

QUICK BREKKIE

Orange and strawberries with chia seeds and walnuts

Serves 1

2 oranges, skin and white pith removed, sliced into rounds, quartered or halved

125g punnet strawberries, hulled, halved or quartered

1 tablespoon freshly squeezed orange juice

2 tablespoons chopped walnuts

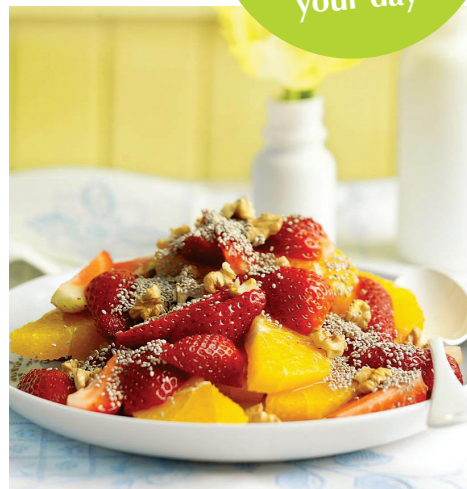
2 teaspoons chia seeds

1. Put the orange pieces, strawberries and orange juice in a large bowl. Toss to combine.

2. Sprinkle the walnuts and chia seeds over to serve.

ENJOY!

Try this scrumptious recipe for a tasty, healthy start to your day



Chia seeds are rich in antioxidants, and high in fatty acids, protein, soluble fibre, vitamins and minerals

Recipe and image courtesy of *Diabetic Living* magazine – www.diabeticliving.com.au



It's all about balance

Diabetes management is all about maintaining balance or achieving 'good control'.

And why is 'good control' so important? Because it helps minimise episodes of low and high blood glucose or sugar levels (BGLs) and allows you to enjoy greater quality of life. Most importantly, taking control of your condition helps you avoid future health complications. The eyes, kidneys, nerves, heart and feet can all be seriously affected if diabetes management is poor.

All people with diabetes will experience hypoglycaemia (low BGL) and hyperglycaemia (high BGL) at some stage. The trick is to identify these episodes and treat them. Getting the balance right takes time, knowledge and experience.

Start taking control. Get used to monitoring your BGLs regularly, without becoming 'emotionally involved'. Be aware that insulin and exercise can help reduce blood glucose levels that are too high, while eating the right kinds of foods can moderate them.

Want to know more? Call 1800 LANTUS (1800 526 887) weekdays from 7am to 10pm (AEST) to talk to a nurse advisor.

If you'd like to share your experiences with diabetes and your Lantus treatment, we'd love to hear from you. Email us at costars@sanofi.com



Diabetes Australia on 1300 136 588 or at www.diabetesaustralia.com.au

The National Depression Initiative on 1300 224 636 or at www.beyondblue.org.au

Lifeline on 13 11 14 for telephone counselling, information and referral

Relationships Australia on 1300 364 277 for relationship support and counselling

Kids Helpline on 1800 551 800 or at www.reachout.com for those between the ages of 5 and 25

Carers Australia on 1800 242 636, if you need help caring for someone

SANE Australia offers a wide range of resources to assist people diagnosed with mental illness and their families. Call the SANE Helpline on 1800 18 SANE (7263) or visit www.sane.org for more information

In collaboration with **SANE Australia**, **Diabetes Australia** has produced a helpful **booklet**, *The SANE Guide to Good Mental Health – for people affected by diabetes*, available from Diabetes Australia. Call 1300 136 588 to order your copy

Diabetes Australia (Victoria) and **beyondblue** have produced a **DVD** featuring interviews with people who have diabetes and who have recovered from depression and anxiety, as well as interviews with health professionals. Call 1300 224 636 to order your **FREE** copy today

Diabetes CoSTARS

ISSUE 1

Fit as a fiddle



Bill then and now

For 40 years, Bill Constantine lived the good life. "I was like King Farouk," the chatty 77-year-old retiree says today. "I drank, ate, smoked and partied excessively."

Bill's unintentional unhealthy lifestyle caught up with him when he was diagnosed with type 2 diabetes about 20 years ago after his son, an Adelaide-based optometrist, picked up some changes to his father's vision.

Soon after that, Bill was put on oral medication. "I was lucky to be diagnosed early; it's encouraged me to take an active interest in my wellbeing," says the former sales manager. "I've always asked lots of questions, and my GP has given me the confidence to stay one step ahead!"

Bill had to make some difficult lifestyle changes after his diagnosis, and took the challenge seriously. He gave up smoking after a habit of decades, started watching his food intake – "I was eating mostly good stuff, but was eating too much of it"

and that keeps my stress levels down," he says. "If I feel I'm becoming stressed, I take it easy." Bill also rarely drinks alcohol nowadays, opting for diet soft drinks whenever he entertains or goes out.

Bill has become even more health-conscious since starting insulin in early 2011. "Everybody

adjusts and adapts differently to dealing with diabetes. I've fine-tuned my routine so that I eat every four hours.

If I eat more often than that, my BGLs go crazy," says Bill.

When Bill puts on weight, he watches his food portions closely and, on advice from his GP, adjusts his insulin

intake accordingly. "With a little bit of dedication over a short space of time, you can pull down your weight real quick," says Bill, who's kept a trim physique as a result. "I always check my BGLs before going to bed at night, because I don't want to wake up in the middle of the night, hungry and on the verge of a hypo," he adds.

In constant contact with his GP, diabetes educator and dietitian, Bill also talks regularly to the CoSTARS nurses by telephone. "If I'm not clear about anything, I call for help."

Discussing his treatment, Bill says, "I simply rotate my daily injections in first the left and then the right leg between the knee and hip, and that works well for me."*

The cheerful retiree chuckles: "If I make a mistake with my calculations or injections, I don't kick myself in the shins about it. I just learn from it, and move on. Over time, managing my diabetes has definitely become easier."

I watch my portion sizes when I eat and always check my BGLs before going to bed at night

– and began exercising moderately every day for at least an hour. This combination of changes normalised his BGLs almost immediately.

In good weather, Bill enjoys long walks around his local shopping centre or nearby community grounds, mowing the lawn and gardening. In wet weather, he maintains and repairs cars, and does a lot of fix-it jobs around the house. "I have a routine that keeps me active and positive,

*Treatment effects and experiences with diabetes can vary from person to person.



Beating the blues

If you are living with diabetes, you are at greater risk of becoming depressed than someone who does not have diabetes. Whether you have type 1 or type 2 diabetes, the odds are similar. However, you are more likely to become depressed if you are female.

Coping with all the changes you may face when living with diabetes can be stressful. Over time, managing your condition may seem overwhelming. You may ask yourself 'why me?' and begin to lose motivation to take control of your condition. Daily blood checking, medication and insulin injections, watching what you eat, and fitting in regular physical exercise may ultimately lead to 'burnout'.

The good news is that many people living with diabetes learn to recognise when they are beginning to sink into depression – and can then do something about it.

Depression can be treated with cognitive behaviour therapy (CBT), and has proved effective when delivered online, with minimal guidance, to persons with both types 1 and 2 diabetes.

Becoming aware you are depressed is one of the first, most vital steps on the road to recovery. If you believe you may be depressed, visit your GP to discuss one of many possible treatments that can help you feel better about yourself and about life. Apart from medication and counselling, there are many lifestyle habits you can adopt that can have a positive impact on your mood.

Some typical signs of depression

- Feeling worried, guilty or worthless for no apparent reason
- Having difficulty concentrating on tasks or making decisions
- Losing interest in things you used to love doing
- Moving or talking slowly
- Sleeping badly, or sleeping more than usual, yet still feeling tired
- Either losing or gaining appetite and weight
- Losing interest in sex
- Feeling that life is not worth living and that you can't go on

I've started walking in the evenings, which has been great

Depression is a medical condition

According to SANE Australia Executive Director, Barbara Hocking, feelings of depression are not only common among people with diabetes; family carers can often be affected too. "While everyone feels down from time to time, people with depression have a medical condition. They experience a persistent feeling of sadness, without reason, that cannot be shaken, and that affects their capacity to get on with their daily lives," she explains.

"Depression can, however, be treated. In the case of family and carers, it's important for them to be aware when taking care of someone with diabetes is taking a serious emotional toll on their wellbeing."

Depression and type 1 diabetes

Those with type 1 diabetes have usually been diagnosed in childhood or early adulthood, so have had most of their lives to become used to checking their blood glucose levels and managing their condition.

Even so, many people describe experiencing diabetes 'burnout' due to the never-ending and sometimes unpredictable nature of their condition, and this can lead to depression.

Depression and type 2 diabetes

Type 2 diabetes is the most common form. Many men and women with this condition experience depression. And depression itself can lead to a higher risk of developing type 2 diabetes, by making it more difficult to be physically active and to eat well.

Very often, the key to treating both diabetes and depression lies in regular physical activity, healthy eating and losing excess weight, says Diabetes Australia spokesperson, Lyn Curtis. "Those who learn to manage their diabetes, lead full and happy lives."

Toby Creswell, diagnosed with type 2 diabetes when he was 56, agrees. As part of his diabetes education, this husband and father-of-one began to discover more about what types of food to eat, and when.

"It was hard at first, but it got easier," says Toby, who is just one of thousands of Australians diagnosed with diabetes every year. "I've started walking in the evenings, which has been great. My wife and I head out after dinner and we walk and talk. We've never been closer – and I feel better physically too. I've even lost some weight."

LIFT YOUR MOOD

Sometimes people who are depressed avoid asking for help because they feel they are not coping. Doctors are available to help treat this medical condition just like any other. Here are some top tips for beating the blues.

- 1 Ask for help:** Step One is to see your GP and acknowledge you think you may be depressed. Together, you can then decide what course of treatment is best for you.
- 2 Keep seeing people:** When people feel depressed, they tend to avoid company when they shouldn't. Avoiding others only makes you feel lonelier. So, say 'yes' to social occasions whenever possible.
- 3 Stay connected with family and friends:** Don't hide how bad you're feeling from those you love. In fact, it's a good idea to ask a family member or friend to go with you to medical appointments, simply for emotional support.
- 4 Be gentle on yourself:** Stop trying to be perfect. The truth is, nobody is. Not you, nor any of the people around you; so go easy on yourself, on others, and on life.
- 5 Recognise changes in yourself:** Having thoughts or attitudes associated with periods of anxiety or depression? Are you becoming less tolerant and more irritable? Are others noticing a change in you? Take these concerns seriously and don't dismiss them. By being aware of the early warning signs, you can work on prevention. Anticipating a situation that could be really stressful can help you plan how to cope better.
- 6 Break activities down:** If all the things you have to do in one day seem too much, be smart and break these chores down into smaller 'chunks' and simply tackle what you can. Then, give yourself a big tick for achieving what you have.
- 7 Learn to relax:** Next time you're feeling emotionally upset, try some deep breathing to ease your stress, think positive thoughts, and take a gentle walk outdoors to calm down. Get good at the art of positive relaxation.
- 8 Enjoy healthy foods and drinks:** To help manage your diabetes, your meals need to be moderate in size, spread evenly and regularly throughout the day, lower in fat, and based on high-fibre carbohydrate foods such as wholegrain breads and cereals, dried beans, lentils, starchy vegetables and fruits. So get smart and start snacking on chickpeas, corn and medium-sized pieces of fruit such as apples, oranges and pears.
- 9 Keep moving:** Get out in the sun (during off-peak UV times), jump in a pool and swim, shake it up on the dance floor, or lie on the floor and stretch. Exercise is proven to lift your mood, so make sure you do a little physical activity every day.



Stepping out

Looking for a universal remedy for all ills? Walking may come close! Studies have consistently shown that walking briskly for 30 minutes or more each day enhances physical health, lifts mood, reduces weight and helps people of all ages to lead independent, rewarding lives.

Walking is easy! It's free and you can do it all year round

Just 30 minutes of walking or similar low-impact exercise per day has been found to lower blood pressure, reduce body fat, prevent or assist in managing type 2 diabetes, improve mild to moderate depression and anxiety, improve sleep, strengthen the immune system and improve circulation.

So, rain or shine, follow this simple checklist and walk your way to better health:

- Invest in a good pair of walking shoes with ample support to prevent damage to your joints and feet.
- Ease into your walk with five minutes of gentle strolling to warm up your muscles.
- Cool down with another five-minute stroll at the end.
- Remember to stretch (calf muscles, quadriceps, hamstrings and side muscles) before and after walking.
- Don't overdo it on your first day out. Just walk as far as you find comfortable and gradually build up to 30+ minutes per day.
- Make sure you seek your doctor's advice before starting a fitness program.

Information in this article has been sourced from SANE Australia. In collaboration with SANE Australia, Diabetes Australia has produced a helpful **booklet**, *The SANE Guide to Good Mental Health – for people affected by diabetes*, available from Diabetes Australia. Call **1300 136 588** to order your copy.