



## what's on in health

July

11th–17th

National Diabetes Week

Diabetes WA

Phone: 08 9325 7699

[www.diabeteswa.com.au](http://www.diabeteswa.com.au)

23rd–26th

Cancer Council Update  
Cancer Council WA

Phone: 08 9388 4333

[www.cancerwa.asn.au](http://www.cancerwa.asn.au)

## diabetes

Sugar or glucose is the source of energy for the body's cells. Diabetes is a condition where the glucose can not enter the cells of the body and instead stays circulating in the blood.

**Type 1 diabetes** occurs when the hormones (insulin) needed for glucose to enter the cells is not produced. Type 1 diabetes is usually diagnosed in childhood or young adulthood and requires insulin injections to control blood glucose levels (BGL).

**Type 2 diabetes** occurs when the insulin for glucose absorption are produced but are ineffective or there is not enough hormone produced. Type 2 diabetes is by far the most common form and while it usually affects mature adults, it is now being seen in teenagers and children. Additionally, as the number of people who are becoming overweight and obese increases so does the number of people diagnosed with diabetes.

## the risk of the diet on diabetes

Diabetes is Australia's fastest growing chronic disease, with approximately 275 people across the nation developing the condition every day. Carrying more fat around the abdominal organs makes insulin less efficient at controlling blood glucose levels (insulin resistance). Diabetes that starts later in life is almost always caused by insulin resistance, not by a lack of insulin. Eating too much fat and being overweight or obese decreases the ability of insulin to drive glucose into the cells which can cause diabetes.

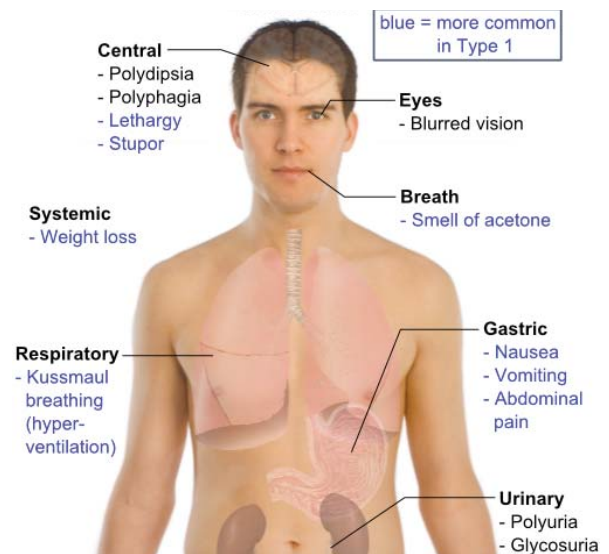
Weight gain occurs when the amount of energy (kilojoules/calories) consumed exceeds the amount of energy used. Fats, carbohydrates, protein and alcohol all contain an amount of kilojoules per gram. An increase in any of these energy sources may contribute to weight gain, however it is important to consider that fat provides over double the amount of energy (kilojoules/calories) per gram than that provided by carbohydrates.

When choosing foods from carbohydrate sources it is important to recognise whether the carbohydrates are simple or complex. Simple carbohydrates contain concentrated amounts of sugar and therefore an excessive amount of kilojoules. Additionally these foods increase the production of insulin and therefore increase the risk of diabetes.

Simple carbohydrates	Complex carbohydrates
Energy drinks	Root vegetables (eg potatoes, carrots)
Fruit juice	Lentils & beans
White bread	Wholegrain breads
Lollies	Wholegrain cereals
Biscuits	Oats
Pastries	Muesli
Soft drinks	Brown rice
Cakes	Bran

While excess consumption of high kilojoule foods such as fat and refined carbohydrates can contribute to weight gain; other factors such as portion size can lead to an increase in the overall energy intake. Furthermore, insufficient levels of physical activity also contribute to weight gain, increasing the risk of diabetes.

## the main symptoms of diabetes



Source: <http://codingnews.inhealthcare.com/>

Carepoint offer a range of programs that are aimed at identifying and reducing risks of diabetes.

These include:

- Blood glucose checks
- Group exercise sessions
- Lunch 'n Learn sessions – topics include:
  - Diabetes Awareness
  - Nutrition
  - Physical Activity and Fitting in Fitness

Contact us on (08) 6444 4660 or [health@carepoint.com.au](mailto:health@carepoint.com.au) today!

## prevention of diabetes

For every person diagnosed with diabetes, it is estimated that there is another person who remains undiagnosed, which is why it's important to have regular check ups with your GP. This will give you an opportunity to discuss and review all your preventable risk factors for diabetes. Your doctor or allied health professional will be able to monitor and help minimise your risk of diabetes. Some simple tips include:

- Watch your waist size: the World Health Organisation recommends that men stay below 94cm and women stay below 80cm when measuring the waist in line with the belly button
- Acceptable non-fasting blood glucose levels are between 3.5-8.5mmol/L: blood glucose should be checked regularly, particularly if other risk factors exist
- Choose foods which are low in fat and high in fibre
- Choose the complex carbohydrates over the simple carbohydrates
- Eat small, regular meals and never skip breakfast
- If you don't smoke don't start, and if you already started, try quitting: Call the quit helpline on 131 848
- Limit alcohol consumption: to 2 standard drinks per day with at least two alcohol free days a week
- Participate in regular exercise: aim for 30 minutes of moderate exercise on most if not all days of the week

## hearty beef pasta



source: [www.taste.com.au](http://www.taste.com.au)

### ingredients

- 400g linguine pasta or fettuccine pasta
- 1 tablespoon olive oil
- 300g round beef steak
- 1 red onion, sliced
- 2 garlic cloves, crushed
- 1 long red chilli, deseeded, finely chopped
- 400g can tomatoes
- 150g baby spinach leaves

## diabetic emergency

If you or someone you know is experiencing the following:

- Feeling weak, or shaky
- Sweating
- Headache
- Feeling light headed or dizzy
- Tingling round the lips
- Lack of concentration
- Behaviour change-tearful/crying or aggressive/irritable
- Hunger
- Racing heart beat

It could mean the body is not getting enough energy and is going into diabetic shock. Treatment must be immediate or symptoms could lead to a diabetic emergency.

It is possible to have low blood sugar (hypoglycemia) or high blood sugar (hyperglycemia) when experiencing diabetic shock. However it can be difficult to tell the difference between the two, so treat the symptoms as low blood sugar with some quick acting, easily consumed carbohydrate. By giving this person some sugary food you may save a life. Quick acting carbohydrates include:

- ½ can regular (not diet) soft drink, or
- a small bottle of juice, or
- 3 teaspoons of sugar or honey, or
- 5-7 jelly beans

These are equal to 15 grams of carbohydrate. If you use glucose tablets make sure you read the package to get the right dose.

### instructions

Cook pasta in a large saucepan of boiling water, following packet directions, until tender.

Heat 2 teaspoons of oil in a large non-stick frying pan over medium-high heat. Add beef and cook for 3 minutes each side or until browned. Transfer to a plate. Cover with foil and stand for 5 minutes. Thinly slice beef across the grain. Set aside.

Reduce heat to medium. Add remaining oil and onion. Cook, stirring, for 1 to 2 minutes or until soft. Add garlic and chilli and cook, stirring, for 1 minute. Stir in tomatoes, bring to a simmer and cook for 4 minutes or until thickened slightly.

Drain pasta and return to pan. Add spinach, beef and tomato mixture to pasta. Toss gently over low heat to combine. Season with salt and pepper. Spoon into serving bowls and serve.