



# Diabetes Update

November 12, 2009

## American Diabetes Month

AMERICAN DIABETES MONTH®  
NOVEMBER 2009

This November, join the American Diabetes Association in a national movement to *Stop Diabetes*<sup>SM</sup>.

November is American Diabetes Month®—a time to shine a spotlight on a serious disease that leads to potentially life-threatening complications such as heart disease, stroke, kidney disease, blindness, and amputation.

Read More . . . <http://www.diabetes.org/community-events/programs/american-diabetes-month/>



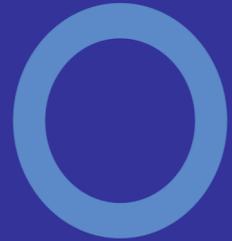
world diabetes day  
14 November

World Diabetes Day is an official United Nation's World Health Day. It is celebrated every year on November 14. The date was chosen because it marks the birthday of Frederick Banting, who, along with Charles Best, is credited with the discovery of insulin in 1921. World Diabetes Day is represented by a blue circle logo. The blue circle is the global symbol of diabetes and signifies the unity of the global diabetes community in response to the diabetes pandemic.

Read More . . . <http://www.worlddiabetesday.org/en/factsheets-and-backgrounders>

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).



*We invite you to help us observe World Diabetes Day by putting a blue bulb in your porch light or in a lamp near a window*

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>.

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## NATIONAL DIABETES MONTH, 2009

BY THE PRESIDENT OF THE UNITED STATES OF AMERICA

### A PROCLAMATION

Diabetes directly affects the lives of millions of Americans and their families. While no cure exists, medical advancements are continually producing new, more effective treatments to control the disease. Individuals who manage their diabetes properly can lower their risk of complications and live productive, normal lives. During National Diabetes Month, we recommit to educating Americans about the warning signs of diabetes, and help those with the condition to mitigate the effects of this devastating disease.

Read More . . . <http://www.whitehouse.gov/the-press-office/presidential-proclamation-national-diabetes-month>

## **International Diabetes Federation drives global action ahead of World Diabetes Day - November 14**

The need to increase diabetes awareness grows ever year with the increasing impact of the disease worldwide. The latest data, recently published by the International Diabetes Federation (IDF) in the 4th Edition of the Diabetes Atlas, show that 285 million people worldwide now live with diabetes. IDF predicts that the total number will exceed 435 million in 2030 if the current rate of growth continues unchecked.

Ahead of World Diabetes Day, IDF President Professor Jean Claude Mbanya called for increased health promotion and political action in the face of the epidemic. "Diabetes is claiming four million lives each year," he said. "It is ravaging communities and threatening economies. We must improve care and stop the many millions at risk from developing the disease. With a growing cost of over 376 billion dollars a year, either we make healthy life choices available and affordable today, or pay billions more tomorrow."

Read More . . . <http://tcoyd.org/news/international-diabetes-federation-drives-global-action-ahead-of-world-diabetes-day-november-14.html>

The World Diabetes Day campaign can be followed online at [www.worlddiabetesday.org](http://www.worlddiabetesday.org) [www.twitter.com/wdd](http://www.twitter.com/wdd) Facebook-<http://tinyurl.com/o7o6kf> and [www.youtube.com/worlddiabetesday](http://www.youtube.com/worlddiabetesday)

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## World Diabetes Day—Austin

While the Eiffel Tower in Paris, the Opera House in Sydney, Australia, the Leaning Tower of Pisa in Italy, the Empire State Building in New York, and the Alamo in San Antonio are among many noted landmarks who will “go blue”, there are a number of Austin landmark buildings joining City Hall in the fight against diabetes to cast a blue light of awareness across the city skyline on World Diabetes Day.

Read More . . . [http://www.statesman.com/blogs/content/shared-gen/blogs/austin/charity/entries/2009/11/10/world\\_diabetes\\_day.html](http://www.statesman.com/blogs/content/shared-gen/blogs/austin/charity/entries/2009/11/10/world_diabetes_day.html)

## Turkey Breast with Honey-Mustard Glaze

### Ingredients

- 1 4-6 pound TURKEY BREAST, fresh or thawed
- 1/2 Teaspoon kosher salt
- 1/4 Teaspoon freshly ground black pepper
- 1/4 Cup honey
- 2 Tablespoons Dijon-style mustard



### Directions

1. Season interior and exterior of turkey breast with salt and pepper.
2. In (13 x 9 x 2 inch) roasting pan, place turkey breast on a V-shaped rack. Roast, uncovered, in a 325 degree F preheated oven for 1-1/2 to 2-1/4 hours or until meat thermometer registers 170 degrees F in the deepest part of breast.
3. Meanwhile, in a small bowl, combine honey and mustard. Brush glaze over breast during final 20 minutes of cooking.
4. Remove from oven and allow turkey breast to stand for 10 minutes before carving.

More Recipes . . . <http://diabeticgourmet.com/recipes/html/506.shtml>