



## Introduction

The following articles were collected from various sources, and we thought they might be of interest to the reader. We stress that the ideas expressed in these articles are not recommended or endorsed by FWD. You've got to try different approaches and see what works best for YOU.

We have included three articles on the topic of diet. Some explanation:

1) In order to count carbs correctly, it is necessary to know exactly how much of a given food you will be eating. It is therefore important to determine portion sizes accurately. The first article in this section will hopefully be of assistance.

2) The Carbo Thermometer categorizes foods according to their carb factors (percent of carbs in a food). Some foods are more carb condensed than others, and the thermometer might help you decide which foods contain less carbohydrates.

3) Not all carbs are converted to glucose at the same rate. The Glycemic Index does not represent grams of carbs but serves as an indicator of how fast the carbs are converted into glucose.

4) We also provided an excerpt from our FWD discussion list, which discusses whether or not to supplement additional carbs for exercise.

5) The last article, promotes the benefits of exercise to help you along the journey of incorporating exercise into your lifestyle.

Enjoy reading!

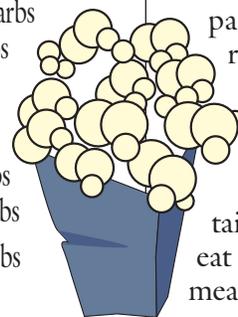
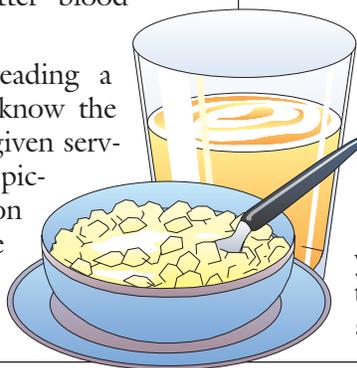
RHM - FWD

The goal of carbohydrate counting is to improve blood sugar control by matching the amount of carbohydrate you eat to the amount of insulin available or administered. It enables people with diabetes to learn the quantity of carbohydrate their body can use without raising blood sugar levels. If you haven't started carb counting yet, it is time you give it a try. We guarantee you better blood sugar control.

Remember that reading a nutrition label to know the carb content of a given serving is only half the picture. The nutrition information on the package is based on a suggested serving size of the food inside. Your serving size may, and most probably will, differ from their suggested serving size. So knowing the exact amount of servings in your portion is crucial.

In the following examples, note the difference in the amount of carbohydrate when measuring a food exactly, versus using common kitchen dishes, cups, and glasses to track portion sizes. ▲

8 ounces milk = 12 grams of carbs
Glass of milk = 18 grams of carbs
1 ounce of cornflakes = 24 grams of carbs
Bowl of cornflakes = 48 grams of carbs
1 cup of pasta = 40 grams of carbs
Plate of pasta = 120 grams of carbs
1 cup of green salad = 5 grams of carbs
Bowl of green salad = 10 grams of carbs
1 ounce (1/2) bagel = 15 grams of carbs
Bakery bagel = 50-85 grams of carbs
1 ounce of challah = 14 grams of carbs
Typical Shabbos challah slice = 40-50 grams of carbs
1 cup popcorn = 4 grams of carbs
1 bag microwaved popcorn = 19 grams of carbs



## Portion Control:

*The Size of your serving is the key to successful carb counting*

No matter how confident you feel about carb counting, do yourself a favor and question your confidence and accuracy from time to time. It's wise to double check your "guesstimating" or eye balling by weighing and measuring every three months or so, a few items from each food category, just to make sure your eyes don't lose the picture of the correct serving size over time. You can quiz yourself occasionally. Pour the amount of dry cereal, pasta, or rice you usually eat into the container you eat in. Then measure the quantity you poured. Is the serving size correct? If not you can readjust your eyeballs by using the measuring tools for a week or two. Always learn from your past experiences the right way to go ForWarD!

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*The best book we found on carb counting is the new one from the American Diabetes Association, "The ADA's Complete Guide to Carb Counting". It helps you identify which foods have carbohydrate, how many carbs to have a day, how to determine how many grams of carbs are covered by one unit of insulin for you (your carb coverage factor), and how to use a food diary. It also has a list of common foods with their nutritive breakdown, and much more. Learn once and for all how to count those carbs!*

MARCH - APRIL 2002 • JOURNAL OF FRIENDS WITH DIABETES

The Carbohydrate Thermometer is a graphical representation of the data collected on thousands of food value tables researched and published by the U.S.D.A. With the Carbohydrate Thermometer it is amazingly easy to calculate the approximate carbohydrate content of almost any food in grams of carbohydrate per 100 grams, i.e. percent.

❖ All foods that appear on the Thermometer are cooked if necessary, as in the case of starches (beans, potatoes, rice, etc.), and raw or uncooked, as in the case of Breakfast Cereals, Fruits, and Vegetables. (You cannot eat uncooked beans or rice, but you can eat raw vegetables and fruits and breakfast cereals.) Uncooked beans, or rice have about three or four times higher carbohydrate content than when they are cooked, because they have not absorbed the water which they do when they are cooked (boiled). On the contrary, cooking or dehydrating fruits or vegetables will result in evaporating water and thus it increases the carbohydrate content as a percentage of what is left.

*The above article was authored by Eliahu (Ellis) Toussier Bigio, of Mexico City, Mexico, a member of our discussion list. It appears here with his permission. Please note that the author is "Low Carb minded", and the article reflects his opinion only. FWD does not encourage one diet over another, but we figured it will be interesting for the reader to get acquainted with this concept. Eliahu feels the Amazing Carbohydrate Thermometer will prove useful in helping to estimate the carbohydrate contents of thousands of foods.*

*The author is seeking for a publisher for the Carbohydrate Thermometer.*

*If you like it, write to him and let him know it!*

*The Amazing Carbohydrate Thermometer:  
http://www.ellis2ca.com/carbotherm.htm.*

❖ The Carbohydrate Thermometer is a SIMPLIFICATION, meant to teach or to learn to calculate the carbohydrate content of food, in large easy-to-learn groups. The principle benefit of the Thermometer is to teach you how to look at a food and know very quickly if it is "a good choice" or "not such a good choice" for you, or how it measures relative to other foods in general. The Thermometer does not give advice, but it shows immediately what is the carbohydrate content of seven easy-to-learn groups of foods.

❖ Keep in mind that the Thermometer does not show other important nutrients besides carbohydrates such as vitamins, minerals, fiber, and enzymes that are also found in food.

You can also use the Thermometer to estimate the carbohydrate content of foods that do NOT appear directly on the Thermometer. If you wanted to eat Pizza, for example, you could calculate the approximate carbohydrate content by calculating the carbohydrate content of the parts, and averaging the figures. Pizza is about what

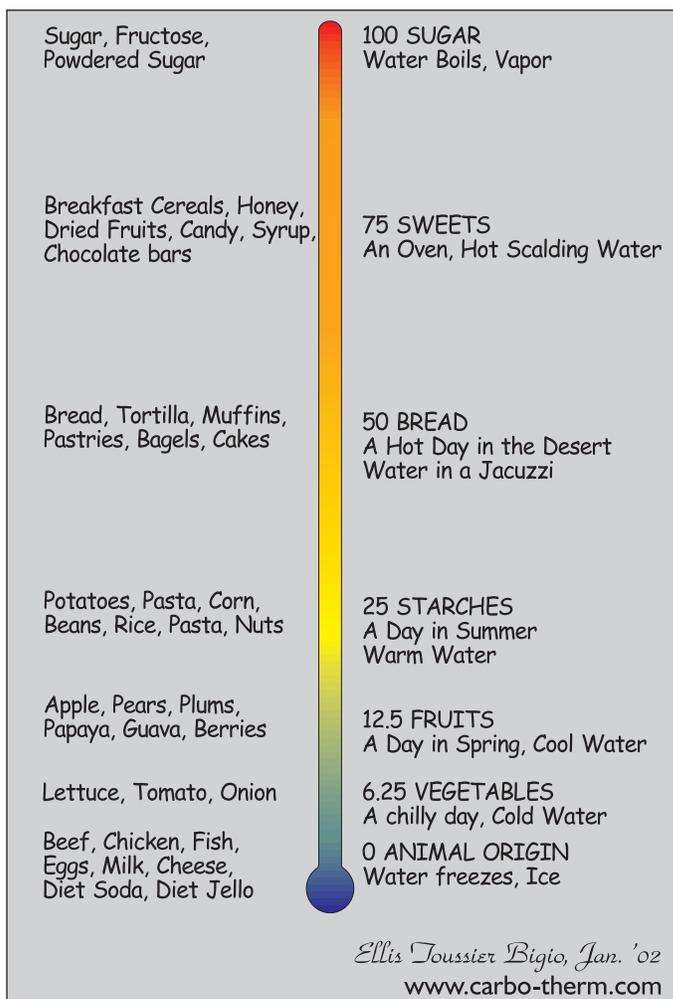
# Carbohydrate Thermometer

*A Quick Way  
to Calculate How "HOT" is your Food*

*If you do not agree with the Low-Carb-Diet, just SKIP this article.*

you would get if you mixed cheese, vegetables, and bread, which would come out somewhere at about 25% on the Carbohydrate Thermometer.

It is very easy to memorize. The top is Sugar, and the bottom is Animal Origin. Vegetables are less sweet than Fruits. Starches (pasta, potatoes, rice, beans, and nuts) are less "hot" than white bread. Bread and Sweets are close to Sugar, which is at the top.



Next time you see a buffet full of food, try to calculate how "HOT" each item on the table is. Now that you know what "temperature" each food is, it is your choice to decide what to put on your plate. Try to eat cool, or cooler than you would have. If you have a choice between vegetables and baked potatoes, potatoes are warmer than vegetables. Eat the vegetables — leave the potatoes! If you have a choice between cereals and fruit salad, choose the fruit salad. If you have a choice between fruit salad and vegetable salad, choose vegetable salad. Always try to choose LESS HEAT (SUGAR) rather than MORE HEAT (SUGAR).

The numbers for each level of the Carbohydrate Thermometer are also very easy to learn. Each one is twice as much, or half as much as the next one (excepting, of course, zero). I will drop the decimals, and so they are: 0, 6, 12, 25, 50, 100... and 75, which is half way between 50 and 100.

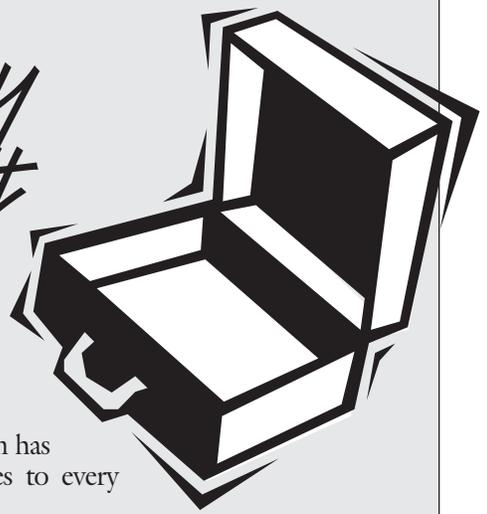
Zero degrees is freezing, and 100 degrees is the temperature at which water boils, so we can compare the carbohydrate content of food to heat: freezing, cool, very hot, etc. Of course this is only to give you a "feeling" for the levels.

You CAN MIX a drop of boiling water with freezing water and still get very cold water. You can mix foods from different categories and you will get a temperature in between. So, bread with cheese and vegetables (pizza) is less hot than bread alone, or pancake with eggs is less hot than pancakes made without eggs, or with very few eggs.



A yid's faith in Hashem includes the understanding that the most difficult and trying experiences of his or her life are purposeful; they are challenges from which we have the ability to grow spiritually immeasurably.

# Life's Journey Supplies Kit



- BACITRACIN** - to remind you to heal hurt feelings, yours and someone else's.
- CAMERA** - to remind you to **zoom** out to see the total view and to **focus** on the positive.
- COIN** - to remind you that just like a coin has two sides, similarly there are two sides to every story.
- ERASER** - to remind you that teshuva erases past mistakes.
- FLASHLIGHT** - to remind you that Hashem sends his emissaries to lighten up your way in the midst of the darkness.
- GLASS** - to remind you to observe the glass as half full, not as half empty.
- HEAD & SHOULDERS** - to remind you that it's okay to put your head on someone's shoulder in time of adversity.
- HI-LI** - to remind you not to get blown away by disapproval, just let it bounce off.
- JEWELRY BOX** - to remind you that you are filled with valuable jewels, talents and abilities.
- JUMPROPE** - to remind you to jump to do an act of courage.
- MAP** - to remind you that Torah is our map that leads us in the right direction.
- MIRROR** - to remind you to reflect on the most wonderful person in the world - YOU!
- PICK-UP-STICKS** - to remind you to pick out the good in yourself and others.
- REINFORCEMENTS** - to remind you to reinforce the positive, by catching yourself and others doing something right.
- SCISSORS** - to remind you to cut the temper, by giving the benefit of the doubt.
- SEWING NEEDLE** - to remind you that if you put forth sincere effort the size of a needle point, Hashem will open for you gateways of a majestic palace.
- STAMP** - to remind you to stamp out fear and frustration.
- TRASHCAN** - to remind you to trash your insecure thoughts.
- VELCRO** - to remind you to stick with a supportive person or group in times of sorrow and joy.
- ZIPPER** - to remind you to zip up your worries and hand it over to Hashem.

*and don't forget to include one more ...*

**TAPE RECORDER** - to remind you of Friend With Diabetes every time you press the FWD button.

MARCH - APRIL '02 • J " D W N T D ' J



## Beyond the Glycemic Index Is Carrots a good choice?

By now, many, if not most of us are familiar with the idea of the glycemic index - the rating of how quickly and far any given carbohydrate will push up your blood sugar. For those of you who are new to the GI, here's a quick rundown of the concept:

The glycemic index, often abbreviated "G" or "GI" (as in, "low-G carb" - "low impact" carbs) was explored as a way to control diabetes. For quite a while, scientists believed that simple carbohydrates ("sugars") were absorbed quickly, and complex carbs ("starches") were absorbed more slowly, and therefore were safer for diabetics, and would act as a far steadier supply of energy. Actual tests of the blood sugar impact of various carbohydrates showed this theory to be completely incorrect.

Tests of the glycemic index were done thusly: A group of test subjects was assembled, some of them diabetics, and some of them not. Their fasting blood sugar was tested. Then they were each given a carefully measured portion of the food to be tested. It is important to understand that these portions were measured to con-

tain a specific amount of carbohydrate - 50 grams -- not a specific amount of the given food. In other words, the test subjects would eat about one and a half medium sized potatoes, or about 12 teaspoons of sugar, or a little over two cups of cherries - whatever amount of the food was needed to provide 50 grams of carbohydrate.

Once the subjects had eaten the test food, their blood was drawn at regular intervals for several hours, and their blood sugar tested, so that the researchers could observe how quickly it went up - and came down. These results were then averaged out between the test subjects, and that average was compared to the blood sugar impact of a "reference food". Originally the reference food was glucose, the most basic sugar, but some scientists eventually changed over to using standard, soft, puffy, grocery store white bread as the reference food, feeling that it had more real world significance. Whichever reference food they chose, it was given the rating of 100; the other foods were given a number, which stood for how quickly or slowly that food raised blood sugar when compared to the reference food.

*(Good to know: when glucose is used*

# Glycemic Load

*as the reference food, white bread is about a 70, and glucose ends up being something like 130 or 140. If you're consulting a chart of glycemic indices, it's important to know which reference food they're using, or you won't fully understand the numbers.)*

These tests of the glycemic index made it clear that the old idea of sugar = fast, starch = slow was erroneous. There were lots of surprises - for instance, the fact that baked potatoes will jack blood sugar around faster and harder than an equivalent amount of table sugar (although, of course, the potato will also contain more vitamins). It was found that whole wheat loaf bread is nearly as hard on blood sugar as white bread, but for some odd reason whole wheat pita bread has a far more modest impact. We also learned that rice cakes, the dieter's penance, nasty, styrofoam-like things, have a sky-high glycemic index, and can't be considered health food by any stretch of the imagination.

*(Do you know what food has perhaps the highest glycemic index of any tested, with a heavier-duty blood sugar impact than pure glucose? Tofutti, the tofu "ice cream" sold in health food stores. On the glucose scale, it's a 115, while really-truly ice cream is only a 61.)*

Several things appear to influence the blood sugar impact of carbohydrate foods. Fiber is one - the higher the fiber content, in general, the lower the glycemic index, apparently because fiber holds the digestible carbs you eat like a sponge, time releasing them into your blood stream. This may well account for quite a lot of the research showing



**NO PAIN, LOTS OF GAIN!** Just the thought of an injection frightens many of us, but if done the right way, it can be easy and painless.

- Grab a chunk of skin with underlying fat. (If you'll be injecting into your arm, use the top of a chair, or the edge of a door to pinch up your skin.)
- Hold the syringe like a dart with your thumb and the first three fingers. The important trick is that penetration must be RAPID. The stroke should begin about 4 inches from your target to give the moving needle a chance to pick up speed. Pretend you're throwing a dart - but don't let go of the syringe.
- If you can find only a small amount of flesh to hold, the needle should pierce the skin at a 45-degree angle, or use one of the new insulin syringes with a short needle (5/16 inch). If you can grab a hefty handful, you should plunge the needle straight in, perpendicular to the skin surface.
- As soon as the syringe is in, push the plunger all the way down to inject the fluid. Now, promptly remove the needle from the skin.

**The BD™ Automatic Injector, INJECT-EASE® is an excellent aid for fast painless injection. It can be purchased at your local pharmacy.**



that eating a high fiber diet is healthy; by eating a lot of fiber one may moderate some of the bad health effects that come with the blood sugar roller coaster.

Degree of processing also makes a difference; eating whole boiled wheat kernels is easier on your blood sugar than eating coarse-ground wheat bread, which in turn is easier on your blood sugar than eating puffed wheat.

Perhaps most controversial, we learned that some fruits and vegetables had a higher glycemic index than anyone had previously suspected. In particular, carrots were found to have a high glycemic index, and for that reason, many low carb dieters avoid them like poison, to the point of picking little bitty shreds of carrot out of their salads.

### *The downside of the Glycemic index*

Remember the point made several paragraphs back, that it was important to understand that the glycemic index tests involved eating whatever sized portion of the test food was needed to make up 50 grams of carbohydrate? This is the weakness of the whole concept. Because of this particular point, some foods were made to appear taboo for the carbohydrate intolerant, when in reality; they could be tolerated in the sort of quantity that people generally eat them.

Enter the concept of the glycemic load. "Glycemic load" is a new way of using those glycemic index tables to make them apply more realistically to food as people actually eat them. To calculate the glycemic load of a given food, you simply multiply the glycemic index of the food (using the white bread scale) by the number of grams of carbohydrate that are actu-

ally found in an average serving of that food. For instance: the glycemic index of soft drinks is about 97. There are about 42 grams of carbohydrate in a twelve-ounce can of soda.  $42 \times .97 = 40.74$ , or something you really don't want to touch. Pumpernickel bread has a glycemic index of 71, and about 16 grams of carbohydrate per slice.  $16 \times .71 = 11.36$ ; still pretty heavy duty.

(Although GI values commonly are referred to as whole numbers, technically, they're percentages expressed as decimals - 1.21 for a potato, .21 for peanuts, etc.).

A recent issue of the newsletter Harvard Women's Health Watch ranked some foods by both GI and GL. For a baked potato, the calculation went like this: 37 (grams of carbohydrate in a serving) multiplied by 1.21 (GI) equals 45. That's still high in a ranking of foods by glycemic load. Air-popped popcorn, though, went from a high GI of 79 to a low GL of 4. Corn chips fell from 105 to a moderate GL of 16.

Carrots, it turns out, are a case in point. It is apparently true that eating enough carrots to consume 50 grams of carbohydrate will jack your blood sugar around pretty good, but do you know how many carrots that is? More than fifty of those little baby carrots! Most of us don't like carrots that much!

In other words, while a half a cup of carrots contains more, and higher-G, carbohydrate than, say, a half a cup of cucumber, they're not some-

thing we have to shun altogether.

Carrots' stock goes up even further. The widely used glycemic indexing of carrots at 92 (not to mention that 131) was faulty, according to Australian researcher Dr. Jennie Brand-Miller, a leader in the field and author of "The Glucose Revolution." Who writes that a later, less publicized test put carrots' GI at 49, and very recent tests under her watch found boiled carrots to have a GI of 32 and carrot juice 43. That would give carrots a GL between 3 and 4.

But while cooked carrots have a glycemic index of 56, a half-cup serving has only about 8.2 grams of carbohydrate -  $8.2 \times .56 = 4.592$ , or nowhere near as scary as either of our other examples.

You can see the usefulness of this concept - it gives us a real-world idea of what various foods are likely to do to our blood sugar, and our bodies. It is interesting to note that the Harvard Nurses Study has looked at the glycemic load of the diets of the participants, and has found that the risk of heart disease goes up with an increasing glycemic load. This, of course, will come as no great surprise to those of you who have seen a rapid and marked improvement in your blood work since going low carb.



### *The Glycemic Load of Some Beans and Grains*

FOOD CONTENT	CARBOHYDRATE (in grams)	GLYCEMIC INDEX (% expressed as decimal)	GLYCEMIC LOAD
Lentils (1/2 cup cooked)	20	0.41	8
Dry beans (1/2 cup cooked)	27	0.60	16
White Rice (1/2 cup cooked)	35	0.81	28
Wild Rice (1/2 cup cooked)	18	0.78	14
Pasta (1 cup cooked)	40	0.71	28
All-Bran (1 cup)	24	0.60	14
Grape-Nuts (1/2 cup)	47	0.96	45

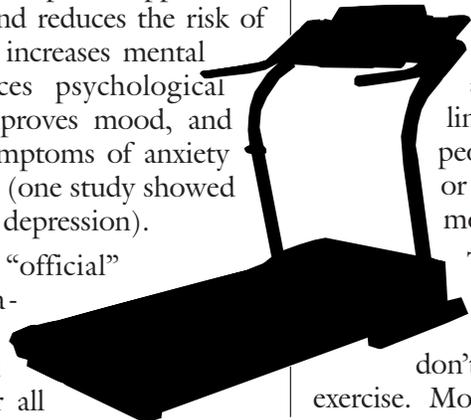


### Benefits of Physical Activity

Research shows that regular physical activity can improve insulin sensitivity (or lower insulin resistance) by 20% to 30% by building muscle and reducing body fat. It also helps lower blood sugar (exercise has an insulin like effect) and control weight. Research is also very clear that it is almost impossible to maintain weight loss unless an individual is physically active.

Physical activity increases muscle and bone strength, increases the efficiency of the heart and lungs, reduces cholesterol levels, reduces blood pressure, increases energy, improves quality of sleep, improves appearance and posture, and reduces the risk of falling. It also increases mental acuity, enhances psychological well-being, improves mood, and reduces the symptoms of anxiety and depression (one study showed it may prevent depression).

The current "official" recommendations regarding physical activity are for all



Americans to accumulate at least 30 minutes of moderate-intensity physical activity on most, preferably all, days of the week. These recommendations were released in 1996 in the Surgeon General's report, "Physical Activity and Health." They suggest a "lifestyle" approach to physical activity and health, and they complement earlier guidelines that called for formal exercise 3-5 times a week, for 15-60 minutes, at 60% to 85% of maximum heart rate.

These goals, set by the American College of Sports Medicine in 1978, are still worth pursuing for higher levels of fitness, but it is possible to improve your health and maintain good health with less vigorous activity. The new guidelines provide options for people who are unwilling or unable to participate in more formal exercise.

The 70% of Americans who are overweight need to realize that you don't have to be skinny to exercise. More and more evidence

## Exercise Vs. Excuses

### How to Motivate Yourself to Exercise

shows that moderate levels of physical activity have positive effects on cardiovascular disease, weight control, and diabetes. Virtually every study of cardio-respiratory fitness shows that the fittest people those

who can walk the longest on a treadmill are healthier than unfit people, even if the fit person is overweight. In this case, "healthier" means having lower cholesterol, triglyceride, blood pressure, and blood sugar levels and living longer. Research also shows that people who follow the Surgeon General's guidelines for activity are twice as likely to stay active, just as people who begin programs of formal exercise.

**CAUTION**  
Reading this article may be harmful to your bad health.  
*Read it at your own risk!!!*

### Fat and Fit

Many studies show that the healthiest person is not always the thinnest,

*(Swimming — continued from previous page)*  
er. However, if the blood sugar is high due to dietary indiscretions or an intentionally elevated blood sugar, then exercise will probably lower the blood sugar, as long as adequate insulin is available.

*B. Bodzin, CDE*

My daughter found that her BG drop during her workout was equivalent to 10-15 grams of carb. She would eat some crackers or part of a power bar before the workout and her sugars would stay in the 80 - 150 range during the entire time. When BGs are higher than 180 (approximately), they

impede physical performance and keep the body from adequately metabolizing carbs to keep the skin warm. This causes chilling while swimming and it also induces the liver to produce glucose to meet the demand for carbs to warm the body, which may cause elevated blood sugars hours after the activity.

*Michael R.*

In a situation like this I always recommend controlling blood glucose and supplementing with extra carbs periodically. This is because a pumper will have no long acting insulin on board, and metabolic compensation can start

almost immediately in a state of insulin deficiency.

*Dr. H. Anhalt*

Several things have helped me keep my BG levels normal during swimming. I disconnect completely from the pump before the activity. I also keep my BG meter close by, along with a bottle of juice, just in case. I have noticed that if I allow my BG levels to be too high before swimming and the water is a little cold, I get very prone to leg cramps. I therefore try to keep my numbers as close to normal as possible.

*C.P.*

M A R C H - A P R I L ' 0 2 • J U N E • J U L Y • A U G U S T • S E P T E M B E R • O C T O B E R • N O V E M B E R • D E C E M B E R

especially when the overweight person is physically fit. In one well-known study, researchers compared overweight or obese fit people (yes, you can be fit and fat) to normal-weight, unfit people. It turned out that the overweight, fit people were healthier than the lean, unfit people. They had healthier cholesterol levels, triglycerides, blood pressure, and blood sugar levels. They also had less diabetes and were 2.3 times less likely to die prematurely.

Too often, the emphasis is on weight loss to get healthier, but here's evidence to show that even if you are overweight, you can be healthy, as long as you are fit. In many studies, individuals who walked at moderate paces of 3-3½ miles per hour, achieved fitness. In some cases they accumulated the 30 minutes throughout the day, while in other cases they did it all at once.

*If there were a drug that could do the following, would you take it?*

**Prevent disease.** The evidence is overwhelming: a balanced diet combined with moderate exercise is one of the best things you can do for your body. It bolsters the immune system, and lowers the risk of heart disease, cancer, high blood pressure, diabetes, obesity, and osteoporosis.

**Improve strength at any age.** In a study of 90-year old men and women who used weight machines three times per week for 8 weeks, the subjects' strength increased by 174%.

**Slash risk of heart disease.** 120-160 minutes per week of aerobic activity can help control cholesterol, high blood pressure and diabetes.

**Boost brainpower.** Keeps brain sharp in old age and may help prevent Alzheimer's disease.

**Reduce depression and improve sleep.** When you wake up you'll be energetic and alert. You won't think, when will I have my next nap.

**Help reduce breast cancer risk.** 3.8 hours of exercise per week reduced risk by 58%. 1-3 hours per week reduced risk up to 30%.

**Improve mood and feelings of well-being.** A 10-minute walk can boost mood quickly and the after-effects can be long lasting.

**Reduce total fat and lose weight.** If you're overweight, modifying your diet and losing as few as five to 10 pounds can double the drop in LDLs (Bad cholesterol). Regular aerobic exercise, which aids weight loss, has been shown to raise HDLs (good cholesterol) and lower LDLs. People who gain 20-40 pounds since the age of 18 are 2-1/2 times as likely to die from coronary heart disease.

**Boost memory.** Adults who exercise aerobically increase significant amounts of blood flow to the brain, which leads to better memory. Researchers put half of a group of sedentary people ranging in age from the mid-20s to early 60s on a walking or jogging program three times a week. After 10 weeks, the active group reported more mental alertness and vigor.

*We know it is good for you, but how can you get started and stay motivated to continue to improve your health?*

### *Getting Started with an Exercise Program*

According to the Center for Disease Control (1996), 60% of American adults don't get the recommended amount of physical activity, and over 25% of adults are not active at all. The excuses? "I don't have time." "I'm too tired." "I don't know what to do."

If you think you might be ready to get started with an exercise program, there are key rules to being successful and steps to help

get you through the initial hurdles.

**Commit to get started.** Take the time to make a list, writing down the reasons that exercise is important to you. For example, "It will increase my energy." "It will help me fit into my clothes again." "It will improve my health." "I will look better." etc.

**Determine Your Current Level of Fitness and Health and Document It.** Now is the time to document your blood pressure, pulse rate, your body measurements and to determine your present body fat levels. Documenting your starting fitness and test results will become invaluable in monitoring your progress and in keeping you motivated toward your goals.

**Set Specific, Achievable Goals.** Now that you're committed to begin a program, it's time to define specific, achievable goals. Set long-term, intermediate and short-term goals as benchmarks to monitor your progress. The goals should be specific, measurable and challenging, yet achievable. You must record your goals.

**Reward Yourself.** As you reach your short, intermediate, and long-term goals, reward yourself. You deserve it! Buy that new outfit or pair of shoes. Get yourself that Afikomen gift! Look over your appointment book and see how much progress you've already made — and all the fitness appointments you've kept! You're doing a terrific thing for your health and appearance — reward yourself for a job well done!



**I strongly believe in exercise, and I manage to get all I need by jumping to conclusions, flying off the handle, dodging responsibilities, skipping work, bouncing checks, fighting progress, dragging my heels, and pushing my luck!**

# Friend to Friend

*Thanks to all our pumping  
Friends With D for sharing...*

## Those Sticky Sites

I had problems removing my Silhouette/Tender infusion set; it was sticking so well that it was difficult to remove. A pump trainer gave me a box of "UniSolve" swabs made by Smith and Nephew, and removing the set is now a breeze. It also removes any leftover adhesive. (Rubbing the UniSolve on top of the tape would work even better than trying to get the liquid behind the tape.)

Another useful product that does the trick beautifully is Goo-Gone. A tiny squirt is enough to remove the set completely, so one bottle can last a long while. Just be careful that you don't accidentally remove your new site!

## Disconnect Correctly

When I disconnect from the pump, I check the daily total before and after disconnecting, and I program a prime bolus for any amount I have missed. (The prime bolus is a feature exclusive to the Minimed Pump.) That way, I have the correct total on my history and no missed basal. Despite Minimed saying this is not necessary, I also prime an extra 0.3 units before I reconnect just to have the reassurance of seeing the drop come out. I also take the opportunity to check for bubbles in the tubing while things are moving.

## In Case of Infection

In case of a site infection CH"V my

doctor recommends a very hot compress at least twice a day. There should be improvement quickly, or you will have to seek aggressive treatment. A topical cream does little or nothing for a deep wound infection.

## On Site Changes

Many of us have noticed a rise in blood sugar following a pump site change. Here are some tips to avoid this problem:

✍ One of the steps in priming may be missing. Check that all primes were done, including priming for the removal of the insertion needle from the infusion set. This last prime replaces the air left when the needle is removed. This varies from set to set, but for SofSets it is 0.5u and Silhouettes/Comforts/Tenders need 0.8u, according to the manufacturer's literature.

✍ You may need to leave your old set in place for at least 2 hours if you use Humalog, or 4 hours if you use Regular insulin. When you remove the old set, it is possible for insulin to leak out of the wound. Also, the removal bruises the tissue, which inhibits the absorption of the insulin remaining in the site.

✍ Some people have noticed that despite doing all of the above, they need an extra 0.5-2 units of insulin when priming the Silhouette. (Amounts may differ for other sets.) If you need the extra insulin, don't feel guilty! Give your body what it needs to keep blood sugars in range.

## No More Beeps

To turn off the beep of the Glucometer Elite meter: Insert a strip into the meter. (You can also use the code strip.) Then, turn the meter upside down, open the battery door, and close it again. Remove the strip, put it back in, and you should see the word "OFF". Remove the strip and you're done!

## To Keep Your Pump Clean

I've used canned air (pressurized air in cans) to clean my Minimed 507 pump a few times. It does a MUCH better job than the little brush Minimed supplies! My pump is easy to clean, and I've never had a problem.

## Creative Alarms

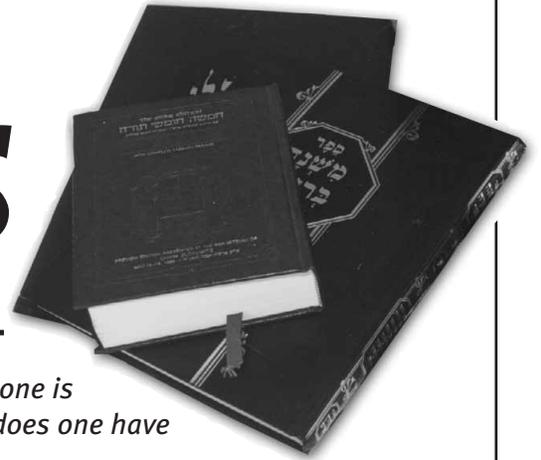
People have often expressed a desire for a pump alarm that would sound as a reminder to check blood sugars. In fact, pumps do have this feature, called "Auto - Off" or "Auto - On". You can set it to On, and program the pump to alarm after a certain amount of time during which no pump buttons are pressed. You can easily set this alarm after a meal bolus to sound two hours later. The alarm would be your personal reminder to check your blood sugars.

## In Case of Emergency

My daughter's pump malfunctioned at the beginning of a three-day weekend. During those three days, she injected Regular insulin into her infusion set every 4-5 hours. These served as her basals, so she injected the same amount of insulin, as she would've normally gotten during that time period. It worked out pretty well, with a basal injection done at bedtime, once during the night, then again in the morning, and so on. Her sugars were fine (actually better than the few days before her pump broke). Meal boluses were done in the same fashion, by injecting Humalog straight into the set.

One caveat: A certain amount of insulin does remain in the canula, and gets pushed through with the next injection. You must either account for the residual insulin and its action time (when you inject insulin that is not the same as the previous type), use a different set, or do a regular injection to avoid the problem.

# HALACHA TIDBITS



## ON WASHING HANDS

*Halachah states that after cutting hair, drawing blood, or clipping nails, one is required to wash his/her hands (netilas yadayim). The question arises: does one have to wash hands every time BG is checked?*

*In Sefer Nishmas Avrohom, Section 1, Dr. Abraham writes that there is a difference between drawing blood for "b'dikos" (diagnostics), such as a blood test, and drawing blood for therapeutic purposes. In the times of the Gemarah, it was common to draw blood for therapeutic reasons, and this is the type of activity after which one is required to wash hands. However, one does not have to wash hands after drawing blood for diagnostic purposes, which is the case when checking blood sugars.*

*Rabbi Yonasan Sacks agreed with this ruling, and said that netilas yadayim is not necessary after a BG check.*

## KETONES ON SHABBOS

*Menachem, age 10, is prone to large ketones whenever he feels ill. His family wondered if he was allowed to check ketones with ketone urine strips on Shabbos. Since the strips turn colors if there are ketones present, the biblical prohibition of Tzovaya (coloring) would be transgressed.*

*Menachem's father suggested to the Rav, that since the strip turns colors only if there are ketones present, then using the strip should not be a problem on Shabbos. If there were no ketones, then no coloring would take place. In case there are ketones present, then it is a matter of pikuach nefesh, where all prohibitions are permitted. The Rav agreed with this logical insight.*

**Rabbi Meisels adds:**

*There are two types of strips available. One kind checks for both ketones and glucose in the urine, while the other checks only for ketones. On Shabbos one would only be allowed to use the strip that checks just for ketones. Sugars can be checked with a meter and there would be no prohibition of coloring involved.*

*There is a new meter on the market that checks ketones in the blood. One would have to investigate whether this is a better option than using ketone urine strips on Shabbos.*

## CHECKING WITH A SHINUI

*Many people were told by their rav to insert a test strip into the BG meter on Shabbos using their teeth. This is often a difficult shinui to use, since one cannot accurately place the strip into the meter when it is so close to the face. A practical and easy solution for some machines (i.e. One Touch Ultra) is to place the strip slightly into the meter without actually turning the meter on. Then using the teeth it can be further pushed into the machine.*

# Pesach Panic

A lady once panicked in June,  
 'Cuz Pesach was coming so soon,  
 "Not one crumb will remain,  
 In my humble domain,"  
 Said she as she picked up her broom.

She worked from the minute she woke,  
 No time for a smile or joke.  
 For nine months she tried,  
 She set all aside,  
 Only polish, and vacuum, and soak.

For nine months she scrubbed  
 and she shined,  
 She removed every tile and blind.  
 Inspected each seam,  
 Of each dress that she cleaned,  
 She didn't leave one spot behind.

When Seder night finally came,  
 This lady collapsed — what a shame,  
 She'd put too much in it,  
 Exceeded her limit,  
 Her Oneg Yom Tov  
 had gone down the drain.

Though this isn't what most of us do,  
 If only a small part rings true,  
 As Pesach comes near,  
 One thing should be clear,  
 Let your rag be  
 the 'shmatte',  
 not you!



## THE "SWEET SIDE" OF DIABETES

*It's easy to focus on the tedious, sometimes frustrating aspects of living with diabetes. But there really is something uniquely privileging about the condition. To help you concentrate on the sweeter side of things, here are a few examples:*

- 🍷 WHO WANTS A FULLY FUNCTIONAL PANCREAS ANYWAY? IT'S SO COMMON.
  - 🍷 WHEN ANNOYING PEOPLE ASK YOU, "WHY DO YOU ALWAYS DRINK DIET SODA? YOU'RE SO IMAGE- CONSCIOUS!" YOU CAN REPLY WITH, "I HAVE DIABETES." AND WATCH IN DELIGHT AS THEY TURN BRIGHT RED AND MUMBLE AN APOLOGY.
  - 🍷 A FAMILY MEMBER JUST GOT A SPLINTER; YOU'RE THE FIRST ONE TO OFFER A VERY HELPFUL TOOL TO REMOVE IT, A SYRINGE!
  - 🍷 AMUSE YOURSELF BY TRYING TO PREDICT EXACTLY WHAT YOUR BLOOD SUGAR WILL BE AFTER THAT PIECE OF SUGARCOATED CHOCOLATE CAKE, WITH HONEY AND ICE CREAM ON THE SIDE.
  - 🍷 IF YOU ARE A PUMPER, YOUR BOLUS HISTORY PROBABLY HELPED YOU ON MORE THAN ONE OCCASION. IN THE MOOD OF THAT MILCHIGE PIECE OF CHOCOLATE? YOU CAN SCROLL BACK THROUGH YOUR PREVIOUS BOLUSES AND SEE WHETHER SIX HOURS ALREADY PASSED SINCE YOUR FLEISHIGE MEAL.
  - 🍷 IN A GROUP HOSTAGE SITUATION CH"V, YOU CAN BE SURE YOU'LL BE AMONG THE FIRST TO BE RELEASED, FASTER THAN YOU CAN JINGLE YOUR MEDICALERT BRACELET AND SAY, "HEY, DOES ANYONE HAVE A DRINK? I'M FEELING THIRSTY..."
  - 🍷 A FINGER CUT IS NO LONGER A REASON TO PANIC. DID THE SHARP EDGE OF THE SILVER FOIL HOLDER GRAZE YOUR FINGER AS YOU WERE LINING CABINETS FOR PESACH? GRAB YOUR METER... YOU JUST SAVED YOURSELF A FINGER PRICK!
- On a more serious note, there are times when we can really say, "Oh, am I LUCKY to have diabetes." You might have had this sensation already...*
- 🍷 YOUR DIABETES HAS SURELY GIVEN YOU AN OPPORTUNITY TO DO MANY UNIQUE CHASADIM. YOU CAN SHARE SUPPORT AND ADVICE WITH MANY FRIENDS WITH DIABETES.
  - 🍷 YOU JUST CAME BACK FROM A WONDERFUL, STIMULATING GATHERING WITH FWD. YOU SUDDENLY REALIZE THAT YOUR DIABETES HAS AFFORDED YOU AN ENTIRE NEW WORLD OF KNOWLEDGE, INSPIRATION... AND AN UNBEATABLE GROUP OF FRIENDS WITH DIABETES.



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## The Cracked Pot

A water bearer served his master by toting water from the stream to his master's home. He carried the water in two pots that hung on either end of a pole balanced across his shoulders.

One of the pots had a crack in it; the other pot was perfect. The perfect pot always delivered a full portion of water from the stream, while the cracked pot always arrived at the master's house only half full.

For a full two years this went on, every day the water bearer delivering one full and one half-full measure of water to the master's home. Naturally the full was proud of its service, perfect to the end for which it had been made. But the cracked pot was unhappy; ashamed of its imperfection, miserable that it was able to accomplish only half of what it had been made to do.

After an eternity of what it perceived to be a bitter failure, the cracked pot spoke to the water bearer one day. "I'm so ashamed of myself," it said. "I want to apologize to you." "But why?" asked the water bearer. "For the past two years," spoke the pot, "this crack in my side has let water leak out all the way to the master's house, and I have been unable to deliver but half my load. You do the work carrying me from the stream to our master's house each day, but because of my defect, you don't get full value from your effort," sighed the anguished pot.

Kindly, the water bearer told the distressed pot. "As we return to the master's house today, please notice the lovely flowers along the way."

As the trio returned up the hill, the old cracked pot noticed the winsome wild flowers - the sun glistening off their bright faces, the breeze bending their heads. But still, at the end of the trail, the faulty pot felt bad because it had again leaked out half its load, and again it apologized to the bearer for its failure. But the bearer said to the pot, "Did you notice that the flowers were only on your side of the path? Because I have always known about your 'flaw' I planted flower seeds on your side of the path, and every day while we wind our way back from the stream you have watered them. And every day I am able to pick these beautiful flowers to adorn our master's table. Were you not just the way you are, the master would not have had this beauty to grace his house."

Each of us has our own unique "flaws". We're all cracked pots. But if we live our lives wisely, then those very cracks can make us more complete. Those very "flaws" can bring flowers into our lives.

One day a very wealthy father took his son on a trip to the country for the sole purpose of showing his son how it was to be poor. They spent a few days and nights on a farm of what would be considered a very poor family. After their return from the trip, the father asked his son how he liked the trip. "It was great, Daddy," the son replied.

"Did you see how poor people can be?" the father asked.

"Oh yeah," said the son.

"So what did you learn from the trip?" asked the father.

The son answered, "I saw that we have one dog and they had four.

We have a pool that reaches the middle of the garden, and they have a creek that has no end.

We have imported lanterns in our garden and they have stars at night.

Our patio reaches to the front yard and they have the whole horizon.

We have a small piece of land to live on and they have fields that go beyond our sight.

We have servants who serve us, but they serve others.

We buy our food, but they grow theirs.

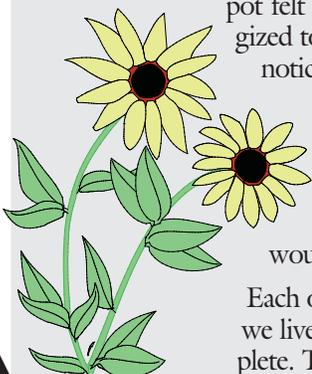
We have walls around our property to protect us, they have FRIENDS to protect them."

The boy's father was speechless.

Then his son added, "It showed me how poor we are..."

## Rags or Riches?

*A good way  
to keep the memory  
of kind acts, is to  
refresh them  
with new ones!*





# Meet the Hard Working Family

The father of success is named work; The mother of success is named ambition.

The oldest son is called common sense, and some of the sons are called stability, perseverance, honesty, thoroughness, foresight, enthusiasm and cooperation. The oldest daughter is character; some of the sisters are cheerfulness, loyalty, care, courtesy, economy, sincerity and harmony. The baby is opportunity.

Get acquainted with the father, and you will be able to get along with the rest of the family!!!

*Attitude is the mind's paintbrush, it can color any situation.*

I woke up early one morning, and rushed right into the day. I had so much to accomplish, that I didn't take the time to pray.

Problems just tumbled about me, and heavier came each task. "Oh! Why doesn't Hashem help me?" I wondered...

He answered, "You didn't ask..." I yearned to see joy and beauty, but the day toiled on grey and bleak. I wondered why Hashem didn't show me, He said, "but you didn't seek."

I wanted to feel Hashem's presence I tried all the keys at the lock, He gently and lovingly chided, "My dear child, but you didn't knock."

I woke up early this morning, And paused before entering the day. I had so much to accomplish. That I just had to take time to pray....



*I will do what's possible, and trust that Hashem will help me with the impossible.*

*Prayer is the Key of the Day..... and the Lock of the Night!...*



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One night a man had a dream. He dreamed that he was walking along the beach with the Heavenly Father. Across the sky flashed scenes from his life. For each scene, he noticed two sets of footprints in the sand; one belonging to him and one belonging to Hashem.

When the last scene of his life flashed before him, he looked back at the footprints in the sand. He noticed that many times along the path of his life there was only one set of footprints. He also noticed that it happened at the very lowest and saddest times in his life.

This really bothered him, and he questioned Hashem about it. "Heavenly father, you said that once I decided to follow you, you'd walk with me all the way. But, I have noticed that during the most difficult and troublesome times of my life, there's only one set of footprints. I don't understand why, when I needed you most, you would leave me."

The Heavenly Father replied; "My precious, precious child. I love you so much and I would never leave you. During your times of trial and suffering, when you saw only one set of footprints, it was then that I CARRIED YOU!"



## Grandma's Lesson

A little boy is telling his Grandma how "everything" is going wrong. School, family problems, health problems, etc... Meanwhile, Grandma is baking a cake. She asks her grandson if he would like a snack, which, of course, he does.

"Here, have some cooking oil."

"Yuck" says the boy.

"How about a couple raw eggs?"

"Gross, Grandma!"

"Would you like some flour then? Or maybe baking soda?"

"Grandma, those are all yucky!"

To which Grandma replies: "Yes, all those things seem bad all by themselves. But when they are put together in the right way, they make a wonderfully delicious cake! Hashem works the same way. Many times we wonder why he would let us go through such bad and difficult times. But Hashem knows that when he puts these things all in His order, they always work for good! We just to trust Him and, eventually, they will all make something wonderful!"

I always wonder what people must think when they see my pump. Do they wonder if I'm sick or do they just wonder what it is? While I was on the subway the other day, as I finished off a granola bar, I discreetly bolused (pump was on waistband).

Well, discreet doesn't work anymore these days. The person next to me stared at me for a full minute and then got up and went to the other end of the subway car, looking over his shoulder the whole time. I never looked at him directly, sure he would start screaming, "He's got a bomb!" or something. At least now I know how to make room for myself on rush hour subways...

## When Calories Don't Count...

1. If you eat something, and no one else sees you eat it, it has no calories.
2. When you're drinking diet soda while eating a candy bar, the calories in the candy bar are cancelled by the diet soda.
3. When you eat with someone else, calories don't count as long as you don't eat more than they do.
4. Foods used for medicinal purposes NEVER count, i.e. hot chocolate, toast, and cheesecake.
5. If you fatten up everyone else around you, then you look thinner.
6. Cookie pieces contain no calories. The process of breaking the cookie causes calorie leakage.
7. Late-night snacks have no calories. The refrigerator light is not strong enough for the calories to see their way into the calorie counter.
8. If you are in the process of preparing something, food licked off knives and spoons have no calories, i.e. peanut butter on a knife and ice cream on a spoon.
9. Food of the same color has the same number of calories, i.e. spinach and pistachio ice cream, mushrooms and white chocolate.
10. Chocolate is a universal color and may be substituted for any other.

*You make a living  
by what you get;  
you make a life  
by what you give!*

## A Special Thank You to...

*Bruchy so dear,  
Ready to volunteer.  
Ultimate thanks to you we owe,  
Continuously you help us grow.  
Hashem should repay,  
You for all you do  
in every way!*

*F.W.D.*

