



# Diabetes Update

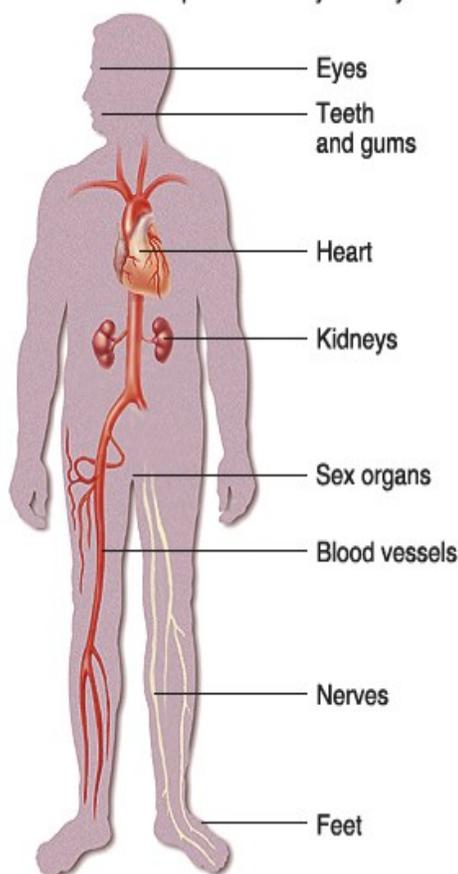
May 26, 2010

## Learn About Your Risk For Diabetes

Adult-onset diabetes (type 2) has been linked to poor diet and lack of exercise. But recent studies have implicated lack of sleep as a major factor in the disease. Earlier this year, U.S. researchers reported that people who slept less than six hours a night were 4.5 times more likely to develop symptoms of diabetes than people who slept longer. But the latest study, conducted by Leiden University Medical Center in the Netherlands, shows how just one late night can affect the body's ability to use insulin the next day. They examined nine healthy people, once after eight hours of sleep and the second time, after four hours of sleep.

Read More . . . [http://inventorspot.com/articles/sleepless\\_seattle\\_learn\\_about\\_your\\_risk\\_diabetes\\_41432](http://inventorspot.com/articles/sleepless_seattle_learn_about_your_risk_diabetes_41432)

Complications may affect your:



The reference to an information source in the Weekly Diabetes Update does not constitute an endorsement of that source.

If you would like an announcement included in a Diabetes Update, please email the request to our office at [DiabetesMO@dhss.mo.gov](mailto:DiabetesMO@dhss.mo.gov).

If you are interested in partnering with agencies or organizations within your community or building a diabetes coalition in your area please visit our website to access our Resource Kit at: <http://www.dhss.mo.gov/diabetes/Introduction.html>.



## Memorial Day History

**Memorial Day, originally called Decoration Day, is a day of remembrance for those who have died in our nation's service.** There are many stories as to its actual beginnings, with over two dozen cities and towns laying claim to being the birthplace of Memorial Day.

Read More . . . <http://www.usmemorialday.org/backgrnd.html>

### Inside this issue:

Diabetes News	2-3
Diabetes Recipe	3

## Rocker Bret Michaels Tackles Diabetes—Diabetes Forecast

There is no doubt that a huge part of who and what I am is that I'm a diabetic. I have great days and I have bad days. When I was a child and had diabetes, a lot of the old-school ways they tried to teach you [diabetes management] was through scare tactics—a guy with his leg amputated or blindness. It worked a little bit, but it also made you feel depressed. I want to say, look, there are complications and it is a tough disease to manage, but I've done it, and I live a ridiculously outrageous, crazy life. Find that one thing [that motivates you]. Like making sure I'm around to watch my daughters grow up.

Interview—Read More . . . [http://forecast.diabetes.org/magazine/only-online/rocker-bret-michaels-tackles-diabetes-celebrity-apprentice?utm\\_source=WWW&utm\\_medium=ContentPage&utm\\_campaign=BrettM](http://forecast.diabetes.org/magazine/only-online/rocker-bret-michaels-tackles-diabetes-celebrity-apprentice?utm_source=WWW&utm_medium=ContentPage&utm_campaign=BrettM)

### He's Hired-Bret Michaels!

Congratulations to Bret Michaels on winning NBC's "Celebrity Apprentice"! We are proud of your efforts in furthering the movement to Stop Diabetes<sup>SM</sup> by winning \$390,000 for the American Diabetes Association. Share your message of congratulations with Bret [by going to stopdiabetes.com](http://stopdiabetes.com).

Do you like the bandannas that Bret wears? You can purchase a special edition bandanna by going to [www.bandannawarehouse.com](http://www.bandannawarehouse.com). Net proceeds from the sale of the bandannas will help support the American Diabetes Association and the movement to Stop Diabetes<sup>SM</sup>.

Read More . . . [http://www.diabetes.org/news-research/news/bret-michaels.html?&utm\\_source=Homepage&utm\\_medium=Carousel1](http://www.diabetes.org/news-research/news/bret-michaels.html?&utm_source=Homepage&utm_medium=Carousel1)



### Diabetes and Surgery

A lot of individuals are afraid of having operations carried out on them, more so those with diabetes. It is a fact of life that people with diabetes who have had surgery are at a higher risk than non diabetics of having severe infection and reduced healing rate following the operation.

Read More . . . <http://www.sunnewsonline.com/webpages/features/goodhealth/2010/may/23/Diabetes-corner-23-05-2010.htm>

## Diabetes has Celtics' Ray Allen and Family Fighting for the Home Team

Shannon Allen doesn't mind bringing a pair of bags to her husband's basketball game. And no, we're not talking about Louis Vuitton.

Her tired eyes reflect the dedication to a cause much grander than the NBA championship ring her husband and Boston Celtics guard Ray Allen wants to add to his collection next month.

Read More . . . <http://www.orlandosentinel.com/sports/orlando-magic/os-celtics-ray-allen-diabetes-20100522,0,7528577.story>

## Jonas Brothers Help Raise \$250,000 for Diabetes

Grammy-award-nominated teen pop sensations the Jonas Brothers helped raise more than \$250,000 at the annual "Rock For Diabetes" benefit on May 16, held at the home of Danny DeVito and Rhea Perlman. More than 200 people attended this year's benefit, which raised funds for the Center for Endocrinology, Diabetes and Metabolism at Children's Hospital Los Angeles.

Read More . . . <http://www.diabeteshealth.com/read/2010/05/22/6691/jonas-brothers-help-raise-250000-for-diabetes/>



### Feta-Stuffed Burgers

Just a little bit of feta cheese adds a rich, tangy flavor to these stuffed burgers. Feta is sometimes referred to as pickled cheese because it is stored in a salty brine similar to pickles.

SERVINGS: 6 burgers

CARB GRAMS PER SERVING: 18

Get recipes at . . . <http://www.diabeticlivingonline.com/?esrc=esdlvreg1008>



### Three-Meat Burgers

These burgers were inspired by the classic favorite, turducken. Just as that Thanksgiving dish is made from chicken stuffed inside duck stuffed inside turkey, these patties are made with seasoned ground chicken surrounded by a zippy ground turkey mixture.

SERVINGS: 6 servings

CARB GRAMS PER SERVING: 28