


The METRO SPORTSMED FALL NEWSLETTER

Monday, November 2, 2009

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MONTHLY PROSPECT PARK TRACK CLUB MEETING

Monday: November 2nd, 2009

Time: 7:00-8:00 pm

Place: **METRO SPORTSMED**® Physical & Occupational Therapy

263 7th Avenue Suite 2A

Brooklyn, NY 11215

For more information please contact :
jsheinberg@metrosportsmed.com

**ASK US ABOUT THE
METROFIT™ Nutrition Program**
Daniel Spira-Bleier, RD, CDN
Registered Dietician

Our goal is to help you achieve a healthy lifestyle. We offer nutrition management for weight loss and chronic diseases. At **METROFIT™** your success is our top priority, therefore we work with you to find the diet that best fits your lifestyle. Our Registered Dietician* will ensure you receive medically sound nutrition advice.

For more information or to register please call:

CALL 718 METROFIT (718-638-7634) or email:

jsheinberg@metrofitonline.com

METRO SPORTSMED's Hand & Upper Extremity Division Expanded

OT Services now offered at MIDWOOD & BORO PARK locations



METRO SPORTSMED
Physical & Occupational Therapy

Diabetes and Exercise

Exercise has many benefits, but it is especially important for individuals with diabetes. In this issue, the **METRO SPORTSMED**® Team of physical and occupational therapists are pleased to present information on the causes and exercise treatment options for the management of diabetes.

Thank you again for choosing us as your rehabilitation provider,

The **METRO SPORTSMED**® Team
www.metroportsmed.com
718.METROSPORTSMED
718.638.7677

The Bitter Sweet Disease

It's got a lot to do with sugar, but there is nothing sweet about it.

Diabetes is a serious disease that leads to potentially life-threatening complications such as heart disease, stroke, kidney disease, blindness, and amputation. **It is a silent, progressive illness that sneaks up on individuals over the years, and is a leading cause of death across the world.**

Chances are that someone you know and love is suffering from diabetes.

It's time to take massive action to combat diabetes. It is our responsibility to take a bold, preventive approach. In recent years, the American Diabetes Association reports that:

- 24 million children and adults in the United States live with diabetes
- 57 million Americans are at risk for type 2 diabetes
- 1 out of every 3 children born today will face a future with diabetes if current trends continue.

What is Diabetes?

There are 2 main types of diabetes.

- **Type 1:** Results from the body's failure to produce insulin, the hormone that allows the body to breakdown and use sugar as energy. About 5-10% of Americans with diabetes have type 1 diabetes.
- **Type 2:** Results from insulin resistance (where the body does not produce enough insulin or the cells ignore the insulin. Most individuals with diabetes fall in this category. This is often associated with lack of exercise, obesity and a high carbohydrate diet.



The Warning Signs

Since the symptoms of diabetes are not obvious, the disease can go unnoticed for many years. The early detection of diabetes and its treatment can decrease the chance of developing the complications of diabetes.

Some symptoms include:

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Increased fatigue
- Irritability
- Blurry vision

Consult your physician if you suspect signs of diabetes. Prevention is better than cure. The **METRO SPORTSMED**® Team can also help you control blood sugar levels

and design a preventive program with a combination of exercise and lifestyle management. Don't take this lightly - a program like this can literally add several years to your lifespan, particularly if you are likely to, or already have diabetes.

When Exercise Hits The Sweet Spot....

According to Diabetes Australia, "Regular exercise is an important part of your diabetes management. If you are on insulin, it will help your insulin to work more efficiently and assist with your blood glucose control."

Treatment of Diabetes is a combination of diet and exercise:

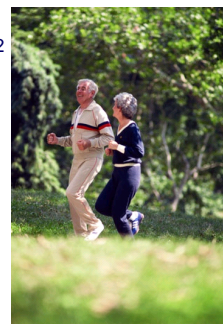
- **Diet:** a well-balanced diet that is high in fiber, low in saturated fat, and low in concentrated sweets with a consistent number of calories will help control blood sugar (calorie control and treatment of obesity is critical in the battle against diabetes).
- **Exercise:** Regular exercise can help reduce the risk of developing diabetes and improving blood sugar control in people with diabetes. It can also reduce the risk of developing associated complications such as heart disease, stroke, kidney failure, blindness, skin disorders, neuropathy/nerve damage, depression, foot problems and leg ulcers. Consult us, your primary health care providers before beginning an exercise program.



Exercise includes being *physically active*. It includes anything from walking outside, to dancing, to going for a bike ride, or even swimming.

Here are the top 10 benefits of being active:

1. Improve glucose levels (especially for those with type-2 diabetes)
2. Decrease use of diabetes medications, by lowering your blood glucose
3. Reduce body fat
4. Improve cardiovascular system (have a healthier heart)
5. Promote stress reduction
6. Increase your strength and ability to move
7. Improve balance and decrease fall risk
8. Reduce blood pressure
9. Improve carbohydrate metabolism and lose weight (which helps your blood glucose levels)
10. Improve well-being and diabetes control



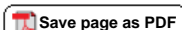
Always exercise under supervision. Call METRO SPORTSMED® today to find out how to lower your diabetes with a proper exercise plan and reduce the risk of complications of diabetes. With the right advice, the battle against diabetes can be less bitter, and more sweet.

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