

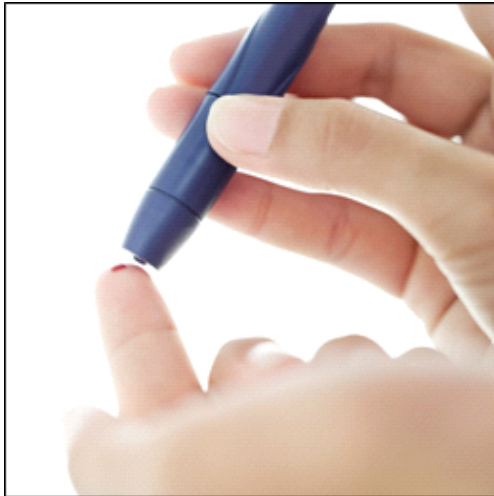


# Footnotes

November 2011

## November is Canadian Diabetes Month

It's time to get personally involved! Over 3 million Canadians are living with diabetes, but it seems that the rest of us think it's just "someone else's problem."



That's not so for another 34 million Canadians who are at risk for developing type 2. Many have diabetes, or prediabetes, now and don't know it. Within the next decade, it is predicted that the number of Canadians with diabetes will double or triple.

### Risk factors

Being age 45 or older; having a parent, brother or sister with type 2; being overweight; and not being physically active several days a week.

People in certain groups have a higher risk, including African Americans, Hispanics, Native Indians, and some Asians and Pacific Islanders.

You can't change your age, family history, racial or ethnic group. But working to reduce body weight and increase exercise is even more important if you are in one of these groups. For everyone, being overweight or obese significantly raises the risk of developing type 2. Even losing seven to 10 pounds can improve your outlook. You can get serious about preventing diabetes by losing weight and starting an exercise program.

Research shows that type 2 can be prevented entirely, or it can at least be delayed for years.

If you already have diabetes:

- Managing your disease can lower your risk of kidney failure, heart disease, stroke, blindness and amputations.
- Follow your doctors' orders. Lose weight and take prescribed medications to lower your blood sugar, blood pressure and cholesterol.
- Get a flu shot. You are more likely to get pneumonia as a complication if you get a flu bug.
- Exercise. The CDC (Centre for Disease Control) recommends 2 hours and 30 minutes a week of moderate activity such as walking or gardening, or 1 hour and 15 minutes each week of vigorous activity such as jogging. Add muscle strengthening activities to your routine.

## what's inside

2 Can Almonds Help Control Diabetes?

2 Additional Benefits of Exercise

3 Improve Brain Function

3 New Products and Treatments

4 Going South? Find Us on the Web!



Connect With Us on the Web!

234 St. Marie Street  
Collingwood  
705-444-9929  
www.AbbottFootClinic.ca

## Improve Diabetes Control with Almonds

**Is this really possible? According to 2 new studies, consuming this common nut can help maintain glucose levels in Type 2 diabetics.**

One study showed that eating 1 ounce of almonds right before a high starch meal led to a 30% decrease in sugar levels of type 2 diabetics after the meal. In addition, daily consumption of 1 ounce of almonds over a 12 week period lowered the hemoglobin A1c by 4%. The hemoglobin A1c is the test that is usually done on diabetics every 3 months. It provides a good overall picture of how your sugar levels have been during that period.

The second study, which was published in *Diabetes Care*, revealed that nuts such as almonds could help to maintain healthy levels of blood glucose and cholesterol for both men and post-menopausal women who suffer from type 2 diabetes.

Snacking on almonds could be one of those small lifestyle changes that can have big dividends on your health.



## How Beneficial is Exercise?

The minimal amount of physical activity to reduce mortality risk is 15 minutes a day of moderate-intensity exercise, according to the results of a prospective cohort study. Each additional 15 minutes was associated with a further reduction in all-cause mortality risk by 4% and in all-cancer mortality risk by 1%.

Senior author Xifeng Wu, MD, PhD, professor and chair of the University of Texas MD Anderson Cancer Center Department of Epidemiology, stated in a news release that, “Exercising at very light levels reduced deaths from any cause by *14 percent*. The benefits of exercise appear to be significant even without reaching the recommended 150 minutes per week based on results of previous research.”

“The knowledge that as little as 15 min per day of exercise on most days of the week can substantially reduce an individual’s risk of dying could encourage many more individuals to incorporate a small amount of physical activity into their busy lives,” Drs. Nigam and Juneau write. “Governments and health professionals both have major roles to play to spread this good news story and convince people of the importance of being at least minimally active.”

It’s time to get moving! Your life depends on it!

## How to Improve your Brain Function

We have all heard that “when you hit 50 it’s all downhill”. Well, you may be surprised to learn that your brain actually starts to decline in your mid–20s. Here are just a few tips to help you maintain a healthy brain:

- 1) Switch hands – Have you ever tried brushing your teeth or buttering your toast with your non dominant hand? Not so easy is it? Doing this will create more connections in your brain.
- 2) Rearrange Familiar Objects – There are many things that we reach for automatically each day without even thinking. It could be an alarm clock, your tooth brush or dishes for your meals. So go ahead and move things around a bit to stimulate your brain.
- 3) Eat greens – Green veggies like spinach contain antioxidants, that may help reverse mental decline as we age. Blueberries are another excellent choice!
- 4) Play games – Games that cause you to think and strategize are great for your brain. Crossword puzzles and Sudoku fit into this category.
- 5) Eat fish – Fish contain essential fatty acids like omega 3. One study suggested that eating fish once a week could slow brain decline by 13%. Be sure to eat different types of fish for maximum benefit.

## Diabetic Defense Foot Wash

Your first line of defense against infection!

If you’re a diabetic, you may understand the importance of proper foot care. With natural ingredients and a fresh minty scent, Diabetic Defense helps keep feet clean, protected, and happy.

Antiseptic tea tree oil washes fungus and bacteria from the skin’s surface, while ginger and peppermint help stimulate circulation and leave feet feeling refreshed. Also contains shea butter and vitamins A and E to help moisturize and smooth cracked skin.

Cleans and deodorizes!



## National Diabetes Month



### Tired of yellow, thick, unsightly nails?

The Abbott Foot & Ankle Clinic can help! We are the ONLY clinic in the Georgian Triangle to treat fungal nails with the latest technology – a fungal nail laser! You’ve tried painting solutions on your toenails, maybe you’ve even taken harmful oral medication and had no luck. Topical and oral treatments for fungal nails have a low success rate. The Collingwood fungal nail laser treatment increases your success rate to 75–80%! The treatment is painless and has no side harmful side effects. For more information, visit [www.Collingwoodnaillaser.com](http://www.Collingwoodnaillaser.com) Book your appointment today!





234 St. Marie Street  
Collingwood  
705-444-9929  
www.AbbottFootClinic.ca

Find Us on the Web...

Facebook - <http://www.facebook.com/AbbottClinic>

Twitter—<https://twitter.com/#!/tonyabbottfoot>

You Tube—[TonyAbbott22](https://www.youtube.com/user/TonyAbbott22)

***Referrals mean the world to us!***

There is no greater compliment you can pay us than to entrust us with the referral of a friend or family member.



"Of course you realize we aren't stopping until we get there!"

Many of our patients head south for the winter months — if you are among them, we wish you safe travels! Enjoy the winter and we will see you next Spring!