

Going FORWARD

רועים
מתוקים
תשרי תשס"ג



Friends
with
Diabetes
Tishrei 5763

Dear Friend,

As summer slowly tapers off and turns into fall, FWD once again reaches out with valuable information and just a warm reminder that we're still here for you...

The following potpourri of questions was raised after last year's issue had already gone to print. We have answered them to the best of our ability and they are presented here for your interest and education. This collection is meant to complement and enhance (not replace) a more basic knowledge of the issues. For a thorough clarification of all topics pertaining to Yom Kippur (and many extras!) please ask for our beautiful Tishrei publication. As always, these questions and answers contain integrated comments from our rabbinical director, Rabbi M.M. Weismandl shlit"u, and our medical director, Dr. D. Zwickler.

Remember to ask your own Rav for guidance in all halachic matters, and your doctor for medical advice!

With heartfelt wishes for a very sweet new year,

Rabbi Hirsch Meisels

Don't Forget

TO RECORD

YOUR FASTING BASALS AND BLOOD SUGARS! THESE WILL COME IN VERY HANDY WHEN YOM KIPPUR ROLLS AROUND NEXT YEAR... UNLESS WE ARE ALREADY IN YERUSHALAYIM, IY"H.

סימנים Significant Omens

Jewish families the world over traditionally eat certain foods on Rosh Hashanah that serve as hopeful, promising omens for the coming year. The exact foods eaten differ according to the unique customs followed in various communities.

We have compiled a list of some of these symbolic simanim, the basic reason why each food is eaten, the short prayer recited before eating, and, finally, the amount of carbs each food contains.

Remember that you can cut down on the amount of carbs by eating less than the suggested serving size! For example, there is no mitzvah to eat a full 4 oz. of the sweet carrot dish many serve on Rosh Hashanah. You can eat just one tablespoon and consume a minimal 1.8 ounces of carbohydrates.

Fiber has been subtracted from all carb amounts.

FOOD	PRAYER	יהי רצון	CARBS
APPLE IN HONEY	You renew for us a good and a sweet year	שתחדש עלינו שנה טובה ומתוקה	¼ medium, unpeeled apple = 4.3 g carb factor: 0.13 Honey 1 tsp = 6 g 1 tbsp 18 g
BLACK-EYED PEAS (cowpeas) רוביניא	Our merits increase	שירבו זכותינו	1 cup boiled = 25 g of carbs. (1 tbsp. = 1.6 g)
SNAKE SQUASH קרא	The decree of our sentence be torn asunder; and may our merits be proclaimed before you	שיקרע גזר דיננו ויקראו לפניך זכותינו	½ cup uncooked = 3 g of carbs. carb factor 0.03
SWISS CHARD סילקא	Our adversaries be removed	שיסתלקו אויבינו	1 leaf - 1 g carb factor 0.02
LEEK - כרתי	Our enemies be decimated	שיכרתו שונאינו	¼ cup boiled = 1.7 g
DATES - תמרים	Our enemies be consumed	שיתמו שונאינו	One date = 5.5 g
POMEGRANATE רימון	Our merits increase as (the seeds of) a pomegranate	שירבו זכותינו כרימון	1 whole fruit (3-3/8" dia.) = 26 g carb factor: 0.17
BEETS	Again, we pray for a sweet new year.		½ cup boiled = 6.8 g carb factor: 0.08
CARROTS (Tzimmes)	Our merits increase. (The Yiddish word for carrots - מעהרן - translates to "increase".)	שירבו זכותינו	14 grams carb in 4 oz. for the recipe on page 144 in Garden of Eating. (1 tbsp. = 1.8 g)

For recipes for these species refer to the book "The Radiance of Rosh Hashanah"



This list shows the carb amounts of some common fruits on which the blessing of shehecheyanu can be recited on Rosh Hashanah.

For a more complete chart of fruits and their effective carb factors, see the Tu B'Shevat section of our upcoming winter issue.

SHEHECHEYANU FRUIT: CARB CONTENTS:

- Star fruit (Carambola);** 1 med. fruit = 5 g Carb factor: 0.05
- Persimmon;** about 16 g.
- Papaya;** about 14 g. in a med. fruit or in 1 cup.
- Mango;** 17.6 g. in a sm. fruit. 14 g. per ½ cup
- Passion Fruit;** 12.6 g. in 3 sm. fruits
- Cuke Asaurus (Kiwano);** 0 grams of carb!
- Moro (Blood) Oranges;** Carb factor: 0.11
- Kumquats (miniature oranges);** Carb factor: 0.16
- Pepino Melon;** Carb factor: 0.07

A Sweet and Successful Year!

May all our tefillos be miskabel berachamin uverotzon!

Some Yom Kippur Q&A

Q EATING ON EREV YOM KIPPUR:

For years, I have overeaten on Erev Yom Kippur, wishing to fulfill the commandment of eating on that day. This threw my blood sugars completely out of control, and it caused increased discomfort while I fasted. I would like to know, therefore, how much is one actually required to eat on Erev Yom Kippur in order to fulfill the Mitzvah of eating?

A This concern is valid not only for those of us who have diabetes, but also for the general population. Many people believe they need to overeat on Erev Yom Kippur, but this only ends up causing hardships and problems while they fast.

The poskim quote the ruling of the Minchas Chinuch (313): in order to fulfill the obligation, one has to eat a K'kosvos, which is a bit less than a K'beitzah (the size of an egg). Therefore, if one makes sure to eat a K'beitzah, s/he is certain to have fulfilled the mitzvah. (Some rule that eating even less than this amount is also sufficient.)

For example, just one fifth of a bagel (25 grams in weight) would already be a K'beitzah! (This amount is based on the sefer "Halachos of K'zayis". It contains pictures of many food items in 28.8 cc increments, the equivalent of a K'zayis. We doubled the amount to reflect a K'beitzah, 55 cc according to many opinions. Refer to this sefer for many more examples, but just remember to double the amounts shown.)

Some poskim say that in order to fulfill the mitzvah, one should eat slightly more than the amount eaten on a usual day.

One can also fulfill the mitzvah without running into high blood sugars by eating those food types (i.e. proteins and vegetables) that do not have a significant effect on blood sugar levels.

There is no need to eat more than the required amounts, and in fact, overeating is forbidden (achila gassah). According to the poskim, one who overeats has not fulfilled the mitzvah.

There is also a mitzvah to drink on Erev Yom Kippur. The minimum shiur is a melo lugmav,

which for the average person is 55 cc (less than 2 oz). However, one who is going to fast should drink 8-10 glasses of water, to avoid dehydration.

A PERSPECTIVE FOR THOSE WHO ARE ADVISED NOT TO FAST ON YOM KIPPUR:

Q My Rav and doctor agree that I do not have permission to fast on Yom Kippur. I feel really badly about this, and don't know if I will have the courage to eat on the holiest day of the year. How can I improve my attitude? What can I tell myself to make it a little easier for me to do as Halachah demands and listen to my doctor's advice?

A You can remind yourself that the mitzvah of "V'chai bahem"- and you shall LIVE in them, is the most chashuv mitzvah and overrides almost any of the other 613 mitzvahs. It is only the yetzer harah that is preventing you from expressing joy and ecstasy at your ability to perform this most precious and important commandment on the holiest day of the year! It is also helpful to have in mind while eating that the purpose of the food eaten at that moment is not for "pleasure", but merely for "sustenance".

See our full Yom Kippur article for stories, thoughts, and others tidbits that will help place you in the proper frame of mind as you prepare to do the ultimate mitzvah of LIVING for hakadosh baruch hu.

Q My Rav has given me the go-ahead for fasting on Yom Kippur, but I would like to fast on other Jewish fast days too. They would actually be excellent opportunities for me to test my pump basal rates. Would there be anything wrong with doing that?

A First of all, when fasting to check basal rates, one only skips a single meal per day. By no means does this compare to an entire day of fasting!

Remember also that you will not be drinking any liquids on a fast day, and this can alter

your blood sugars from those of a typical day. The stress your body undergoes when starving may also impact blood sugars. Finally, some people actually need less basal insulin on a fast day, although the basal rate does not cover food. This may be due to depleted glycogen stores.

In conclusion: BE AWARE! You can not play games with halacha! Fasting is prohibited for a diabetic on any tanaism besides for Yom Kippur, and even then, it is only allowed with the explicit permission of your Rav and doctor, and with the proper precautions!

HALACHOS FOR ONE WHO IS EATING LESS THAN A K'ZAYIS (PACHOS M'KSHIUR):

Note: It is very important that anyone who will be eating pachos m'kshiuur on Yom Kippur review the applicable halachos with a Rav and from a sefer. We are just quoting some frequently asked points.

Q If I will be eating and drinking less than the shiur on Yom Kippur, should I make the appropriate bracha each time I eat less than a K'kosvos, or does one bracha suffice?

A The general halacha is that no additional bracha is needed on any food eaten within 72 minutes of another food consumed, if they have the same bracha. But if the person intended not to eat further within that amount of time and later changed his mind (i.e. there was hesach daas), then a new bracha is required.

Q Does one wash hands as usual before eating bread on Yom Kippur?

A Washing hands is required. The accepted psak is to wash just the fingers, as is otherwise allowed on yom kippur, although some poskim rule that the entire hand should be washed as usual. (Refer to Shabbas Shabbason, pg. 308, or Nitei Gavriel pg. 251.) The blessing of al netilas yadayim is made.

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Some Yom Kippur Q&A

Q Does one “bentch” with a yaaleh v’yavo after eating bread on Yom Kippur?

A A brachah acharonah can be made if the food eaten amounted to a k’zayis and was eaten, preferably, within a time span of 9 minutes. However, it may be made even if the k’zayis was eaten over a greater amount of time.

If one will be eating bread, lechem mishneh is not needed. One has to wash mayim achronim, and yaaleh v’yavo will need to be said.

If an al hamichya is said (after eating foods with the brachah of mezonos), one should remember to add the words, “zochrainu l’tovah b’yom hakippurim hazeh”.

Q Does one make kiddush before eating on Yom Kippur?

A Kiddush does not have to be made. Even in the event that Yom Kippur falls on a Shabbos, there is an argument among the poskim whether or not Kiddush should be recited. The Mishneh Berurah concludes that kiddush should not be recited, on the possibility that it would be considered a bracha l’vatalah and the name of Hashem would have been said in vain ch”v. However, one should recite the bracha of magen avos on Friday night with a specific intention to be yotze Kiddush. Therefore, a woman who will not be fasting should also make sure to daven mariv on such a day.

FOODS WHICH ARE EASY TO EAT IN SMALL AMOUNTS ON YOM KIPPUR, FOR THOSE WHO ARE TOLD TO EAT PACHOS M’KSHIUR:

Q My Rav and doctor have advised me not to fast, but I was told that I can eat pachos m’kshiu. Which foods are good to eat and easy to measure in such small amounts?

A The amount a person may eat in one sitting is 30 cc.

A small “shnopps cup” can hold about 1 oz. which equals 29 cc. Any food amount that fits into that size cup is therefore permissible. However, do remember to measure the cup you will be using before Yom Kippur, as some of them hold more than one ounce.

Rav Wiessmandl shlit”a offered the following practical applications:

(Note that this is by no means a comprehensive list. They are just some helpful suggestions.)

- 2 Jack and Jill (tea biscuit) cookies.
- 1/6 of an apple
- 1/3 of a machine Matzo
- 1/2 of a chicken drumstick
- the amount of cottage cheese that fills a shnopps cup
- 4 Snackers or Saltines
- 2/3 slice of American cheese.
- 6 Tam Tam Snackers
- 1 oz. of Yogurt (prepared in shnopps cups)

[Interesting to note: There is an argument between the poskim whether yogurt and

Remember that drinking may be allowed more often. See our newsletter and consult your Rav.

DRINKING ON YOM KIPPUR:

Q Is it medically necessary for me to drink each time I eat pachos m’kshiu? Or, if I feel I can do without, should I forgo the drinking?

A If you ask your doctor, s/he will probably tell you that drinking is even more important than eating, in order to avoid dehydration.

Q I have heard that if one needs to drink on Yom Kippur, bitter water would be preferred. What is “bitter water” and how does this apply practically?

A The Veitzener Rav, my grandfather Reb Herschel Meisels zt”l, would drink chamomile tea or other bitter teas on Yom Kippur without adding sugar.

An even better option would be to prepare water cooked with bitter herbs.

Rav Yitzchak Zilberstien Shli”ta, (in his Sefer Shabbos Shabbason) brings an option from his brother-in-law, Rabbi Chaim Kanyeviski Shli”ta, to prepare “ash” before Yom Kippur and mix this into the water.

He also quotes the advice of the Steipler zt”l to cook water together with the peel of a pomegranate-Rimon. We know that eating this fruit is a good siman for Rosh Hashanah,

but it seems that it is good for Yom Kippur too. He goes so far as to record in the name of a doctor that it contains some health benefits.

Sefer Shabbos Shabbason states that one may add 20 spoonfuls of sugar to a cup of water, if this drink would normally nauseate him/her. If your blood sugar is low and you do need a sweet drink, this would seem to be the preferred choice.

MEDICATIONS FOR TYPE TWO DIABETICS:

Q I’m a type 2 diabetic on oral medications. Do I need to take the meds on Yom Kippur?

A This question can by no means be answered in the scope of an article for two reasons: First, it has to be addressed by a doctor. And second, it has to be addressed by YOUR doctor who knows your personal regimen and history of diabetes control.

FROM ONE OF OUR MEMBERS

“Your Tishrei issue was an eye-opener for me. This was the first time I saw that so many Jews all over the world actually tested their blood sugars on Shabbos and Yom Kippur! After consulting my Rav, I too started doing the same. More important yet, I had been getting sloppy lately, and knowing that one should do an “avodah” and test blood sugars on Shabbos, and even on Yom Kippur, made me realize again how important it is to take care of myself. I have been more careful since.”

leben are considered food items or drinks.]

If the BG is low (which should not occur if all precautions are taken) and four rolls of Winkies are not sufficient to raise it, then one can also drink something very sweet.

The sefer “Halachos of K’zayis” would be very helpful, as it contains pictures of 175 different foods in 28.8 cc increments, which is approximately the amount permitted to eat.

Before I started Flexible Insulin Therapy I used to consume 3 snackers and 1.3 oz water, since both eating and drinking are allowed at the same time, each according to its own shiur. I then waited 9 minutes, and ate 1 oz of cottage cheese along with another drink. After another 9 minutes, I again ate 3 snackers and drank an additional 1.3 oz. (Of course, I was just trying to follow a balanced diet!) This was repeated 3 times during the day: once before shachris, and then during the breaks before and after mussaf.

Some Yom Kippur Q&A

But here are some basics: It all depends on the type of medication you take. If your pills are from the class of drugs that stimulate the pancreas to produce more insulin, then there would be a definite need for a customized decrease or complete elimination of the meds. This is the same as for a person on insulin, who will need to decrease insulin dosage when fasting because there will be no food for the insulin to work on. This would also apply for those who take drugs that slow the absorption of food intake, as there is, of course, no food to be slowed on Yom Kippur. But not all drugs have this type of action; some work on sensitizing liver cells and muscle cells to insulin, and their dosage may not need to be decreased.

An additional point: Those who are advised by their Rav to fast, but not to discontinue taking their medications, have the option of dissolving a tiny amount of the pills in water before Yom Kippur. Even the water can then be considered a part of the medication, and this is therefore the preferred method quoted in Sefer Shabbos Shabbason. Discuss with a medical professional if this would ruin the effect of the medication, but remember also that some pills will not work effectively when taken without water, and they may also cause irritation if swallowed without a liquid.

So again, talk about it with your doctor! This would also be a good opportunity to inquire about the type of drug you are taking, its action, and side effects (low blood sugars etc.). Ask your doctor, "Why am I taking these particular medications?" Of course, you care about anything that goes into your body and you want to know what it does!

Dr. Zwickler cautions as to the importance of being attentive to the specific details of the medication you are taking. It may be fine to dissolve regular Glucophage pills in water, but the extended release tablets such as Glucophage XR or Glucotrol XL will lose their efficiency when dissolved in liquid.

GLUCAGON:

Q The instruction insert in my Glucagon kit states that in the case of starvation, the shot might not work. If the need for Glucagon should ch"v become essential on Yom Kippur (while fasting), will the injection help?

A Glucagon works by signaling the liver to release its stored glycogen. Since this store is depleted while fasting, one may well wonder if Glucagon would be of any value to someone who has a severe low while fasting.

We discussed this concern with two doctors. Dr. Deborah L. Raice explained that people tend to eat more than enough on Erev Yom Kippur. This should ensure an adequate supply of glycogen in the event that a Glucagon shot is needed.

Dr. Don Zwickler added that it would take between 48 and 72 hours of starvation for the body to become so completely depleted of glycogen as to negate the use of Glucagon.

Therefore, Glucagon would be of extreme aid to someone who has a severely low blood sugar on Yom Kippur. Hopefully, those who fast have taken enough precautions to ensure

that this catastrophic state is not reached. However, each individual diabetic has the obligation to make others aware about the possibility that the Glucagon will not be effective. Those who will be with the diabetic on the fast day should know how to administer the Glucagon and of the necessity to call EMS or Hatzalah in case there are no results after the injection.

BREAKING THE FAST:

Q Following the recommended guidelines, I have B"H managed to fast successfully during the past few years. My main challenge actually comes after the fast. I find that after 24 hours of fasting, my body reacts very strongly to carbohydrates. My sugars go completely out of control. What can I do to address this problem?

A You might be surprised to hear that almost everyone; diabetic or non-diabetic, experiences raised blood sugars and its uncomfortable symptoms to some extent after breaking a fast. Overdoing the carbohydrates, even if they are adequately covered with insulin, simply will not work when the body is not ready to handle such a heavy load. The trick is to eat light, low-carbohydrate foods, not to overeat, and to drink plenty of liquids. If you eat over an extended period of time, the blood sugars will also be much less erratic.

Pass these tips on to your family members as well! Everyone will benefit!

FWD was founded over a year ago to enable every Jewish family affected by diabetes to triumph over the condition. We wanted to educate and inform, to share the burden. We've formed a friendship that empowered every member to grow.

Ours is a club in which every Jew is an automatic member and no fees are charged. But an organization can exist only with financial support, and ours is no exception. FWD is a costly friendship!

**WE'VE BEEN THERE FOR YOU.
WILL YOU BE THERE FOR EACH OTHER?
WILL YOU BE THERE FOR US?**

Our winter issue is ready to go to print. We have invested literally hundreds of collective hours to ensure that each article, each column, every little filler and tidbit, would provide maximum education in a manner that is clear, interesting, and easy-to-understand. We are turning to you now for the financial backing that will enable this issue to reach the thousands of families worldwide that are counting on it.

We're asking you to be there now like we've been there for you until now.

After all, isn't that what friends are for?