

# ***Building Connections: The Maestro Project***



*Issue 23, Spring 2009*



## **A Long Awaited Break from the Cold...**

Hello there! I hope everyone was able to survive the WONDERFUL winter this year... Spring is in full force and summer is just around the corner. If there is anything you would like to see in the summer newsletter, or if you have any ideas, questions, or comments, do not hesitate to give me a call at the number listed at the end of the newsletter! Take care, and do not hesitate to call if you are having difficulties with the world of adult diabetes care!

**Justin Cloutier  
Cultural Broker**

## **The Next Generation Project – Preventing type 2 diabetes in youth...**

The Next Generation Project is a project that involves the children of mothers who were diagnosed with type 2 diabetes before the age of 18. Children born to mothers with type 2 diabetes are at a 14 fold increased risk of developing type 2 diabetes earlier in life. We have shown that **44% of the children over the age of 10 years have type 2 diabetes**. The goal of the Next Generation Project is to prevent obesity and type 2 diabetes in these children.

For those mothers already in the Project, I will be contacting you shortly to arrange appointments either in Winnipeg or in your community. The assessments have three measures: Your child's height and weight will be recorded, and if he or she is age 7 or older, they will have a blood test for diabetes using a fasting blood sugar.

**If you are pregnant and would like yearly check-ups of your children in the Next Generation Project, please call me at the number at the end of the newsletter.**

## **Are you First Nations, Metis or Inuit and living on a limited income? Do you need help starting or expanding a business?**

SEED (Supporting Employment & Economic Development) Winnipeg Inc. Aboriginal Build a Business Program may be just for you! SEED works with full time or part time businesses and offers business plan development training, one-to-one business counseling services, access to financing, and business counseling after the business starts. The initial training consists of 8 weeks of classroom sessions, followed by one on one business counseling. Once you've finished a business plan, you can apply for a loan to get your business off the ground. After you've begun your business, you will receive monthly meetings with a business counselor to discuss opportunities and challenges that come up. If you would like more information, e-mail SEED at [info@seedwinnipeg.ca](mailto:info@seedwinnipeg.ca), or call 204-927-9935.



# ...This just in!

The latest in type 2 diabetes research... (Adapted from diabetes.org)

## Weight Loss and Diabetes

You don't have to be in a research study to lose weight and decrease your risk of complications! One study from the US looked at the 3 year change in weight among 2500 patients with type 2 diabetes. They found that when comparing people who maintained high, or even lower weights with those who actually lost weight were more likely to have higher A1Cs and blood pressure after 4 years! These findings were true even though most of the people who lost weight actually regained the weight by the end of the 3 years. This means that losing some weight can have long-term benefits even if you can't manage to keep the weight off.

## Depression and Diabetes

Depression is very common in people with diabetes, but it is missed in about 66% of people who have both diabetes AND depression. When diabetes and depression coexist, both must be treated actively to avoid long-term health problems. One study looked at the link between diabetes and depression and showed that people who are depressed are more likely to get type 2 diabetes than people who aren't depressed. It was also shown that people who have type 2 diabetes are more likely to get depressed than people who don't have diabetes. Depression can have a negative effect on diabetes control; it makes self-care more difficult and symptoms more burdensome. Depression can increase the risk of long-term complications, and lowers your quality of life. If you are feeling depressed, the best thing you can do is TALK to someone about it, whether it's a close friend, family member, or your doctor.

## Television and Diabetes

It is known that not getting enough physical activity raises the chances that you will develop type 2 diabetes or have more poorly controlled type 2 diabetes. Some studies have shown that the more time you watch TV, the greater risk you have of becoming obese or getting type 2 diabetes. One study looked at the link between blood sugar levels and time spent watching TV. They measured the participants' blood sugar levels after fasting and two hours after having a sugary drink. They were then asked how much time they spent watching TV. They found that more time watching TV was linked to higher blood sugar levels. You could try mixing exercise with watching TV, either with a treadmill, sit-ups, jumping jacks, jump-rope, or whatever else gets that heart pumping!

## No gym pass? No problem!

Many studies have shown that people who are at risk for type 2 diabetes (the technical term is pre-diabetes or impaired fasting glucose) can greatly reduce their risk of developing type 2 diabetes through exercise programs. However, many of these studies involved intense efforts and professional assistance, which is not realistic for most of us! One study done in Australia showed that home-based 12 week strength training programs reduced the participants' risk of getting type 2 diabetes as much as the more intense programs. If you can't afford an expensive gym membership, don't give up! You can get thirty minutes of physical activity each day right in your own home, and live a healthier life.

If you have more questions about the above research or would like to learn more about other diabetes research, go to [www.diabetes.org/patientinform/default.jsp](http://www.diabetes.org/patientinform/default.jsp), or call the Maestro Project at the number listed at the end of the newsletter.

# A Gourmet Meal that won't Break the Bank!

Baked Pork Chops with Apple Stuffing (adapted from foodfit.com)



This recipe serves 4

## Ingredients:

4 pork loin chops  
salt to taste  
freshly ground black pepper  
2 tablespoons olive oil  
1 medium onion, chopped\*  
1/4 cup chopped celery\*  
2 tart apples (such as Granny Smith), peeled, cored and chopped  
1 1/2 cups bread cubes (just cut up bread)  
1/4 cup chopped fresh parsley\*  
1/4 cup apple juice  
1 tablespoon Dijon mustard

\*Having a hard time finding fresh produce? You can grow your own! You'd be surprised at how fun and rewarding gardening can be. Go to <http://www.bbc.co.uk/gardening/htbg/> for excellent tips on how to start a garden. It's easier than you think!

## Cooking Instructions:

1. Preheat the oven to 350° F.
2. Heat 1 tablespoon of olive oil in a heavy frying pan over medium-high heat. Season the pork chops with salt and pepper and brown them on both sides, about 2 minutes per side.
3. Transfer the pork chops to a baking dish, turn the heat to medium and add the remaining olive oil to the frying pan. Add the onion and celery and cook until the vegetables are soft. Add the apple and cook for 5 minutes more.
4. Add the bread cubes and parsley and remove from heat. Stir in just enough apple juice to moisten the mixture and season with salt and pepper.
5. Spread mustard on top of each chop then add the stuffing mixture over the chops.

### Do you know someone who is between the ages of 13-18 who is at risk for type 2 diabetes?

"At-risk" can mean not getting 30 minutes of physical activity every day, having a parent or sibling with type 2 diabetes, or being classified as overweight. If you know an adolescent who fits the criteria, he or she may be eligible for a free 6 month lifestyle intervention at the YMCA in Winnipeg, complete with personal trainers, diabetes risk assessments, and fitness tests before and after the 6 months of exercise. The POWER trial is a study led by Dr. Jon McGavock and hopes to find the amount of physical activity that is necessary to prevent type 2 diabetes in youth who are at risk for developing type 2 diabetes. If you are interested and have more questions, contact Dr. Jon McGavock at (204) 789-3591.

### Are you interested in a university education, but are worried that the transition will be too stressful and difficult?

You are not alone! University can be stressful, but the gains you'll get in a higher education and better employment opportunities will outlast any stress you might have. The University of Winnipeg offers a transition year program to mature students as well as recently graduated high-school students. The transition year program consists of a core academic writing course and a selection of 1<sup>st</sup> year courses to get your feet wet. Before you start classes, you will receive an orientation that will prepare you for university life and all of the services the University of Winnipeg has to offer. The program is designed so that new students can build the academic and personal coping skills that will help you succeed in University. If you are interested and would like to know more, contact Randy White, Transition Program Coordinator at 786-9983.

### Start now, be set for life!

Spring is a great time of the year to try out new activities and sports that you may not have had the chance to try in the winter. Some people love running, while others can't stand the idea of it! There are plenty of ways to break a light sweat for at least 30 minutes every day. For example, try ultimate Frisbee: a game that is similar to handball but uses a Frisbee instead of a ball. Everyone gets a chance to participate, and you won't even realize your exercising!

Remember, one of the best ways to keep up with an exercise plan is to make it a social event! Get a walking/jogging group together, or meet with friends every week to play a game of your choice! Exercise doesn't have to be a chore.

### A reminder to see your eye doctor

Among all of the other health professionals you see, it can be easy to forget to see an eye doctor, since you probably don't think there's anything wrong with your eyes! If you wait until you have blurry vision or other problems, it may be too late.

If you see your eye doctor once a year, he or she can catch any problems early on and prevent long term complications such as blindness. Take control of your diabetes!

If you need help finding an eye doctor in your area, do not hesitate to contact the Maestro Project at the number/e-mail below!



### Let us know if you have any ideas or comments!

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