

Colorado River Ostomy Chapter (CROC) of the UOAA
January 2022 Newsletter

Dear Friends,

Seems COVID is still around and causing issues enough that our group has not been functioning at its usual capacity. This past January 10th meeting was slim in numbers- that is to say a total of 3 participants were present. These are crazy times and due to the surge in the Omicron variant, and the risk this poses to many in our group, we have decided to not have in person meetings for at least 3 more months. We will re-evaluate at that time and take this step by step. In the meantime, we will be sending out monthly newsletters with information to keep us focusing on ostomy issues and providing updates with this pandemic. A big thanks to Bob who has been leading our group! He has worked very hard to keep our group intact.

If you have questions or issues, we have a CROC website! The web address is **coriverostomy.com**. You may also contact our leader, Bob Brown at 928-763-3642.

Today, we will focus on diabetes. In 2018, 34.2 million Americans had diabetes.

You have control over many factors that affect diabetes. Eating the right foods and adopting other lifestyle behaviors that promote healthy blood sugar and insulin levels will give you the best chance at avoiding diabetes.



1. Cut Sugar and Refined Carbs from Your Diet.

Eating foods high in refined carbs and sugar increases blood sugar and insulin levels, which may lead to diabetes over time. Avoiding these foods help reduce your risk.

2. Work Out Regularly.

Performing physical activity on a regular basis can increase insulin secretion and sensitivity, which helps to prevent or slow progression of diabetes.

3. Drink Water as Your Primary Beverage

Drinking water instead of other beverages may help control blood sugar and insulin levels, thereby reducing the risk of diabetes.



4. Lose Weight If You're Overweight

Carrying excess weight, particularly in the abdominal area, increases the likelihood of developing diabetes. Losing weight may significantly reduce the risk of diabetes.

5. Follow a Very-Low-Carb Diet

Following a very-low-carb diet can help keep blood sugar and insulin levels under control, which protects against diabetes.

6. Watch Portion Sizes

Eating too much food at one time has been shown to cause higher blood sugar and insulin levels in people at risk of diabetes. Avoiding large portion sizes can help reduce insulin and blood sugar levels and decrease the risk of diabetes.



7. Avoid Sedentary Behaviors

Avoiding sedentary behaviors like excessive sitting has been shown to reduce your risk of getting diabetes.

8. Eat a High-Fiber Diet

In the digestive tract, soluble fiber and water form a gel that slows down the rate at which food is absorbed. This leads to a more gradual rise in blood sugar levels. Consuming a good fiber source at each meal can help prevent spikes in blood sugar and insulin levels, which may help reduce your risk of developing diabetes.

9. Optimize Vitamin D Levels

Controlled studies have shown that when people who are deficient take vitamin D supplements, the function of their insulin-producing cells improves, their blood sugar levels normalize and their risk of diabetes reduces significantly.

10. Minimize Your Intake of Processed Foods

One clear step you can take to improve your health is to minimize your consumption of processed foods. They're linked to all sorts of health problems, including heart disease, obesity and diabetes.



“See” you all next month! Be safe and stay healthy.

Kind regards,

Desiree