



Ontario Home Economics Association

C O M M U N I Q U É

Ask A Professional Home Economist

For Immediate Release

Home Economist Seeks Help to Cope with Type 2 Diabetes

OTTAWA – The Ontario Home Economics Association, along with a group of health professionals, has taken on the task of helping Ontarians cope with Type 2 Diabetes. Professional Home Economist Cathy Enright, a member of the Association who lives with the disease, has taken a practical, no-nonsense approach to dealing with diabetes every day.

“Although I had been a Home Economist for many years and had some knowledge of diabetes, the first place I headed after my doctor cautioned me about my sugar levels was to see a dietitian,” explained Cathy. “She was kind and we had a frank discussion about what I could do to improve my situation. Of course, no change is easy, and diabetes needs to be taken seriously.”

One thing Cathy recommends, after checking with your doctor, is testing your blood to see just when the sugar highs and lows occur. You can learn a lot about your body’s reaction to foods when you can see results first hand. Definitely the muffin in the afternoon from the local coffee shop disappeared from her snack menu. Breakfast and lunch are easiest for Cathy as she feels she has more control over those two meals and over snacks at work, usually nuts, in the afternoon.

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Evenings present a greater challenge. Coming home from work tired, it seems the more tired Cathy is, the more temptation there is to over-eat. And, remember, what you snack on the night before may have a dramatic effect on morning blood glucose levels. The practical solutions for her tired evenings are to phone a friend, delve into her children's homework research, or do a household task. She has to stay busy! Walking and/or jogging with her dog every morning for 20 minutes is the informal no-cost exercise regime Cathy is faithful to.

"I strive to make the majority of my week 'ordinary' – that is, my breakfast, lunch, dinner and snacks are according to the diabetic framework. The exceptions, like eating out, are true exceptions," added Cathy. "Taking diabetes seriously is vital, yet quite nicely supported by three of my office colleagues who also have Type 2".

For further information on nutrition, Type 2 Diabetes, or to find a registered dietitian in your area, visit www.dietitians.ca.

Also look for the best-selling cookbook, "*Canada's Everyday Diabetes Choice Recipes*", Robert Rose Publisher, which includes 14 quickbread recipes for diabetics, from Professional Home Economists Donna Washburn and Heather Butt.

Cathy Enright, P.H.Ec., is an Ottawa-based Professional Home Economist and Senior Marketing and Communications Advisor for Industry Canada. Demanding work and a busy family life dictate strict attention to her health.

The Ontario Home Economics Association, a self-regulated body of Professional Home Economists, promotes high professional standards among its members so that they may assist families and individuals to achieve and maintain a desirable quality of life.

For more information, please contact:

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