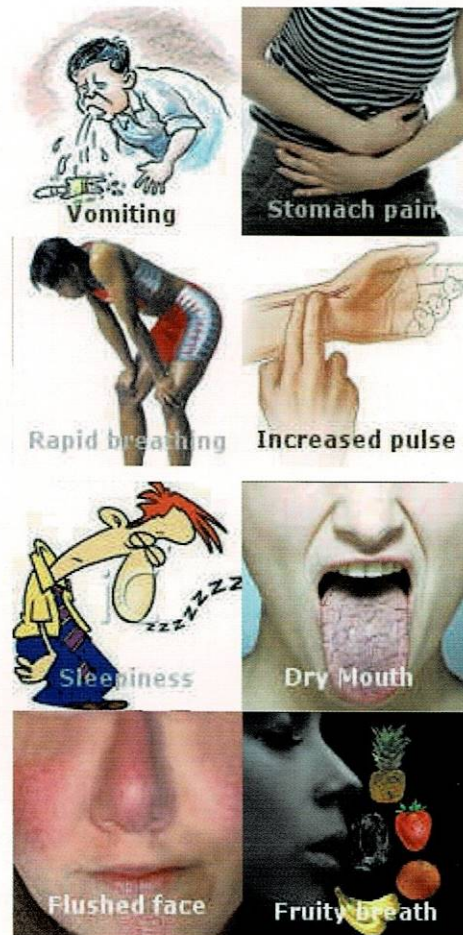
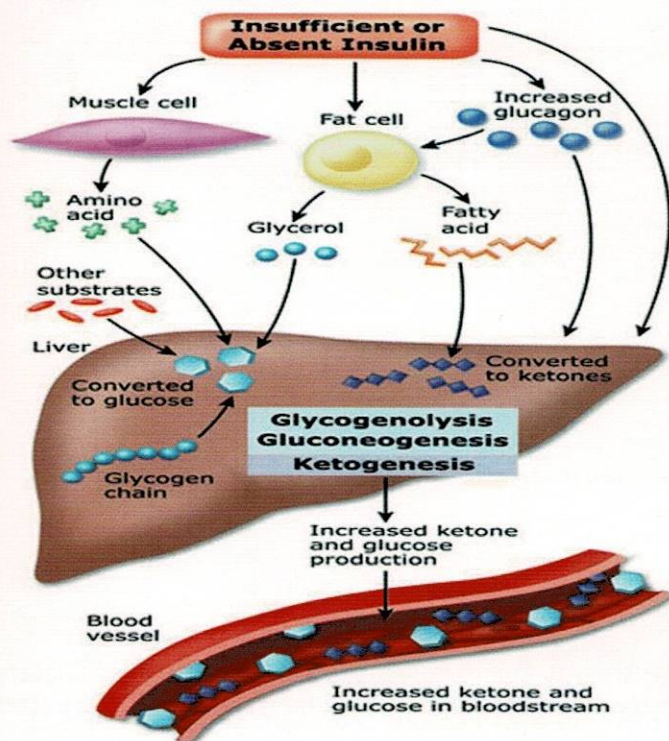
- Monitor your blood sugar more often
- Do not discontinue your insulin even if you don't feel like eating
- Keep yourself well-hydrated

How frequent should I check my blood sugar during illness?

Monitor your blood glucose with a glucose meter at least every 4 hours even through the night. You should also check your blood or urine ketone levels.

Should I adjust or hold off my insulin?

INSULIN SHOULD NOT BE STOPPED. Always take your insulin even when you are sick to avoid DKA. There are no exact rules on how to adjust your insulin dosage as this depends on the individual's metabolism and the type of insulin you are taking. You should discuss with

Diabetic Ketoacidosis

your doctor as to when and how to adjust your insulin dose during an illness. Adjustment needs to be individualized for each person.

A simple guide for insulin dose adjustment is as follows⁵:

Guideline when sick but still eating well:

Take your usual dose of basal insulin (NPH, Levemir®, or Lantus®). Keep taking your Regular, Humalog®, Apidra®, or Novorapid® to cover your meals. Add extra insulin using the correction insulin chart below if your blood sugars are 120 mg/dL or higher.

Guideline when sick and not eating much:

Types of Insulin You Take	Doses To Take When Sick and Not Eating Much
NPH	• Take ½ dose of NPH
Detemir (Levemir®)	• Take usual dose of detemir (Levemir®)
Glargine (Lantus®)	• Take usual dose of glargine (Lantus®)
Regular	• Take Regular insulin every 4 hours using correction insulin chart below after checking your blood sugar
Aspart (Novorapid®), Glulisine (Apidra®), Lispro (Humalog®)	• Take insulin every 2 hours using correction insulin chart below after checking your blood sugar

Guideline when sick and not eating much:

Correction Insulin Chart

Blood Sugar level	Use Regular, Humalog or Novolog Insulin
Less than 120mg/dl	no insulin, but recheck blood sugar in 2 hours
120 – 170mg/dl	1 units
171 – 220mg/dl	2 units
221 – 270mg/dl	3 units
271—320mg/dl	4 units
greater than 320mg/dl	5 units and call your doctor

*Divide the number by 18 to get sugar level in mmol/L.

What should I eat or drink?

Try to eat your regular meals. If blood glucose is high, eat slightly smaller meals. If you are having difficulty eating, eat or drink 15 grams of carbohydrate every hour. Soft foods (soup, pudding, regular gelatin) may be easier to eat.

The following foods contain about 15 grams of carbohydrate:

1 slice toast	1/2 cup juice	1 popsicle
1 cup milk	1/2 cup ice cream	1/2 cup regular gelatin
1/3 cup rice	1 cup soup	1/2 cup cereal
1/2 cup mashed potatoes	6 saltine crackers	1/2 cup canned fruit

Drink 4 to 8 ounces (1/2 - 1 cup) of fluid every one to two hours. Drink lots of fluids to prevent dehydration. Calorie-free, caffeine-free liquids are best (water or broth). If your blood sugar level is higher than 200 mg/dL (11 mmol/L), drink extra liquids that do not contain sugar, such as water or sugar-free cola.





If you are having diarrhea, you can take oral rehydration fluids to supply both fluid and electrolytes that were lost.

Additional things to do in times of illness:

- Weigh yourself every day. Losing weight without trying is a sign of high blood glucose.
- Check your temperature every morning and evening. A fever may be a sign of infection.
- Don't take any medicines without talking with your doctor. There are medicines that can affect your blood sugar level.

In what situations should I see my doctor or go to the emergency room right away?

- You are unable to eat or drink.
- You have persistent vomiting or diarrhea.
- Your blood glucose is still higher than 250 mg/dL (13 mmol/L) despite two correction doses of insulin.
- You have very low glucose levels (less than 70mg/dL).
- You have ketones in the urine or blood.
- You feel sleepy or can't think clearly.
- You are having difficulty breathing, abdominal pain or weakness (symptoms and signs of DKA).
- You lose 5 pounds or more.
- Your temperature is more than 38°C.
- Symptoms of dehydration such as very dry mouth, very yellow urine or decreased urination.

- Other unexplained symptoms. If in doubt, call your doctor.

*Children under 2 years old, pregnant women and frail elderly people should also be brought to the doctor right away during illness.

How do I lessen my risk for getting an infection?

- Have a good blood sugar control.
- Practice good hygiene and hand washing.
- Eat a healthy diet.
- Get plenty of rest.
- Stay well-hydrated.
- Don't smoke.
- Get influenza vaccination yearly.
- Get pneumococcal vaccination.

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1.) (Adjusted peak glucose 66% lower for Glucerna SR compared with commercial Ensure) J.A. Williams, J. Garcia Almeida, M. Matia Martin et al. (Abstract).

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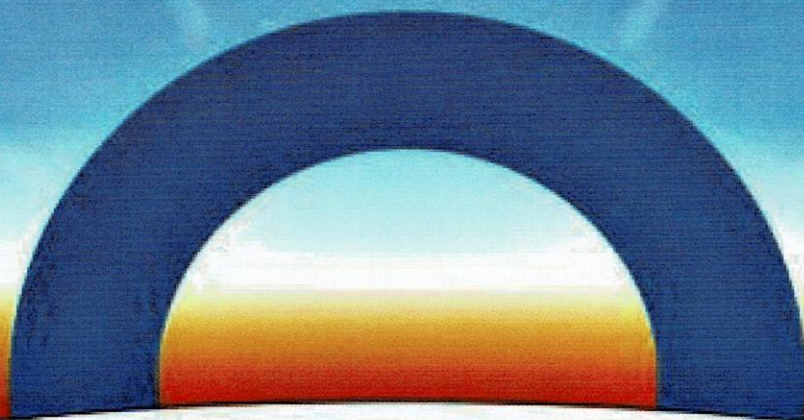
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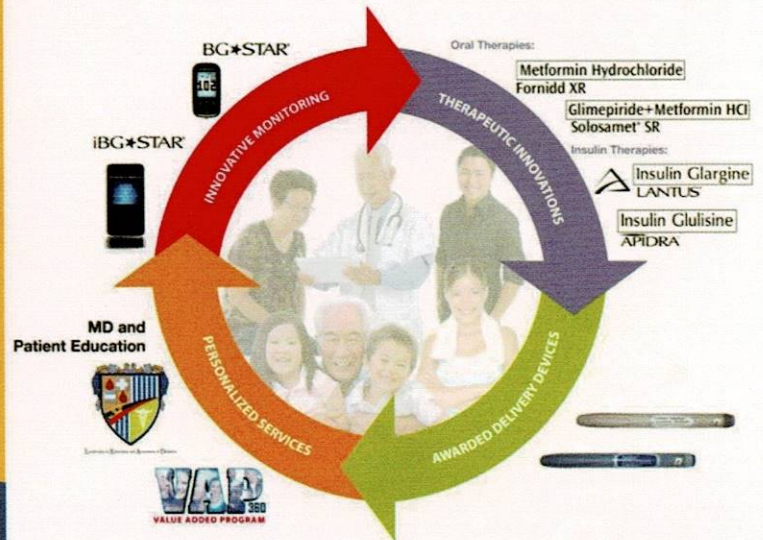
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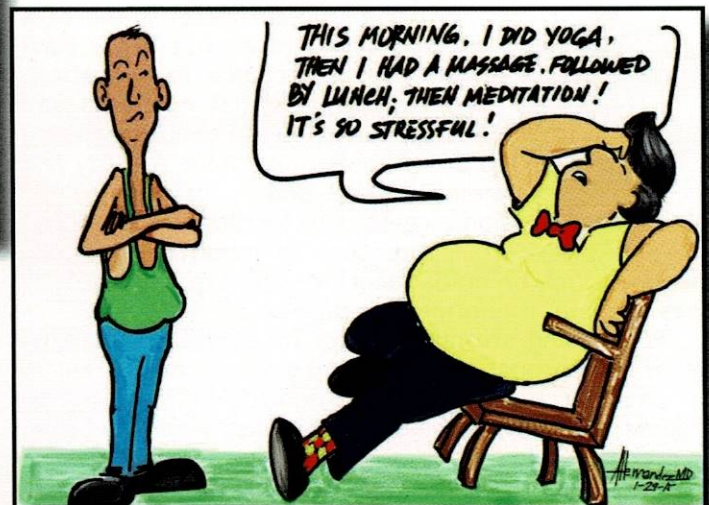
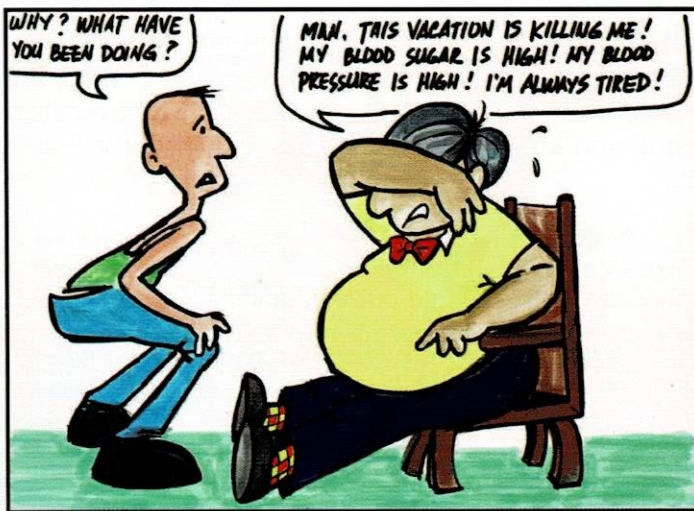
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SANOFI DIABETES 360°



The Lighter Side of Diabetes By: Dr. Allan S. Hernandez



The Pleasure of Beverages: Drink Light, Drink Right

Sanirose S. Orbeta, M.S., R.D., FADA
Consulting Clinical and Sports Nutritionist

In our day-to-day activities, it is very important that we stay hydrated. Fluids help our body perform its many functions. Other than water, which is the most abundant nutrient needed by the body, we can drink other beverages to stay hydrated. However not all beverages can be as good as water for hydration, so we have to be smart in choosing the drinks to consume.

Beverages are used as an accompaniment to a meal, whether it's alcoholic or non-alcoholic. During parties and social gatherings, beverages are always present. Some people tend to abuse alcohol which may expose the body to risks and others may consume large amount of drinks which can cause excessive calorie intake that may lead to overweight and obesity. Choosing and knowing the right drink is the best way to stay healthy.

Non-alcoholic beverages: Drink Smart



Drinking plain water is the best way to stay hydrated but other beverages also contribute to hydration. They contain essential nutrients and calories that the body needs. It is best to drink fluids throughout the day and maintain the body's calorie needs. Some reasons to increase fluid intake:

- Exposure to harsh climate, either very hot or cold, increases the work your body does to maintain normal temperature.
- Performing strenuous work or exercise increases water lost through sweating and evaporation.
- Eating a high fiber diet requires extra water to process additional roughage, to soften stools and prevent constipation.
- Pregnancy or breast feeding a baby increases the amount of liquid a woman's body needs.

- Prolonged exposure to heated or re-circulated air like in an air-conditioned room creates a drying effect that draws extra fluid out of the skin.



Milk: Low-fat and fat-free milk are good sources of protein, calcium, and vitamin D. All age groups are recommended to drink milk. Aside from other dairy products, milk is rich in calcium which is important for building healthy bones in children and teenagers; and for adults, it helps bones remain strong by slowing the rate of bone loss. Calcium in milk also helps muscles contract and

heart beat, it plays also a role in normal nerve function and helps in blood clotting. Vitamin D works with calcium, it helps absorb and deposit calcium in bones and teeth.



Sugar-sweetened beverages: These are any type of beverages that contain added caloric sweeteners (i.e. sucrose, high fructose corn syrup, fruit juice concentrates) and include soft-drinks, fruit juices and drinks, chocolate milks, sports drinks, energy and vitamin water drinks, sweetened iced tea and lemonade, coffee drinks or shake with

added sugar or syrup. Due to prevalence of overweight and obesity, the consumption of sugar-sweetened beverages has been implicated as a major contributor, thus reducing the intake is a priority and it must be balanced with food intake (Journal of the Academy of Nutrition and Dietetics, September, 2012)



100% Juice: 100% juice can contribute to servings of fruits and vegetables into daily diet. Fruit and vegetable juices also offer most of the vitamins and minerals found in whole fruits and vegetables, however, juices typically have less fiber, it gets left behind in the pulp. Enjoy 100% juice but make sure to balance it with whole fruits and vegetables to get recommended fiber intake.



Low-calorie sweetened beverages: Flavored waters and sodas sweetened with low- or no-calorie sweeteners are a calorie-free alternative for hydration. Low-calorie sweeteners (or referred to as non-nutritive sweeteners, artificial sweeteners, or sugar substitutes) are ingredients added to foods and beverages to provide sweetness without adding a significant amount of calories. These non-nutritive sweetened beverages can also play an important role in effective weight management. The most common and popular low-calorie sweeteners permitted for use in foods and beverages are: acesulfame potassium (ace-K), aspartame, neotame, saccharin, stevia, and sucralose (International Food Information Council Foundation).



Sports drinks: In addition to the added sugar content, sports drinks usually contain electrolytes, minerals, vitamins, and other nutrients and are marketed as a means of improving athletic performance by replacing electrolytes and fluid lost in sweat during and after intense physical activity. In contrast to sports drinks, energy drinks typically contain stimulants (e.g. caffeine) and amino acids (e.g. taurine) as well as added sugars and often vitamins, minerals, and other nutrients and are marketed as a means of boosting energy, decreasing feelings of tiredness, and enhancing mental alertness (Journal of the Academy of Nutrition and Dietetics, January 2013).



Caffeinated beverages: Caffeinated beverages like soft drinks, coffee and tea can have a diuretic effect which increase water loss through urination however the diuretic effect depends on the amount of caffeine. The more the caffeine intake, the greater the water loss. A report released in 2004 by the Institute of Medicine concluded that "when it comes to meeting daily hydration needs, caffeinated beverages can contribute as much as noncaffeinated options". The daily safe level of caffeine is 150-250 mg/daily.

Caffeine Content

Beverage	Amount of Caffeine
Drip Brewed Coffee	115 mg
Percolated Brewed Coffee	85 mg
Instant Coffee	65 mg
Softdrinks (one can)	45 mg
Brewed Tea	43 mg
Instant Tea	37 mg
Cocoa	13 mg
Decaffeinated Coffee ²	.5 mg



Alcoholic Beverages: Drink in moderation

The three most popular alcoholic beverages are beer, wine and distilled spirit (hard liquor). Beer is made from fermented variety of starches like malted barley, rice, wheat or maize; wine is created from fermented grapes or other fruits; and distilled spirit are produced through distillation to make them stronger or to have higher alcohol content.

Unlike foods, alcohol doesn't require digestion before it can be absorbed, the alcohol molecules can pass through the stomach lining and with no food it reaches the brain within a minute. It is important to make sure that the stomach is full of food so that molecules of alcohol have less chance of diffusing through stomach walls, so alcohol affects the brain a little less immediately.

Some people drink alcohol as a stimulant and as social anesthetic to relieve anxiety. This is just temporary because alcohol acts as depressant and sedates all the nerve cells. Alcohol depresses the brain's production of antidiuretic hormone, thus causing loss of body water through increased urination and also leads to thirst. To increase water intake, include ice or water to drinks to dilute them, and alternate non-alcoholic beverages every other round to quench thirst.

The liver is the only organ that can dispose of significant quantities of alcohol. It is a myth that drinking a cup of coffee will help. Caffeine is a stimulant, but it won't speed up the metabolism of alcohol. Alcohol yields 7 calories of energy per gram to the body, so many alcoholic drinks are much more fattening than their non-alcoholic counterparts (Sizer, F. and Whitney, E., 1994).

The following tables shows the sugar, fat and calorie equivalent of some alcoholic beverages:

The Alcohol Option

Drinks	Portions	Sugar (tsp.)	Fat (tsp.)	Calories (kcal)
Beer	12 oz. Bottle	82		250
Brandy (Cognac) ¹	glass (4 oz)	41	½	148
Gin ¹	jigger (1 ½ oz)	52		190
Rum ¹	jigger (1 ½ oz)	53		235
Tom Collins ¹	cocktail (2 oz)	92		270
Whiskey (Scotch)	1 jigger (1 ½ oz)	52		190
Wine (Red/White)	1 wine glass (3 ½ oz)	43		215
Champagne ¹	wine glass (1 ½ oz)	43		215
Vodka	1 jigger (1 ½ oz)	43		215
Martini ¹	cocktail (2 oz)	72		230

For adults who choose to consume alcoholic beverages, it is advised to drink in moderation, no more than one drink per day for women and no more than two drinks per day for men. One drink is defined as 12 fluid oz of beer (5% alcohol), 5 fluid oz of wine (12% alcohol), or 1.5 fluid oz of 80 proof distilled spirits (40% alcohol). Heavy drinking is defined by the Dietary Guidelines for Americans 2010 as more than four drinks in a day for men and more than three for women (Journal of the Academy of Nutrition and Dietetics, April 2013).

Message number 10 of the Nutritional Guidelines for Filipinos says: Be physically active, make healthy food choices, manage stress, avoid alcoholic beverages and do not smoke to help prevent lifestyle-related non-communicable diseases. The people who should avoid drinking alcohol are children, teenagers, pregnant or trying to get pregnant women, people with special conditions or on medication and people who plan to drive or work that requires attention.

Alcohol provides benefits and risks. Research suggests that moderate alcohol intake may help in lowering the risk of having cardiovascular disease, possibly the moderate amount may help raise the High-density lipoprotein (HDL) cholesterol or the good cholesterol. The good cholesterol may prevent bad cholesterol from forming that serves as greater protection against heart disease. On the other hand, excessive use of alcohol may cause weight gain, nutrient deficiencies, increased triglyceride level, hypertension, erratic blood glucose control, and long term, it can lead to serious illnesses such as liver cirrhosis, cardiovascular diseases and certain types of cancer.

If you wait to drink until you're thirsty, you may have waited too long to replace lost fluid. By the time you feel thirsty you've probably already lost two or more cups of your total body water. Make sure to stay hydrated. Good hydration means maintaining an ongoing supply of fluids for the body's needs. Fluid regulates body temperature, carries nutrients and oxygen to cells and helps remove wastes from the body. It cushions joints, lubricates and protects organs and tissues for proper functioning. ○

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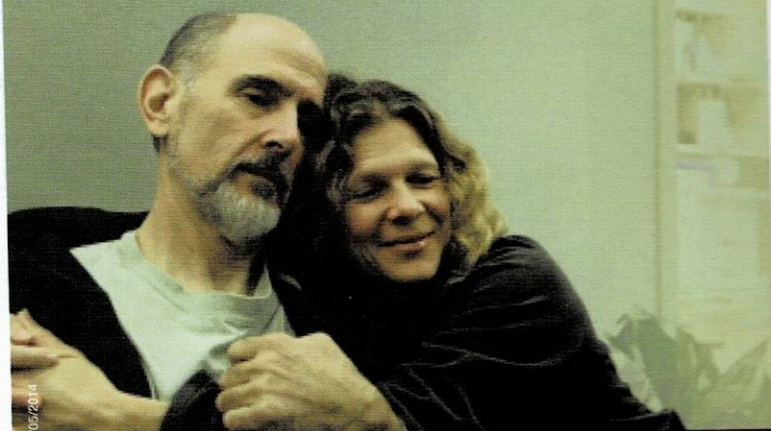
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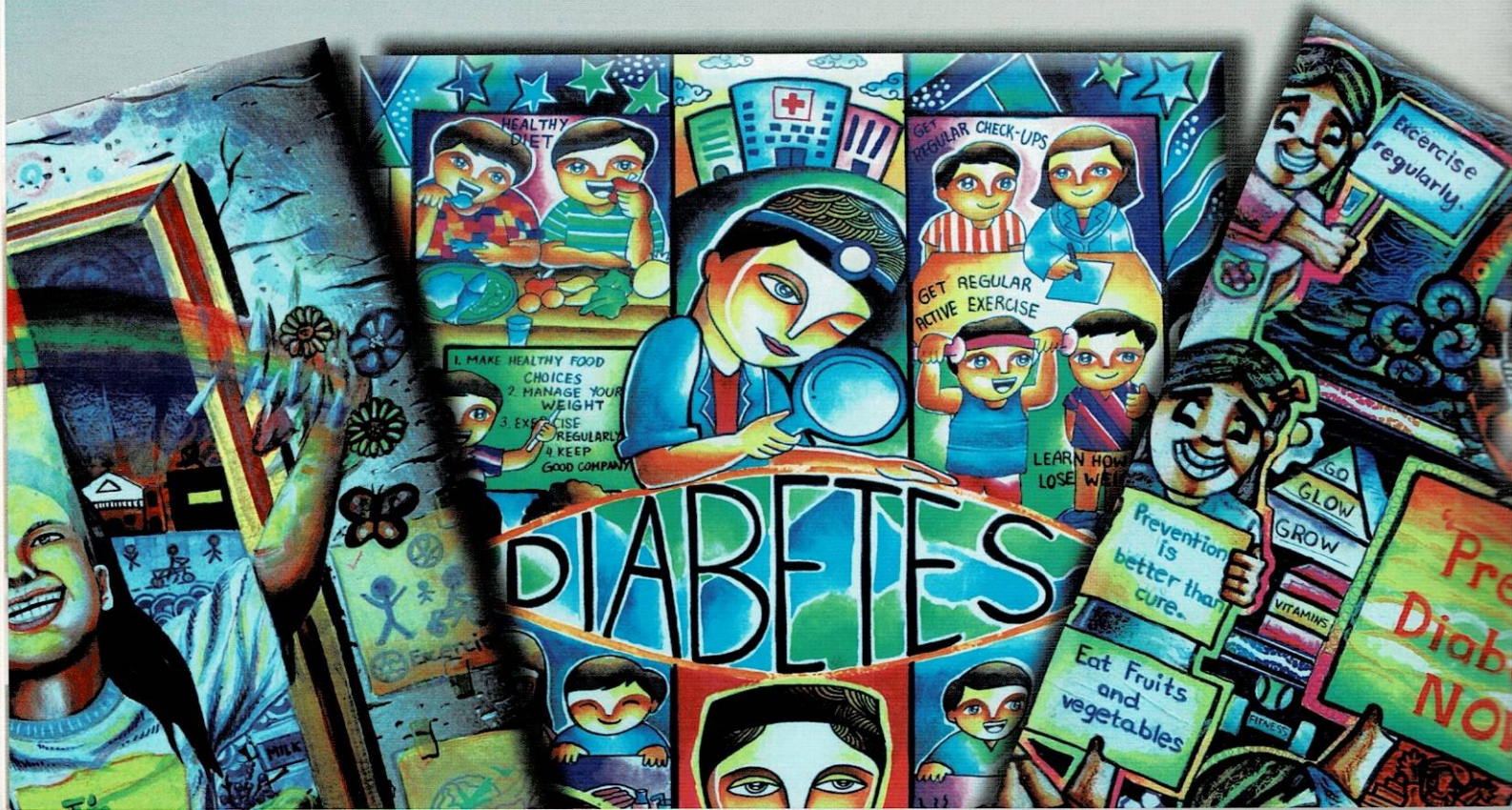
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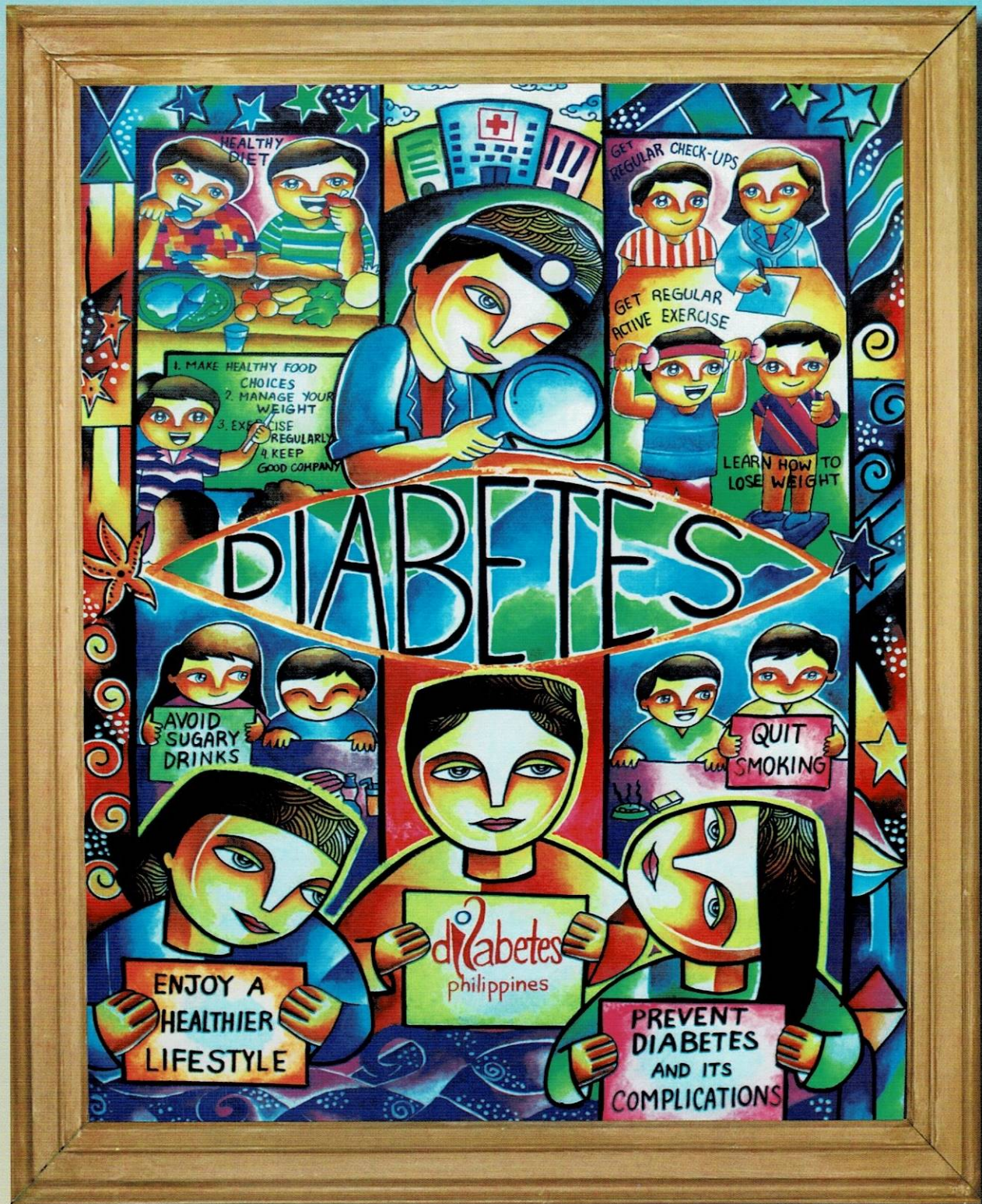
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MENU PLANNING FOR THE HOLIDAYS

Ma. Imelda Q. Cardino, MSFN

Wow! It is that time of year the pleasantly plump guy in a red suit starts giving out Christmas treats to everyone all over the world. I am just wondering what sort of goodies he has in store for persons with diabetes. Well, if he does not have them, no worries. It is easy to come up with holiday fare that is great-tasting yet "friendly" to blood sugar.

● IT'S A PARTY...BUT DON'T OVERDO IT!

Have fun...enjoy yourself...do let your hair down...but don't overdo it. After all, you need to take very good care of the only body you have.

● BRING WHAT YOU LIKE!

Do offer to bring something to the party. That way, you are sure there is something that you will really enjoy...and friendly to your diabetes as well!

● STAY ACTIVE!

Don't forget that after all the fun and good times, do some physical activity to balance off whatever extra calories you might have indulged in.

● OVERINDULGED? DO GET YOURSELF BACK ON TRACK!

Some reminders from the American Diabetes Association to allow you to optimize enjoying your holidays:

● FOCUS ON FRIENDS AND FAMILY...not on food!

The holiday season is a time for meeting friends, strengthening family ties, enjoying the company of your loved ones. So do enjoy your renewed and revitalized relationships. Food is simply icing on the cake.

Of course it sounds like a broken record but definitely even if it's the holiday season, one's blood glucose should still be within target. Unfortunately diabetes control does not have a holiday reprieve.

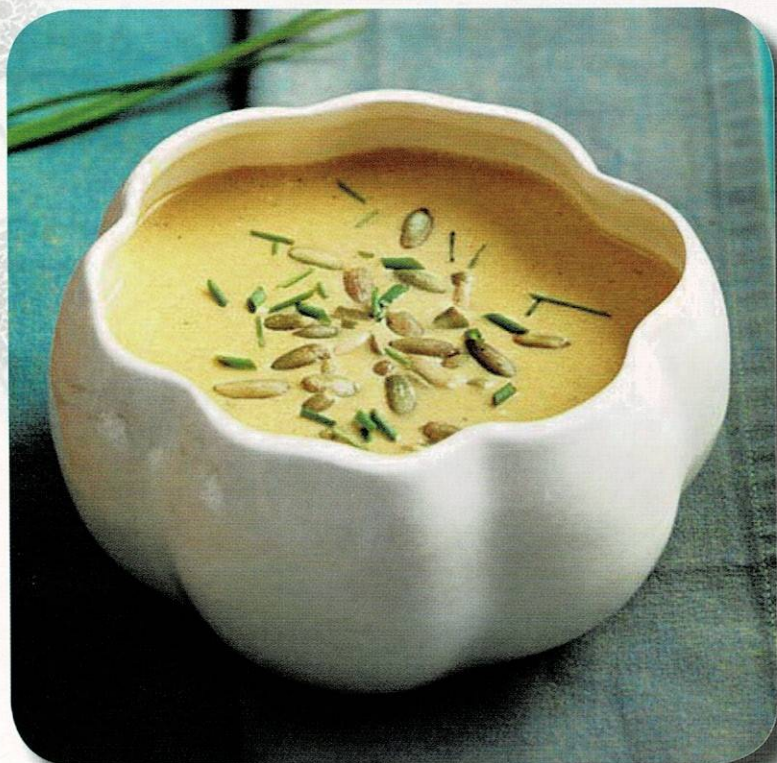
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KITCHEN CORNER

Yup...there is only one person who can put yourself back on the right track after letting go over the holidays...YOU! Do take good care of yourself so make it a point to get organized and do what must be done to put your magic numbers in place again. **YOU CAN DO IT!**

DO ENJOY THE HOLIDAYS SAFELY AND WISELY!

Below are some recipes you might want to try. They are all specially prepared for the person with diabetes. Try them! ○



PUMPKIN BISQUE

Recipe by Robyn Webb, MS

Ingredients:

1	Tbsp.	olive oil
1	med.	onion, minced
2		garlic cloves, minced
1	tsp.	ground curry powder
1/2	tsp.	ground coriander
1/4	tsp.	cayenne pepper
1/4	tsp.	sea salt
1/4	tsp.	freshly ground black pepper
3	cups	fat-free, reduced-sodium chicken broth
1	can	(15 oz.) pumpkin (not pumpkin pie filling)
1	cup	fat-free half-and-half
1	tsp.	sugar-stevia sweetener
1/4	cup	toasted pumpkin seeds
1/4	cup	minced fresh chives

Directions:

1. In a large saucepan, heat the oil over medium heat. Add the onion and sauté for 5 to 7 minutes, until soft. Add the garlic, curry powder, coriander, cayenne, salt, and pepper and sauté for 1 minute.
2. Add the broth and bring to boiling. Lower the heat and simmer, uncovered, for 20 minutes.
3. Add the pumpkin and simmer for 10 minutes. Using an immersion blender, process the soup until smooth. Or carefully add the hot soup (in batches) to a blender and process until smooth; return the soup to the pot.
4. Add the half-and-half and sugar-stevia sweetener and simmer on low for 2

minutes. Ladle into individual serving bowls. Garnish each bowl with generous pinches of pumpkin seeds and chives.

Serving Size: 2/3 cup

Calories	120
Fat	5 g
Saturated Fat	1.1 g
Trans Fat	0 g
Carbohydrate	14 g
Fiber	3 g
Sugars	6 g
Cholesterol	0 mg
Sodium	390 mg
Potassium	400 mg
Protein	5 G
Phosphorus	170 Mg
Choices: Carbohydrate	1, Fat 1

EXOTIC MIXED VEGETABLE SALAD

Preparation Time: 10 mins

Cooking Time: 10 mins

Makes 4 servings

Ingredients:

To Be Mixed Into A Dressing

- 1 tsp olive oil or any other
- 1 tbsp lemon juice
- 1 tbsp chopped coriander (dhania)
- 2 tsp sugar substitute
- 1/2 tsp dried oregano
- salt and freshly ground black pepper (kalimirch) powder to taste

Other Ingredients:

- 1 cup shredded lettuce
- 1/2 cup sliced coloured capsicum (red , yellow and green)
- 1/2 cup sliced baby corn
- 1/2 cup bean sprouts
- 1 cup sliced carrots



<http://www.tarladalal.com/Mixed-Vegetable-Salad-%28-Exotic-Diabetic-Recipe-%29-33741r>

METHOD:

1. Put the lettuce, capsicum and baby corn in a vessel full of ice-cold water for half an hour. This will make them crisp.
2. Drain, wrap in a muslin cloth and refrigerate till ready to use.
3. Just before serving, combine all the vegetables and the bean sprouts and carrots in a bowl, add the dressing and toss well.
4. Serve immediately.

Nutrient Values

Energy	Protein	Carbohydrates	Fat	Vitamin A	Vitamin C	Iron	Fibre
48 calories	2.0 gm	7.1 gm	1.5 gm	654.4 mcg	36.8 mg	1.3 mg	1.1 gm

MEDITERRANEAN BALSAMIC BRAISED BEEF



<http://diabeticgourmet.com/recipes/html/820.shtml>

Ingredients

- 1 boneless beef chuck shoulder pot roast (2-1/2 to 3 pounds)
- 1/4 cup all-purpose flour
- 2 tablespoons olive oil
- 1/4 cup balsamic vinegar
- 2 small onions, halved, sliced
- 4 medium shallots, sliced
- 1/4 cup chopped pitted dates
- 1/2 teaspoon salt
- 1/4 to 1/2 teaspoon black pepper

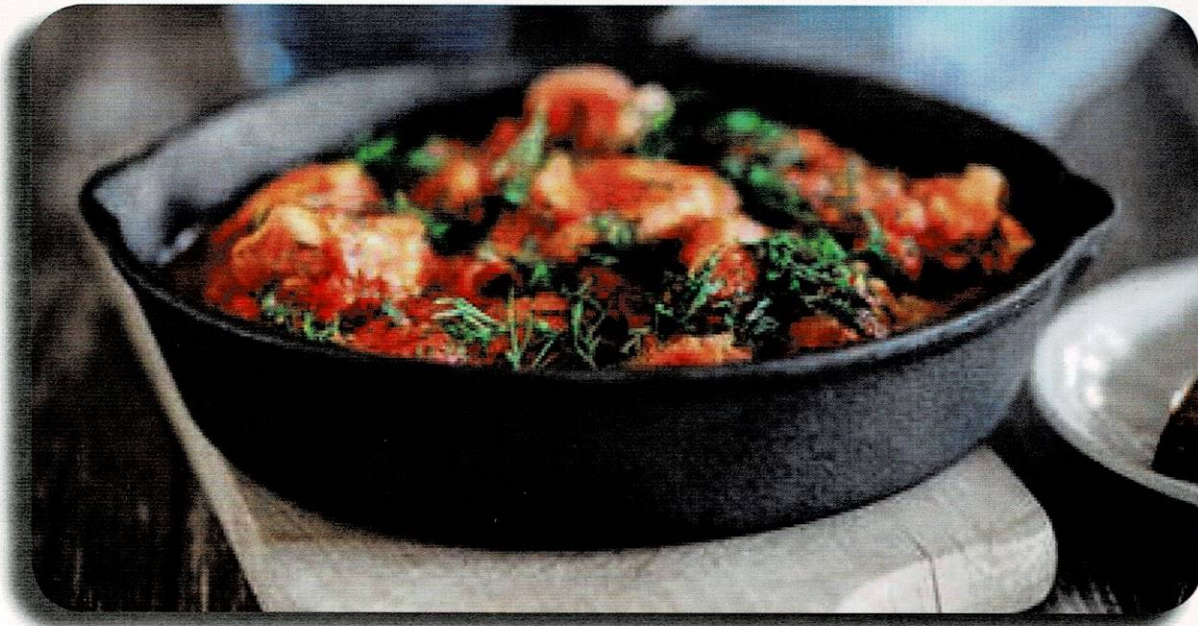
Directions:

1. Heat oven to 325°F. Lightly coat beef pot roast with flour. Heat oil in Dutch oven over medium heat until hot. Brown pot roast; remove.
2. Add 1-1/2 cups water and vinegar to Dutch oven; cook and stir until brown bits attached to pan are dissolved. Return pot roast. Add onions, shallots, dates, salt and pepper; bring to a boil. Cover tightly and cook in 325°F oven 2 to 2-1/2 hours or until pot roast is fork-tender. Remove pot roast; keep warm.
3. Cook liquid and vegetables over medium-high heat to desired consistency. Carve pot roast. Serve with sauce.

Nutritional Information (Per Serving) TOTAL OF 8 SERVINGS

Calories:	217
Protein:	22 g
Sodium:	206 mg
Cholesterol:	57 mg
Fat:	9 g
Saturated Fat:	2 g
Dietary Fiber:	1 g
Carbohydrates:	12 g

Source: National Cattlemen's Beef Association

20-MINUTE CHICKEN CREOLE

<http://diabeticgourmet.com/recipes/html/1057.shtml>

Yield: 4 servings (1-1/2 cups per serving)

Ingredients

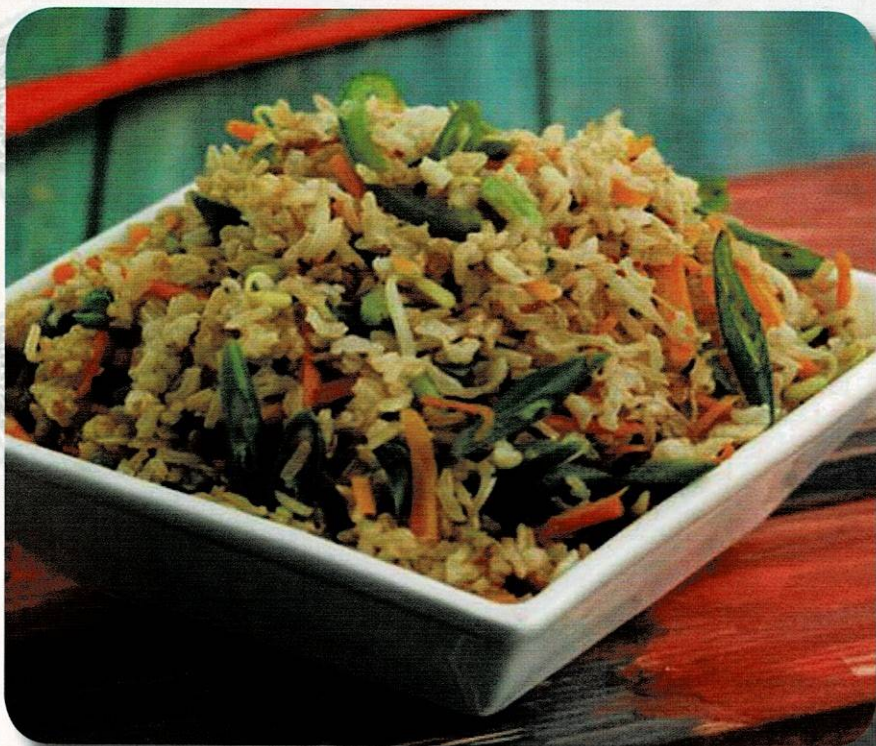
- 12 oz boneless, skinless chicken breast, cut into thin strips
- 1 cup canned whole peeled tomatoes, chopped
- 1 cup chili sauce (look for lowest sodium version)
- 1-1/2 cup green bell pepper, rinsed and chopped
- 1-1/2 cup celery, rinsed and chopped
- 1/4 cup onion, chopped
- 1 Tbsp garlic, minced (about 2 - 3 cloves)
- 1 Tbsp fresh basil, rinsed, dried, and chopped (or 1 tsp dried)
- 1 Tbsp fresh parsley, rinsed, dried, and chopped (or 1 tsp dried)
- 1/4 tsp crushed red pepper
- 1/4 tsp salt

Directions

1. Spray sauté pan with cooking spray. Preheat over high heat.
2. Cook chicken in hot sauté pan, stirring for 3 - 5 minutes. Reduce heat.
3. Add tomatoes with juice, chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt. Bring to boil over high heat, and then reduce heat to simmer.
4. Simmer, covered, for 10 minutes.

Nutritional Information Per Serving

Calories: 274; Protein: 30 g ; Fat: 5 g ; Sodium: 383 mg; Cholesterol: 73 mg ;
Saturated Fat: 1 g ; Dietary Fiber: 4 g ; Carbohydrates: 30 g with sauce.

CHINESE FRIED RICE**Ingredients:**

2 cups cooked brown rice
1 1/2 tsp oil
1 1/2 tsp finely chopped green chillies
1/4 cup thinly sliced capsicum
1/4 cup finely chopped spring onions whites
3/4 cup parboiled french beans , cut diagonally
3/4 cup thinly sliced parboiled carrots
1/2 cup bean sprouts
1 tbsp finely chopped celery
1/2 tsp soy sauce
2 tbsp finely chopped spring onion greens
salt to taste

Preparation Time: 15 mins

Cooking Time: 6 mins

Makes 4 servings

METHOD:

1. Heat the oil in a broad non-stick pan, add the green chillies, capsicum and spring onion whites and sauté on a high flame for 1 to 2 minutes.
2. Add the french beans, carrot, bean sprouts and celery, mix well and sauté on a high flame for 1 to 2 minutes.
3. Add the cooked brown rice, soy sauce, spring onion greens and salt, mix well and cook on a medium flame for 1 to 2 minute.
4. Serve hot.

Nutrient values per serving

Energy	Protein	Carbohydrates	Fat	Fibre	Iron
149 calories	4.3 gm	27.1 gm	2.7 gm	3.9 gm	1.3 mg

Ingredients:**Crust Ingredients:**

- 1/2 cup finely ground almonds

Cheesecake Ingredients:

- 3 packages (8 ounces each) reduced fat cream cheese, softened
- 1-1/4 cups Equal Spoonful or Granulated*
- 2 eggs
- 2 egg whites
- 1/4 teaspoon salt
- 1 cup reduced fat sour cream
- 2 teaspoons vanilla
- 4 ounces (4 squares) semi-sweet chocolate, melted and cooled
- Fresh raspberries, optional
- Fresh mint, optional

* May substitute 30 packets Equal sweetener.

Crust pictured above made with chocolate wafer crumbs

CHOCOLATE CHEESECAKE

<http://diabeticgourmet.com/recipes/html/989.shtml>

Yield: 16 servings

Directions:

1. For Crust, spray bottom of a 9-inch springform pan. Sprinkle almonds over bottom, patting gently onto pan; set aside.
2. For Cheesecake, beat cream cheese and Equal in mixing bowl on medium speed of mixer until smooth and well combined. Mix in eggs, egg whites and salt. Fold in sour cream and vanilla until combined. Gently mix in chocolate until blended. Pour batter over crust.
3. Bake in preheated 325° F oven 40 to 45 minutes or until center of cake is almost set. Cool on wire rack. Gently run metal spatula around rim of pan to loosen cake. Let cheesecake cool completely. Cover and refrigerate several hours or overnight. To serve, remove side of pan. Garnish top of cheesecake with fresh raspberries and mint, if desired. Cut cake into wedges.

Nutritional Information (Per Serving) TOTAL OF 8 SERVINGS

Calories:	197
Protein:	7 g
Sodium:	231 mg
Cholesterol:	67 mg
Fat:	16 g
Carbohydrates:	7 g
Exchanges:	1/2 milk, 3 fat

Source: Equal®



Travel Tips for Vacationers with Diabetes

Richard Elwyn V. Fernando, MD
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Vacations are fun. They form part of our memories and what we are. Relationships grow with experiences. If you have diabetes, never allow it to keep you from having vacations. But without good planning, it can turn into a nightmare. Here are some tips from seasoned travelers with diabetes.

1. Plan your itinerary well. Double-check your bookings. Know airline regulations if traveling by air. Land and sea travel may also have different rules and policies. Some countries have vaccination requirements. Always travel with insurance for health and belongings.
2. Make sure you will be allowed to bring your medications and monitoring supplies with you. And be ready for unexpected extensions. Bring reasonable extra supplies.
3. Study the climate and time zone of your destination. Temperature extremes may affect both your diabetes and your medication. Traveling to places with different time zones will require you to adjust your meals and medication. Prepare for proper clothing. Remember that exercise helps you adjust to climate and time zone.
4. Talk with your doctor a month before your trip. You may need adjustments in your medication. Know how to contact your health care provider in case of emergency. Secure simple but necessary health documents and prescriptions. A short note from your doctor stating that you have diabetes may come in very handy.
5. Most airlines have approved containers for lancets and syringes. Together with other medical supplies, you need these to be close to you. Be sure to label at least the container with your name.
6. Bringing snacks is important as delays may be unexpected. Try to keep your routine utilizing time at origin. Adjust your routine when you reach your destination. While it is good to be prepared to treat a low blood sugar, avoiding one is equally important.
7. Eating out may require you to investigate the food you eat. The goodness of the food might get you carried away eating more than your requirements. They may also contain ingredients that affect blood sugar. If you also have allergy, learn to inquire.
8. All your activities from sightseeing to prolonged sitting to unscheduled snacking and changes in time zone may have all sorts of effects on your diabetes. Testing your blood sugar regularly will alert you and help you keep on track.
9. People you are traveling with will appreciate if they knew you have diabetes. They will be the first ones to respond in case of emergency. If you are on insulin, it is particularly beneficial to wear a medical identification bracelet with contact information of your doctor or health care provider.
10. Enjoy. After all the planning and preparation, have a good time making memorable moments with your friends and love ones. Anticipating problems might affect everybody's mood. It is best to simply be prepared. Be happy. 

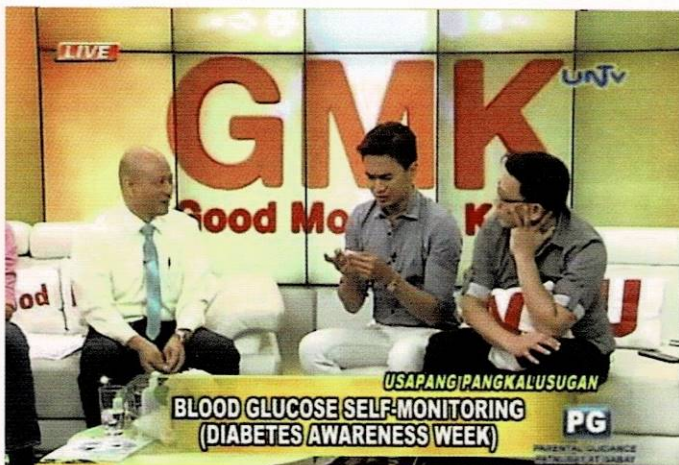
diabetes ON THE MOVE

philippines

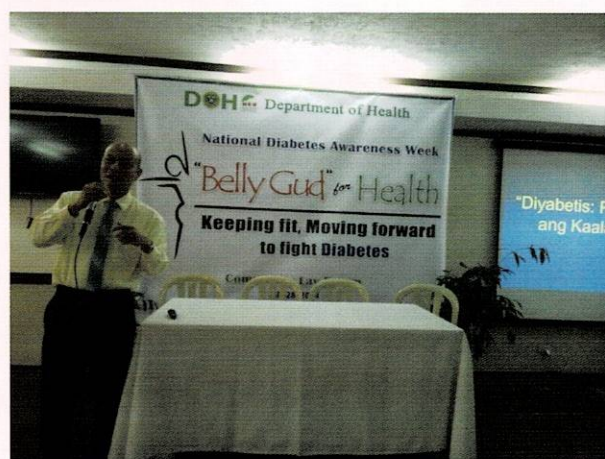
By: Joy C. Fontanilla, MD

UNTV "GMK" Show
Interview on diabetes awareness
July 28, 2014

DP President, Dr. Richard Elwyn Fernando was interviewed about diabetes on the UNTV morning show GMK (Good Morning Kuya) during Diabetes Awareness Week (which falls on every 4th week of July).



Department of Health Diabetes Awareness Week
"Belly Gud" for Health
July 28, 2014
Manila Science High School

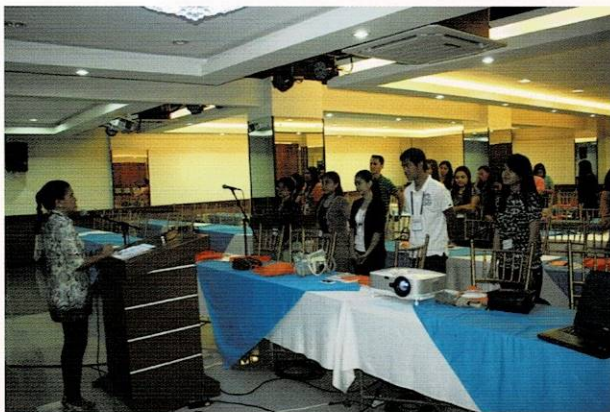
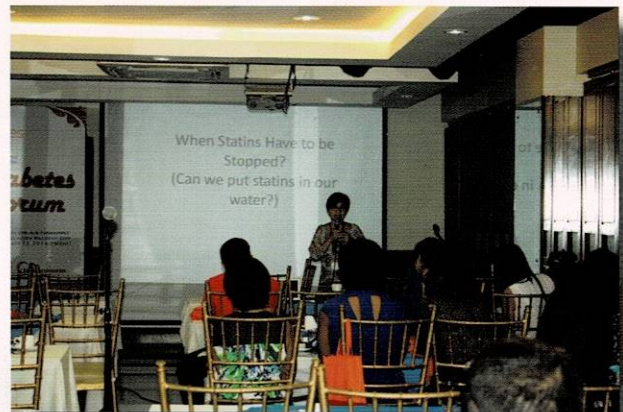


52nd Diabetes Workshop

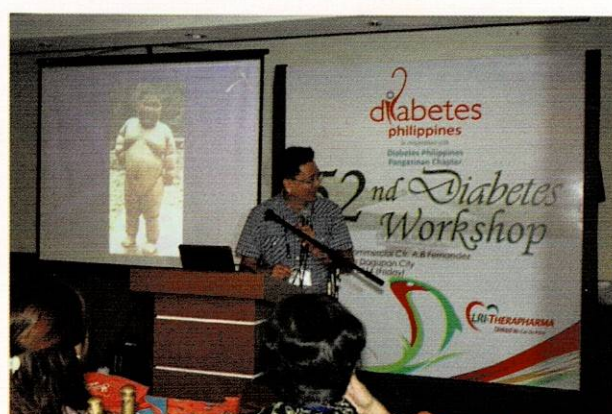
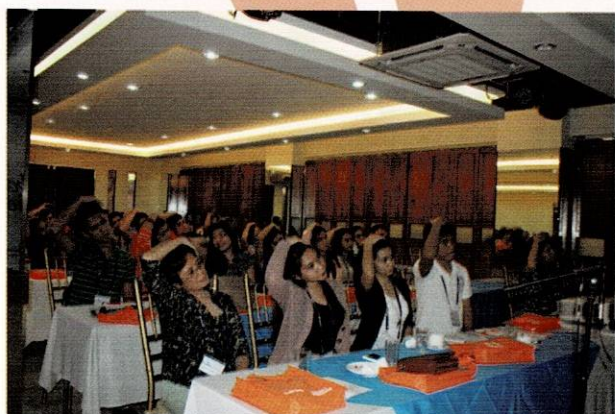
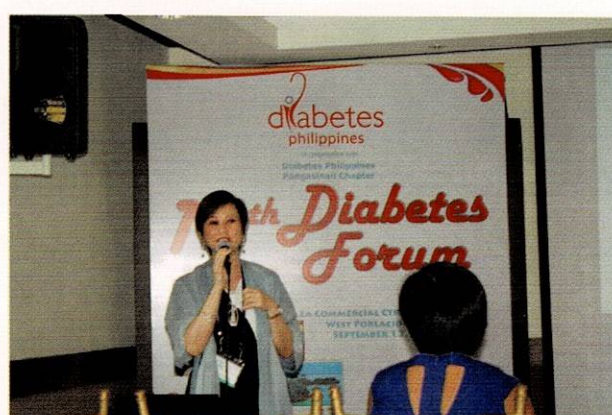
17th Diabetes Forum

September 12, 2014

Metro Plaza Commercial Ctr., A.B Fernandez, West Poblacion, Dagupan City



DP Board Directors - Dr. Joy Fontanilla (top left), Dr. Edith Dalisay (top right) and Ms. Leyden Florido (bottom left) lecture on various topics related to diabetes care to physicians and allied health professionals.



Dr. Edmund Ofilada (top right), Ms. Imelda Cardino (middle left), Dr. Agnes Cruz (middle right) and Dr. Tommy Ty Willing (bottom right) talk about various aspects of diabetes management.





2014 DIABETES PHILIPPINES SCHEDULED ACTIVITIES

- **50th DiabetesWorkshop and 15th Diabetes Forum**
Bagasbas Lighthouse, Bagasbas, Daet, Camarines Norte
March 14, 2014 (Friday)
Scientific Chairperson: Dr. Richard Elwyn V. Fernando
Coordinators: Dr. Paul Luis Palencia & Ms. Evangelina A. De Jesus
- **51st DiabetesWorkshop and 16th Diabetes Forum**
King's Royale Hotel and Resort, JASA, Bacolor, Pampanga
August 8, 2014 (Friday)
Scientific Chairperson: Dr. Richard Elwyn V. Fernando
Coordinators: Dr. Nessael Rozul & Mr. Maxim T. Legaspi
- **52nd DiabetesWorkshop and 17th Diabetes Forum**
Metro Event Center, METROPLAZA, AV Fernandez Ave., Dagupan City
September 12, 2014 (Friday)
Scientific Chairperson: Dr. Richard Elwyn V. Fernando
Coordinators: Dr. Lalaine L. Duque & Mr. Maxim T. Legaspi
- **31st DP Annual Convention of Diabetes Philippines
9th Course on Diabetes and Vascular Disease**
EDSA Shangri-La Hotel, Mandaluyong City
November 12 - 14, 2014 (Wednesday - Friday)
Scientific Chairperson: Dr. Editha I. Arceo-Dalisay
- **Gimik Diabetes Year 8
World Diabetes Day Celebration/Lay Annual Convention**
November 16, 2014 (Sunday)
Venue: Pasig City Sports Center

FOR INQUIRIES PLEASE CALL:

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References: ¹Zoungas S, Chalmers J, Kengne AP, Zoungas S et al. Diabetes Res Clin Pract. 2010;89(2):126-133. ²Perkovic V et al. Kidney Int. 2013;83(3):517-523. ³CONTROL Group. Turnbull FM, Abraira C, Anderson RJ, et al. Diabetologia. 2009; 52: 2288-2298. ⁴Al Sifri S et al. Int J Clin Pract. 2011;65(11):1132-1140.

Full prescribing information available upon request



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