

## Community learns how to shop for diabetics

by Kathy Chaney  
DEFENDER STAFF WRITER

When holiday time draws near, grocery stores are jam-packed, shopping carts are full and food sample stations are often set up in several locations throughout the stores.

But it's what's inside the carts – especially for diabetics – that prompted the Westside Health Authority to collaborate with two major corporations to promote healthy food choices, especially during a time when an individual may stray a bit from their health routine.

"I have to learn to eat smaller portions at all times, even when the holidays roll around," Freddy Moon told the *Defender* during a recent healthy shopping tour at a west suburban Jewel-Osco.

Moon, a Type 2 diabetes patient, was among nearly 20 seniors from the West Side who participated in the Eating Healthy With Diabetes program sponsored by Jewel-Osco and the AARP.

Michelle Tranter, a registered dietician for the grocer told the crowd that a normal food portion is generally equal to the size of a deck of cards.

Tranter and a pharmacist led the group through each section of the store stressing portion control, and helping them to recognize the foods that would increase blood sugar, as well as which items have high or low sodium and saturated fat.

The dietician explained that white meat is leaner. She encouraged those who love to eat fried foods to limit their intake and try the same meat either baked, broiled or grilled. She said fish is lean, but also low in saturated fat.



Austin resident Carl McCoy reviews information at a recent Eating Healthy With Diabetes program held at the west suburban River Forest Jewel-Osco Pharmacy. The program, which emphasized the ABCs of heart health and the importance of good food choices, especially during the holidays, included a grocery-shopping tour for 20 Austin residents. The River Forest event was co-sponsored by AARP, the Westside Health Authority and Jewel-Osco Pharmacy.

Photo/Special to Defender

Tranter also stressed reading food labels as the key to making sure healthy food choices are made.

"Here's a rule I go by: If there are three grams or less of saturated fat in something I'm looking at, I'll buy it. If it's more, I leave it. When it comes to fiber, if something contains three grams or more, I'll buy it. If it's less, I leave it," said Tranter.

Ida Barnes, also a Type 2 diabetic, said she regularly watches her sugar, carbohydrate and cholesterol intake and is quite successful. However, the struggle is far from over.

"This event was good for me. I've been controlling most of what they (Tranter and pharmacist) recommend, but I need to eat smaller portions. I'm also working on managing my blood pressure and weight. That's my biggest problem," said Barnes.

Lead organizer for the Westside Health Authority, Cody McSellers-McCray, said they'd done this program years ago and decided to resurrect it. The Christmas holiday season was the perfect time to re-ignite the initiative, she said.

"Our seniors, and others with diabetes, need to know of the healthy food options available to them. We're in discussions with other grocers to continue the program and tour after the holiday season concludes. We want to keep this going," McSellers-McCray added.

Adult onset diabetes (Type 2) is one of the fastest growing diseases in this nation, with minorities – especially Blacks – leading the way in persons diagnosed with the debilitating condition.

## FDA says OSI drug effective against lung cancer

by Matthew Perrone

WASHINGTON – Federal health regulators say OSI Pharmaceutical's Tarceva slows the progression of lung cancer and extends patients' lives when used as a follow-up to chemotherapy.

The Food and Drug Administration on Monday posted its review of the drug for a new use against lung cancer.

OSI wants the FDA to approve Tarceva as a maintenance therapy, or a drug designed to stop cancer from spreading in patients who are responding to chemotherapy. It is currently approved as a secondary treatment for patients whose cancer has progressed after chemotherapy.

A company study of 889 patients showed Tarceva stopped cancer from progressing for about three months when taken immediately following chemotherapy.

According to documents posted online, the FDA's main issue with Tarceva "concerns other available treatment options."

The FDA will ask a panel of outside experts to compare Tarceva as a maintenance therapy to Tarceva or the chemotherapy drug Taxotere as a secondary therapy. Taxotere is marketed by Sanofi Aventis.

Both Tarceva and Taxotere extend lives about three months when given to patients who have seen their cancer progress after taking first-choice chemotherapies, according to the FDA.

The agency is weighing whether Tarceva as a maintenance therapy is better than using it or Taxotere only after initial chemotherapy has stopped working.

The FDA is not required to follow the advice of its outside experts though it usually does.

Tarceva is a daily pill and marketed as a first-line treatment.



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Check your mail for the handbook 2010 Medicare & You

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