

# Foot Notes

## November 2013

Oregon Foot Care Centers

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## November is National Diabetes Month

Diabetes: if you don't live with it yourself, then it's likely you have a family member or friend who does. This November during National Diabetes Month, ask yourself if you're at risk of type 2 diabetes and take steps to prevent it. Diabetes affects 26 million Americans, with 19 million people diagnosed and 7 million undiagnosed. And an estimated 79 million American adults aged 20 years or older have prediabetes, which puts them at high risk for developing the disease.

### What is diabetes?

Diabetes is a disease in which blood glucose levels are above normal. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugar to build up in your blood.

### What are the types of diabetes?

- **Type 1 diabetes**, which was previously called insulin-dependent diabetes mellitus or juvenile-onset diabetes, may account for about 5% of all diagnosed cases of diabetes.
- **Type 2 diabetes**, which was previously called non-insulin-dependent diabetes mellitus or adult-onset diabetes, may account for about 90% to 95% of all diagnosed cases of diabetes.
- **Gestational diabetes** is a type of diabetes that only pregnant women get. If not treated, it can cause problems for mothers and babies. Gestational diabetes develops in 2% to 10% of all pregnancies but usually disappears when a pregnancy is over.
- **Other specific types of diabetes** resulting from specific genetic syndromes, surgery, drugs, malnutrition, infections, and other illnesses may account for 1% to 5% of all diagnosed cases of diabetes.

Courtesy of The American Diabetes Association



Check your diabetes  
risk at  
[www.diabetes.org](http://www.diabetes.org)



Diabetes can affect everyone,  
and celebrities are no  
exception. Here are a few  
famous people living with  
type2 diabetes

*Halle Berry  
Paula Dean  
Billie Jean King  
Chaka Khan  
Larry King  
Randy Jackson  
Mike Huckabee  
Pattie LaBelle  
Sherri Shepherd  
Ben Vereen*

Now until the end of the year  
Oregon Foot Care Centers is offering  
10% off all foot care products  
*Stock up and Save!*



*Wishing you  
blessings of  
health and  
happiness  
this  
Thanksgiving*

## *Recipe Corner*

Enjoy the sweet tastes of the season in a diabetic friendly recipe

### Pumpkin Bars

- 1/2 cup 60% to 70% tub-style vegetable oil spread, softened
- 1/2 cup packed brown sugar\*
- 1/2 teaspoon baking soda
- 1/2 teaspoon pumpkin pie spice
- 1/3 cup canned pumpkin
- 1/4 cup refrigerated or frozen egg product, thawed, or 1 egg
- 1 1/2 cups all-purpose flour
- 1/2 8 - ounce package reduced-fat cream cheese (Neufchatel), softened
- 1 cup frozen light whipped dessert topping, thawed
- Freshly grated nutmeg (optional)

#### Directions

1. Preheat oven to 350 degrees F. Grease and lightly flour a 9x9x2-inch baking pan. Set aside.
2. In a large bowl, combine vegetable oil spread, brown sugar, baking soda, and pumpkin pie spice; beat with an electric mixer on medium speed until well mixed. Beat in pumpkin and egg. Beat in as much of the flour as you can with the mixer. Using a wooden spoon, stir in any remaining flour.
3. Spread dough into prepared pan. Bake for 12 to 15 minutes or until a wooden toothpick inserted near the center comes out clean. Cool in pan on a wire rack for 10 minutes. Remove from pan; cool completely on a wire rack.
4. Meanwhile, in a medium bowl, beat cream cheese with an electric mixer on medium speed until smooth. Beat in half of the dessert topping. Fold in remaining dessert topping. Spread over cooled pumpkin layer. If desired, sprinkle with nutmeg. Cut into bars.
5. \*Sugar Substitutes: We do not recommend sugar substitutes for this recipe.

Nutrition Facts Per Serving:

Servings Per Recipe: 25

PER SERVING: 90 cal., 4 g total fat (2 g sat. fat), 3 mg chol., 75 mg sodium, 11 g carb. (5 g sugars), 1 g pro.

Diabetic Exchanges

Fat (d.e): 0.5; Other Carb (d.e): 1     Recipe courtesy of Diabetic Living

