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Professional Pack Newsletter - Published by Sampling Canada for front line diabetes educators

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First Canadian Diabetes Care Professional Pack a resounding success

Our first *Canadian Diabetes Care Professional Pack* was a resounding success, so much so that we were unable to fill some requests for additional packs. Your response was positive and informative and really underscored the complexity of diabetes and its management. We had excellent feedback from two sources. Firstly, those of you who requested additional packs for other front line diabetes educators at their clinics and, secondly, from those who responded to a survey sent to a random sampling of *Professional Pack* recipients.

It's apparent that most clinics are extremely busy with diabetes educators treating their patients for diabetes and associated health problems such as obesity and hypertension. Today's diabetes educator has, of necessity, become well versed in a wide variety of complications that are part of this disease state and as such have become an indispensable conduit between their patients and other health care professionals.

You have told us you would like additional information on matters such as meal planning, exercise, promotion of healthy lifestyle in both prevention and treatment of type 2 diabetes, gestational diabetes, menopause and diabetes, dental care and foot care. These topics, with input from educators, will be addressed in upcoming issues of *Canadian Diabetes Care Guide*.

In the last *Professional Pack* we distributed a complimentary copy of Karen Graham's *Meals for Good Health*. Not surprisingly, your feedback was overwhelmingly positive in no small measure because of the in

depth research carried out by Karen to make this an easy to use tool for educators and patients alike. Many of you mentioned the difficulties you experience working with clients with low literacy or English as a second language. One reason this book is so useful is it went through an extensive community evaluation by hundreds of seniors, First Nations Canadians, women at an immigrant refugee centre, adult students attending literacy centres and by mentally challenged adults, before being published. At the professional level it was also evaluated by healthcare workers including dietitians, home economists, nurses, teachers and two professional plain language consultants.

See the section starting on page 28 of *Meals for Good Health* where Karen suggests the natural way to be regular is to eat high fibre foods, exercise and drink lots of water (at least 8 glasses a day — good use for your Brita water filter system).

There are two types of dietary fibre. Insoluble fibre found in whole grains, wheat bran, wheat germ and unpeeled fruit and vegetables and soluble fibre found in beans, fruits and vegetables. Building the right amount of fibre into one's diet takes planning and should be added gradually to avoid cramps and gas. We are including a full size box of Fibre 1* which has one of the highest sources of fibre from a bran cereal (13g per 30g serving). It's low in fat and sweetened without sugar. A good recommendation to start both your own, and your client's, day.

DISCOVER THE SWEET LIFE!

Who says people with diabetes have to give up the sweet things in life? **Equal** is a naturally delicious alternative to sugar, providing all the sweetness, without all the calories or carbohydrates. **Equal** contains *NutraSweet*, a nutritive sweetener made from protein components, just like those found naturally in many of your favourite foods including steak, cheese or fruit. This means that **Equal** is metabolized naturally into the body.

Equal is available in a variety of convenient formats!

Equal Spoonful

An excellent alternative to sugar for cooking and baking, and on cereal or fruit. *Equal Spoonful* measures teaspoon for teaspoon just like sugar — but with only two calories and 0.48 g carbohydrates per teaspoon versus 16 calories and 4 g carbohydrates for sugar, an 87 percent reduction. *Spoonful* is great for sauces, preserves, beverages and baking. For best results, use recipes developed specifically for use with *Equal Spoonful*. The makers of **Equal** have developed hundreds of recipes and made these recipes available to consumers online at www.equal.com, or call 1-800-323-5316.

The Power of Active Healing Diabetic Foot Ulcers

REGRANEX becaplermin 0.01% Growth Factor Therapy

Diabetic foot ulcers represent a significant social and economic burden for patients. They can result in severe debilitation, loss of income and a substantial reduction in quality of life⁽¹⁾. Furthermore, the failure of wound healing increases the risk of complications such as cellulitis, osteomyelitis and gangrene which often lead to amputation^(2,3).

REGRANEX is an innovative, bioengineered growth factor that can actively heal diabetic foot ulcers. It is the first treatment that offers bioactive wound healing power in a simple topical therapy. **REGRANEX** is indicated to promote the healing of full-thickness, lower extremity diabetic ulcers. It is safe and effective in increasing the incidence of complete wound healing and decreasing the time to complete wound healing.

REGRANEX funding assistance can be easily attained by giving your patients a prescription for **REGRANEX** and by asking your patients or their caregivers to call the **REGRANEX Feet First Support Program** at 1-877-REGRANEX (1-877-734-7263).

REGRANEX should be used in conjunction with a good wound care regimen that includes:

- Debridement (to remove all calluses and necrotic tissue)
- Pressure relief
- Moist dressings changed with a frequency to maintain a moist environment (usually once a day)
- Systemic treatment of wound-related infection

See the product monograph for further safety and prescribing information.

For all inquiries about **REGRANEX**, please call the **REGRANEX Feet First Support Program** at 1-877-REGRANEX (1-877-734-7263).



FIBRE 1

General Mills has included a full sized sample of their Fibre 1* cereal. Fibre 1* is a very high source of dietary fibre, is low in fat and cholesterol free. As you teach your clients to be label savvy you will probably want to point out that a half cup serving has 13 grams of fibre and, although it has no sugar added, aspartame gives it a palatable sweetness. The half cup (30g) serving has a Canadian Diabetes Association Food Choice Value of 1 Starch Choice. The two separately sealed packs guarantee freshness and crunch.

Foot notes!

1. Wieman TJ, Smiell JM, Su Y. Efficacy and safety of a topical gel formation of recombinant human platelet derived growth factor BB (becaplermin) in patients with chronic neurovascular diabetic ulcers: a phase III randomized placebo-controlled double blind study. *Diabetes Care* 1998; 21(5):822-827.
2. Steed DL, the Diabetic Ulcer Study Group. Clinical evaluation of recombinant human platelet-derived growth factor for the treatment of lower extremity diabetic ulcers. *J Vasc Surg* 1995; 21:7181
3. Steed DL et al, the Diabetic Ulcer Study Group. Effect of extensive debridement and treatment on the healing of diabetic foot ulcers. *J Am Coll Surg* 1996; 183:61-64

Meals for Good Health

Meals for Good Health and the *Meals for Good Health Manual* are indispensable guides in teaching heart health and diabetes diet recommendations, providing easy steps for:

LOSING WEIGHT: Daily meal plans have the same calories, ranging from 1200-2200 calories. Actual size photographs show clients what and how much to eat for good health.

MANAGING DIABETES: By choosing the meals and snacks shown, clients can reduce their portions and total carbohydrates to help them lose weight and bring down their blood sugars. Use this guide book for community prevention of Type 2 diabetes.

HEALTHY LIVING: Healthy living means maintaining a weight that is right for you, and making small changes such as walking and eating well.

HEART HEALTH: Fats, cholesterol, salt and calories are reduced in the meals to promote heart health - to help clients lose weight if needed, reduce their levels of blood lipids and improve their blood pressure.

REDUCING RISK FOR CANCER: Recent studies indicate that vegetables and fruit came out on top as the foods most likely to reduce the risk of cancer. The low fat, high fibre meals include lots of grains, fruits and vegetables.



Here is Karen's recipe for Vegetarian Spaghetti Sauce. We've tried it and we like it!

Makes about 9 1/2 cups of sauce. This recipe makes great leftovers. Or make it the day ahead and warm it up in the microwave. This sauce has about the same calories and carbohydrates per cup as the meat sauce in Dinner Two of *Meals for Good Health*, so it can be substituted cup-for-cup for the meat sauce (see Nutrient Guide below). For a nice change from regular spaghetti, serve this sauce on coloured vegetable pasta, such as the noodles shown on page 187 of *Meals for Good Health*.

Karen's Vegetarian Spaghetti Sauce

- 2 teaspoons oil
- 1/2 cup water
- 1 large onion, chopped
- 2-3 large cloves of garlic, chopped
- 1/2 teaspoon basil
- 1/2 teaspoon oregano
- 1/2 teaspoon thyme
- 1/8 teaspoon ground cloves
- 1/8 teaspoon ground cinnamon
- 1 1/2 teaspoon dry mustard
- 1/2 teaspoon chili powder
- 1/4 teaspoon pepper
- 1/2 teaspoon salt
- 1/4 teaspoon Tabasco sauce
- 28 ounce (796) ml can of tomatoes, crushed (for a smooth sauce) or diced
- 28 ounce can of water
- 1 small tin (156 ml) tomato paste
- 3 large stalks of celery, chopped
- 1 large green pepper, chopped
- 10 ounce can mushrooms pieces, drained
- 2 bay leaves
- 1/2 cup shelled, sunflower seeds, chopped
- 1/2 cup chunky peanut butter

1. Place oil and water in a large heavy pot. Turn on heat to low and add onion and garlic. Cook until soft, stirring occasionally. Add extra water if needed to keep moist.
2. In a small dish, mix together the spices, salt and pepper. Add these to the onions with the Tabasco sauce. Cook spices with the onions for 1 or 2 minutes.
3. Add the other ingredients to the pot and stir well.
4. Cook for forty-five minutes to an hour on low heat, stirring now and again so it doesn't stick.

Nutrient Guide

Nutrient comparison per cup of Karen's Vegetarian Spaghetti Sauce and Meat Sauce:

	Vegetarian Sauce	Meat Sauce
Energy:	180 calories	183 calories
Carbohydrate:	15.3 g	15.2 g
Protein	6.9 g	16.3 g
Fat	11.3 g	7.3 g

For cooking and baking a few simple guidelines should be followed. **Equal**, like all sugar alternatives, has different cooking properties to sugar; it doesn't provide the same bulk as sugar, nor does it have quite the same browning properties. For best results, **Equal** should not be exposed to extremely high temperatures for extended time periods. **Equal** is fine for muffins, pies and cakes —recipes that require temperatures of up to 450 (for 40 - 50 minutes.)

Equal Packets

Perfect for hot or cold beverages such as coffee, tea, iced-tea and lemonade.

Equal Tablets

The handy trigger dispenser makes **Equal** tablets ideal for coffee or tea while away from home.

Acceptable Daily Intake

Equal is safe to use, even for pregnant or lactating women. The acceptable daily intake of *NutraSweet* (aspartame) is 40 mg/kg —the equivalent of 16 cans (280 mL each) of diet soda. In 1990, **Health and Welfare Canada** prepared a review of *NutraSweet* in response to questions regarding its use in Canada. The Report of the Scientific Review Committee concluded that *NutraSweet* is

Light is Right

safe for use by the average individual and that current consumption levels are well below the ADI for all segments of the Canadian population.

For further information, visit the following websites:

- American Dietetic Assoc., www.eatright.org
- American Diabetes Assoc. www.diabetes.org/ada/aspartame
- Calorie Control Council www.caloriecontrol.org

Equal and People with Diabetes

Equal is appropriate for use by individuals with either Type 1 or Type 2 diabetes. **Equal** does not interfere with insulin or blood glucose levels. **The Canadian Diabetes Association** recognizes the use of moderate amounts of sugar substitutes or artificial sweeteners. Knowing each serving of **Equal** provides approximately one gram of carbohydrate, its use can be appropriately integrated into an individual's diabetic meal plan. **The Canadian Diabetes Association Food Choice Value System** considers **Equal** a "Free Food".

Contact us:

The makers of **Equal** are pleased to provide healthcare professionals with literature and resource materials to assist in counseling people with diabetes. Call 1-888-313-6802 to receive recipe cards, newsletters and information for people living with diabetes.

As diabetes educators you know that water is essential for the optimal health of your patients. It's often hard for them to take in the recommended eight glasses of water every day, if they aren't used to drinking that much "plain" water!

Adding **CRYSTAL LIGHT Low Calorie Drink Mix** to water makes it more palatable and refreshing so it's easy to maintain or increase, fluid intake.

Sweet foods rate high in preference in North America. **CRYSTAL LIGHT** has 14 flavours that offer something for every taste preference to satisfy the sweet craving, without sugar, while helping to keep blood sugar stable.

The special combination of aspartame and acesulfame K sweeteners has a synergistic effect enhancing the overall flavour with no bitter aftertaste.

Acesulfame K is also heat stable. This additional benefit allows some interesting hot beverage ideas as well as cold drinks.

CRYSTAL LIGHT Tangerine: Grapefruit

blend is perfect for a mid-morning refresher and the Raspberry or Peach Iced Tea makes an ideal afternoon "pick me up." Beverage recipes suitable for those with diabetes are available from Kraft Kitchens.

One serving of prepared **CRYSTAL LIGHT Low Calorie Drink Mix** is considered one Extra **++** in the **Canadian Diabetes Association Food Choice Value System** and contains less than five calories per 8oz/ 250mL glass. Complete nutritional information is on every package. As you know "Extras" add interest and flavour to the foods and beverages required by the special dietary needs of diabetes. **CRYSTAL LIGHT** beverages have very low carbohydrate levels and are not a significant source of protein. Learning to read labels is very important for anyone with diabetes.

For further information about **CRYSTAL LIGHT Low Calorie Drink Mix** or other **Kraft** products call toll free 1-800-567-KRAFT. We're ready to help!

Skin Deep Skincare with the DERMAL THERAPY™ Healthy Skin Guide

Look inside this kit for your **DERMAL THERAPY™ HEALTHY SKIN GUIDE**. It's been developed especially for diabetes clinics for use with your patients! Use it as a tent card on your desk or pin it to your wall for everyone to see. It even has a handy appointment card!

Recently, **DERMAL THERAPY™** conducted a number of focus groups in Toronto to talk to diabetics about their skin health. Here are some important findings :

All of the participants suffered from severe dry skin but only a few knew that their dry skin was probably linked to diabetes. In general, the level of awareness and involvement in-patients managing their condition was surprisingly poor. Observing these groups increased **DERMAL THERAPY's** commitment to supporting your clinics and the important work you do. Clearly, there is a huge need for increased professional education for diabetes sufferers regarding skin health.

Not surprisingly, almost all of the participants complained mostly about dry feet, especially their heels. Feet were described as dry, itchy and sore, and a source of inconvenience and embarrassment. Respondents said that socks and nylons snagged or tore on their heels and they felt too self-conscious to wear sandals in the summer.

Little wonder **Heel Care** is the fastest-selling formula of **DERMAL THERAPY™!**

DERMAL THERAPY™ products include:

- ✓ **Heel Care:** 25% UREA and Alpha Hydroxy Acid.
- ✓ **Finger Care:** 20% UREA and Alpha Hydroxy Acid.
- ✓ **Hand, Elbow and Knee Cream:** 15% UREA, Alpha Hydroxy Acid and pure Silk Protein.
- ✓ **Extra Strength Body Lotion:** 10% UREA, Alpha Hydroxy Acid and pure Silk Protein.
- ✓ **Face Care Moisturizing Lotion:** 1% UREA, fine emollients, Alpha Hydroxy Acid and pure Silk Protein.
- ✓ **Foot Massage Cream:** 1% UREA, Alpha Hydroxy Acid, camphor, menthol and mint.

DERMAL THERAPY™ is a trademark of Dermal Therapy Research Inc.

To order additional units, or to comment on the *Healthy Skin Guide*, call (416) 240-5380.

Hypertension increases risks in diabetes. - AstraZeneca

Hypertension is a common condition among people with diabetes. Over 50 percent of diabetics have hypertension. Uncontrolled, it will significantly increase the patient's risk of developing long term complications such as heart disease, renal failure and retinopathy. **Zestril®** is an ACE Inhibitor which has been proven to provide 24-hour control of blood pressure in a single daily dose. It is the only ACE Inhibitor that has been proven to slow the progression of retinopathy, the leading cause of blindness in North America.

The enclosed booklet *Healthy Responses to Hypertension and Diabetes* from **AstraZeneca** (makers of **Zestril®**) is designed to educate patients about the increased risks of hypertension in diabetes. It offers valuable strategies from lifestyle changes to information about medication options which will help patients best protect themselves from complications caused by hypertension in diabetes.

Please remember that ACE Inhibitors must be prescribed by a doctor and each patient should be individually assessed to determine if ACE Inhibitors are the best therapy for their condition.

When safety is your first priority, trust Novolin-Pen® 3.



INSULIN
DOSING *you can*
do ANYWHERE.



Ask your pharmacist, nurse educator, or physician for your Novolin-Pen® 3 or call Novo Nordisk at 1 800 910-PEN3. (7363)

Brita

We all know the importance of water consumption is important to healthy living but it's hard to know exactly what's in your tap water. The *Brita Filter System* improves the taste and quality of tap water by virtually eliminating lead, chlorine, bad taste and odour. The *Brita Pitcher Filter System* is ideal for use around the home, office and your clinic. Water plays a necessary role in meal planning. Many of your clients will want to lose extra pounds so an increase in water consumption should become part of their meal plan, as it helps the body metabolize stored fat more efficiently, reduces excess fluid retention and helps maintain good muscle tone. Best of all it quenches thirst with no calories, no fat and no cholesterol. Those clients not previously involved in regular exercise will, of course, need to know the importance of hydration during exercise.

For more information, see the Brita web site at www.brita.ca

Strepsils

Sugar free **Strepsils** are suitable for use by people with diabetes. The sugar substitute is saccharin. Laboratory tests indicate **Strepsils** has a rapid onset of bactericidal activity (within minutes). A

lozenge contains two anti-bacterial agents: 2,4-Dichlorobenzyl alcohol 1.2 mg and Amylmetacresol B.P., 0.6 mg. **Strepsils** appear to be well tolerated by patients with few reports of adverse reactions. It is possible to use **Strepsils** during pregnancy, however, as with all types of medications it is always wise to consult one's doctor at this sensitive time.

If using other **Strepsil** lozenges, an adjustment for 2.6 mg of sugar per lozenge must be made to the diet.

Colgate Total

As diabetes educators, alerting clients to the special care that people with diabetes need to take is all part of a diabetes management program. It's particularly important to take proper care of teeth and gums since studies have shown that people with diabetes tend to be three times more susceptible to gum disease.

Colgate Total® toothpaste is the only toothpaste clinically proven to go beyond cavity protection to fight plaque, tartar, and gingivitis, the first stage of gum disease. Therefore, brushing with **Colgate Total®**, flossing, eating a balanced diet, and making regular visits to your dentist are all important things to remember for proper oral health.

LifeScan offers travel tips

With travel season fast approaching, your patients may have questions about managing their diabetes while abroad.

Here are some tips you can offer to those who are travelling to a foreign country:

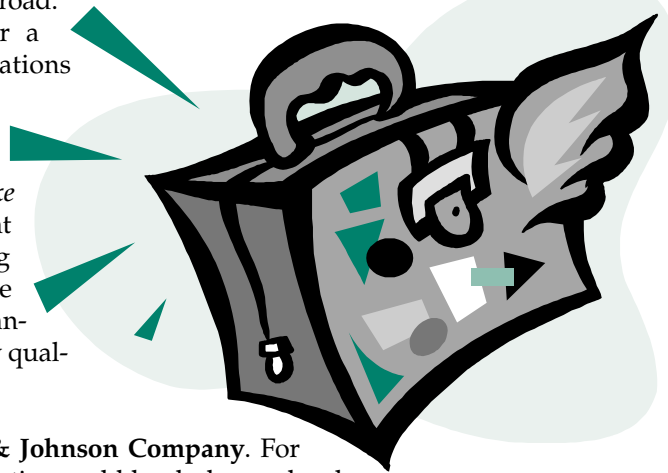
- See the doctor before leaving to ensure they're in good health and what to do and what medications to take in case of illness. For example, carrying something to settle the stomach will help keep food down and prevent blood sugar levels from plummeting.
- Take extras of everything including medication, syringes, extra test strips for their blood glucose meter, etc.
- If your patient uses syringes for insulin injections, they should take a doctor's note, otherwise, customs agents in some countries may confiscate them.

Finally, it's important to select diabetes supplies convenient for travel. For example, the **FastTake® Blood Glucose Monitoring System** from **LifeScan** was created for on-the-go testing with a compact size that's easier to pack and carry.

The **FastTake Meter** produces accurate results in just 15 seconds, using one of the smallest blood samples on the market (2.5 µL). This meter does not require cleaning, making it easier to use on the road.

Also, the meter is accurate for a wide range of climates, elevations and settings.

And right now, your patients may be eligible for a free **FastTake Meter** by trading in their current meter at their local participating pharmacy. Or, they can visit the **LifeScan** Web site at www.lifescan-canada.com/qualify to see if they qualify for a meter at no charge.



LifeScan Canada is a **Johnson & Johnson Company**. For more information on diabetes, testing and blood glucose levels, call the **LifeScan** Customer Care Line toll-free at 1 800 663-5521. You can also visit the Web site at www.lifescan-canada.com for more information on diabetes self-care, and our products and services.

CONTACT US

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