

# Wellness Center Happenings

at MIDDLE TENNESSEE MEDICAL CENTER

Committed to Medically-Based Fitness Since 1986

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## November is National Diabetes Month

November is National Diabetes Month. More than 23 million people in the U.S. have diabetes and as the incidence of obesity increases, so does the incidence of diabetes and pre-diabetes. "Before many people develop type 2 diabetes, they almost always have 'pre-diabetes' – blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes," explains Mary Gaines, director of the Diabetes Center at Middle Tennessee Medical Center. In Tennessee alone, 10.4% of adult Tennesseans had been diagnosed with diabetes (compared to 8.3% nationally) by 2008, and between 1999 and 2008, the prevalence of diabetes in Tennessee increased 73%. According to the Centers for Disease Prevention and Control (CDC), in 2007 9.4% of adults in Rutherford County were diagnosed with diabetes.

"Diabetes is a lifelong disease that requires knowledge and behavior changes," says Gaines. However, not everyone has insurance which will cover diabetes education. For this reason, MTMC began the diabetes scholarship fund in July 2009. "Diabetes education classes assist patients with lifestyle changes that leads to better health. The scholarship fund is to assure a patient with financial barriers can receive diabetes education."

MTMC has already awarded scholarships to about 60 applicants who meet certain criteria including a diabetes or pre-diabetes diagnosis, the lack of financial resources for classes and a desire to improve their health through diabetes education. The ADA

recognized program at MTMC offers classes that cover nutrition, exercise, weight loss, acute and chronic complications, medication management and stress management. Individual appointments are also available for those who have language barriers or need one-on-one instruction.



### MTMC Diabetes Center Staff, L to R:

Natalie Noah-Wilson - RD, CDE Diabetes Program Coordinator

Mary Gaines - RN, MSN Diabetes Program Director

Tara Apple - Program Administrative Assistant

Corey Watkins is one scholarship recipient who has already experienced tremendous rewards as a result of receiving diabetes education and putting his new-found knowledge into practice. During the twelve months he was involved in the scholarship program, Corey lost over 70 pounds and brought his glucose levels to near-normal ranges by eating healthy and beginning an exercise program. Corey's advice for others with diabetes: "Stay on schedule. In your free time, do your own research. Learn what raises and lowers your blood sugar level. Eating right and exercising works!"



Corey Watkins

Another program in which the diabetes center is involved is the Diabetes Alert program.

*"Before many people develop type 2 diabetes, they almost always have 'pre-diabetes'..."*

The Diabetes Alert program was founded in November 2009 by Wellmont Health System and Mountain States Health Alliance in Northeast Tennessee. The Diabetes Center at Middle Tennessee Medical Center began the initiative in collaboration with law enforcement officers July 1, 2010 for our region. This initiative will help to identify individuals who may be having diabetes related emergencies while driving. This is a FREE service and is available to anyone in Middle Tennessee who has diabetes. The Diabetes Alert Initiative has been added to the MTMC website with information about the program as well as a downloadable prescription form and contact information.

Anyone interested in further information regarding any of the services offered by the MTMC Diabetes Center should contact (615) 895-9475 or go to the website at [www.mtmc.org/diabetes](http://www.mtmc.org/diabetes).



**The Wellness Center**  
Middle Tennessee Medical Center

Hours: M-Th 6am-8pm, Fri-6am-7pm, Sat-8am-1pm, Sunday-Closed

# What is Diabetes?

**Type 1 Diabetes** is diabetes is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. In type 1 diabetes, the body does not produce insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life.



**Type 2 Diabetes** is the most common form of diabetes. In type 2 diabetes, either the body does not produce enough insulin or the cells ignore the insulin. Insulin is necessary for the body to be able to use glucose for energy.

**Gestational Diabetes** occurs in pregnant women who have never had diabetes before but who have high blood sugar (glucose) levels during pregnancy. Gestational diabetes affects about 4% of all pregnant women - about 135,000 cases of gestational diabetes in the United States each year.

**Pre-diabetes** - before people develop type 2 diabetes, they almost always have "pre-diabetes"—blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes. There are 57 million people in the United States who have pre-diabetes. Recent research has shown that some long-term damage to the body, especially the heart and circulatory system, may already be occurring during pre-diabetes.

Data Source:  
American Diabetes Association:  
Diabete.org

**In 2008,  
10.4%  
of adult Tennesseans  
had been diagnosed  
with diabetes**

## Symptoms

Diabetes often goes undiagnosed because many of its symptoms seem so harmless. Recent studies indicate that the early detection of diabetes symptoms and treatment can decrease the chance of developing the complications of diabetes.

### **Type 1 Diabetes**

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue and Irritability

\*Often people with type 2 diabetes have no symptoms

### **Type 2 Diabetes\***

- Any of the type 1 symptoms
- Frequent infections
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in the hands/feet
- Recurring skin, gum, or bladder infections

Data Source: American Diabetes Association: Diabete.org

# Tennessee Diabetes FACTS

• In 2008, 10.4% of adult Tennesseans had been diagnosed with diabetes (compared to 8.3% nationally).

• Between 1999 and 2008, the prevalence of diabetes in Tennessee increased 73%.

• Adults with the lowest education and household income had the highest prevalence of diabetes.

• Coronary heart disease was approximately four-and-a-half times as common among diabetics as among non-diabetics.

• Heart attack and stroke were approximately four times as common among those with diabetes as among those without diabetes.

• According to the Centers for Disease Prevention and Control (CDC), In 2007 9.4 % (15,940) of adults in Rutherford County were diagnosed with diabetes.

Data Source: 2008 Tennessee Behavioral Risk Factor Surveillance System (BRFSS), Data Source: Centers for Disease Prevention and Control Diabetes Data and Trends

 **American  
Diabetes  
Association®**  
**Cure • Care • Commitment®**

# 2010 Start! Rutherford Heart Walk



American Heart Association  
Learn and Live®



WHEN: November 7, 2010 • TIME: 1:00pm-4:00pm  
Walk Begins at 2:30pm • Activities Until 4:00pm  
WHERE: MTSU Campus (The Grove)

## HEART WALK®

Sign up today at [www.rutherfordheartwalk.org](http://www.rutherfordheartwalk.org)

## Salmon Fillets with Pineapple Salsa

Tasty Salmon fillets with sweet pineapple salsa. Serves: 4;  
serving size: 3 oz cooked fillet and about 1/2 cup salsa

### Ingredients

- 4 4-oz salmon fillets, rinsed and patted dry
- 1/2 tsp dried thyme leaves
- 1 15.25-oz can pineapple tidbits, packed in juice, drained
- 1/2 cup finely chopped red bell pepper
- 1/4 cup finely chopped red onion
- 1 tsp grated ginger
- 1/8 tsp dried red pepper flakes (optional)

### Preparation

Line a baking sheet with foil, coat with cooking spray, and place the salmon, skin side down, on baking sheet. Sprinkle fish with thyme and season lightly with salt and pepper, if desired. Broil 10 minutes or until fish flakes.

Meanwhile, in a small bowl, combine all salsa ingredients and set aside.

Serve the salmon with the salsa alongside.



Source: Copyright © 2010 by Nancy S. Hughes. From *15 Minute Diabetic Meals*. Reprinted with permission from *The American Diabetes Association*. To order this book call 1-800-232-6733 or order online at <http://store.diabetes.org>. Not all recipes presented here are necessarily appropriate for all people with diabetes, nor will all recipes fit into every meal plan. No two meal plans are alike. Work with your health care provider, diabetes educator or dietitian to design a meal plan that's right for you, and includes the foods you love.

### Nutrition Information

#### Exchange/Choices

- 1 Fruit
- 4 Lean Meat
- 1/2 Fat

#### Calories: 255

- Calories from Fat: 90
- Total Fat: 10.0 g
- Saturated Fat: 1.8 g
- Polyunsaturated Fat:
- Monounsaturated Fat:
- Cholesterol: 80 mg
- Sodium: 60 g
- Total Carbohydrate: 15 g
- Dietary Fiber: 2 g
- Sugars: 12 g
- Protein: 26 g



### • A CRITICAL CALL TO ACTION

### • EXERCISE IS MEDICINE

### • A VITAL SIGN FOR HEALTH

### • GUIDING PRINCIPLES OF EXERCISE IS MEDICINE

The guiding principles of Exercise is Medicine, shared by the American College of Sports Medicine (ACSM) and other leading health and fitness organizations, are designed to improve the health and well-being of our nation through a regular physical activity prescription from doctors and other health care providers, or from a health and fitness professional working with the health care provider. The guiding principles are as follows:

- Exercise and physical activity are important to health and the prevention and treatment of many chronic diseases.
- More should be done to address physical activity and exercise in health care settings.
- Encouragement of ACSM's effort to bring a greater focus on physical activity and exercise in health care settings.

### • SUPPORTING EXERCISE IS MEDICINE

Exercise is Medicine has received support from numerous national organizations based on a shared vision to help improve the health and well-being of our nation through regular physical activity prescription from doctors and other health care providers. Currently, there are two levels of support: network members and corporate funders. Contact us or visit the Web site for more information.

### • GET INVOLVED

Visit Exercise is Medicine online at [www.exerciseismedicine.org](http://www.exerciseismedicine.org) to support the initiative and receive program updates. Visit [www.exerciseismedicinemonth.org](http://www.exerciseismedicinemonth.org) to download an Action and Promotion Guide, which provides tips and tools to plan your own local event or activity during Exercise is Medicine Month in May or throughout the year, including a PowerPoint slide deck and media advocacy tools.

# ARE YOU ON THE RIGHT ROAD?



 **The Wellness Center**  
Middle Tennessee Medical Center

## YOUR WELLNESS DEPENDS ON IT!

The Wellness Center Staff at Middle Tennessee Medical Center is committed to helping you reach a healthy lifestyle. Together, our registered nurses, respiratory therapist, exercise physiologists and registered dietitians will prepare a roadmap specific to your rehabilitation and fitness needs.

We offer many programs and services geared towards helping you reach your destination. Call or log on to find out more about the following:

- |                                      |                              |
|--------------------------------------|------------------------------|
| Bariatric Wellness Aftercare Program | HOPE Cancer Recovery Program |
| Body Composition Testing             | Nutritional Counseling       |
| Cardiac Rehabilitation               | Personal Fitness Training    |
| Exercise and Educational Programs    | Post-Clinical-Care Programs  |
| Fitness Center                       | Pulmonary Rehabilitation     |
| Fitness Testing and Evaluation       | Smoking Cessation Classes    |
| Group Exercise Classes               | Wellness Programs            |

**Talk to your physician for a referral or call us for more information today!**

The Wellness Center / 615-896-0290 > Cardiac Rehab / 615-396-5511 > Pulmonary Rehab / 615-396-4926  
611 E. Lytle Street, Murfreesboro, TN 37130 > [www.mtmc.org/wellnesscenter](http://www.mtmc.org/wellnesscenter)