

Welcome to

# The NEW You!

Providing you with information on:

**N** – Nutrition

**E** – Exercise

**W** – Wellness

South Dakota Urban Indian Health

Providing holistic care  
to the entire family.

Fall/Winter 2006 - Issue 005



## November is National Diabetes Month

The American Diabetes Association (ADA) shares these 10 myths. Visit their web site at [www.diabetes.org](http://www.diabetes.org).

**Myth # 1** You can catch diabetes from someone else.

Although we don't know exactly why some people develop diabetes, we know diabetes is not spread between people. It can't be caught like a cold or flu virus. There seems to be some genetic (family history) link in diabetes, particularly type 2 diabetes but lifestyle factors also play a part.

**Myth # 2** People with diabetes should eat special diabetic foods.

A healthy meal plan for people with diabetes is the same as that for everyone – low in fat (especially saturated and trans fat), moderate in salt and sugar, with meals based on whole grain foods, vegetables, and fruit. Special diabetic and “dietetic” versions of sugar-containing foods offer no special benefit. They still raise blood glucose levels, are usually more expensive, and can also have a laxative effect if they contain sugar alcohols like Sorbitol, Mannitol, Maltitol, or Xylitol.

**Myth #3** People with diabetes can't eat sweets or chocolate.

If eaten as part of a healthy meal plan, or combined with exercise, sweets and desserts can be eaten by people with diabetes. They are not “off limits” to people with diabetes.

**Myth #4** Eating too much sugar causes diabetes.

Diabetes is caused by a combination of genetic (family history) and lifestyle factors. However, being overweight does increase your risk for developing type 2 diabetes. If you have a history of diabetes in your family, eating a healthy meal plan and doing regular exercise or physical activity are recommended to manage your weight.

**Myth # 5** People with diabetes are more likely to get colds and other illnesses.

You are not more likely to get a cold or another illness if you have diabetes than people without diabetes. However, people with diabetes are advised to get flu shots. This is because any infection interferes with your blood glucose management, putting you at risk of high blood glucose levels and, for those with type 1 diabetes, an increased risk of ketoacidosis.

**Myth # 6** If you have diabetes, you should eat only small amounts of starchy foods, such as bread, potatoes, and pasta.

Starchy foods are part of a healthy meal plan. What is important is the portion size. Whole grain breads, cereals, pasta, rice and starchy vegetables like potatoes, yams, peas, and corn can be included in your meals. The key is portion size. For most people with diabetes, having 3 – 4 servings each meal of carbohydrate containing foods (starch, milk, fruit groups) is about right. Whole grain starchy foods are a good source of fiber, which helps keep your gut healthy.

**Myth # 7** Insulin causes atherosclerosis and high blood pressure.

Insulin does not cause atherosclerosis (hardening of the arteries). In past research, there was evidence that insulin can initiate some of the early processes associated with atherosclerosis. Therefore, some physicians were fearful that insulin might aggravate the development of high blood pressure and hardening of the arteries. But it does not.

**Myth # 8** Insulin causes weight gain, and because obesity is bad for you, insulin should not be taken.

Both the UKPDS (United Kingdom Prospective Diabetes Study) and the DCCT (Diabetes Control & Complications Trial) have shown that the benefit of glucose management with insulin far outweighs (no pun intended) the risk of weight gain.

**Myth # 9** Fruit is a healthy food. Therefore, it is OK to eat as much of it as you wish.

Fruit is a healthy food. It contains fiber and lots of vitamins and minerals. Because fruit contains carbohydrate, it needs to be

included in your meal plan. Talk to your dietitian about the amount, frequency, and types of fruits you should eat.

**Myth # 10** You don't need to change your diabetes regimen unless your A1C is greater than 8 percent.

The better your glucose control, the less likely you are to develop complications of diabetes. An A1C in the sevens (7s), however, does not represent good control. The ADA and the Indian Health Service goal is less than 7 percent for people with diabetes. The closer your A1C is to the normal range (less than 6 percent), the lower your chances of complications. However you increase your risk of hypoglycemia, especially if you have type 1 diabetes. Talk with your health care provider about the best goal for you.

---

### *Shot Time!*

Flu shot vaccinations are available.

Please call your clinic for more information.

---



SDUIH Clinics  
will be closed on:

December 25<sup>th</sup> for  
Christmas Day

January 1<sup>st</sup>, 2007  
for New Year's  
Day

## *Keya Program*

### *Long Life for Good Health*

The Aberdeen staff has the newly painted exercise room and the equipment ready for the Keya Program. This project aims to increase the quality and years of a healthy life by 1) preventing and reducing overweight and obesity; and 2) providing case management and exercise counseling to Native American clients who have been diagnosed with diabetes or are at high risk for developing diabetes.



Keya is the Lakota word for turtle which represents long life and demonstrates the ability to adapt to its surroundings and changes by living in and out of water. Keya is also viewed as uncomplaining and moves with a steady pace forward – a trait that will be used to help clients realize that health improvement does not come quickly. A steady pace of activity and a change in eating habits will bring improved health. As color is culturally significant to American Indians, Keya will be blue, which is viewed as good medicine.

---

### *The Yuonihan Project*

Alcohol is one of the most commonly used substances in the western world, despite the knowledge that drinking while pregnant can produce Fetal Alcohol Spectrum Disorders (FASD) in infants. **This leading cause of mental retardation is 100% preventable.**

The Dakotas' Fetal Alcohol Syndrome Prevention Project focuses on starting a community-based media campaign with Northern plains American Indian Tribes that is both cultural and language appropriate. It has been titled the "The Yuonihan Project," which means "respect" or "to honor" in Lakota. The media campaign was created by community members and focus groups within the Standing Rock Sioux Tribe with assistance by Hot Pink Ink, a Rapid City media firm.

The campaign focuses on FASD education, awareness, and advertising a 7 day a week, 24 hours a day helpline. *The Yuonihan Helpline* is available for any person seeking information about FASD or help decreasing alcohol use.

The Yuonihan project wants to decrease alcohol-exposed pregnancies. Women of child-bearing age who are interested in decreasing alcohol use and thinking about using family planning through a self-change program are encouraged to call. Eligible participants will be helped with individual information, follow-up phone calls, and gift card incentives.

Individuals concerned about drinking, even if they are not pregnant, or are seeking assistance for others, are encouraged to call

*The Yuonihan Helpline*

1-888-276-7207



The SDUIH staff wishes you a wonderful holiday season. May you gather safely with family and friends.

**Happy Holidays to You!**

**South Dakota Urban Indian Health, Inc.**

**Pierre Clinic**  
1714 Abbey Road  
Pierre, SD 57501  
Ph: 605-224-8841

**Aberdeen Clinic**  
1315 6<sup>th</sup> Ave SE, Suite # 6  
Aberdeen, SD 57401  
Ph: 605-225-1538

**Sioux Falls Clinic**  
320 S. 3<sup>rd</sup> Ave Suite B  
Sioux Falls, SD 57104  
Ph: 605-339-0420

***Catch Your Dream***

SDUIH is making plans for the *Catch Your Dream* project. This program will focus on giving children or youth an opportunity to believe in themselves, to grow healthy for stronger lives and to dream of what they can and want to be as adults.

Following the beliefs of Lakota tradition, the dream catcher will be symbolic of the projects offered to the children. The theme of dream catchers will be used to encourage children to include quality characteristics in their lives and to avoid habits which are harmful.