In a recent newsletter we were reminded of how far treating diabetes has come, especially in terms of diet, which is all we had for many years. Here is a very small sample of what’s being done for diabetes in the future. It’s good to take a moment and appreciate how much work is being done to learn more about diabetes so in the future we can prevent it or manage it better.

Redefining Prediabetes to Prevent Complications
Association-funded researcher Ralph DeFronzo, MD, is examining how different medications might help prevent complications in people with prediabetes.

Diabetes in Pregnancy Differs from One Woman to Another
Diabetes that occurs during pregnancy can have different causes and can lead to different complications. Pathway Scientist Marie-France Hivert, MD, is investigating these differences in order to better predict which women are at highest risk for complications.

Can a Cup of Coffee Prevent Type 2
You probably know that coffee seems to help wake you up in the morning—and afternoon, and sometimes in the evening, too. But did you know it might help prevent diabetes?

New Insight into How Diabetes Leads to Blindness
New research is uncovering how diabetes changes the kinds of proteins that are made in the eye. These changes may lead to diabetic retinopathy, a leading cause of blindness. This information is allowing researchers to identify new targets for therapies that could delay or prevent the development of diabetic retinopathy.

The Connection Between Stress and Type 2
Researchers once thought genes alone might account for the dramatic differences in type 2 diabetes among rates among different populations. But there's increasing evidence that the environment we live in plays a bigger role than the genes we're born with.

Pathway Scientist Identifies Possible Trigger for Type 1 Diabetes
In order to prevent or reverse the development of type 1 diabetes, it is essential to understand why and how the immune system attacks the body’s own cells. Association-funded Researcher Thomas Delong, PhD, found a possible answer to these questions.
Thank you Adam Brown, author of Bright Spots and Landmines, for your suggestion regarding exercise: “Five minutes of activity beats zero minutes.”

This is a great reminder when we feel we don’t have time to exercise. The American Heart Association recommends 150 minutes of physical activity a week, 30 minutes over just five days. That would seem easy, until we get so busy with the rest of life that even that half hour is hard to find. Then it’s easy to just forget it, because exercising for a few minutes hardly seems worth it, or helpful. Yet, it is.

If you got up and moved for five minutes at a time throughout the day, you could accumulate thirty minutes by the time you hit the pillow.

Five minutes at a time can keep those joints moving, get the circulation going, and move a little blood sugar.

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Spicy Marinated Broccoli Salad

This Recipe Serves 2

Ingredients

1 cup fresh broccoli florets, cut into bite-sized pieces
1/2 medium carrot, grated
1/4 cup chopped red onion
1/4 cup diced roasted red bell pepper, rinsed and drained if bottled
2 tablespoons plain rice vinegar
1 tablespoon water
1/2 tablespoon olive oil (extra-virgin preferred)
1 teaspoon honey
1 small garlic clove, minced
1/4 teaspoon crushed red pepper flakes
1/4 teaspoon dried basil, crumbled
1 teaspoon shredded or grated Parmesan cheese

Instructions

In a medium bowl, stir together the broccoli, carrot, onion, and bell pepper.

In a small bowl, whisk together the remaining ingredients except the Parmesan. Pour over the broccoli mixture. Stir gently to coat. Cover and refrigerate for 1 to 2 hours, stirring occasionally. Before serving, sprinkle with the Parmesan.

Serving size ½ cup

11 grams carb, 2 grams fiber

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Exercise: Five Minutes is Better Than Nothing!

Time to mark your calendar for TCOYD, a life changing CONFERENCE EXPERIENCE For Type 1s, Type 2s & Those Who Care

When: Saturday, March 3, 2018
7:30am - Registration & Health Fair Open
9:00am - 5:00pm - Conference

Where: Sacramento Convention Center
1400 J Street Sacramento, CA 95814

How Much: $30 per person. $25 per person when two or more are registering together. After February 27, 2018: $45 per person

Want to attend but can’t afford the registration fee? Contact our office at 800.998.2693 and ask about our Registration Assistance Program.

www.tcoyd.org
Call Us!
800.998.2693
858.755.5683

www.diabetes.org
Come and join our diabetes support groups!

English: Dublin Senior Center 7600 Amador Valley Blvd, Dublin
1st Tuesday of the month, 10:00 am – 11:30 am.

English: Livermore Heritage Estates 900 E Stanley Blvd., Livermore
2nd Tuesday of the month 10:00 am – 11:30 am.

English: Castro Valley Kenneth C. Aitken Senior & Community Center
17800 Redwood Road, Castro Valley
2nd Tuesday of the month, 1:00 – 3:00 pm

English: Oakland Eastmont Mall 7200 Bancroft Ave., Ste. 202, Oakland
3rd Tuesday of the month, 10:00 am – 11:30 am

English: Alameda Recreation and Parks, Mastick Senior Center
1155 Santa Clara Avenue, Alameda
4th Wednesday of the month 1-3 pm

English: San Leandro Senior Community Ctr 13909 E. 14th St
4th Tuesday of the month, 10:00 am – 12:00 pm

Spanish: Hayward La Familia Counseling Service 22366 Fuller Ave
1st Tuesday of the month- every other month (October, December),
10:30 am – 12:00 pm

Spanish: Oakland Eastmont Mall 7200 Bancroft Ave., Ste. 202
1st Thursday of the month, 10:00 am – 12:00 pm

Spanish: Street Level Health Project, 3125 E. 15th St, Oakland
3rd Friday of the month, 2:30 -3:30 pm

Cantonese/Mandarin: 16450 Kent Ave., San Lorenzo
2nd Tuesday of the month, 10 am – 12 pm