



# Diabetes Newsletter



PIKE COUNTY HEALTH DEPARTMENT

CELEBRATING 40 YEARS OF SERVICE

NOVEMBER, 2006

## COPING WITH ARTHRITIS DURING THE HOLIDAYS

The hustle and bustle of the holidays can be tiring for anyone. But for people with arthritis, who may already be droopy from pain and inflammation, holidays can be truly exhausting. Here are some ways to keep from getting tired:

☒ Shop online. Hard mall floors take a toll on feet, knees, hips, and backs.



☒ Take an over-the-shoulder tote when you shop. Your hands then won't have to grip tiny shopping bag handles.

☒ Take advantage of gift-wrapping services.

☒ If you are whipping up large batches of food, use your stand mixer, food processor, blender, and other appliances that reduce the stress on your hands and shoulders.



☒ Rather than addressing holiday cards and party invitations by hand, consider printing out mailing labels to stick on envelopes.

☒ Drop holiday traditions that are more draining than fun.

☒ Take a warm bath in the evenings. It may loosen overworked, stiff joints.

☒ Be flexible. If your joints are extra swollen, do the week's easiest task and save harder ones for when you feel better.

☒ If you have a brace or cane, use it.



- ☒ Stand up to people who try to pressure you into doing more than your joints can handle.
- ☒ Don't be a martyr. Look for shortcuts. For example, make cake from a boxed mix. Ask for help or delegate holiday chores to other family members. Let unimportant things slide.

Boost your energy during the holidays in these ways:

- ☒ Build endurance by stepping up your exercise program before the holidays (with your doctor's approval).
- ☒ Find time each day during the holidays to exercise. It can energize you.
- ☒ Take your medicines as prescribed.
- ☒ Eat breakfast.
- ☒ Drink plenty of water. Dehydration can make you feel tired.
- ☒ Eat a well-balanced diet.
- ☒ Schedule a rest break each day.
- ☒ Reduce energy-sapping stress with yoga, meditation, or relaxation techniques.



- ☒ Get plenty of sleep.
- ☒ If painful joints interfere with your sleep, talk to your doctor. You may need a different drug regimen or to take your pain killers at a different time. Your doctor can also advise you on joint-friendly pillows and mattresses.



- ☒ Also see your doctor if you think you may be depressed. Depression can also cause fatigue.

## Pear and Oatmeal Muffins

1 cup all-purpose flour  
1/2 cup whole-wheat flour  
3 Tbsp. rolled oats  
3 Tbsp. brown sugar  
1 tsp. cinnamon  
1/2 tsp. cloves  
1/4 tsp. nutmeg  
1 tsp. baking powder  
1/4 tsp. baking soda  
Pinch salt  
1 cup plain nonfat yogurt  
1 egg  
1 egg white  
1 tsp. almond extract  
1 medium pear, peeled, cored, and diced

*Makes: 1 dozen muffins/12 servings*

*Prep Time: 15 minutes*

*Cook Time: 15-20 minutes*



1. Preheat the oven to 400°F. Coat a 12-cup muffin pan with cooking spray.
2. In a large bowl, combine the flours, oats, sugar, cinnamon, cloves, nutmeg, baking powder, baking soda, and salt.
3. In a medium bowl, combine the yogurt, egg, and egg white. Beat well. Add the extract and pear.
4. Add the egg mixture to the flour mixture and mix until just combined.
5. Fill the muffin cups two-thirds full with batter and bake for 15 minutes until a tester comes out clean and the muffins are lightly browned. Remove the muffins from the pan and let cool.

*Exchanges: 1.5 Starches*

|                |                    |              |
|----------------|--------------------|--------------|
| Cal: 101       | Cal from fat: 7    | Tot fat: 1 g |
| Sat fat: 0.2 g | Chol: 18 mg        | Sod: 90 mg   |
| Carb: 20 g     | Dietary Fiber: 2 g | Sugars: 6 g  |
| Protein: 4 g   |                    |              |

**Pike County  
Diabetes Support Group  
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### **Upcoming Diabetes Events:**

For more information call:  
Pike County Health Department 285-4407

No December  
Diabetes Support Group

**Happy Holidays!!!**