



Joslin Diabetes Center

Newport

UNDER THE STARS

presented by Walgreens

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## “Diabetes and the City” with Willie Garson

*Garson to Visit Camp Joslin for a Week to Learn from Campers about Living with Diabetes*

### About Willie Garson

Currently part of the ensemble cast on HBO’s quirky new surf show, “John from Cincinnati” and also known as Stanford Blatch, Carrie Bradshaw’s BFF from the ever-popular “Sex and the City,” Willie Garson is not only a popular character actor, but he is a restaurateur (partner in Domick’s on Beverly Boulevard and the new, Little Dom’s, opening this summer), as well, and knows thing or two about eating healthy when you are on the run.

He is in Boston the week of July 15 (attending Camp Joslin in Charlton) and is available for interviews to discuss his involvement with Joslin Diabetes Center. Garson has been involved with Joslin’s “Newport Under the Stars” fundraiser since its inception three years ago, and is going to Camp Joslin in order to learn about living with diabetes from kids themselves. Garson can also discuss basic healthy eating tips that are good for anyone to adopt, regardless if you live with diabetes or not. This year’s “Newport Under the Stars” will take place September 18 and 19 in Newport, Rhode Island, and proceeds will benefit Joslin’s High Hopes Fund.

### About Diabetes

- Diabetes affects more than 20.8 million Americans—about 7 percent of the population—including 176,500 children. That means almost every man, woman and child will be touched by the disease at some point during their lifetime.
- Diabetes is a disease in which the body either fails to produce any insulin (type 1, also called insulin-dependent or juvenile-onset diabetes), or the insulin that it does produce is unable to adequately trigger the conversion of food into energy (type 2 diabetes.)
- Diabetes can lead to devastating complications, such as heart attack, stroke, blindness, kidney failure, limb amputations and nerve damage.

### About Managing Diabetes When On-the-Go

Dining out with family and friends is one of life’s great pleasures, and for many it is a way of life. In fact, on “Sex and the City” you could count on one hand the number of meals that were home cooked...and I use that term loosely...Samantha’s roof top barbeque or Brady’s catered first birthday hardly constitute the typical “square” meal.

Anyway, meals on-the-go; take-out and late night dinners at a restaurant are no longer a special treat, but a common occurrence for many...those living with diabetes, as well as the average man, woman and family eat

out an average four times a week, according to Joslin Dietician staff. But with simple choices, just about any menu can be healthy.

According to Joslin, with proper education and within the context of healthy eating, a person with diabetes can eat anything a non-diabetic eats.

Let's face it it's not a bad idea to understand how many total grams of carbohydrates you can eat throughout the day at each meal and snack. For diabetics, this is especially important to keep their blood glucose under good control.

What does this mean? It means that a person with diabetes (or even someone trying to control their weight) should work with a dietitian to figure out how many grams of carbohydrate they can eat throughout the day can decide at any given meal what they will eat.

For example:

Most all foods (except meat and fat) contain some carbohydrate, and carbohydrate has the fastest effect on increasing blood glucose.

The number of grams of carbohydrate that a person can eat each day or at each meal is determined by such things as:

- sex
- whether or not weight loss is a goal (which it frequently is in people with type 2 diabetes)
- when and how much physical activity is done (because physical activity will lower blood glucose)

So for me, when I look at the Joslin Starter Meal Plan for Men, I am a male who works out at a moderate level and I want to maintain my weight. According to the Joslin Dietician staff, it is suggested that I should not exceed 220 grams of carbohydrates in any given day. For a woman who is as active as I am and wants to maintain her weight, the figure drops 20 grams per day.

Tips from Joslin that I employ when I'm dining out include making the following types of choices:

### Plan Ahead

- Choose restaurants that offer healthy menu choices
- Collect menus from your favorite restaurants to help you plan your selections ahead of time
- Call the restaurants ahead of time to ask about portions and preparation

### Control Portions

- Ask the server not to bring the bread basket or take one piece and ask for it to be removed
- Know your meal plan, or carry a copy on a small card with you
- Ask the server to pack up part of your meal **before** it's served
- Share an entree with your spouse or friend
- Order from the "starters" menu in place of an entree (soup or salad)
- Stay away from buffets or all-you-can-eat specials if portions are a problem

### Make Requests

- If you're unsure about ingredients or how foods are prepared, ask!
- Ask if your meal can be grilled or poached instead of fried, or prepared without added fats
- Ask that sauces, dressings and gravies be served on the side; use sparingly

- Find out if low-calorie salad dressings, skim milk or fresh fruit options are available
- I also try to take at least half my order home...controls my portion and make's my lunch decision easy!

## Pitfalls to avoid

Keep in mind some of the pitfalls and you can learn some of the questions to ask when eating out. The following are some of the challenges we face when dining out:

- **YOU** are not doing the cooking **and can't see what or how much is being added to your meal. How much fat, sodium or carbohydrate is often unknown.**
- Fat is Flavor **and is very often added to give foods a rich flavor or texture such as flaky, crispy or creamy.**
- Salt is the number one spice **that most chefs use to bring out flavor in food and very often you may not even notice that a food taste salty.**
- Portions are too big, **oversized portions have become the standard in restaurants today. Even if you try to eat less you may still be eating more than you would at home.**
- Meat is the entrée. **Meat, specifically red meat, can be high in calories because it usually takes up more than half of the dinner plate. Our bodies need less than half the protein that restaurants serve to stay healthy.**
- You may think of a meal out as a special occasion. **Years ago you may have only eaten out on birthdays or special occasions. Now, if you eat out often, you need to be more mindful of what you are ordering.**

## About Joslin Diabetes Center

- Joslin Diabetes Center is the world's largest diabetes research center, diabetes clinic and provider of diabetes education.
- Some of the most important discoveries in diabetes care worldwide were developed at Joslin. Founded in 1898 by a single physician, Elliott P. Joslin, M.D., Joslin today has more than 700 employees.
- Joslin Research comprises the most comprehensive and productive effort in diabetes research anywhere in the world. With 40 faculty-level investigators and an annual research budget of \$44 million, Joslin researchers focus on unraveling the biologic, biochemical and genetic processes that underlie the development of type 1 and type 2 diabetes and its related complications. It is events like "Newport Under the Stars," together with support of celebrities and sponsors that help bring Joslin closer to a cure.
- Joslin's Camping programs serves more than 1,000 children annually.
- 23,000 adult and pediatric patients visit Joslin Clinic in Boston for appointments.
- Joslin has 25 Affiliated Centers in the U.S.; 2 international Affiliated Centers in Bahrain and Canada.

## About "Newport Under the Stars"

"Newport Under the Stars," is presented by Walgreens and sponsored in part by Johnson & Johnson, Xerox Corporation, The Hershey Company, Comcast Corporation and Cox Cable. It includes three exciting and diverse events:

- **All-Star Golf Tournament...Tuesday, Sept. 18, 1 p.m. Shotgun Start**  
Fore! The *All-Star Golf Tournament* tees off with host NFL Pro Jason Sehorn at the exclusive Carnegie Abbey Club. The tournament, which pairs golfers with celebrities in a round of 18 holes, begins with a shotgun start at 1 p.m. Lunch kicks off the day; awards immediately follow.

- **Celebrity Regatta...Wednesday, Sept. 19, from 8 a.m. to 2 p.m.**

Celebrities and other guests will hoist sails, grind winches and crew America's Cup racing yachts in a friendly multi-boat race on Narragansett Bay. An official Woodman's New England-style clambake follows, as well as an awards ceremony for winners.

- **Johnson & Johnson Star Studded Dinner...Wednesday, Sept. 19, from 6:30 to 11:00 p.m.**

Marble House, a world-famous Newport mansion, is the perfect setting for the *Johnson & Johnson Star Studded Dinner Auction*. This indoor-outdoor event promises an experience of the utmost style and substance, featuring a decadent dining experience, hosted bar and live music.

Celebrities attending include:

- **Willie Garson** of HBO's "Sex and the City" and its quirky new show, "John from Cincinnati;"
- **Jeffrey Donovan**, star of USA Network's stylish hot new show "Burn Notice;"
- **Jason Sehorn**, former NFL Pro and analyst on Fox Sports Network's "Pro Football Review;"
- Ironman Triathlete **Jay Hewitt**, who himself lives with diabetes, and his new bride, **Miss USA 2005 Anna Hanks Hewitt**;
- "Top Chef" season two finalist, **Sam Talbot**, diagnosed with diabetes as a teenager;
- The very funny **Kathy Kinney** (a.k.a. Mimi Bobeck) from "The Drew Carey Show;"
- Actor/comedian **Jonathan Pessin**; and
- Boston sports heroes, Red Sox legend **Luis Tiant**; Celtics great **JoJo White**; and former New England Patriot **Russ Francis**.

**For more information**, call 617.357.0032; visit [www.newportunderthestars.com](http://www.newportunderthestars.com); or click on the "Newport Under the Stars" logo on [www.joslin.org](http://www.joslin.org).