



We are Going GREEN!

The Diabetes Education Center is joining in the effort to go green! How can you help? Simply email us your email address and you will start receiving our newsletter electronically in PDF form.

Your information will be kept privately. We will not sell or distribute your address to any other group. You will only receive our newsletter 4 times each year plus reminders to programs sponsored by The Diabetes Education Center. Save a tree, save our planet!

Send your email address to diabetes@uhhg.org

Thank you for your help!

Endocrinology

The study of the glands and hormones of the body and their related disorders.

How many words can you find in the word Endocrinology?

_____	_____	_____
_____	_____	_____
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Support Group Meetings

Union Hospital

1st Monday of every month from 6-8 PM in the 3rd Floor Café of the Professional Office Building at Union Hospital.

- **July 6**

“The Cardio Connection”

Jean Mercho, MD, Cardiovascular surgeon will discuss coronary artery disease, hypertension, dyslipidemia, and diabetes risk factors.

- **August 3**

“Anatomy of a 911 Call”

Paramedics from the Emergency Medical Services of Vigo County Fire Department will speak about what to do in a medical emergency.

- **September 7**

Labor Day NO MEETING

We hope you and your family enjoy the holiday!

West Central Community Hospital

3rd Thursday of every month from 6-8 PM in the Private Dining Room in the Hospital.

Topics to be announced

- **July 23**
- **August 20**
- **September 17**

NEW! Pre-Diabetes Class

Do you have a friend that has been diagnosed with pre-diabetes, metabolic syndrome or insulin resistance? Do they need help meal planning? What is a carb anyway? Are they looking for resources in our community?

We can help!

We will teach what can be done to help delay or prevent the onset of type 2 diabetes. For only \$40* each recipients will receive:

Personalized Meal Plan

Glucose Monitor

Health Care Resource Information

Complication Awareness

Physical Activity Guide

And more!

*Insurance will not be filed

Please pass this information on to anyone needing help with pre-diabetes diet and meal planning.

Meetings will be on the 3rd Tuesday of each month.

Registration is recommended as space is limited.

Room 375/3rd floor
Professional Office Building
Union Hospital
6:00—9:00 PM

June 16th, July 21,
August 18, September 15, October 20,
November 17, and December 15, 2009.

GREEN BEAN & TOMATO SALAD

Makes 7 servings

Serving size 1/7 recipe

16 ounces frozen cut green beans

2 Tbsp olive oil

¼ cup apple cider vinegar

½ tsp salt

2 tsp sugar

1/8 tsp dried basil

1 tsp Dijon mustard

3 Tbsp slivered almonds, toasted

2 cups cherry tomatoes, halved

Cook green beans according to package directions.

In a salad bowl, whisk together olive oil, vinegar, salt, sugar, basil and mustard. Add green beans, almonds, and tomatoes and toss well.

Cover with plastic wrap or lid and chill for at least 30 minutes before serving.

Calories 86

Fat 6 g

Cholesterol 0 mg

Sodium 193 mg

Carbohydrate 8 g

Fiber 3 g

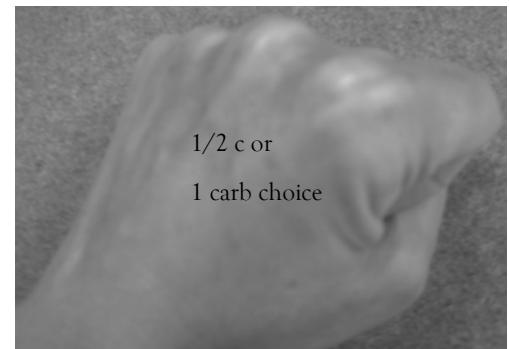
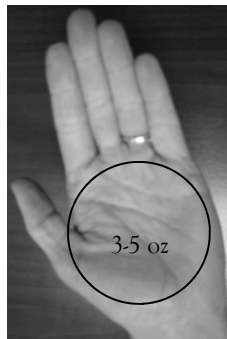
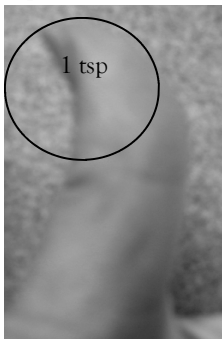
Turn Your Summertime Blues into Good Vibrations!

Are you worried about how to enjoy cookout with friends and family this summer? Is carb counting still new to you? Here are a few tips and tricks to help you keep your nutritional needs in mind while still enjoying the summertime cookouts and family reunions.

- Focus on family and friends, not food.
- Drink plenty of water. Garnish with fresh mint and a lime wedge for a taste of the tropics.
- Choose more fresh fruits and vegetables. Skewer zucchini, summer squash, bell peppers, and red onion with your favorite lean meat, grill, and enjoy!
- Portion control can equal blood sugar control. Try not to have more than 2 "fist fulls" of carbs on your plate.
- The 1 plate rule: Use only 1 plate and go through the line only 1 time.
- Fill your plate 1/2 veggies, 1/4 carb, 1/4 protein.
- Try a mock potato salad, by substituting steamed, chilled cauliflower in place of the potatoes.
- Remember conversions:
 - Thumb = 1 tbs
 - Thumb tip = 1 tsp
 - Palm = 3-5 oz of protein
 - Tight fist = 1/2 cup or 1 carb choice
- Enjoy the summer!

Try a new recipe like the Green Bean & Tomato Salad on the opposite page! Only 8g of Carbs per serving!

Still have questions? Feel free to call our office and one of our educators will be happy to answer your questions.



Helpful Healthy Hint: STRIPS

Check the expiration date on your strips. Be sure to rotate your supplies.

Expired strips will not give you accurate results.



Return Service Requested

Union Hospital

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**See us on the web at:
www.uhhg.org**

Summer-time for a check up! Check up your:

- Meal plans
- Health plans
- Diabetes care plan.

Many insurances may cover the cost of a follow-up visit. Call today to set your check up times and find out how you can check to see if your insurance policy has coverage.