

News Release

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Learn Ways to Defeat Summertime Temptations That Undermine Successful Diabetes Management

Author offers firsthand knowledge and useful strategies, June 19, at Taylor Books, Charleston, WV

Seattle, WA — Summer's official start is just around the corner, but those backyard barbeques and family picnics hold a host of temptations for people with diabetes—especially the newly diagnosed. Donna Kay, diabetes lifestyle coach and co-author of **The Complete Diabetes Lifestyle** (www.completediabeteslifestyle.com), offers sage advice about how to handle temptations that can dash the best diabetes management plan. Kay will be at Taylor Books, 226 Capitol Street, Charleston, West Virginia, Thursday, June 19, 2008, 6:00 p.m. (www.taylorbooks.com).

The Centers for Disease Control and Prevention notes that more than eight percent of the West Virginia population has been diagnosed with type 2 diabetes. Because West Virginia has one of highest incidence of diabetes in the United States, Kay's practical advice and first-hand experience may be of special interest to Charleston-area residents.

“With type 2 diabetes, some of the toughest challenges have to do with changing your mind first, and then changing your behavior,” explains Kay. “Living a successful life with type 2 diabetes is about making little changes and small choices that become big changes and important choices over time.”

Summer meals, she notes, are especially treacherous. For example, barbecue sauce, ketchup and salad dressings can be loaded with sugar, which may send blood sugar soaring. And high blood sugar is the archenemy of good diabetes management. But turning to foods labeled as “low-fat” or “no-fat” may not be a foolproof solution.

“When manufacturers remove the fat from foods, often they replace it with something else to enhance flavor. That something is usually sugar,” says Kay. “When I talk to groups about what's worked for me in managing my diabetes, I can't stress enough the importance of reading food labels. A big challenge in managing type 2 diabetes is learning new ways of eating. Reading food labels is one of the easiest and best ways of educating yourself as to exactly what you are ingesting.”

However, not all of the food tips Kay offers focus on what you must avoid. Kay says that people are often surprised to learn that not all chocolate is taboo. “In moderate amounts, dark chocolate, with at least 60 percent cocoa, is a better choice than milk chocolate because it has more fiber and less saturated fat and calories per serving.”

While at Taylor Books, Kay, who is a patient advocate and Chair of the Kansas City Leadership Council of the American Diabetes Association, will present ideas that have helped her successfully manage diabetes. She will also be available for one-on-one questions.

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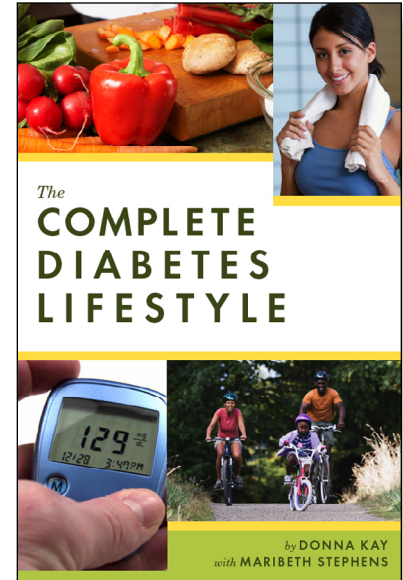
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The Complete Diabetes Lifestyle (ISBN 978-0-978810818) is available November 2007 from Big Think Media, Inc.

About the Authors

Donna Kay combines her educational interest in healthcare and professional background to manage her own type 2 diabetes. Through personal experience, Kay demonstrates the powerful link between education and motivation. She inspires both patients and their family members to live a life filled with energy and enthusiasm.

Maribeth Stephens has more than 20 years' experience as a professional writer with special interest in healthcare. Her work has appeared in a wide variety of media—books, radio, television, and trade magazines. She recognizes that people with diabetes need understandable, high-quality information at their fingertips.



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