



Diabetes Dream Team

www.DiabetesDreamTeam.com

Coaches' Clipboard

Diabetes Management Tips From
Dominique Wilkins' Diabetes Dream Team

STRATEGIES

FUNDAMENTALS

GET MOVING

NUTRITION

LAST WORDS

DOMINIQUE'S STRATEGY FOR MANAGING TYPE 2 DIABETES

Not long after I retired from the NBA at age 40, I was diagnosed with type 2 diabetes. After losing my grandfather and father to the disease, I decided that I would do everything I could to better manage my diabetes and encourage others to do the same.

A big part of properly managing my diabetes is my *Diabetes Dream Team*, which includes physicians, a diabetes educator, a nutritionist, and a fitness expert. Early on I realized the importance of proper daily diabetes management, including a diabetes-friendly diet, regular activity, and the right medication as needed. I know I am accountable for making sure that my care plan meets my needs.

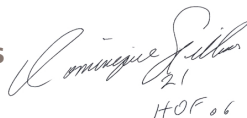
To stay on track, I hold myself to these 4 principles:



- 1 **Be honest.** I share everything with my *Diabetes Dream Team*. For years, I struggled to find the right medication and had many conversations with my doctor about how I was feeling. My pill wasn't getting me to my goal, so I talked with my doctor about different options. Now I take Victoza®, a once-daily, non-insulin injectable medication that has helped lower my blood sugar and allowed me to reach my A1C goals. While not a weight loss product, Victoza® also helped me lose some weight.
- 2 **Keep it simple.** My doctor helped me design a diabetes management plan that's easy to follow – that has made a big difference in my success.
- 3 **Make being active fun.** I enjoy a combination of running and walking on the treadmill and shooting hoops with my kids. Every little bit of exercise helps; even just a 30-minute walk can make an impact.
- 4 **Eat healthy most of the time.** I try to maintain a healthy diet of lean proteins, like chicken and fish, and fresh fruits and vegetables. I continue to enjoy the foods I love, but in moderation.

This Clipboard includes tips from my personal experience with my *Diabetes Dream Team*. I hope what you learn will help give you an edge in managing the daily challenges of living with diabetes.

Dominique Wilkins



Selected Important Safety Information

In animal studies, Victoza® (liraglutide [rDNA origin] injection) caused thyroid tumors—including thyroid cancer—in some rats and mice. It is not known whether Victoza® causes thyroid tumors or a type of thyroid cancer called medullary thyroid cancer (MTC) in people, which may be fatal if not detected and treated early. Do not use Victoza® if you or any of your family members have a history of MTC or if you have Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).

While taking Victoza®, tell your doctor if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath. These may be symptoms of thyroid cancer.

Please see full Important Safety Information at end of Clipboard. Click here for [Prescribing Information and Medication Guide](#).

LEARNING THE FUNDAMENTALS: TIPS FROM DOMINIQUE'S DOCTOR

Like many people, Dominique was in denial when he was first diagnosed with diabetes. But due to his family history with the disease, he knew that he had to do everything possible to learn how to best manage his diabetes.

Today, Dominique lives a healthy and active life because he has learned how to properly control his diabetes by balancing physical activity, a diabetes-friendly diet, and proper medicine as needed. Every person living with diabetes is different, but there are some steps that everyone with the disease can take to improve their overall health. Here are some tips to help you better manage your diabetes.

Pick your starting lineup.

Diabetes can affect many areas of your health. That's why it's important to work with a full roster of health care professionals who can help to address your needs.



Primary care provider (PCP)/Endocrinologist – A PCP is the physician you see on regular visits or when you are sick, and can be your primary care physician or family care physician. An endocrinologist is a physician who is specially trained to treat diseases like diabetes. Keep in touch with your PCP and/or endocrinologist as you work with other members of your starting lineup.



Diabetes educator – Specially trained to help you understand how your medicines work, teach you how to check your blood sugar, help you reduce your risk for diabetes-related problems, and help you make a plan for healthy eating and physical activity. Your diabetes educator can also help you solve issues.



Eye doctor – Conducts a dilated eye exam at least once a year to check for signs of diabetes-related eye problems.



Foot doctor (podiatrist) – Checks your feet and treats foot problems, such as wounds, infections, or other diabetes-related foot issues.



Pharmacist – Can help organize your medicines and answer questions about the medicines you take.

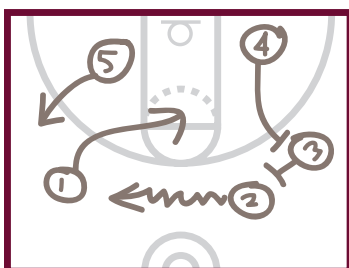
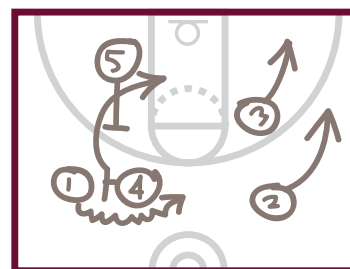


Behavioral health professional – Can help you with the stress of adapting to and living with diabetes.

Every member of your *Diabetes Dream Team* is important, but the most important person on your team is you. Your role is to make sure that your diabetes management plan meets your needs and that you can follow it. Together, you and your team will work to adjust your plan so that it fits your needs and preferences.

Share as much information as you can.

When you visit your health care professional, you may find that you need to share a lot of information in a short period of time. It's easy to forget questions or details. To get the most from your visits, bring a list with important medical information and any questions you may want to ask. If something isn't working for you, like your medication, then they can help you find another option.

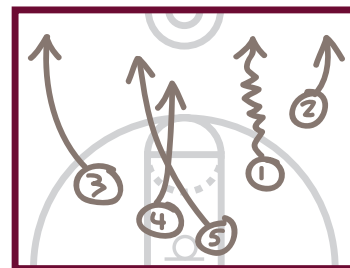


Find the right medication for you.

Often, following your meal plan and staying active are not enough to keep your blood sugar in check. In this case, medication may be necessary. It is important to find a medication that can help you achieve your blood sugar goals. Talk with your physician to find out which medication is right for you.

Be proactive about your healthy lifestyle.

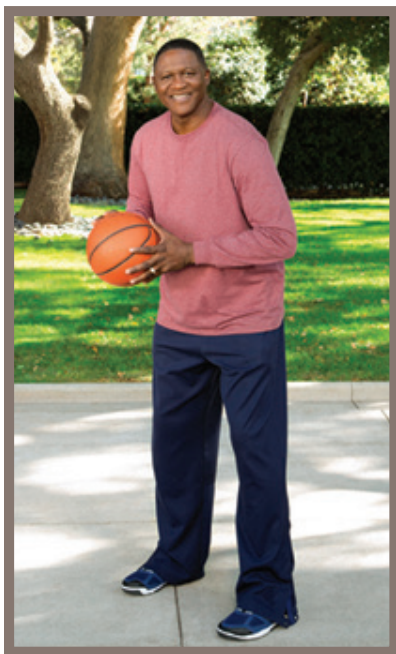
You can do this by sticking to your diabetes care plan and keeping your blood sugar levels as close to normal as possible. Take action to manage your health in positive ways, as discussed with your physician. Follow a healthy meal plan, be more active, and engage in stress-relieving activities.



Don't give up.

If you experience complications, talk to your doctor about ways you can adjust your plan. Look at challenges or diabetes-related health issues as a wake-up call. Renew your pledge to take care of yourself, and start taking positive action today to stay on track.

INCORPORATING PHYSICAL ACTIVITY INTO YOUR DAILY LIFE: COACHING FROM DOMINIQUE'S TRAINER



Dominique stopped training regularly after he retired from the NBA, but he started back up once his doctor explained the important role that exercise plays in stabilizing blood sugar. Dominique is no stranger to exercise, but like anyone, he had a tough time starting a new fitness routine.

We developed a plan that kept him active most days of the week and incorporated his favorite activities, like playing basketball and running. We started off slowly, but now Dominique can run a 10-minute mile.

Exercise might seem intimidating, but it's important to make physical activity part of your routine. Follow these simple steps and you'll be on your way.

Talk with your doctor before you start.

Let your doctor know that you'd like to become more active. Discuss what kind of activity is best for you.

Choose your activity.

Make it one that you enjoy. Just about anything that gets you moving is good. These are some fun, easy ways to get started:



Set a goal.

Aim to be active for at least 150 minutes a week, spread over at least 3 days. If you are just getting started on a fitness program, then a great place to start might be with a 5-minute walk in your neighborhood, then increase it to 10 minutes, then to 15, and so forth. In time, you will find you can go farther, faster, and more frequently.

**Don't forget your feet!**

Check inside your shoes and socks for anything that might injure your feet. Notify a health care professional right away if you injure your feet.

Be safe.

Exercise is supposed to help prevent health problems, so take caution.

Check your blood sugar before you start exercising and refrain from activity if your blood sugar level is too low.

Keep a sugary snack or glucose tablets on your person when you are physically active, in case your blood sugar drops quickly. Watch for symptoms of low blood sugar, and respond quickly.

Don't overdo it. When being active, you should be able to carry on a conversation without getting out of breath.

Identify barriers and then take steps to overcome them.

Sometimes the barriers to physical activity seem to outweigh the benefits. If this is true for you, these ideas may help:

Find fun ways to keep moving.

One of the most common reasons people give for avoiding exercise is that it is boring. You won't be bored if you choose an activity you enjoy.



Find an exercise buddy.

Exercising is more fun, and you're more likely to stick to it when you do it with someone else, so ask a family member or friend to join you.



Make being active a natural part of your life.

Take the stairs instead of the elevator.
Park in the farthest parking spaces.
Your "active" minutes will soon add up.



Track the effects of physical activity on your blood sugar levels.

Regular activity can have a positive effect on your blood sugar. Keep a record of your blood sugar before and after activity to help you see the benefits.



FOOD FOR THOUGHT: ADVICE ON HEALTHY EATING FROM DOMINIQUE'S NUTRITIONIST



Healthy eating is important for everyone, but it's even more important when you have diabetes. Developing healthier eating habits may take time, but the benefits are well worth it. You can still enjoy the foods you've always eaten and live a satisfying lifestyle.

Dominique loves barbecuing with his family, so I taught him healthier ways to prepare some of his family's favorites, like BBQ chicken, steak, and potato salad. I also helped him learn how to incorporate more whole grains and fruits and vegetables into his diet.

Here are some tips on how to develop a meal plan that will help keep your blood sugar within your goal range, and help you manage your weight, cholesterol, blood fat levels, and blood pressure.

Be realistic.

No one can eat right all of the time. The current NBA career-leader has a .599 field-goal percentage, which means he missed more than 40% of the shots he took. No one is perfect, so don't expect to be. I even encourage Dominique to indulge from time to time, especially on his favorite holidays – his birthday and Thanksgiving. The important thing is that you get back on track right away to keep building good habits.



Start small.

Make 1 or 2 changes to your current meal plan. Once you've conquered those, then add another change and so on. When I started working with Dominique, I taught him these basic principles and asked that he try to stick to them on a regular basis:

- 1 **Schedule healthy meals and snacks at regular times each day.** You are more likely to make smart choices when you plan ahead.



- 2 **Match how much you eat with your activity level.** Don't eat like you are an NBA player when you are shooting hoops with your kids.

- 3 **Count carbohydrates as directed by health care professionals on your *Diabetes Dream Team*.** If your doctor recommends you count carbohydrates, there is a reason for it.

- 4 **Eat a wide variety of foods so that you don't get bored and to ensure you are getting necessary nutrients.** Try 1 new fruit, vegetable, or whole grain every month. Dominique never knew he liked Brussels sprouts, but they're now one of his favorites.



- 5 **Limit the amount or how often you eat certain foods.** You don't necessarily need to *ban* any foods from your meal plan, but foods like fried chicken or cheeseburgers should be a treat, not a staple.

Seek help from a registered dietitian.

It's okay if you need a little more help. Ask your health care professional for a referral, or contact the Academy of Nutrition and Dietetics at www.eatright.org to find a registered dietitian near you.

Get support.

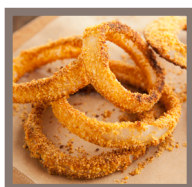
Your meal plan is a healthy way for anyone to eat. Encourage your friends and family to join you. Some of Dominique's favorite recipes taste so good that his friends and family don't even realize they are healthy. Try them out on your own and see for yourself!



BUFFALO-STYLE CHICKEN BITES



SMOKED TURKEY CHILI VERDE



CRISPY BUTTERMILK BAKED ONION RINGS



SLOW BERRY COBBLER

BUFFALO-STYLE CHICKEN BITES

Dominique and his family love the spice of these buffalo chicken bites.



Makes: 10 servings

Prep Time: 20 minutes

Cook Time: 15 minutes

Difficulty: Easy

Ingredients:

- 1/2 cup light mayonnaise
- 1/4 cup reduced-fat sour cream
- 1/4 cup reduced-fat blue cheese crumbles
- 1 tablespoon lemon juice
- 1/4 teaspoon black pepper
- 1 pound ground chicken breast
- 1 small red bell pepper, minced
- 3 tablespoons reduced-sodium bottled hot pepper sauce
- 2 tablespoons plain dry whole wheat bread crumbs
- 1 shallot, minced
- 1 garlic clove, minced
- 1/2 teaspoon salt
- 2 1/2 cups celery sticks
- 2 1/2 cups carrot sticks

Method:

Preheat the oven to 425°F. Spray a large baking pan with cooking spray.

To make the dressing, combine mayonnaise, sour cream, blue cheese, lemon juice, and pepper in a small bowl. Cover and refrigerate to allow the flavors to blend, about 15 minutes.

Meanwhile, combine ground chicken, bell pepper, 2 tablespoons hot pepper sauce, bread crumbs, shallot, garlic, and salt in a large bowl until well mixed. With lightly moistened hands, form the mixture into 30 (1 1/4-inch) balls. Place on the baking sheet. Bake until meatballs are lightly browned and cooked through, 12-15 minutes.

Transfer meatballs to a large bowl. Add the remaining 1 tablespoon hot pepper sauce and gently toss until coated. Serve with the dressing, celery, and carrot sticks.

Per serving (3 meatballs with scant 2 tablespoons dressing, 1/2 cup celery sticks, 1/2 cup carrot sticks): 180 calories, 12 g fat (1.5 g saturated, 0 g trans), 40 mg cholesterol, 310 mg sodium, 9 g carbohydrate, 2 g fiber, 10 g protein.



SMOKED TURKEY CHILI VERDE

When Dominique is in the mood for comfort food, this chili made with low-sodium ingredients and lean turkey does the trick.



Makes: 6 servings

Prep Time: 15 minutes

Cook Time: 55 minutes

Difficulty: Easy

Ingredients:

- 3/4 pound lean ground turkey breast
- 1 large onion, chopped
- 1 green bell pepper, chopped
- 3 garlic cloves, minced
- 1 (12-ounce) jar low-sodium tomatillo salsa (such as Garlic Survival Co.)
- 3/4 cup water
- 2 chipotle peppers in adobo sauce, chopped
- 1 teaspoon ground cumin
- 1 (15-ounce) can no-salt-added black beans, rinsed and drained
- 1/2 cup chopped fresh cilantro
- 6 tablespoons shredded reduced-fat Cheddar cheese
- 6 tablespoons thinly sliced scallions

Method:

Spray a large nonstick saucepan with cooking spray and set over medium-high heat. Add the turkey, onion, bell pepper, and garlic; cook, breaking up the turkey with a wooden spoon, stirring occasionally, until the turkey is browned and the vegetables are softened, about 10 minutes.

Add salsa, water, chipotle peppers, and cumin; bring to a boil. Reduce heat and simmer, covered, until the flavors are blended and the chili thickens slightly, about 30 minutes. Stir in beans; return to a boil. Reduce heat and simmer until heated through, about 5 minutes. Remove from the heat; stir in cilantro.

Ladle the chili in serving bowls; top each serving with 1 tablespoon of cheese and 1 tablespoon of scallions.

Per serving (1 cup): 190 calories, 2.5 g fat (1 g saturated, 0 g trans), 25 mg cholesterol, 150 mg sodium, 21 g carbohydrate, 6 g fiber, 20 g protein.



CRISPY BUTTERMILK BAKED ONION RINGS

Dominique and his family can't get enough of this healthy version of an American staple.



Makes: 6 servings

Prep Time: 20 minutes

Cook Time: 25 minutes

Difficulty: Easy

Ingredients:

- 2 large Vidalia onions, cut crosswise into 1/2-inch thick rounds
- 1/4 cup white whole wheat flour
- 1/2 cup low-fat buttermilk
- 1 egg white
- 1 teaspoon hot sauce
- 3/4 cup cornflake crumbs
- 1/2 teaspoon salt

Per serving (6 onion rings): 120 calories, 0 g fat (0 g saturated, 0 g trans), 0 mg cholesterol, 330 mg sodium, 25 g carbohydrate, 3 g fiber, 4 g protein.

Method:

Preheat oven to 450°F. Spray 2 large baking sheets with cooking spray.

Separate onion rounds into 36 rings. Reserve any broken or smaller rings for another use. Place flour in a large food storage bag. Whisk together buttermilk, egg white, and hot sauce in pie plate or shallow bowl. Combine cornflake crumbs and salt on a sheet of wax paper.

Add onion rings, a few at a time, to the flour; seal the bag and shake until evenly coated. Dip the rings, 1 at a time, into the buttermilk mixture then into the cornflake mixture. Transfer the rings to the baking sheets. Lightly spray with cooking spray and bake, without turning, until crisp and golden, 20-25 minutes.

SLOW BERRY COBLER

This is an easy and delicious recipe that has helped Dominique incorporate more fruit into his diet.



Makes: 6 servings

Prep Time: 20 minutes

Cook Time: 4 hours

Difficulty: Easy

Ingredients:

Filling:

- 1 (10-ounce) package unsweetened frozen sliced strawberries, or 1 1/2 cups fresh
- 1 (10-ounce) package unsweetened frozen blueberries, or 1 1/2 cups fresh
- 1 (10-ounce) package unsweetened frozen raspberries, or 1 1/2 cups fresh
- 1/4 cup sugar
- 1/4 cup all-purpose flour
- 1 tablespoon fresh lemon juice

Topping:

- 3/4 cup reduced-fat baking mix, such as Bisquick Heart Healthy
- 3 tablespoons skim milk
- 2 1/2 tablespoons sugar, divided
- 1 tablespoon unsalted butter, melted
- 1 teaspoon cinnamon

Per serving (2/3 cup): 210 calories, 3.5 g fat (1 g saturated, 0 g trans), 5 mg cholesterol, 170 mg sodium, 43 g carbohydrate, 4 g fiber, 3 g protein.

Method:

Spray the insert of a slow cooker with nonstick cooking spray.

In a large mixing bowl, toss together strawberries, blueberries, raspberries, sugar, flour, and lemon juice. Transfer to a 4-quart slow cooker. Cook on high until nearly heated through, 1 1/2 hours.

Meanwhile, in a medium bowl, use a fork to blend the baking mix, milk, 1 1/2 tablespoons of the sugar, and melted butter to form a crumbly dough. Combine remaining tablespoon of sugar and cinnamon in a small bowl and set aside.

Stir the berry mixture in the slow cooker. Drop bits of dough on top of the fruit in the slow cooker and sprinkle the reserved cinnamon sugar on top. Continue to cook on high for 2 to 2 1/2 more hours until the topping has puffed and the fruit is bubbling. (Note: the topping will not be browned.)

LAST WORDS FROM DOMINIQUE

Diabetes doesn't have to define us.

I have learned that no matter what I am doing, I can manage my diabetes successfully. Small, simple changes can make a big difference.

Implementing lasting lifestyle changes will take time; just stick with it. Keep taking steps toward managing challenges in a healthy way. It won't always be a slam dunk, but stay the course.

It's the things you do now that dictate who you become in the future.

Dominique Silber
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Please see Important Safety Information below.

Indications and Usage:

Victoza® (liraglutide [rDNA origin] injection) is an injectable prescription medicine that may improve blood sugar (glucose) in adults with type 2 diabetes when used along with diet and exercise.

Victoza® is not recommended as the first medication to treat diabetes. Victoza® has not been studied in patients with history of inflammation of the pancreas (pancreatitis). Victoza® is not a substitute for insulin and has not been studied in combination with prandial (mealtime) insulin. Victoza® is not for people with type 1 diabetes or people with diabetic ketoacidosis. It is not known if Victoza® is safe and effective in children. Victoza® is not recommended for use in children.

Important Safety Information:

In animal studies, Victoza® caused thyroid tumors—including thyroid cancer—in some rats and mice. It is not known whether Victoza® causes thyroid tumors or a type of thyroid cancer called medullary thyroid cancer (MTC) in people, which may be fatal if not detected and treated early. Do not use Victoza® if you or any of your family members have a history of MTC or if you have Multiple Endocrine Neoplasia syndrome type 2 (MEN 2). While taking Victoza®, tell your doctor if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath. These may be symptoms of thyroid cancer.

Do not use Victoza® if you are allergic to liraglutide or any of the ingredients in Victoza®. Serious allergic reactions can happen with Victoza®. If symptoms of serious allergic reactions occur, stop taking Victoza® and seek medical attention. Pancreatitis may be severe and lead to death. Before taking Victoza®, tell your doctor if you have had pancreatitis, gallstones, a history of alcoholism, or high blood triglyceride levels since these medical conditions make you more likely to get pancreatitis.

Stop taking Victoza® and call your doctor right away if you have pain in your stomach area that is severe and will not go away, occurs with or without vomiting, or is felt going from your stomach area through to your back. These may be symptoms of pancreatitis.

Before using Victoza®, tell your doctor about all the medicines you take, especially sulfonylurea medicines or insulin, as taking them with Victoza® may affect how each medicine works. If you use Victoza® with insulin, you may give both injections in the same body area (for example, your stomach area), but not right next to each other.

Also tell your doctor if you have severe stomach problems such as slowed emptying of your stomach (gastroparesis) or problems with digesting food; have or have had kidney or liver problems; have any other medical conditions; or are pregnant or plan to become pregnant. Tell your doctor if you are breastfeeding or plan to breastfeed. It is unknown if Victoza® will harm your unborn baby or if Victoza® passes into your breast milk.

Your risk for getting hypoglycemia, or low blood sugar, is higher if you take Victoza® with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin. The dose of your sulfonylurea medicine or insulin may need to be lowered while taking Victoza®.

Victoza® may cause nausea, vomiting, or diarrhea leading to dehydration, which may cause kidney failure. This can happen in people who have never had kidney problems before. Drinking plenty of fluids may reduce your chance of dehydration.

The most common side effects with Victoza® include headache, nausea, and diarrhea. Nausea is most common when first starting Victoza®, but decreases over time in most people. Immune system related reactions, including hives, were more common in people treated with Victoza® compared to people treated with other diabetes drugs in medical studies.

Please click here for [Prescribing Information](#) and [Medication Guide](#).