



ARKRAY USA, Inc.
Minneapolis, MN 55439 USA
TEL 800.866.1633
FAX 952.646.3110
P/N 6333-09 Rev 12/11

A Simple Start

GLUCOCARD®
Complete Diabetes Solutions

Great Winter Savings

Healthy buys go on sale during the holidays and many forgotten items can be found at lower costs with a little effort.

- Thanksgiving turkeys are usually on sale until they run out of stock after November 24.
- Of course produce that is in season will cost less because it is easier to get in large quantities.
- Summer grilling items tend to go on sale in early winter to clear out the shelf space.
- Grocery stores offer coupons and deals on party foods. Avoid cookie ingredients and choose low carb condiments, the whole grains rolls, and lean protein.
- You should be able to find a lean ham spiral on sale the beginning of January after the religious holidays and New Year's.



Introducing the new **GLUCOCARD® Expression Audio-Enabled Blood Glucose Meter**

- Bilingual voice features for hearing test results.
- Oversized picture icons and large tactile buttons.
- Small sample size and alternate site testing.
- Accurate, reliable test results are displayed and voiced.

Contact **800.566.8558** to learn more

GLUCOCARD® **Assure**



www.glucocardusa.com
www.glucocardiyouchoose.com

This information is for general education only. Please consult your diabetes team for medical, nutrition or fitness advice




“One of the greatest discoveries a man makes, one of his greatest surprises, is to find he can do what he was afraid he couldn't.”

– Henry Ford

Eat Better



Small, Healthy Changes

-  Stretch your hamstrings, quadriceps, shoulders, and arms every night before you go to sleep.
-  Buy a 9 inch diameter dinner plate and eat all your meals off this plate if possible.
-  Talk with your doctor about getting your vitamin D level checked this winter while the sun is not out as often.



20 WAYS

to recover from the holidays
and start the New Year right

**Pick one of these doable assignments.
Implement a new one each day or week until you've completed the list.**

1. Get a good blood glucose baseline and test 4 times a day for 2 weekdays and 1 weekend day: fasting in the morning, right before a meal, 2 hours after the same meal and right before bed.
2. Measure your body baseline by taking photos from the front and side, measuring 2 inches below your belly button and around your hips, and stepping on the scale.
3. Take a quiet evening or afternoon. Get in a stress-busting workout, read a good book, take a much needed nap, spend time with a good friend. Relax and de-stress.
4. Have a family meeting. Determine healthy changes that the whole family can participate in: family walks after dinner; cook dinner as a family instead of eating out; limit on fast food nights; only buying family approved snacks.
5. Ask yourself, 'Am I doing the best I can?' and 'How can I do better?' Do a self-assessment in these areas: 1. Taking care of your diabetes. 2. Improving your life, relationships and health. 3. Giving to others through your time, love and resources.
6. Rehydrate after all the party punch and bubbly drinks by drinking at least 64 ounces of water each day.
7. Write a list of at least 6 goals for the New Year: 2 health improvement goals, 2 relationship goals, 2 new adventure/accomplishment goals.
8. Take a photo of your refrigerator, pantry, and cupboards. Circle foods and items you want/need to replace and find healthier alternatives.
9. Sleep is very important for blood glucose control. Recover from the party season by picking a weeknight and weekend bedtime and stick to it.
10. Buy new running shoes and a great workout outfit.
11. Schedule a fun exercise date with a friend, spouse, neighbor, or coworker. Put the standing date on your calendar each week.
12. Reach new horizons and join the Online Diabetes Community. There are several great websites to join that offer camaraderie, real-life help, and a safe place to talk about your journey with diabetes.
13. Get your GI tract functioning regularly after all the holiday food by eating high fiber whole grains, lentils, fruits, and vegetables.
14. Tape a note to the bathroom mirror that says: Floss everyday to keep the gingivitis away.
15. Make healthy breakfast a habit by purchasing healthy breakfast foods so you look forward to the energizing jump start to your day: Greek yogurt, whole grain toast, peanut butter, eggs, whey protein powder, fruits.
16. Recall one "slip-up" from last year. What was it? What brought it on? How did you feel physically and mentally afterwards? How can you prevent the same "slip-up" this year?
17. Update your emergency kit. Check the expiration date on the glucagon shot. Refill the glucose gel or tabs. Double check the emergency contact numbers. Update your medications list.
18. Pick 5 new exercises/activities that you'll try in the next six months: rock climbing? Snow shoeing? Maybe aquatic aerobics?
19. Make a list of the friends and family that you want to spend more time with this coming year.
20. Put appointments, tests, events, and big reminders on your calendar.

Visit www.glucocardyouchoose.com to find more information about living well with diabetes this year. The website has tons of recipes, health management tools and other diabetes resources to kickoff 2012 well.

Simple Living

with Diabetes

Winter 2012 Issue 10

Complementary Medicine and Treatments for Diabetes: Part 1: What Are They? Do They Work? Is It Safe?



Complementary medicine is a group of diverse treatments and procedures used in combination with traditional medicine to treat and manage many different medical conditions. There are several complementary medications that have been studied for the treatment of diabetes including vinegar, cinnamon, and omega-3s. Some are worth evaluating to see if they can help control your blood glucose, but it is important to understand how to evaluate these substances to make the safest decisions.

These types of treatments can include functional foods that you normally eat, supplements that do not interact with other medications you take, as well as some procedures like stress-reducing massages. Complementary medicine is different than alternative medicine because it is only used to enhance or support more conventional diabetes treatment plans. Alternative medicine does not work along with traditional medicine, so it is not recommended and not considered safe for diabetes.

Complementary medicine is diligently being studied by the scientific and medical communities but the nature of nutrition science is ever-changing as new information is discovered. There have been no conclusive studies regarding complementary medicine and diabetes, but there are some complementary treatments that are considered safe in moderation and might prove to be beneficial over time. The next issue of Simple Living with Diabetes will feature some of these treatments that are being studied for the effects on diabetes.

The National Center for Complimentary and Alternative Medicine Recommends These Steps if You Have Diabetes and Are Thinking about Using Complementary Medicine:

- Talk to your healthcare providers about any complementary medications you are considering because they can give you the latest research and advise you on your personal, medical situation.
- Do not begin any complementary medications without talking to your healthcare team because you might need to adjust your conventional treatment plan, including medication dosages.
- Consider the interactions that the complementary medicine might have on the traditional medications that you currently take. Your healthcare team can inform you if there will be negative interactions.
- Do not replace scientifically proven treatments with complementary treatments. The consequences of not following a prescribed medical regimen for diabetes can be very serious.
- Be aware that the label on a dietary supplement bottle may not accurately reflect what is inside. Only use doctor-recommended supplements that are from a reputable source.

Disclaimer: Please consult your medical care team before trying any complementary medications. There is no conclusive science that proves these supplements have substantial benefits in controlling diabetes. Complementary medicine is meant to be used along with conventional diabetes treatments; it is not meant to replace your traditional treatment plan.

National Center for Complementary and Alternative Medicine, National Institutes of Health, "Diabetes and CAM: A Focus on Dietary Supplements" <http://nccam.nih.gov/health/diabetes/CAM-and-diabetes.htm>

GLUCOCARD®
Complete Diabetes Solutions™

Kick^{OUT} Winter Hibernation Kick^{UP} Winter Exercise

No matter where you are in the US— East coast, West coast, Midwest, or the South, winter months are bringing in drearier and colder days.

Cold weather sometimes has a winter hibernation affect. The chilly weather, frost, or snow tends to result in hot cocoa by the fireplace instead of invigorating exercise. But there are fun winter activities that can get you moving, give you energy, lighten your winter mood, and burn extra calories.

Exercise during the winter

- Get endorphins to boost your mood on a grey day
- Keep your immune system strong to fight off the flu or a cold
- Get more energy in the dreary, dark months
- Control blood sugar better
- Give your family a fun activity to do together when cabin fever hits
- Decrease your screen time (TV, computer, smart phones, etc.)
- Keep your brain sharp when the weather makes you feel slow and muddled

Stay safe during cold-weather exercise

It is really important to check your blood sugar before you venture outside and after your activity to find out how the cold affects you. Be sure to warm up your fingers and keep your GLUCOCARD blood glucose meter and test strips within the recommended temperature range.

Dress in layers

Dress in layers that you can remove as soon as you start to sweat and then put back on as needed. If you dress too warmly, your clothing will trap in sweat and moisture that will make you cold when it starts to dry.

Protect your hands, feet and ears

It is important to keep your extremities warm and protected from the wind and elements. Wear warm, padded socks if you have circulation problems or neuropathy. Being proactive is important to protect feet, hands, and ears especially when you combine cold temperatures, nerve damage, and poor circulation.

Pay attention to weather conditions and wind chill

Outdoor exercise in the winter can be very fun, but it is important to be smart about when and where. Check weather reports for freezing rain, snow, and hail. Take the wind chill into account as well.

Here are some fun activities (for snowy and non-snowy regions) and the extra calories you'll burn to get your metabolism blazing and out of hibernation. There are plenty of creative ways to stay active indoors and outdoors. So make a decision to stay active this winter!











Activity	Time	Calories Burned
Snow Shoeing (find hilly trails at regional parks)	45 minutes	490 calories
Lift Weights/Resistance Training at a gym	45 minutes	180 (up to 400 if intense workout)
Hike Outside (go for the hills!)	45 minutes	400 calories
Play in the Snow: Sledding, Snow Angels, Snow Ball Fights	60 minutes	Around 500
Workout Videos: Dancing, Aerobics, Kickboxing	30 minutes	Around 250
Shovel Snow (Be a great neighbor and do extra driveways)	30 minutes	250 calories
Take a Holiday Tour on Foot	30 minutes	100 calories
Shopping/Walk the Mall	60 minutes	220 calories
Play Broomball	30 minutes	245 calories
Play Hockey (Or other sports outdoors if weather permits)	60 minutes	450-800 calories
Chop Wood for the Fireplace	30 minutes	245 calories
Climb the Stairs (see if you can pick up your pace)	30 minutes	350 calories
Take a Group Class: Boxing, Martial Arts, Circuit Training	30 minutes	Around 300
Cross Country Skiing	45 minutes	500 calories
Downhill Skiing or Snowboarding	2 hours	980 calories
Ice Skating	30 minutes	290 calories

*These numbers are calculated for a 180 pound person. The calories burned are just estimates and will vary based on variables like intensity of exercise, height, and weight.

Quality Clementines



Winter Seasonal Foods

Brussels Sprouts		A great dish for dinners and parties, Brussels Sprouts are low calorie, high fiber, and high in vitamin C.
Cabbage		Cabbage is a low carb green that is loaded with antioxidants, phytochemicals and vitamins.
Carrots		Don't shy away from this vitamin A packed veggie even though it has more carbs than some other veggies.
Shallots		With a milder, sweeter onion taste, shallots give you vitamins A, B6 and C and manganese.
Onions		Yellow, red and white storage onions give great flavor and vitamins.
Plums		One plum is ½ a carb serving and provides vitamins A, K, and C.
Acorn Squash		A tasty vegetable in the winter, acorn squash bursts with fiber, vitamin C, vitamin A, and potassium.
Pears		A very good source of fiber, a small pear is a great 1 ½ carb, vitamin packed snack.

Clementines are a variety of mandarin fruit, so they are not “tiny oranges.” But, they are seedless! We do not know how Clementines were discovered for sure, but the story goes that Father Clement Rodier discovered this little fruit in his orphanage garden in Algeria. Hence, Clementines were named after him. We do know that Clementines are a hybrid from a mandarin tree and they arrived in the United States in 1909.

Most Clementines are available from November through January and Spain, Morocco and parts of Asia are the biggest Clementine producers. There are certain American Clementine brands, such as Cuties, that are available through April.

Even though the majority of carbohydrate is from the simple sugar fructose, there are only 9 grams of total carbohydrate and 1 gram of fiber in each little Clementine. This is a healthy source of portion controlled energy, vitamins and minerals.

Clementines—Five Different Ways

- The sweet citrus fruits are perfect for a ½ carb snack.
- Serve Clementine sections with a low fat cheese for an appetizer.
- Toss Clementine sections into a salad with a citrus dressing.
- Clementines add a sweet pop to brown rice, quinoa, or wild rice.
- Curb your sweet tooth with a Clementine for dessert.

Carb Friendly Pumpkin Bread

A great winter and holiday loaf for parties or gifts.

Yield: 18 servings

Prep Time: 8 minutes.
Total Time: 55 minutes.

Ingredients

- 1 cup white flour
- 1 cup whole wheat flour
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup brown sugar
- 1 tablespoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1 cup canned pumpkin
- 1/4 cup unsweetened applesauce
- 3 tablespoons vegetable oil
- 2 large eggs, lightly beaten
- 1 teaspoon vanilla extract

Preparation

1. Preheat oven to 350°.
2. Combine first 9 ingredients in a bowl. Blend the pumpkin and next 4 ingredients in another bowl



Choose Clementines that are brightly colored, fragrant, without discoloration or bruises, and slightly firm to the touch.

Fruit will last up to two weeks in the refrigerator.

35 calories per Clementine and 9 grams of carbs

Good source of Dietary Fiber, Thiamin, Folate and Potassium for heart and cell health and Vitamin C for the immune system

Convenient Clementines

Let the peels dry and use as potpourri

Decorate your table with Clementines in a clear bowl

Clementines can transform into candleholders with a small hole in the top

Nutrition Facts	
Serving size: ½ inch slice	
Amount Per Serving	
Calories	108
Total Fat	3g
Saturated Fat	0.4g
Cholesterol	21mg
Sodium	140mg
Total Carbohydrate	18g
Dietary Fiber	1.6g
Protein	2.5g
Carbohydrate Serving	1g

3. Make a hole in the center of dry ingredients and stir in the wet ingredients just until moistened. Do not over-stir or the bread will be tough.
4. Put the batter into a 9- x 5-inch bread pan that is coated with non-stick spray. Bake at 350° for 45 to 50 minutes. Let cool in the pan for 10 minutes, turn out the bread from the pan, and let it cool completely.