



DIABETES UPDATE

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Living with Type 2 Diabetes

Managing diabetes can be challenging, but support from family members can make it much easier. Here are four key steps to help you control your diabetes and live a long, active life.

Step 1: Learn about diabetes.

Talk with your doctor or a diabetes educator about your condition and learn everything you can. Knowledge is power!

Step 2: Know your diabetes ABCs.

Talk with your healthcare team about how to manage your A1C (blood glucose or sugar), Blood pressure, and Cholesterol. This will help lower your chances of having a heart attack, a stroke or other diabetes problems.

Step 3: Manage your diabetes.

Many people are able to avoid serious long-

term problems related to diabetes by taking good care of themselves. Work with your healthcare team to reach your ABC goals.

Step 4: Get routine care to avoid problems.

See your healthcare team at least twice a year to find and treat any diabetes-related problems in the early stages.

— Source: American Diabetes Association



Caring for you and about you.



Gut Check

CAN THE RIGHT DIET HELP FIGHT GERD?

How can your diet help prevent or relieve gastroesophageal reflux disease (GERD)? You may need to avoid certain foods and drinks that make your particular symptoms worse. Some dietary changes that can help reduce your symptoms include decreasing fatty foods and eating small, frequent meals instead of three large meals.

Avoid eating or drinking the following items that may make GERD worse:

- chocolate
- greasy or spicy foods
- coffee
- tomatoes and tomato products
- peppermint
- alcoholic drinks

Eating healthy and balanced amounts of different types of foods is good for your overall health. If you're overweight or obese, talk with your doctor or a dietitian about dietary changes that can help you lose weight and decrease your GERD symptoms.

— Source: National Institute of Diabetes and Digestive and Kidney Diseases

Diagnosing Diabetes and Prediabetes

UNDERSTANDING COMMON TESTS

Blood tests are used to diagnose diabetes and prediabetes because, early in the disease, type 2 diabetes may have no symptoms. All diabetes blood tests involve drawing blood. Measuring glucose levels via finger-stick devices is not accurate enough for initial diagnosis. Tests can include:

- an A1C test, also called the hemoglobin A1C, HbA1C or glycohemoglobin test
- a fasting plasma glucose (FPG) test
- an oral glucose tolerance test (OGTT)

Another blood test, the random plasma glucose (RPG) test, is sometimes used to diagnose diabetes during a regular health checkup.

Symptoms of diabetes may include:

- increased urination
- increased thirst
- unexplained weight loss

Other symptoms can include fatigue, blurred vision, increased hunger and sores that don't heal.

— Source: National Institute of Diabetes and Digestive and Kidney Diseases



Fight Dry Winter Skin

STAY SOFT AND SMOOTH WITH THESE TIPS

Want great skin, even during winter's driest months? Try these tips:

- **Don't overdo the hot water.** Hot water removes skin's natural oils more quickly. Warm water is best for bathing.
- **Stick with gentle cleansers.** Soaps can strip oils from the skin. Skip the deodorant bars, antibacterial soaps and perfumed soaps. Look for either a mild, fragrance-free soap or a soap substitute that moisturizes.
- **Don't linger in the shower or bath.** A 5- to 10-minute bath or shower adds moisture to

the skin. Spending more time in the water often leaves your skin less hydrated than before you started. Do not bathe more often than once a day.

- **Moisturize after bathing.** Apply a moisturizer while the skin is still damp.
- **Humidify.** Keep the air in your home moist with a humidifier.

— Source: American Academy of Dermatology



Almost everyone loves meatballs in tomato sauce, from those meat-and-potatoes-only guys to picky children. This recipe is so easy, fast and delicious that it will become your go-to recipe when you are at a loss as to what to fix.

Turkey Meatballs *Serves 4*

- 1 1/4 pounds ground turkey (93% lean)
- 1/4 cup unseasoned Panko breadcrumbs*
- 1/4 cup grated Parmesan cheese, plus extra for garnish
- 1/4 cup minced fresh parsley
- 1/4 teaspoon garlic powder
- 1 egg
- 1 teaspoon kosher salt (or 1/2 teaspoon table salt)
- 1/4 teaspoon black pepper
- Two jars prepared pasta sauce
- 1/4 cup minced fresh basil

In a large bowl, combine ground turkey, breadcrumbs, egg, parsley, garlic powder, salt, pepper and 1/4 cup Parmesan cheese. Using clean hands, mix all the ingredients well until everything is combined. Form small meatballs, about 2 tablespoons each. Brown meatballs in a skillet sprayed with a small amount of canola-oil spray. The meatballs do not have to be cooked through; browning outside is fine.

Heat pasta sauce in a saucepan until just simmering. Drop meatballs in sauce and simmer for 15 to 20 minutes or until meatballs are no longer pink inside. These are delicious served over pasta or in submarine rolls and garnished with basil and a little more Parmesan cheese. If watching calories, just serve with a garden salad.



* This can be prepared as gluten free by omitting the Panko crumbs and adding a generous extra tablespoon of grated Parmesan cheese. Serve over gluten-free pasta and choose gluten-free sauce. Both versions refrigerate well for leftovers the next day.

Per serving:

(1/5 total recipe with Panko): 298 Calories; 11g Fat (34.9% calories from fat); 4g Saturated Fat; 27g Protein; 17g Carbohydrate; 3g Dietary Fiber; 127mg Cholesterol; 895mg Sodium. Exchanges: 1/2 Grain (Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fat.

Per serving:

(1/5 total recipe without Panko): 282 Calories; 11g Fat; 4g Saturated Fat; (37.1% calories from fat); 27g Protein; 13g Carbohydrate; 3g Dietary Fiber; 127mg Cholesterol; 867mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fat.

Recipe is low fat, low calorie, diabetic friendly and can be prepared gluten free.

— *Recipe courtesy of LowFatLifestyle.com. Visit them on the web and get more free recipes and healthy-cooking tips at www.lowfatlifestyle.com.*



Time to Quit?

THE 2016 GREAT AMERICAN
SMOKEOUT IS NOV. 17

Need help quitting smoking? The Great American Smokeout is the perfect time to set a goal and a quit date. There are many resources available to help:

- **Decide on a quit date.** Choose the Great American Smokeout date or another day within the following two weeks.
- **Enlist the help of family and friends.** Share your quit date and ask for support. A daily email, text or phone call can help you stay on course. Plan a smoke-free lunch date or game night to distract yourself. Or gather your family to cook a special meal together.
- **Expect challenges.** Each urge to smoke is short — usually lasting only 3 to 5 minutes. But these moments can feel intense. Before your quit day, write down healthy ways to cope: drinking water, taking a walk, listening to a favorite song, playing a game or calling a friend.
- **Remove temptation.** Throw away cigarettes, matches, lighters and ashtrays. Clean your car, home and workplace. Old cigarette odors can cause cravings.
- **Talk to your pharmacist, doctor or quit-line coach (at 800-QUIT-NOW) about quitting options.** Nicotine patches, gum or other approved medicines may help with cravings.

— *Sources: American Cancer Society; Centers for Disease Control and Prevention*



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Senior Health – AVOIDING THOSE NASTY WINTER COLDS

Do you really have some control over whether you catch a cold this season? Yes. There is much you can do to help protect yourself:

- Wash your hands often with soap and water. Wash them for 20 seconds, and help young children do the same. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth with unwashed hands. Viruses that cause colds can enter your body this way and make you sick.
- As much as possible, stay away from people who are sick.

If you have a cold, follow these tips to help prevent spreading it to other people:

- Stay at home while you are sick.
- Avoid close contact with others, such as hugging, kissing or shaking hands.
- Move away from people before coughing or sneezing.
- Cough and sneeze into a tissue then throw it away, or cough and sneeze into your upper shirt sleeve, completely covering your mouth and nose.
- Wash your hands after coughing, sneezing or blowing your nose.
- Disinfect frequently touched surfaces and objects such as toys and doorknobs.

— Source: Centers for Disease Control and Prevention

Did You Know?

EASE HOLIDAY STRESS

Feeling stressed with Thanksgiving right around the corner, followed by the December holidays? Don't abandon healthy habits these next two months. Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Try these suggestions:

- Have a healthy snack before holiday parties so that you don't go overboard on sweets, appetizers or drinks.
- Get plenty of sleep.
- Incorporate regular physical activity into each day.
- Take a breather. Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

— Source: Mayo Clinic

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