

# NOVEMBER NEWSLETTER

*November is*

# Diabetes

Awareness Month



## What is Diabetes ?

Diabetes is a severe chronic disease in which the pancreas is unable to make enough insulin or is unable to use insulin correctly. Diabetes causes an increase of sugar in the bloodstream that can overtime cause health problems such as heart disease, vision loss, and kidney disease.

## National Diabetes Awareness Month

The NIH recognizes November as National Diabetes Month to help bring awareness to diabetes and the health issues in correlation to the disease. This year the NIH, along with other national health organizations such as the National Heart, Lung, and Blood Institute, has decided to focus this year's National Diabetes Month on the association between diabetes and cardiovascular disease. According to the NIH, adults with diabetes are twice as likely to die from heart disease or stroke compared to people without diabetes. This is because high blood sugar can cause the blood to become more viscous and can put too much pressure on your blood vessels and arteries, causing a significant amount of damage over time. The NIH has come with the following recommendations to lower your risk of having heart disease or a stroke.

- Stop smoking or using other tobacco products.
- Manage your A1C, blood pressure, and cholesterol levels.
- Develop or maintain healthy lifestyle habits
- Be more physically active and learn ways to manage stress. Take medicines as prescribed by your doctor.

## DIABETES FACTS

1. More than 30 million people in the United States have diabetes, and 1 in 4 of them don't know they have it.
2. More than 84 million US adults—over a third—have prediabetes, and 90% of them don't know they have it.
3. Type 2 diabetes accounts for about 90% to 95% of all diagnosed cases of diabetes; type 1 diabetes accounts for about 5%

# Risk Factors

- Being overweight
- Being 45 or older
- Having a parent, brother, or sister with type 2 diabetes
- Not being physically active at least 3 times a week

## November Recipe

### Low Carb Green Casserole

#### Ingredients:

- 1 pound fresh green beans, cleaned, trimmed and halved
- 1 teaspoon sea salt
- ½ teaspoon black pepper
- 1 small onion, thinly sliced
- 2 large shallots, thinly sliced
- 8 ounces cremini mushrooms, rough chopped
- 2 tablespoons butter
- 3 cloves garlic, minced ½ cup chicken stock
- ½ cup heavy cream
- ¼ cup grated Parmesan cheese
- avocado oil (or frying oil of your choice)



#### Directions:

1. In a large pot of salted water, bring the green beans to a boil. Boil for 5 minutes. Drain in colander and submerge the beans in an ice water bath to shock them and stop the cooking process. Drain and set aside.
2. In a large mixing bowl, combine sea salt, and black pepper. Add onions and shallots and toss until they are well coated.
3. In a large skillet over medium-high heat, heat ½ inch of avocado oil. Once the oil is hot, add breaded onions and shallots in small batches and fry until crispy and golden brown.
4. Remove them from the oil and spread out on a paper towel to remove excess grease.
5. Drain skillet and reduce heat to medium. Add the mushrooms, butter and garlic to the pan.
6. Sauté the mushrooms and garlic for 5 minutes.
7. Preheat oven to 400°. To the skillet, add heavy cream, and chicken stock. Bring to a boil over medium heat and then reduce heat to low and let simmer to thicken. Once sauce has started to thicken, stir in Parmesan cheese.
8. Add green beans to sauce and stir until they are coated. Transfer mixture to a casserole dish. Spread crispy onions and shallots out evenly around the perimeter of this dish. Bake 15 minutes.
9. ENJOY!

## References:

<https://www.healthline.com/health/diabetes-friendly-recipes-thanksgiving#1>  
NIH and CDC

## Diabetes Prevention Tips

- **Healthy Diet:** Make sure to reduce the amount of fatty foods and red meat you are eating as well as avoiding sugary foods. Fill your plate with fruits and vegetables and try to eat whole grains. Get rid of all the tempting foods in your kitchen, and go to the store and stock up on foods for healthy meals. Also, it is recommended to eat more fiber as it can lower your blood sugar levels and keep you at a healthy weight.
- **Exercise:** Try to get at least 30 minutes of exercise in each day. Start small, and begin with about 10 minutes a day and work up to 30 minutes over time. It doesn't have to be vigorous exercise, do something enjoyable or go for a walk. If you are able to lose about 5-7% of your body weight this can help prevent diabetes.
- **Monitor Your Blood Sugar:** If you have high blood sugar you are at a greater risk of developing diabetes. If you believe you are at risk get your blood pressure checked regularly. The normal blood pressure rate is 120/80.
- **Stop Smoking:** Individuals who smoke are more likely to develop type 2 diabetes. There is also a higher risk for complications if you smoke while having diabetes.



Promoting Good Health and  
Quality of Life

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