

History of Diabetes

-Diabetes occurred mainly in the 20th century.
-The endocrine role of the pancreas in metabolism and the existence of insulin, was not clarified until 1921.
-The first clinical patient was treated in 1921.
The distinction between type 1 and type 2 diabetes was made by Sir Harold Percival Himsworth in 1935.

Eating Healthy Tips

-There are many web-sites for those living with diabetes.
-Most have healthy recipes and dietary guidelines.
-Use Google - Type "Diabetes" and "Easy Recipes."

New Nutrition Pyramid

The Nutrition Pyramid helps individuals use the dietary guidelines to:
-Make smart choices from every food group.
-Find balance between food and physical activity.
-Get the most nutrition out of calories.
-Stay within daily calorie needs.
-Check out:
www.mypyramid.gov



Dueing Pianos

Thursday,
Nov. 5th
8p.m.-10p.m.
Campus
Center Food
Activity Court

Toilet Talk

October 30, 2009

Eat to live, don't live to eat!

Did You Know...

...If you have a tossed green salad before you main meal, you will be more likely to eat less at the meal.

...One third of Americans get 47 percent of their calories from junk foods.

...Vitamin C helps heal cuts and wounds, keeps teeth and gums healthy and aids in iron absorption.

...Because it's a liquid, flavored milk clears from the teeth more quickly and is less likely to cause cavities than foods that stick to teeth, like candy and potato chips.

Answer to Last Week's Question:

57 million Americans have pre-diabetes and 23.6 million Americans have diabetes.

Easy Tip on Living Laker Green:

Next time you're ready for a bedroom upgrade, consider organic cotton sheets and mattress pads, organic cotton pj's, buckwheat hull or feather pillows instead of foam and a mattress with a natural latex rubber core. And if you buy a new mattress, don't send your old one to the landfill. Instead, investigate mattress-recycling options in your area.

Question of the Week: What is the median age of Facebook users?

Events of the Week:

-Saturday, Oct. 31st: Halloween Open Skate. Campus Center Ice Arena from 10-11:55p.m. The cost is \$1 and \$3 skate rental.

-Sunday, Nov. 1st: "Opera Love Stories." Waterman theatre from 2-4p.m. The cost is \$15 for Oswego students.

-Saturday, Nov. 7th: "Latinos Take The Night," Latino Student Union 32nd annual dinner. Doors open at 4p.m. the cost is \$10.

Questions? Comments? Suggestions? Get Involved.
Give us a call! 312-5648 Or email
lifestyle@oswego.edu



Download Toilet Talk online! Visit
www.oswego.edu/lifestyles and Click on
the Toilet Talk link.



Words to whiz by...

"Don't let life discourage you; everyone who got where he is had to begin where he was."

- R.L. Evans

Myth and Facts

-People cannot eat sweets/chocolate.

..Myth

-Eating too much sugar causes diabetes.

..Myth

-Insulin is the hormone responsible for regulating sugar levels and absorption in cells.

..Fact

-Treatment varies from such factors as the patients blood glucose, profile, age and type of diabetes.

..Fact

Types of Diabetes

..**Type 1 diabetes**- an auto-immune disease where the body's immune system destroys the insulin-producing beta cells in the pancreas.

..**Type 2 diabetes**- is characterized by insulin resistance and relative insulin deficiency.

..**Gestational diabetes mellitus**- is defined as glucose intolerance of various degrees that is first detected during pregnancy.



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Sponsored by the Lifestyles Center. Toilet Talk is brought to you by Graduate Assistants Jenna Bernardelli and Michael Hotchkiss, Intern Danielle Hawley and Peer Educators Dawn-Marie Allen-Kent, Jeanelle Colon, Charlene Irving, Chanel Lindsay, Jessica Raghunanan and Amirah Wint.
Sources available upon request.

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