

BON SECOURS COMMUNITY HOSPITAL CENTER FOR DIABETES EDUCATION

Newsletter January 2012

A Publication of the Diabetes Education Department at the New Medical Office Building

UPCOMING EVENTS

Diabetes Support Group

Open to the Community

January 3rd^t at 2pm at the New Medical Office Building
Speakers: Cathy Olmstead MS, RD, CDE
Topic: Food Demo... Eating Healthy Carbs

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Diabetes Self Management Classes for November 2011

January 10th at 2 pm
Introduction to Self Management of Diabetes

January 17th at 2 pm
Prevention of Diabetes Complications and Medications.

January 24th at 2 pm
Meal Planning and Carbohydrate Counting

January 31st at 2 pm
Update and review self Management and Meal Planning

Saturday Class January 14 at 10 am
Comprehensive Full Day DSME
Hospital 1st Floor Cafeteria Conference Room

Please Note: An MD referral is needed.
Classes offered by:
Tammy Compasso, R.N. C.D.E.
Cathy Olmstead, M.S. R.D. C.D.E.

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The Link Between Diet and Dementia

Is diet linked to dementia? This is the controversial question. A diet rich in fruits and vegetables as well as omega 3 fatty acids may reduce the risk of dementia some researchers say. A Mediterranean style diet which has been linked to improved cardiovascular health may also prevent dementia. The diet includes nuts, tomatoes, fish, cruciferous vegetables, fruits, and dark leafy green vegetables along with lesser amounts of saturated fats like red meats, butter and high fat dairy. The risk of vascular dementia appears to increase in conjunction with many other conditions that damage the heart and blood vessels. These conditions include hypertension, heart disease, CVA, diabetes and hyperlipidemia. Some post mortem studies on cadavers have shown that 80% of those with cardiovascular disease also had dementia. What was seen, were large plaques and tangles that was present in the brains in these autopsies. (1. [www, dementia. Net](http://www.dementia.net) July 4 2011) Many experts believe that a heart healthy diet may reduce the risk factors associated with Alzheimer's dementia.

Other studies suggest that obesity may be linked to dementia. In a study done in Sweden where over 8000 twins over the age of 65 were reviewed the link between obesity and dementia was established. Thirty percent of the individuals were overweight or obese.

Recipe:

Tofu Smoothie

1 1/3 cups frozen unsweetened strawberries
1/2 banana
1/2 c silken tofu

In a blender, process all the ingredients until smooth. Add chilled water for thinner smoothies if desired.

Nutrition facts:

Amount per serving Serves one

Calories 287
Protein 19
Saturated Fat 1.6 g
Sodium 18 mg
Total Carbohydrate 35 g
Dietary Fiber 9 g

The risk of dementia doubled in the group that was overweight versus the normal weight group. The obese group had four times the risk as opposed to normal weight group (2.) (www, dementia. Net July 4 2011) These alarming results seem to illustrate that a BMI >25 and other present co-morbidities increase the risk of dementia.

Some Swedish researchers have studied the link between two vitamins and Alzheimer's dementia: Vitamin B12 and folate. People with low levels of vitamin B12 and folate are two times more likely to develop dementia than those consuming recommended allowance of these vitamins. (3.) (Memory. July 25, 2011) A deficiency in either vitamin B12 or folate causes increase levels of amino acid homocysteine which is toxic to nerve cells. B12 is found in foods such as fish, meat and dairy, and foods high in folate include spinach, peas and grains.

The bottom line is there is no 100% conclusive evidence but a heart healthy diet along with fundamentals of good health such as increasing exercise and quitting smoking can improve overall vascular health ... possibly reducing the risk of dementia.

Happy New Year!

**Support Group & Classes are given at The New Medical Office Building located at 161 East Main Street, Port Jervis, NY by Tammy Compasso, R.N. C.D.E. and Cathy Olmstead, M.S. R.D. C.D.E.
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Cathy Olmstead, M.S. R.D. C.D.E Tammy Compasso, R.N. C.D.E.**