

# Yummy Recipe

## Christmas Brownies

**MAKES  
16 BROWNIES  
(1 per serving)**

- Preheat oven to 300°F (150°C)
- 9-inch (2.5-L) square baking pan, sprayed with vegetable spray

24	lower-fat graham wafers	24
2 tbsp	unsweetened cocoa powder	25 mL
½ tsp	salt	2 mL
2	large eggs	2
1	large egg white	1
⅓ cup	packed brown sugar	75 mL
¼ cup	granulated sugar	50 mL
2 tsp	vanilla	10 mL
½ cup	white chocolate chips	125 mL
½ cup	slivered almonds	125 mL
⅓ cup	coarsely chopped dried cranberries	75 mL

*The colorful topping makes these brownies an attractive addition to a Christmas cookie tray.*

### Tip

Because it is easy to overcook the base, always bake bars in the center of the oven and check for doneness at the minimum suggested baking time.

- In a food processor, pulse wafers into coarse crumbs. (Or place wafers on a large sheet of waxed paper, cover with another sheet of waxed paper and crush with a rolling pin.) Add cocoa and salt and process until combined.
- In a large bowl, using an electric mixer or wooden spoon, beat eggs, egg white, brown sugar, granulated sugar and vanilla until well blended and thickened. Stir in crumb mixture.
- Spread batter evenly in prepared pan and sprinkle with chocolate chips, almonds and cranberries. Press toppings gently into the batter so they will adhere when baked.
- Bake in preheated oven for 25 to 30 minutes, or until knife inserted in the center comes out clean. Let cool completely in pan on a rack and cut into 16 squares.

### Choices Per Serving

- 1 Carbohydrate
- 1 Fat

### Nutrient Analysis Per Serving

Calories	124
Protein	2 g
Fat	6 g
Saturated fat	2 g
Carbohydrate	18 g
Fiber	1 g
Cholesterol	27 mg
Sodium	24 mg

Recipe from: Canada's best Cookbook for Kids with Diabetes

By: Colleen Bartley

# SWEET SUCCESS NEWSLETTER

Diabetes Care and Research Program

Winter 2018/2019

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

## Holiday Eating Survival Guide

The holiday season brings joy and comfort and time to spend quality time with family and friends. With a wealth of food available, it can be a challenging time to stick to healthy eating.

Consider the following tips this holiday season:

- **Commit yourself to a healthy food plan.** Most recipes can be made healthier simply by cutting down on the fat or sugar content (try having your favourite holiday treats with Splenda or stevia). Limit yourself to a small portion of dessert.
- **Use the plate method to keep on track.** Aim for at least 1/2 your plate to be veggies (low carb), 1/4 of your plate to be carbs (potato, stuffing, rice, pasta) and 1/4 for lean protein. Limit added butter, gravies or sauces.
- **Stay hydrated and have a glass of water before eating.** Water or carbonated water can be flavoured with sugar free Mio or Crystal lite, instead of rich holiday punches, eggnog or Irish coffee.
- **Limit alcohol consumption.** For most people having a drink is okay. Speak with your healthcare provider to review this. Most important is to remember to test your blood sugar more over the holidays to prevent high/low blood sugars.
- **Don't skip meals.** If you're hungry because you've skipped a meal, you may struggle with overeating. Try having a small snack if your meal will be delayed more than usual.
- **Eat slowly.** Enjoy your holiday meal by eating slower and allow yourself to savour and better enjoy the food. Engage in conversation, put your utensils down between bites and don't stand near the buffet table.
- **Don't feel guilty about turning offers down.** Feeling stuffed due to over eating, and dealing with high blood sugars can be uncomfortable and stressful. Be aware of checking your blood sugars more to guide you.
- **Enjoy some activity during the holiday season.** If you have been sitting for a period of time, going for a short stroll between your meals can help manage your blood sugars if you have over eaten.
- **Plan for leftovers.** One of the best ways to enjoy your festive meal is to limit your food portion and enjoy leftovers for the next few days.



# Clinic Reminders

Remember to account for changes in traffic, the dreaded parking garage, and leave plenty of time to check-in for your appointment.

Being on time helps us maximize your appointment and also helps to ensure you're getting your needs met. We don't want to have to reschedule your appointment if you're too late!

# 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@hpsc.ca](mailto:patientexperience@hpsc.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 any one of the Research Staff for more information:

**(Ada/Tracy: 905-521-2100 ext. 22205 or 22166)**

# 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.

## Introducing a NEW class starting in February

If you take insulin for your diabetes and are interested in learning about managing patterns in blood sugars and meeting others with Diabetes, then this group is for you!

### **“Driving Change”- Self Management Workshop**

This workshop focuses on managing Diabetes individual to your needs including, how to gather blood sugar data, identifying patterns, making appropriate changes, goal-setting and a follow-up phone call to check-in.



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

**For more information about any of these FREE educational classes,  
please contact your Diabetes Healthcare Provider.**

# Nurse's Corner

## Storage and Care of Insulin

Whether you use insulin vials, insulin pens or an insulin pump, caring for your insulin is an important part of managing your diabetes. Insulin that is not properly cared for might not work like it is supposed to and can cause changes with your blood sugars.

Here are some tips for storing your **unopened** insulin:

- Store in the fridge between 2°C and 8°C.
- When stored in the fridge, the insulin is good until the expiration date.

Here are some tips for storing your **opened** insulin:

- Store at room temperature (15 to 30°C) for up to one month.
- Do not use insulin that has expired or has been opened for more than 30 days (it may be helpful to write the date you opened the insulin on the vial).

Here are some general guidelines for storing your insulin:

- Keep insulin away from direct heat and light (i.e., do not keep insulin near a window where the sun can hit it or in a car where it can get very hot).
- Keep insulin away from freezing temperatures (i.e., do not leave insulin in the freezer, a cooler with ice or in a cold car).
- Throw out any insulin that has been exposed to sunlight, direct heat (greater than 30°C) or freezing temperatures.

Here are some tips for travelling:

- Carry all diabetes supplies in your carry-on luggage, or accessible in your car
- Keep medications and insulins in their original containers with the prescription labels attached
- Carry extra low blood sugar supplies and snacks in case of unexpected delays
- Carry a travel letter when flying, this is available from your provider here at the Boris clinic.

*There are different types of insulin and different methods of insulin delivery, remember to speak to your diabetes team about what is right for you.*

# Find your Stride

## Exercising in the Winter:

How many times do you look out your living room window and see blowing snow, fierce rain, or harsh winds and think to yourself “I think I will go for my walk now”? Many of us would likely have the exact opposite response. But rather chose to dive into the book you’ve been waiting to read, curl up on your living room couch with a cup of tea and observe the severe weather. When days like this occur more often than not, it is very difficult to achieve the minimum exercise recommendations.

### **Diabetes Canada Exercise Recommendations:**

- **150 minutes per week** of aerobic exercise. That is any activity that gets your heart rate up for an extended period of time, makes you feel sweaty, and gets oxygen pumping through your blood.
- **2-3 days per week** of resistance exercise per week. That is any exercise that helps your muscles become stronger and more powerful. During this type of activity, you move your limbs against resistance. The resistance could be body weight, free weights, gym machines or resistance bands.

### **Here are some activities to do in the cold and snowy months to help achieve the recommended exercise amount.**

- Utilize the hallways and stair wells in your home for aerobic exercise
- Find your local walking tracks (recreation centers, shopping malls, arenas)
- Indoor swimming (lane swim, aquafit, public swim ect.)
- Indoor skating (free times and locations throughout the City of Hamilton)
- Work with our Kinesiologist to develop a FREE home exercise program
- Indoor exercise classes (free and affordable classes are available in the city)
- Winter friendly activities (snowshoeing, skiing, tobogganing, outdoor skating, curling)
- Rec center gym sports (volleyball, basketball, racquet sports, open gym – FREE times available with the City of Hamilton)
- Get up and move during commercial breaks



Book an appointment with the Kinesiologist for more great ideas!

# Stress Less

## Beating the Winter Blues

Have you ever noticed that you tend to feel different as the winter months approach? The weather can affect our mood and overall sense of wellbeing due to changes in temperature and length of day as well as the activities that we engage in. Seasonal Affective Disorder (SAD) is characterized by symptoms of depression (namely sadness, fatigue or low energy, oversleeping, appetite changes, and weight gain). The holidays can also be particularly tough for some people. Whatever the cause, many people struggle with the winter blues. Here are some tips that can help:

- **See the light!** Light therapy is an effective form of treatment for SAD due to the light’s effects on the brain. Light therapy involves a specialized light fixture, however alternative options include replacing commonly used light bulbs in your home or office with brighter, full spectrum bulbs that are more similar to natural sunlight. Even if you don’t have SAD, increasing daily exposure to as much natural light as possible can be especially helpful! Try taking a walk outside, sitting by a window, or even having your bedroom lights on a timer to turn on 30 minutes before you wake up.
- **Keep active!** By now we are all aware of the benefits of exercise on mood. A daily walk in the middle of the day could be as helpful as light treatment for helping the winter blues. If the snow or cold is too much to bear, you don’t have to leave your house to get activity in! Squeeze some short exercises in during commercial breaks or find an at-home exercise routine that you enjoy.
- **Maintain your schedule and lifestyle.** Although this is particularly hard when it is cold and dark, try and maintain your daily routine, including getting up and going to bed around the same time, as much as possible. Keeping consistent patterns and try forcing yourself to engage in an activity first thing in the morning to help jumpstart your day!
- **Speaking of lifestyle... Now is the time to up the ante on socialization and activities you enjoy.** Make an effort to engage with others, especially those that make you feel good. It’s been shown that socializing, even in short spurts, is good for your mental health. Keeping your mind active with new interests can also be helpful. Consider joining a class or taking up a new hobby – it could be anything – the important thing is that you have something to look forward to and concentrate on.
- **Eat healthily.** Our tendency at this time of the year is to reach for the high carbohydrate, high sugar foods and neglect the fresh stuff. Try and balance your cravings with warming, healthful meals (think soups and stews loaded with all the good stuff) and snacks.
- **Seek help!** If you have difficulty even getting started, or the above strategies aren’t helpful, contact your medical providers and ask for help! They can guide you to self-help resources including support groups, counselling services, or help you to consider medication.