



Notes



**Northern Illinois
Diabetes Coalition**

So who are these cosmopolitans?

By **Richard Brynteson**, Rockford Cosmo Member & Past International President

Member Community Care and Education Committee - NIDC

In recent years the diabetes health care collaboration between Crusader Clinic and The Cosmopolitan Club of Rockford has drawn considerable attention. Perhaps you would like to know how this all came about. The Rockford Cosmopolitan Service Club was chartered in 1949. Since its formation the club has distributed tens of thousands of dollars to many worthwhile causes in the Rockford Area. For several years it sponsored Nursing Scholarships to the three Rockford Hospitals.

Cosmopolitan International is the umbrella organization to which the Rockford club belongs. There are many other clubs located in the United States, Canada & Mexico. In 1974 the delegates attending the International Convention selected Diabetes as its major national fund raising project. Over the next twenty years the International Cosmopolitan Clubs raised \$3,500,000.00 to fund a Diabetes Research & Treatment Center at the University of Missouri and a like center at the Eastern Virginia Medical School. Some other smaller projects were also funded. The Canadian Cosmopolitans operating under a different contribution tax structure have developed their own project and their contributions are included in the above dollars.

In 1994 the Rockford Club members decided to step a bit out on their own and made contact with the Crusader Clinic, discussing their Diabetic needs. During the first year the club extended a grant of \$5,000.00 to fund glucose monitoring devices and strips. With the success of that initial year the club decided to make Crusader one of its funding raising recipients. As the years rolled by the Club continued funding the Crusader program and invited other clubs and the Cosmopolitan International Diabetes Foundation to participate. After a couple of successful years the project became known as Crusader Clinic Cosmopolitan Diabetes Program.

The club and the clinic became interested in developing an outreach program. The Rockford Club purchased a van in which clinic staff could travel to many locations for testing of individuals. When Crusader Clinic announced its capital improvements program the Rockford Club raised through cash and pledges \$75,000.00 to fund a training center for diabetics at the West State facility.

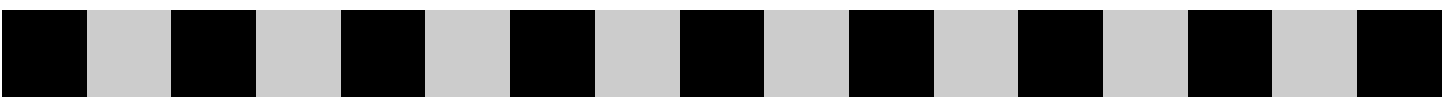
The Rockford Cosmopolitan Club along with other club partners and the Cosmopolitan Diabetes Foundation have contributed \$330,000.00 to the program. The Rockford funds come from the sale of Poinsettias at Christmas and a March Madness draw down.

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Be a Volunteer for NIDC!

NIDC is looking for a few good men, women and children to volunteer in many areas of the organization!

Anyone interested can contact Dr. Herbert Jackson or Joe Marshall. Call 815-395-5727 to get contact information!



NORTHERN ILLINOIS DIABETES COALITION

Executive Committee

- Paul Burkholder, MD, UI College of Medicine, NIDC Co-Chair
- Joella Warner, RN, MAT, CDE, UI College of Medicine, NIDC Co-Chair
- Jim Pieschel, Castle Bank, N.A., Treasurer
- Gene Boyd, MD, ECGH, Chair, Data Committee
- Sara Painter, MS, RN, LDN, CDE, Outreach Committee
- Karen Gugliuzza, RN, Vice Chair, Data Committee
- Herbert Jackson, DPM, Volunteer Committee
- Joe Marshall, Volunteer Committee
- Barbara Carstens, Community Representative
- Rick Engen, RPh, Outreach Committee
- Len Hamachek, Outreach Committee
- Gina Sciame, Outreach Committee
- Martin Lipsky, MD, UI College of Medicine, Ex-Officio member
- Ellen Blakus, UI College of Medicine, Newsletter Editor

For comments, suggestions, or more information about NIDC, contact Paul Burkholder at 395-5727 or email pburkhol@uic.edu

Contributions to NIDC Notes are welcome. Contact Joella Warner at 815-395-5703

2008 NIDC Raffle Announced

The *major* source of funding the NIDC educational and outreach programs for this coming year will be from the 2008 Raffle. Plans are being completed this week and we anticipate launching the Raffle ticket sales sometime in June with sales continuing until the drawing on October 1st. Look for a letter announcing the Raffle and the associated prizes to arrive in your mailbox sometime in the coming weeks.

Please assist NIDC in any way that you can in this endeavor. We are seeking individuals in your neighborhood and community who will be salespersons for the Raffle (call 815-988-5552 if you are willing to assist in ticket sales). And of course, if at all possible, please invest in NIDC by purchasing tickets.

SUPPORT GROUP/EVENT CALENDAR

June 23, 2008 6:30 p.m.

Whiteside County Community Health Clinic

June Diabetes Support Group

Speaker Connie Tegtmeyer, MS, RD, LDN

Topic will be meal planning for people with diabetes.

Ryberg Auditorium

CGH Medical Center

100 E. LeFevre Road, Sterling, IL

Call 815-626-2230

July 28, 2008 6:30 p.m.

Whiteside County Community Health Clinic

July Diabetes Support Group

Speaker Dina Durward, RN

Topic will be Health Department programs.

Ryberg Auditorium

CGH Medical Center

100 E. LeFevre Road, Sterling, IL

Call 815-626-2230

August 25, 2008 6:30 p.m.

Whiteside County Community Health Clinic

August Diabetes Support Group

Speaker Linda Olds-Steinert, Director, Medical Unit for CGH

Topic will be Patient and Family support for patients with diabetes.

Ryberg Auditorium

CGH Medical Center

100 E. LeFevre Road, Sterling, IL

Call 815-626-2230

August 14, 2008 8 a.m.-12:30 p.m.

August 15, 2008 8 a.m.-12:30 p.m.

August 16, 2008 8 a.m.-Noon

Colonial Village: Heartland Community Church

Community Screening

Lipid Panel (\$15) 10-hour fast required; Com-

prehensive Metabolic Panel (\$15) 10-hour fast

required; Hepatic Function Panel (\$15); Com-

plete Blood Count (\$20); Thyroid Screening

(\$25); T4 (\$25); T3 (\$25); Hemoglobin A1C

(\$30); C-reactive Protein (\$30); Total Iron (\$5);

GGT (\$5); Blood type with RH factor (\$20); PSA

(\$30) You may call for an appointment for these

dates or to schedule a more convenient date.

Call 815-720-4276 or 815-720-4274.

September 8, 2008 6:30 p.m.

Valley West Community Hospital

What are you doing to reduce your risks for complications?

Conference room of the Medical Office Building.

1310 N. Main Street, Suite 207, Sandwich, IL

For more information on diabetes 815-748-8378

Rockford Step Out

Walk to Fight Diabetes

Join us Rockford in 2008 for Step Out - A Walk to Fight Diabetes, on Saturday, October 18, as we raise money to prevent and cure diabetes and improve the lives of all people affected by diabetes! The Rockford walk begins at the YMCA Log Lodge and continues along the Rock River Path, turning around at Auburn Street Bridge and returning along the same path back to the Log Lodge. This year's event will feature breakfast, lunch, well-stocked themed rest stops along the route and a goodie bag for each walker. There is no better way to spend a fall morning than walking a few miles with friends, family, and co-workers! We need you, Rockford to help us raise money for a

cure for diabetes! And its **EASY**

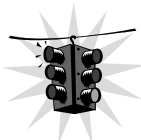
- 1) **NO Registration Fee! (Really!)**
- 2) **Register ONLINE! (Now Open)**
- 3) **Start Fund-raising Now! (Average walker last year raised \$175)**
- 4) **Earn a Step Out T-Shirt! (Raise \$150 or more by walk day)**
- 5) **Invite A Friend or Start A Team!**

Get involved now in the fight against diabetes. The American Diabetes Association is committed to serving the Rockford community with more diabetes related events and information. For questions or sponsorship information on the 2008 Step Out A Walk to Fight Diabetes, please contact Michelle LaPage at 800-676-4065, ext. 6570 or mlapage@diabetes.org.

A Stoplight Guide to Label Reading

by Sara Painter RD, LD, CDE
Crusader Clinic

Diabetes is a risk factor for heart disease in the same way smoking and high blood pressure are risks. Often times, cholesterol levels are high in people with diabetes because insulin also affects cholesterol metabolism and synthesis. In terms of blood sugar, people with diabetes should be concerned with reading food labels for "Total Carbohydrates." Below is a primer for deciphering the "Total Fats" on labels.



RED LIGHTS – Significantly raise the cholesterol in your blood. Your liver takes these fats and makes LDL cholesterol that deposits in blood vessels when in excess.

Saturated Fat:

- Solid at room temperature (think of cooled bacon grease or butter or skin on chicken or cheeses)
- Primarily from animal foods
- Coconut, palm, and palm kernel oils are also high (these are found in your chocolate candy bars)

Tip – Look for lean meats, trim visible fat before cooking and drain off grease after cooking

Trans Fatty Acids:

Hydrogenation is a process that makes oil more solid at room temperature. Makes products like stick margarines, shortenings, frosting

Processed foods like crackers, doughnuts, potato chips are high

Tip - Look for tub margarines and snack foods without Trans fatty acids. Be careful of items "TRANS FAT FREE", but are still high in saturated fat or sodium.



YELLOW LIGHTS – May raise your cholesterol in your blood. So eggs may not raise your LDL levels, but the butter, bacon, and sausage (those saturated fats) will. Similarly, shellfish like shrimp and lobster are high in cholesterol, but low in fat. Without the frying or dipping in butter, the saturated fat content is low. Your body gets about 20-25% of its cholesterol from cholesterol in food.

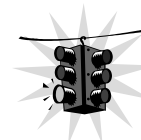
Dietary Cholesterol:

- Comes from animal sources ONLY because only animals have livers to make cholesterol
- Fat in dairy products, egg yolks, meats, poultry, and seafood (shellfish)
- Vegetables, fruit, beans, nuts, seeds, and grains do NOT contain cholesterol because they are from plants

Polyunsaturated fat:

- Liquid at room temperature (think of cooking oil)
- Primarily from vegetables
- Safflower, sunflower, corn, and soybean oil are high
- Can **decrease** cholesterol levels

as part of a healthful diet, but may lower your healthy cholesterol too



GREEN LIGHTS – Can lower your lousy LDL cholesterol and keep your healthy HDL cholesterol high. These fats are a part of the Mediterranean diet or sometimes called the Biblical or Jesus diet.

Monounsaturated fat:

- Liquid at room temperature
- Canola, Olive, and Peanut oil are high
- Foods like olives, avocados, seeds, and nuts are high

Tip – These foods work great with salads and as snacks – a good substitute for chips or doughnuts

Omega 3 Fatty Acids:

- Essential Fatty Acid shown to be protective of heart
- American Heart Association recommends eating 2-3 servings fish/week like mackerel, sardines, lake trout, herring, albacore tuna and salmon
- Flax Seed and Walnuts have the plant based omega-3's

Tip – Many people in the Midwest have a hard time getting a lot of fish in the diet or some people simply don't care for the taste. Check with your doctor if omega-3 or fish oil supplements are appropriate for you.

Rockford American Diabetes Association Night with Riverhawks

Support your local American Diabetes Association and enjoy a night at the ball park. Tickets are now available for Diabetes Night on Tuesday, June 17 when the Riverhawks battle the Gateway Grizzlies! Fight Diabetes in Rockford and buy a \$10 infield box seat. For every ticket sold, \$3 will be donated to the Rockford American Diabetes Association for a Summer Family Resource Event. Call

Michelle at 1-800-676-4065, ext. 6570, or email at mlpage@diabetes.org to buy tickets to give to your employees as a nice incentive! Join all the FUN at Road Ranger stadium as we Fight Diabetes in Rockford.

ADA Family Resource Network Museum Event

A great opportunity to get kids dealing with diabetes (and parents!) together for fun and connection.

Where: Discovery Center Museum
When: Friday, July 18 from 6 to 8 p.m.
Cost: Free!*

Kids will have the museum all to themselves, there will be "A Healthy Eating Habits" workshop, a chance for all to enjoy networking, food and fun! To sign up, please contact Michelle at 1-800-676-4065, ext. 6570, or at mla-page@diabetes.org.

*A special thanks to Accu-check for making this night possible

**Northern Illinois
Diabetes Coalition**

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