SWEET Success

California Diabetes and Pregnancy Program

Tip of the Month
~ # 11~

Reduce STRESS
Reverse Disease

In the AADE Daily News, reporting on the 37th Annual AADE Meeting (August 4-7, 2010), there was an enlightening article titled "Dr. Michael Roizen spurs educators to motivate patients to change their lifestyles, reverse their diseases."

Dr. Roizen reported that US healthcare appears to be expensive compared to other nations because Americans have twice the prevalence of chronic diseases as other countries. He said that 75% of chronic diseases are caused by four factors: tobacco use, food choices and portion size, inactivity and STRESS. 76% of physician visits, 81% of hospitalizations and 91% of prescriptions are linked to one of these four things!

Each of these four factors is within our control. Even for those who have made poor lifestyle choices, reversing stress can reverse stress damage. We can influence our moms at any time during their pregnancies to make a change for the better in their self-care and in lowering their stress. And that change can influence the trajectory of their health and that of their baby.

The other point that Dr. Roizen made that applies to us is that education needs to be made FUN. "Patients don't want negative messages…." When he encourages his patients, he says, "You get to stay as young as you want for as long as you want."

What kind of positive message can you give your Sweet Success moms that will make them feel more interested in their self-care? Can you invite stress-lowering behavior without making it feel like a chore?

And if you have some good ideas about that, please send them along to your regional team and we will pass them along to all of you!