

Ask The Dietitian

Seniors With Diabetes—It's All About Good Management ㊦

(NAPSA)—According to the American Diabetes Association, the rate of diabetes increases with age. In fact, half of all diabetes cases occur in people over age 55. Approximately 18.3 percent (8.6 million) of the United States population age 60 and above has diabetes.

Registered Dietitian Rachel Agnew has a special interest in working with seniors with diabetes. She has worked with many patients and the disease has touched her personally—her grandmother struggled with Type 2 diabetes.

Agnew stresses that Type 2 diabetes is quite manageable and has some tips for seniors who suffer from it or know someone who does.

There are two main “types” of diabetes. Type 1 diabetics cannot produce insulin and must take insulin daily. Type 2, or non-insulin-dependent diabetes, is most common in people over 40. In this type of diabetes you are either insulin deficient or insulin resistant. Type 2 diabetes can occur in children and adults and is frequently linked to obesity.

To manage diabetes:

Maintain A Healthy Diet And Get Regular Exercise

1. Make healthier food choices—Eat more vegetables, choose leaner meats, try low-fat dairy products, eat fresh fruit and keep the skins on for extra nutrients and fiber, and choose whole grains versus refined and processed foods.

2. Control portions—This goes a long way in keeping blood sugars stabilized, which is key for diabetics.

3. Exercise—Exercise can help people with diabetes normalize bloodsugars and facilitate

weight loss, which leads to better blood sugar levels and lowers the risk of heart disease.

Consider Supplementing With Vitamins and Minerals

Agnew is an expert on supplementation. She's a professional education specialist for Pharmavite LLC, makers of Nature Made brand vitamins, minerals and supplements. Here are her suggestions to lend nutritional support to people with diabetes.

Multivitamin—Those with diabetes may have lower levels of nutrients such as vitamin C and magnesium. A basic multivitamin can help ensure adequate levels of the essential vitamins and minerals to promote optimal health and well-being. The multivitamin should also contain lutein, which helps maintain eye health.

Antioxidants—Antioxidants such as vitamin E may help boost the immune system and help maintain red blood cells and muscle tissues, such as cardiac and skeletal muscles. Selenium complements vitamin E and may also supply important nutritional support to people with diabetes.

Chromium Picolinate—This highly absorbable form of chromium helps with normal metabolism of carbohydrates, protein and fat.

Nature Made currently manufactures a Diabetes Health Pack, which contains these ingredients, plus additional vitamins and minerals that aid in diabetes health.

Learn More

For information on diabetes, as well as general nutrition, visit the American Diabetes Association—www.diabetes.org—and the Nature Made Wellness Advisor—www.naturemade.com/diabetes.