

THE LINK

for members & friends of BrightSky issue 04, 2012



CONNECT WITH OTHERS LIVING WITH DIABETES — JOIN OUR COMMUNITY FORUM

Research indicates that connecting with others touched by diabetes improves health.

Get inspired and inspire others in our community forum. Led by Dr. Marc Sandberg, Endocrinologist of Hunterdon Medical Center. Our forum is the place to:

- Share your thoughts and get answers to your questions
- Read about living well with diabetes
- Receive tips and suggestions
- Get inspired

Enjoy YouTube videos?

<http://brightsky.com/v1>

Go to the link above to hear a brief message from Dr. Sandberg, and fun lyrics inspired by BrightSky. 



Marc Sandberg, MD, CDE, FACP
Endocrinologist
Former President, NJ American Diabetes Assoc.
Dir., Hunterdon Ctr. for Nutrition & Diabetes Mgmt.

HAVE A QUESTION ABOUT MANAGING YOUR DIABETES?



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Having problems with your blood sugar? Not sure what foods are best to eat at that holiday party? Concerned about traveling, or having that glass of champagne on New Year's Eve?

I am Navalee Loriston, Diabetes Educator for BrightSky. As a licensed Registered Dietician and Certified Chef, I have spent years helping people manage diabetes and live healthier lives.

I look forward to hearing from you! 

HOLIDAY FACT OR FICTION: EGGNOG HAS MORE CALORIES THAN A GLASS OF RED WINE?

Fact:

Non-alcoholic eggnog (343 calories) has nearly three times as many calories as a five ounce glass of red wine (125 calories).

Keep reading for a low calorie eggnog recipe!



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INTRODUCING: THE FACES OF BRIGHTSKY

Everything we do at BrightSky is about you, our customers. We are inspired by your lives and your stories. Seeing your faces everyday motivates us to work our hardest to give you the best service in the industry.

Be one of The Faces of BrightSky: enter now

We would love to add your picture to The Faces of BrightSky wall in our corporate office! To participate, send a photo with a brief description of yourself and your life with diabetes by:

1. **CLICKING [HERE](#)** or
2. Emailing to faces@brightsky.com or
3. Mailing to: BrightSky, 3660 Enterprise Way, Miramar, FL 33025-6616.



Entries received by December 1st may be featured in our first newsletter of 2013, so check your supply packages in 2013 to see if you were chosen.



Sue Burnley & her husband Chuck live in Searcy, Ark. A member since our launch in '01, Sue has received 40 -plus supply orders from BrightSky.



John Davis, a professor, was diagnosed with diabetes 40 years ago while a U.S. soldier in Vietnam. John takes insulin and maintains an A1C level around 6%.



Kenneth Jackson is an avid fisherman from Ft. Wayne, Ind. He has been receiving his diabetes supplies at BrightSky since being diagnosed 10 yrs. ago.



The Faces of BrightSky: highlighting member Eddie Vasquez

This month we are highlighting Eddie Vasquez, a BrightSky member with type 1 diabetes. Eddie is 34 years old and has had diabetes for fifteen years. In addition to being a father of two young children, Eddie participates in triathlon competitions. He is preparing to compete in his first Iron Man, which consists of swimming 2.4 miles, biking 112 miles, and running 26.2 miles. The Iron Man race is quite a feat for any athlete; much less someone living with diabetes.

Eddie begins training each morning at 4:30 a.m. so he can be home when his kids wake up and for him and his wife to get ready for their busy workday. In addition to weekday training, Eddie rides his bike 112 miles on Saturday.

Eddie balances all of this while maintaining good blood glucose control, eating a high carbohydrate diet while training, testing his blood glucose at least 10 times a day and using an insulin pump to deliver insulin.



THREE TIPS FOR ENJOYING THE DEMANDING HOLIDAY SEASON

#1 AIM TO MAINTAIN

The holidays are one of the worst times of year to focus on losing weight. The temptation of food can be a huge distraction and trying to excessively limit yourself may lead to overeating. When facing a variety of food options, select small portions. This will allow you to enjoy all the different foods offered, while still controlling your calorie intake. Talk more and eat less; make the holiday season about enjoying company, rather than focusing on the food. And, remember exercise helps relieve holiday stress and prevents weight gain, so don't leave it out.

#3 PACE YOURSELF

Holiday eating officially kicks off with Thanksgiving and lasts another six weeks, so pace yourself. You want to enjoy the holidays, but November marks just the start of the season – and there are lots of goodies to come. Remember that the holiday season is about more than just food.

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#2 LIGHTEN UP

Even small modifications to your favorite recipes can make a major difference to your waistline and blood glucose levels.

Have roasted or mashed sweet potatoes with a little cinnamon sprinkle and skip the caloric marshmallow or brown sugar topping. Use low fat milk and whole wheat pasta in your macaroni and cheese to cut the fat and add fiber. Prepare sautéed green beans with crunchy onions in place of the traditional green bean casserole.



LOW CALORIE HOLIDAY EGGNOG

4 servings (1 C)
180 calories
28 g carbs
220 mg sodium
7 mg chol.
0.8 g fat
16 g protein

4 Cups skim milk
2/3 Cup egg substitute
1/3 Cup nonfat powdered milk
1/4 Cup sugar or 2 tsp. sugar subst.
1 tsp. vanilla extract
1/4 Cup brandy, bourbon, or rum*
Dash of ground nutmeg or cinnamon*
Sugar-free whipped topping*
Cinnamon stick stirrers*

1. In a medium saucepan, whisk together the skim milk, egg substitute, powdered milk, & sugar over medium heat. Stir & cook for 15 to 20 minutes until thickened.
2. Remove from heat; whisk in vanilla & alcohol. Let cool for 20-30 minutes while stirring occasionally.
3. Refrigerate until chilled for 2-3 hours.
4. Stir well & pour into cups. Add a dollop of whipped topping & sprinkle with nutmeg or cinnamon.

*Optional

Source: Navalee Loriston, MS, RD, LD/N

HOLIDAYS:

'TIS THE SEASON FOR CELEBRATION!

"Is it time for the holidays already?" "Doesn't it feel like 2012 just began?" "How did we get here so fast?"

If these are some of the questions you're asking yourself, it's time to catch up with the calendar and start preparing for the coming progression of holidays!

People with diabetes often have a mixed reaction to the holidays. It's fun to see family and old friends, but what about the food that goes along with any celebration?

Some people don't think that way: they just look forward to the party and know they will stick with their meal plan. But, many of us are concerned about our self-control once we are faced with so many food choices.

The most important thing is to accept the party invitations. Humans are social creatures. Letting diabetes get in the way of socializing with others can create loneliness and depression.



Everyone, even people with diabetes need to eat, so allow yourself a few of the things that look delicious and try to fit them into your meal plan. And remember – make sure to eat when drinking alcohol, since alcohol can lower blood sugar. 



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