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Healthy Life offers to assist Diabetics in any way possible by means of this Newsletter.

It's All about YOU™.

Through this we hope to reach a larger audience who wish to find out more about their condition and how best to either prevent or treat it.

Our Mission:

To prevent and treat Diabetes by increasing public awareness and strive towards building a healthy life

Sri Lanka

THE HEALTHY LIFE TEAM

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Dedicated to the care of Diabetes, Healthy Life proudly celebrated its 1st year of operation. **Join the fight against Diabetes; the Silent Killer** was the focus of our large scale awareness program. Commemorating the anniversary, the Clinic organized a three-day

program which was an informative breakfast forum at Taj Samudra on 26th October, followed by two days of Public Awareness Sessions on **'Diabetes as A way of Life'**.



Present at the breakfast forum were prominent Guest Speakers, Dr. Sanjeev Kelkar, a renowned Diabetologist and Researcher and Dr. Supriya Warusavithana, from World Health Organization who addressed a gathering of Sri Lanka's high-flying business tycoons, Medical delegates and clinic members. Issues discussed



related to the negative impact of Diabetes on the Nation's workforce and the economy.

27th and 28th of October were spent purposefully at the premises of the Clinic where **Healthy Life conveyed a vital message that awareness is the key to success in Diabetes care.** The programmed sessions comprised of free



blood sugar tests, interactive discussions on heart risk, diabetes complications, diabetes in pregnancy and children. Special importance was given to lifestyle modification; aspects related to healthy eating and cooking principles, exercise and yoga.



Healthy Life innovatively introduced the necessity of making healthy food choices by children so that healthy living could be practiced from childhood. 25 children having listened to a narrative that spoke of the importance of healthy eating and being active, sketched drawings on what they learned.



Having had a successful year end, the Clinic looks forward to treating and preventing Diabetes in every way possible.



Creeping Weight

According to ADA (American Dietetic Association), the difference between weight loss and weight gain can be as little as 100 Calories. Most of us experience what is known as 'weight creep'-those extra kilos that add on over the years at an average of 3 kilos per year; which translates into 30 kilos in 10 years. Can you afford to let that happen?

So, what makes up the 100 Calories?
Take a look at how
easy it is to cut back on extra calories.

- ★ A coffee lover? If you are using full cream milk with your coffee, substitute with skimmed milk to save 100 Calories



- ★ Bust the Fizz! 16 ounce of Pepsi is 250 Calories. Skip one Pepsi a day and you'll be 2 and half times ahead of the suggested 100 Calories.



- ★ 2-3 tablespoons of sugar gives 100 Calories. Prudent use of sugar substitutes can help cut back on intake of extra sugar.
- ★ Going Nuts-Fried and salted have 300 calories more than dry roasted nuts.
- ★ Breakfast Buns-Choose bread rolls instead of butter croissants or sugar coated buns. You will be cutting out on 120 Calories.
- ★ Burger craze! Pass up on heavy salad dressings on your burgers. One sachet of French dressing has over 160 Calories.
- ★ Cheesy Pizza-Try not to order for extra cheese on your pizza or the garlic bread. You will save more than 200 calories.
- ★ Drink one beer less than usual. Each 12 oz beer, even a light brand, averages 100 calories.
- ★ Minus just 2 and a half teaspoons of oil used in cooking to save a little over 100 Calories per day.
- ★ Use dilute coconut milk or skimmed milk for curries instead of whole coconut milk or first milk. 1 cup of grated coconut gives over 286 Calories.



Looking to burning the extra 100 calories? Here's what you can do.

- Swimming energetically for just 15 minutes will burn 100 calories.
- You can burn 100 calories for every hour that you do housework.
- Only have ten minutes? Jump rope if you can. At 700 calories per hour, you can burn up 100 calories in just 10 minutes!
- Sewing for an hour and fifteen minutes. At 85 calories an hour, it's not a major calorie burner, but it is a feasible option.
- Stay late at the office for an extra forty - unless of course, you're missing your workout at the gym. An hour of office work burns about 140 calories.
- Cycling for fifteen minutes. Moderate aerobics exercise burns 400 calories an hour.
- Put on some music and dance on the tramp through four songs and you'll be doing great.
- Go for a 10 minute walk - but aim for a brisk pace. Power walking burns 600 calories an hour. You can burn 100 in ten minutes.
- Another way to put it, walking 2000 steps is the same as burning 100 calories!



This is for the ladies! Shop till you drop & what's best you'll burn more than 100 calories with just an hour of shopping!



High Blood Pressure

Dietitian

 Your healthier option

Increased blood pressure, or hypertension, is the most common outcome that has been associated with high levels of salt intake. Largely, people consume more sodium in the form of salt than necessary. Most salt in the diet does not come from addition to food in the home by consumers but from processed foods. The current recommendation for salt intake is no more than 6gms per day which is just about one teaspoon. In most cases blood pressure can be reduced by: losing weight, regular exercise, a healthy diet, drinking less alcohol, and reducing salt.

Excessive consumption of Sodium chloride (salt) may

- ◇ Complicate Diabetes control, congestive heart failure,
- ◇ Contribute to certain types of cancers, gastric ulcers, liver disorders, implicated in hypertension, and kidney dysfunction.
- ◇ Cause Muscle stiffness.
- ◇ Also be responsible for migraines and excessive fluid retention in the body.
- ◇ Contribute to Osteoarthritis and increase the risk of Osteoporosis (by accelerating the loss of Calcium from the Bones).



Food substances that would lower blood pressure

- ? Whole grain cereals, fruits and vegetables
- ? Oil fish- salmon, herring, and tuna
- ? Seeds: Fenugreek, Coriander, Dill seeds
- ? Garlic, onions, spinach, gotu kola, ginger and chillies
- ? Chocolate and green tea(after a meal) may help due to its content of polyphenols



This is what your label means-

When buying processed foods, check the salt or sodium content. Here's a quick guide to understanding the label information.

This is A LOT of salt	This is A LITTLE salt
1.25g salt or more per 100g	0.25g salt or less per 100g
0.5g sodium or more per 100g	0.1g sodium or less per 100g



Frozen Carrots

Nutrition Facts	
Serving Size 1/2 cup (6g)	
Servings Per Container 6	
Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 1g	
Vitamin A 100%	Vitamin C 2%
Calcium 2%	Iron 0%

Try this while cooking.....

* Adding fresh herbs and spices to flavour meat and vegetables.

* Black and white pepper, ground coriander, paprika, thyme, basil, parsley, chillies are all natural salt substitutes.



* Certain vegetables taste better when roasted instead of other methods of cooking. Eg- parsnips and squash.

* Marinating in advance for more flavour.

* Use more of ginger, garlic, turmeric, ripe tomatoes, and various types of onions as flavour enhancers.

* Lime, vinegar and a tablespoon of wine on sea food and meat for more flavour.

* Homemade stocks and gravies rather than readymade cubes or granules



Stress Incontinence

Uncontrollable leakage of significant amounts of urine on coughing, sneezing, laughing, running (infact, any activity that increases abdominal pressure), also known as **Stress Incontinence**, has long been a very distressing problem amongst women. Although this is mostly seen after childbirth or menopause, it can occur in young women prior to marriage or childbirth.



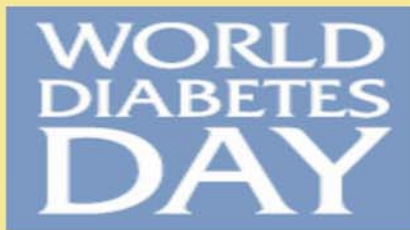
On conducting a survey, it was surprisingly noted that there were more than twice the number of Diabetics who suffered from this condition in the United Kingdom (6 million against 2.5 million). The

unpredictable nature of this urinary leakage is a huge psychosocial and hygienic problem which makes day to day activities uncomfortable. She may have to wear sanitary towels for most of the time. Various surgical procedures were tried out but the results were at best mediocre.

However, eventually a simple surgical technique was developed in Europe and is considered the Gold Standard in Stress Incontinence surgery. This method involves the insertion of a soft Polypropylene mesh tape to support the urethra as a hammock, under local or spinal anaesthesia, And the prevailing condition can be alleviated permanently. Women from various age groups, whether feeble or obese or those with other medical complications such as chronic lung and cardiac disorders



Apart from exhibiting a cent percent success rate, the procedure requires minimum number of hospital days and enables the patient to resume normal activity within a few days.



World Diabetes Day, celebrated all around the world every year on the 14th of November, was established by the International Diabetes Federation and the World Health Organization in 1991. The aim of this day is to coordinate diabetes advocacy worldwide. Every year a new theme is selected to highlight different important aspects of Diabetes. Last year it was foot care.

This year (2006), the theme is “Diabetes Care For Every one”. This is to raise the awareness of communities and groups in both developed and developing countries that experience difficulties in assessing optimal health care. Diabetes care can often be expensive with the frequent monitoring, doctor's visits and medications. The underprivileged often have difficulty accessing medical care and specialized diabetes care.



In the month of November, Healthy Life Diabetes Clinic has planned a series of campaigns and events which would be in line with this theme of helping the underprivileged. On Nov 14th the Clinic with the help of the plantation companies in the upcountry and down south will hold diabetes awareness sessions with free blood sugar checks and distribute leaflets about diabetes and healthy eating habits. We will also be working with the

corporate sector to increase awareness among their workers. You can also meet us at the National Diabetes Association Program on Nov 19th.