

Yummy Recipe

Flax & Oat Breakfast Power Muffins

Yield: 6 muffins

Prep Time: 15 minutes

Cook Time: 20 minutes

Total Time: 35 minutes

By: Angela Liddon (OhSheGlows.com) <https://ohsheglows.com/2009/01/17/flax-oat-breakfast-power-muffins/>

Ingredients:

- 1 ripened banana
- 2 teaspoons olive oil
- 1 large egg
- ¼ cup non-packed brown sugar
- ½ cup freshly ground flax seed
- ¼ cup whole wheat flour
- ½ cup oats
- ½ teaspoon baking soda

Directions:

1. Preheat oven to 350°F (180°C) and grease 6 muffin tins.
2. Mash banana into a medium sized bowl.
3. Beat in oil, egg and brown sugar.
4. Grind ½ cup flax in a blender for a couple minutes.
5. In a separate bowl, stir together the dry ingredients (oats, ground flax, whole wheat flour, baking soda).
6. Add dry ingredients into wet and stir. Do not over mix.
7. Spoon into muffin tins. Bake for 15-20 minutes.

Nutrition Information: Serving Size 1 Muffin | Calories 168 calories

Total Fat 7 grams | Saturated Fat 1 gram | Sodium 122 milligram

Total Carbohydrates 25 grams | Fibre 5 grams | Sugar 11 grams | Protein 5 grams



SWEET SUCCESS NEWSLETTER

Diabetes Care and Research Program

Summer 2019

Welcome to our clinic newsletter, dedicated to all things diabetes! From tips and tricks and new recipes to education and the latest news in research.

Sweet Success is designed to help you be informed to better manage your diabetes. The newsletter is published quarterly and includes updates from all of your healthcare providers. We hope you enjoy Sweet Success as much as we do!



Chew On This

Health Benefits of Fibre

Fibre is a carbohydrate found in plant-based foods such as fruits, vegetables, legumes, grains and nuts. But, unlike other carbohydrates such as sugar that gets absorbed into your bloodstream, fibre simply passes through our digestive tracts. Even though our bodies do not digest fibre, it still provides many health benefits!

What are the benefits of fibre?

While fibre is most well-known for helping to keep your bowels regular, it also has many other health benefits. Fibre can help you:

- Control your blood sugar levels
- Feel fuller longer
- Promote heart health by lowering blood cholesterol levels
- Achieve and maintain a healthy weight

The type of fibre that is especially helpful is *soluble* fibre. Foods with this type of fibre help slow the absorption of sugar into your bloodstream. It can be found in foods like oats, barley, psyllium, some fruits, vegetables, and legumes.

Tips for adding fibre to your diet:

- Vegetables and Fruit
 - Choose whole vegetables and fruits (with the skin on) instead of juice.
 - Add vegetables (fresh or frozen) to stir-fries or casseroles.
- Legumes
 - Spread hummus on whole grain bread for sandwiches.
 - Add lentils or beans to soups, salads and casseroles.
- Nuts and Seeds
 - Add ground flaxseeds to cereal, oatmeal, salads or low fat plain yogurt.
 - Mix almonds, pumpkin seeds and sunflower seeds, and have a small handful as a snack.
- Grains
 - Choose whole grain breads that have at least 2 grams of fibre per slice.
 - Use whole wheat pasta or brown rice instead of white pasta or white rice at meals.

Tip: Slowly add more fibre to your diet. Drink plenty of fluids, especially water, and be physically active to help prevent gas and bloating.

Volunteer Opportunities

Patient and Family Advisors at HHS...

- Come from a variety of diverse backgrounds and experiences
- Share their stories about their health care experiences
- Bring their perspective to decision making tables
- Participate on committees and project teams
- Create and review educational and informational materials
- Help us improve the quality and safety of the care we provide

If this is something you think you'd like to be part of **apply** today:

By phone: 905-521-2100 ext. 75240 **By email:** patientexperience@hhsc.ca

Do you have Type 1 Diabetes?

We want to hear from you!

We are interested in running a program to help you identify and overcome obstacles that will help you better manage your type 1 diabetes in your busy life. You may know what to do, yet feel stuck and not know how to get started.

This is not your traditional diabetes education class where you will learn about how to count carbohydrates, how to test your blood sugars or how to adjust your insulin. We know that the challenges you face as someone with type 1 diabetes are complex AND unique.

Program topics will including:

- Motivation
- Goal Setting
- Emotions/Burn out
- Coping with Stress and Diabetes Distress
- Fear of Hypoglycemia and complications
- Burnout

If you are interested in this program, contact Yvonne by email at mullan@hhsc.ca.

Research Opportunities

- Are you newly diagnosed with Type 2 Diabetes within the last 5 years? Sign up for the remission study.
- Do you have a history of cardiac and kidney issues? There is an opportunity available to you.
Feel free to **contact the Research Staff** for more information: **905-521-2100 ext. 22205**

Upcoming Classes

1. **Living Well with Diabetes** - Topics include; testing your blood sugar, diabetes medications, activity level, treating low blood sugars, caring for your feet, healthy eating.
2. **Eating Well with Diabetes** - Topics include; different food groups, how to plan meals, how to read food labels, carb counting
3. **Let's Move with Diabetes** – Join our weekly exercise class with our Kinesiologist and exercise with others with diabetes in a safe and inviting environment.
4. **Transition Orientation** - Information for young adults making the move from pediatric to adult care.
5. **Pump Selection** - Information session to help you learn about insulin pumps and continuous glucose monitoring systems.
6. **Insulin and Carbohydrate Counting** – Dietitians will help you practice counting the carbohydrates in your food.
7. **NEW: Shake it Up** – A program for people with type 2 diabetes who want to take charge of their diabetes. Shake it Up will help you identify and overcome obstacles that get in the way of making healthy choices. You will meet other people who are interested in improving their motivation and confidence to make healthy lifestyle changes. We have designed this program to cover many important topics including: motivation, goal setting, coping with stress, emotions, emotional eating, preparing for the future.
8. **NEW: Driving Change – Self Management Workshop** – If you take insulin for your diabetes and want to learn more about managing patterns in blood sugar this is for you! This workshop focuses on managing diabetes individual to your needs, including how to gather blood sugar data, identifying patterns, making appropriate changes and goal-setting.

* IF YOU ARE ON A PUMP – THIS COUNTS AS ONE OF YOUR QUARTERLY VISITS*

For more information please contact your Diabetes Healthcare Provider

Nurse's Corner

Why do I need an eye exam?

Did you know that diabetic retinopathy affects almost 500 000 Canadians?

How diabetes affects the eyes: The blood vessels in your retina can be damaged because of high sugar levels in the blood. The retina is a light sensitive tissue at the back of your eye which helps you see things.

Eye exams: It is very important to get your eyes checked once a year because symptoms of eye disease may not be easily noticed. Eye exams will help with early detection and treatment. If you have blurred vision, sudden loss of vision, or blotches/spots in your field of vision- make an appointment with your eye doctor right away.

How is the eye exam done? Your eye doctor takes a look at your eyes using a special magnifying lens which gives them a nice clear view of the back of your eye. In order to do this, they will need to place drops into your eyes so that your pupil are dilated (enlarged). This eye exam is safe and will be done by an optometrist or an ophthalmologist.

Maintaining good eye health: Keeping your blood sugars, blood pressure, and cholesterol in control will help reduce your risk for developing diabetic retinopathy. Some other things you can do to reduce your risk is to maintain a healthy weight through diet and exercise and avoid smoking. Protecting our eyes from sun UV rays by wearing 100% UV blocking sunglasses and a hat will also reduce the risk for eye issues.

Diabetic eye exams are covered under OHIP. If you haven't had an eye exam this year, schedule an appointment with your eye-care specialist.



Find your Stride

A dog is potentially the most encouraging, motivating and loving exercise companion you could have. Seriously. They have a lot to offer.

1. They will hound you (pun intended) for a walk.
 - Joining your dog for a walk is an excellent way to maintain cardiovascular fitness!
 - The cardiovascular fitness improves your cardiac health, lower your blood sugar levels, promotes weight loss, strengthen your legs and increases your endurance.
2. They don't let you have an excuse to not exercise
 - They aren't bothered by the weather, long days or your mood!
 - Rain or shine they want to go out.
3. Their love for play can build your muscles.
 - Start up a game of fetch! Throwing engages and strengthens upper body muscles.
 - Try throwing objects of diverse shapes such as a ball or a Frisbee to activate different muscles.

Owning a dog may not be right for everyone. If owning a dog is not for you, but you would still like to enjoy the company of one in exercise, consider volunteering to walk a neighbor's dog, or volunteering at an animal shelter as a dog walker. There are many ways to enjoy the benefits of the active lifestyle that accompanies a dog! So, enjoy your walk. Take an adventure together. Take them hiking, take them to a place you've never been, but never take them for granted.



Stress Less

What is stress?

Stress happens when we believe that we do not have the ability to cope with the demands in our life. Some stress can be helpful, it can give us a boost to help get through situations or motivate us. However, too much stress or our inability to cope with stress can have significant health consequences. Stress can affect the immune, cardiovascular and neuroendocrine systems and can cause a high blood sugar. It also places us at risk for not caring for ourselves because of the emotional toll on us.

Everyone experiences stress in their lives. It is impossible to remove it completely. However there are ways you can learn to deal with stress. Here are some strategies:

Relaxation exercise

- Deep breathing maybe helpful. When our bodies are stressed, we become tense. Our breathing tends to become fast and shallow as we are breathing from higher –up in the chest. Deep breathing will help you take a breath from lower in the abdomen.

DEEP BREATHING INSTRUCTIONS

1. Ensure that you are sitting on a comfortable chair or lying on a bed
2. Take a deep breath* in for approximately 3-4 seconds(through your nose if possible)
3. Pause for 1-2 seconds
4. Release the breath, take approximately 5-6 seconds (through your mouth)
5. You can think the word "relax" (or another calming word) as you exhale.

**Deep breath: remember to use your belly when you inhale, rather than your chest.*

Physical Activity

- Exercise improves not only your body's health but also it can improve your emotional health. Even small sessions of activity, like a quick walk, or dancing to your favourite song can immediately improve your stress and can last several hours after.

Social Support

- Call a friend, send an email, or reach out for support. It helps to relieve stress my sharing your concerns or feelings with other people.

Smile and Laugh

- When we are stressed we hold a lot of tension in our face and neck. Laughter and smiling does relieve some of this tension and provide your body and brain with a break.