Happy New Year!

IT’S A NEW YEAR, A NEW DAY, AND A NEW START.

Greetings to all from our staff at MUSC’s College of Nursing, Project DIABETES in Charleston, SC. We hope that your Holidays went well. Are you ready to jump into this New Year and succeed in achieving your new goals?

In this newsletter we want to give you some ideas of goals you can set this year that could improve your diabetes health and also some myths to get rid of.

We are looking for new participants who are African Americans with diabetes or that have a family member with diabetes to volunteer to complete our survey.

To show our appreciation for your time we will also be giving a $35 Walmart Gift Card to all volunteers. To volunteer please call 1-866-551-3010.
The Biggest Myth to Conquer …..

Many people have the belief that diabetes is untreatable; we want for you to know that this is false. **Diabetes is treated in multiple ways**, but one of the best treatments are lifestyles changes. Some of the lifestyle changes include eating correct portions, exercising, and going to see your doctor. These things in addition to taking your medications can help bring your diabetes to a controllable level and also delay/prevent worse conditions. Below are a few things to get you started or to continue using these tips.

### Favorite Vegetable Soup *(American Diabetes Association)*

**Ingredients**

- ½ lb ground chuck (this is a cut of beef)
- 7 cups peeled, chopped fresh tomatoes or 2, 28-oz. cans no salt added diced tomatoes
- 4 cups water
- 1, 14.5-oz can no salt added cut green beans, drained and rinsed
- 1, 15-oz can no salt added peas, drained and rinsed
- 1, 15.25-oz can no salt added corn, drained and rinsed
- 2 medium carrots (3 oz each), peeled and chopped
- 3 medium potatoes (5 oz each), peeled and diced
- 1 medium onion (5 oz), diced
- 1/4 cup dry rice
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon red pepper flakes
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder

**Instructions**

Place ground chuck in a 2-gallon stockpot and brown over medium heat. Remove meat and drain it well. Wipe drippings from pot.

Return meat to stockpot, then add tomatoes and water. Bring to a simmer and cook, covered, until tomatoes are soft and a juicy broth is created, about 20 minutes.

Add remaining ingredients, cover, and continue cooking 60 additional minutes to allow flavors to blend.
MYTHS TO TRASH THIS YEAR

1. “Diabetes runs in our family, so there is a strong chance I will get it.”
   - Only about 9% of people with diabetes get it due to genetics.
   - Even though someone may have a gene that favors diabetes it does not mean they will get it. That gene like a fire, has to be triggered by things in the external environment. Just like a fire needs oxygen, heat, and fuel to activate, that gene needs things to activate it. These things include but are not limited to eating excessive portions, lack of exercise, smoking, and high blood pressure.

2. “Eating too Much Sugar Causes Diabetes.”
   - Table sugar is not what causes diabetes. When you eat carbohydrates the body converts it to a form of sugar called glucose. Glucose with the help of insulin enters the cells in the body to provide energy. Diabetes is when the pancreas (an organ) does not produce a sufficient amount of insulin or an insulin that the body can use. (This is why it is important that you only eat carbohydrates by the correct portion per meal, so that the glucose can be processed easier)

3. “If you have diabetes you can not eat like everyone else.”
   - This is not true. Having diabetes does not mean that you cannot eat certain things. It just means that you should eat them in the correct portions.
   - The recommended portion size of foods for Americans and people with diabetes are not much different; it is just that in our society we are used to having much larger portions.

4. “You have an increased chance of catching the flu.”
   - Having diabetes does not increase your chances of catching the flu; it is just that if you catch the flu your symptoms may be more severe than someone without the diabetes.

5. “Obesity causes diabetes.”
   - Being obese does not cause diabetes it is a risk factor just like diabetes running in your family and smoking. These things do not mean that you will develop diabetes, it just means that they can put you at higher risk of developing diabetes.