

# ABOUT YOUR Health

SUMMER 2009

HEALTH NEWS AND INFORMATION FROM DELRAY MEDICAL CENTER

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**DELRAY**  
Medical Center



# GET MOVING TO CONTROL YOUR BLOOD SUGAR

Whether you want to try to prevent diabetes or manage it better, it's best to keep active. In fact, physical inactivity has greatly contributed to the rise in rates of type 2 diabetes in recent years.

Fortunately, an inactive lifestyle can be reversed. By going from inactive to active, people can control or prevent type 2 diabetes. "Thirty minutes of brisk walking, biking, or other moderate exercise five times a week can lower your blood sugar levels," says Scott Friedberg, D.O, a board certified family practitioner at Delray Medical Center. "Regular exercise also improves the way your body breaks down carbohydrates and uses insulin."

## How Much Exercise Is Enough?

When combined with modest diet changes and weight loss, brisk walking and other moderate exercise, for a total of 150 minutes a week, can cut the risk of type 2 diabetes by 50 to 60 percent in adults with prediabetes. People with prediabetes have higher-than-

normal, but not quite diabetic, blood sugar levels.

Be sure to pace yourself. You should be able to hold a conversation while you are exercising. If you have difficulty breathing or feel faint during or after exercise, you're exercising too hard.

## Strategies for a Safe Workout

People with either type 1 or type 2 diabetes need to be especially diligent about blood sugar monitoring before and after exercise. "If your blood sugar is too low before exercise, eat a high carbohydrate snack, such as crackers or fruit juice. Add some meat and a cup of low-fat milk if you plan on working out intensely," says Dr. Friedberg.

Here are some other tips from experts:

- Warm up and cool down with a slow activity, such as easy walking or biking, followed by stretching.
- Drink enough water to replace fluid lost through sweating. Drink  $\frac{1}{2}$  to 1 cup every 15 to 20 minutes during exercise. Continue to drink water throughout the day.
- Don't forget your diabetes identification tag.

Before you start an exercise program, talk to your doctor. He or she can fill you in on any other precautions that you may need to take. ■

**IF YOU HAVE A PERSISTENT WOUND** as a result of diabetes, poor circulation, burns, surgery, or trauma, the Wound Treatment Center at Delray Medical Center may be able to help. Call **561-495-3412** to learn more.

## Summer Vegetable Spaghetti



This lively vegetarian pasta dish is delicious hot or cold.

- 2 cups small **yellow onions**, cut in eighths
- 2 cups (about 1 lb.) ripe **tomatoes**, peeled, chopped
- 2 cups (about 1 lb.) **yellow and green squash**, thinly sliced
- $1\frac{1}{2}$  cup (about  $\frac{1}{2}$  lb.) fresh **green beans**, cut
- $\frac{2}{3}$  cup **water**
- 2 tbsp. fresh **parsley**, minced
- 1 clove **garlic**, minced
- $\frac{1}{2}$  tsp. **chili powder**
- $\frac{1}{4}$  tsp. **salt**
- 1 can (6 oz.) **tomato paste**
- 1 lb. **spaghetti**, uncooked
- $\frac{1}{2}$  cup **Parmesan cheese**, grated
- black pepper** to taste

1. Combine first 10 ingredients in large saucepan. Cook for 10 minutes, then stir in tomato paste. Cover and cook gently for 15 minutes, stirring occasionally, until vegetables are tender.
2. Cook spaghetti in unsalted water according to package directions.
3. Spoon sauce over drained hot spaghetti. Sprinkle Parmesan cheese on top.

**YIELD:** 9 servings

**SERVING SIZE:** 1 cup of spaghetti and  $\frac{3}{4}$  cup of sauce with vegetables

**EACH SERVING PROVIDES:**

Calories: 271, Total fat: 3 g, Saturated fat: 1 g, Cholesterol: 4 mg, Sodium: 328 mg, Total fiber: 5 g, Protein: 11 g, Carbohydrates: 51 g

Source: National Heart, Lung, and Blood Institute

