What is Diabetes?

Diabetes is a disease in which your body does not produce enough insulin, or does not use insulin well. For people with diabetes, being overweight or having high blood pressure increases your chances of developing the disease.

What increases your chances of developing diabetes?

- Being overweight
- Having high blood pressure
- Having high cholesterol levels
- Having a family history of diabetes
- Being physically inactive
- Having prediabetes
- Being African American, Hispanic/Latino, Native American, Asian American, or Pacific Islander

Diabetes can be managed.

Diabetes is a chronic disease that requires ongoing care and management. It is important to work with your healthcare provider to develop a treatment plan that includes medication, lifestyle changes, and regular medical checkups.

Healthy Recipe

1. Preheat oven to 375°F.
2. In a bowl, mix together:
   - 2 cups flour
   - 1 cup brown sugar
   - 1 tsp baking powder
   - 1/2 tsp baking soda
   - 1/2 tsp salt
3. In another bowl, whisk together:
   - 1 cup vegetable oil
   - 3 eggs
   - 2 cups buttermilk
4. Add wet ingredients to dry ingredients and stir until well combined.
5. Pour batter into a greased 13x9-inch baking pan and bake for 35-40 minutes or until a toothpick inserted in the center comes out clean.
6. Cool before serving.

Free Exercise Classes

- Piloxing: Mon., Wed., Fri.
- Low Impact: Mon. - Thurs.
- Water Polo: Mon., Tue., Wed., Thurs.
- Walking Class: Wed. & Fri.
- Zumba: Tue., Thurs.
- Basketball: Sun.
- Water Aerobics: Mon., Wed., Fri.
- Cardio Kick Boxing: Mon., Wed., Fri.
- Walking Class: Wed. & Fri.
- Piloxing: Mon., Wed., Fri.
- Zumba: Tue., Thurs.
- Water Polo: Mon., Tue., Wed., Thurs.

Please check the website www.tusaludsicuenta.org for more information and locations.
INGREDIENTS:
- 2 1/2 cups of shredded cooked turkey breast (12 ounces)
- 1 cup of chopped green apple (1 large)
- 1/2 cup of chopped celery (1 stalk)
- 1/2 cup of chopped walnuts, toasted
- 1/2 cup of sliced green onions (4)
- 1/2 cup of snipped fresh Italian (flat-leaf) parsley
- 1/2 to 1 teaspoon of hot pepper sauce
- 1/4 cup of dried tart cherries
- 1/2 cup of light sour cream
- 2 tablespoons of lemon juice
- 1/4 teaspoon of kosher salt
- 1/4 teaspoon of freshly ground black pepper
- 12 butterhead (Boston or Bibb) lettuce leaves

PREPARATION:
1. In a large bowl, combine turkey, apple, celery, walnuts, green onions, parsley and cherries.
2. In a small bowl, stir together sour cream, lemon juice, hot sauce, salt and pepper. Add the sour cream mixture to the turkey mixture; stir until well mixed.
3. Divide turkey mixture among lettuce leaves, spooning turkey mixture into the center of each leaf. Fold the bottom edge of each lettuce leaf up and over the filling. Fold opposite sides in and over filling. Roll up from the bottom.

Healthy Recipe: Turkey Taco Lettuce Wraps

Source: Cooking Classy

Diabetes Myths

Myth: Diabetes is not that serious of a disease.
Fact: Diabetes causes more deaths a year than breast cancer and AIDS combined. Having diabetes nearly doubles your chances of having a heart attack.

Myth: If you are overweight or obese, you will eventually develop type 2 diabetes.
Fact: Being overweight is a risk factor for developing this disease, along with family history, ethnicity, and age.

The symptoms were there but she convinced herself they were just headaches. Eventually, she started taking the medication the doctor gave her and began to eat healthier.

“My doctor recommened I work on consistently making healthy food choices and begin to exercise regularly.”

“I’ve lost 14 pounds and feel so much better. When I was heavier I felt tired all the time. I wasn’t motivated to do anything and spent all my free time laying around. Now I have energy to play with my grandkids!”

Susana has been exercising daily and doing her best to eat healthier foods for almost two years now, able to control her diabetes with lifestyle change and now off medication. And a side benefit has been weight loss.

Susana was diagnosed with diabetes six years ago, and the first three years she was in denial.

“I admit I wasn’t emotionally ready to acknowledge I had diabetes.”

Early signs of diabetes are not always obvious and may develop slowly over time.

**EARLY SIGNS OF TYPE 2 DIABETES**

- Blurred vision
- Nerve pain or numbness
- Dark skin patches
- Frequent urination
- Slow healing wounds
- Increased hunger
- Extreme thirst

The good news is that good diabetes control can reduce your risks for diabetes complications.

Source: American Diabetes Association