



## 101 Tips for Coping with Diabetes

by Richard Rubin, PhD, CDE, et. al.

This book helps you steer clear of dangerous "coping" habits and teaches you healthier ways to deal with stress. It also includes tips on building emotional coping skills and gaining support for managing diabetes.



Available online at <http://store.diabetes.org>

## 365 Days of Healthy Eating from the American Dietetic Association

by Roberta Larson Duyff, MS, RD, FADA, CFCS

This publication provides hints, tips, and strategies for having a smart eating mindset, making beneficial food choices, buying foods and supplements, food preparation, and more. Includes more than 60 recipes. Purchase online at: [www.eatright.org](http://www.eatright.org)



## Staying in the loop...



### American Diabetes Association teams up with America on the Move™

The ADA is supporting the goals of *America on the Move*, a national initiative dedicated to helping individuals and communities across the nation make positive changes to improve health and quality of life by making small, simple lifestyle changes to stop weight gain, including walking an additional 2,000 steps a day and eating 100 fewer calories a day. For more information, go to [www.diabetes.org](http://www.diabetes.org) or [www.americaonthemove.org](http://www.americaonthemove.org)

## Stress Management Can Improve Diabetes Control

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Our society has created numerous "conveniences" through the development of technologies that have inadvertently increased the pace at which we live and, as a result, the amount of stress we face every day. Much of the stress we encounter is natural and unavoidable, but stress can also be a result of lifestyle choices. Regardless of the cause, the body faces stress head-on with standard chemical responses that can wreak havoc on our health if left unchecked. This condition is particularly concerning for people with diabetes.

Stress can occur when change takes place. We typically think of only negative changes causing stress, but positive changes can cause stress as well. On a day-to-day basis, short-term stress occurs sporadically and is typically not detrimental to health. Long-term stress, on the other hand, can cause long-term high blood glucose levels, contributing to the risk of chronic complications in a person with diabetes. Stress forces our bodies to react to stimuli. The body prepares to flee from perceived danger by taking action, which is called the General Adaptation Syndrome (the fight-or-flight response). Hormone levels rise, heart rates soar, digestion slows, and muscles tense during the fight-or-flight response which results in the body releasing stored energy in the forms of glucose and fat. In people with diabetes, the mechanism for the fight-or-flight response does not function efficiently. The hormone insulin does not always allow the extra glucose into the cells, resulting in elevated glucose levels in the blood stream. Stress can also impact diabetes control indirectly. People under stress may neglect to check blood glucose levels, exercise, eat healthy or keep up with regular health care visits.

Managing stress can significantly improve a person's control of their diabetes. Researchers at Duke University Medical Center conducted a study on stress management therapy for people with diabetes. They measured HbA1C levels of study participants who had received stress management therapy compared to those who did not receive stress management therapy. The results revealed a small but significant reduction in HbA1C levels for participants receiving stress management training. The reductions ranged from 0.5% to 1% or more. This decrease can significantly reduce complications that develop when diabetes is under poor control. The results of the study suggest stress management training can be a valuable tool for maintaining blood sugar control of a person with diabetes.

The goal of stress management training is to teach patients how to achieve the relaxation response that reverses the effects of stress and/or adjusts how a patient views change. The relaxation response is learned, while the stress response is involuntary. For example, "relaxing" in front of the T.V. or with a

