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The Breakthrough Test for Diabetes Management

Checking your blood sugar at home is important if you have diabetes, but it only tells you what your blood-sugar level is at that exact moment. What would be even more useful is to understand how your blood-sugar levels have averaged out over several months. You could try to track this by carefully recording your blood-sugar readings over time. But doctors have created a far superior way to test long-term blood-sugar levels, and it's called the A1c test.

How can a blood test look back into the past? When glucose builds up in your bloodstream, extra glucose combines with the hemoglobin in your red blood cells. This is called glycation. Even when your blood-glucose levels return to normal, glycated hemoglobin carries the memory of high blood glucose, for as long as 120 days. Then the glycated hemoglobin dies and gets filtered out of your system, to be replaced by new red blood cells carrying fresh hemoglobin.

The A1c test specifically measures the percentage of glycated hemoglobin in your blood. By doing so, it gives you an accurate history of your average blood glucose for the past 2 to 3 months. For people without diabetes, the normal A1c range is between 4 and 6 percent. The goal for people with diabetes is an A1c level under 7 percent. If levels exceed that amount, it's a clear indication that you need to improve blood-sugar management.

Experts believe that people with diabetes should have an A1c test every three months, in addition to ongoing home readings of blood-sugar levels. How come? The American Diabetes Association uses the example of a baseball player's season batting average. The A1c depicts your overall success. Neither a single day's blood-test results nor a single game's batting

record gives the same big picture. The A1c can tell if your diabetes treatment plan is actually working, or whether it's time to switch to another game plan.

If you've recently started exercising, your daily blood-glucose readings might not change much. This could be because you check your blood sugar at the same time every day. But an A1c test might show that your average blood-glucose levels have actually improved. It might mean the difference between taking insulin and not having to. This also works the other way. If you are incorrectly measuring your blood sugar, or doing it at the wrong times of day, you could see pretty normal numbers on the meter. But, an A1c test would show that in reality, your blood-glucose levels are out of control.

Not all doctors have their patients take the A1c test. If your doctor doesn't bring it up, you absolutely should remind her to do it. It is one of the best tools for assessing your condition and you deserve to know!

SPECIAL OFFER

Say Good-bye to Dieting for Good!

Anyone who's ever tried following a strict diet knows: they just don't work. And, it's not surprising either. Most diets want you to do too much, too quickly, for reasons that are too complicated to explain.

The GOOD NEWS according to the country's leading doctors, nutritionists and weight loss authorities is that you can now say good-bye to dieting for good!

You don't have to follow strict food regimens, do crazy workout routines, pop pills or ditch the foods you love. Instead, all it takes is for you to stick to a set of tried-and-tested weight loss skills. Weight loss tricks you can easily match with your lifestyle, personality and eating preferences. What's more, the research shows that you can enjoy mastering all the necessary skills in just 12 short weeks.

Lose weight and keep it off without dieting by [reading more here.](#)

How Well Do You Know Your Pharmacist?

A pharmacist can help you understand your diabetes medications, give you advice, and even save you from dangerous drug interactions but only if you initiate the relationship. Here's how:

Shop only at one pharmacy. Having all your medications in one place lessens your risk of taking duplicate medications or experiencing different drug interactions. It also helps build a trusting relationship with the people who work there.

Introduce yourself! Sometimes the person who rings up your prescriptions is actually a technician. Ask to meet the pharmacist face-to-face, introduce yourself, and get his name as well. Take a few minutes with him to review the medications, vitamins, supplements, and other over-the-counter items you regularly take.

Take notes. Write down the answers to any questions you have, or instructions the pharmacist gives you so you can review them at home when you're under less time pressure. If you have any questions, call back and ask to speak with the same person you originally spoke

with.

SPECIAL OFFER

Dance away Diabetes!

Would you believe me if I told you that Rock n Roll is a cure for diabetes... That ???Great Balls of Fire??? is the perfect song to help balance your blood sugar... Or that ???It???s My Party??? has some the best weight loss sounds around?

You???ll certainly believe me once you discover how much FUN you can have by dancing away your diabetes together with one of America???s most revered fitness experts. You???ll be groovin??? and smilin??? all those unwanted pounds away as you enjoy classic workouts that are perfect for anyone who???s serious about having fun while exercising at home.

You???ll enjoy many of your favorite rock n roll hits... you???ll get a kick out of the fun-filled dietary advice and motivation... when you dance away your Diabetes **right here!**

Tomato Black Bean Salsa



Colorful and delicious with plenty of diabetes-friendly protein and fiber, this party favorite goes together in a snap.

Ingredients

3 medium tomatoes, seeded and chopped
1 can (15 ounces) black beans, rinsed and drained
3/4 cup fresh or frozen corn
1/2 cup finely chopped red onion
1/2 cup chopped roasted red pepper
1 jalape??o pepper, finely chopped
2 tablespoons minced fresh cilantro or parsley
1/4 cup lime juice
1 clove garlic, minced
1 teaspoon dried oregano
1 teaspoon ground cumin
1/2 teaspoon salt
1/2 teaspoon ground coriander
Baked tortilla chips

Serves 8

Preparation

In a large bowl, combine the first 13 ingredients. Cover and refrigerate for at least 2 hours before serving. Serve with baked tortilla chips.

Each serving provides (1/2 cup salsa):

80 cal, 1g fat (0 g sat), 15 g carbs, 4 g protein, 4 g fiber, 0 mg chol, 318 mg sodium

Until next issue, here???s to good health!

Neil Wertheimer
Editor in Chief, Reverse Diabetes

In the Next Issue:

How Coffee Affects Blood Sugar
Tune-up on Your Eye Q to Maintain Healthy Vision
Be Sharp Smart!
Fight Diabetes with a Massage ??? Part 2!
Featured Recipe: Grilled Citrus Chicken

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Reverse Diabetes is a newsletter, sent three times a week, that offers trusted advice and information to help you maintain stable, healthy blood sugar levels. You'll also get delicious diabetes-friendly recipes, valuable tips and much more.

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