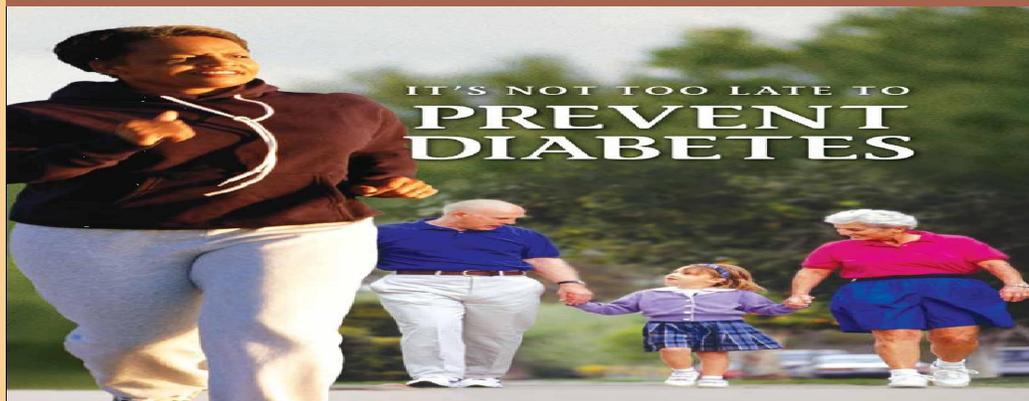


Mission In Motion



Health & Wellness Monthly Newsletter

November 2013—Diabetes



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Diabetes prevention: 5 tips for taking control

Changing your lifestyle could be a big step toward diabetes prevention — and it's never too late to start. Consider these tips.

When it comes to type 2 diabetes — the most common type of diabetes — prevention is a big deal. It's especially important to make diabetes prevention a priority if you're at increased risk of diabetes, for example, if you're overweight or have a family history of the disease.

Diabetes prevention is as basic as eating more healthfully, becoming more physically active and losing a few extra pounds — and it's never too late to start. Making a few simple changes in your lifestyle now may help you avoid the serious health complications of diabetes down the road, such as nerve, kidney and heart damage. Consider the latest diabetes prevention tips from the American Diabetes Association.

Tip 1: Get more physical activity

There are many benefits to regular physical activity. Exercise can help you:

Lose weight

Lower your blood sugar

Boost your sensitivity to insulin — which helps keep your blood sugar within a normal range

Research shows that both aerobic exercise and resistance training can help control diabetes, but the greater benefit comes from a fitness program that includes both.

Tip 2: Get plenty of fiber

It's rough, it's tough — and it may help you:

Reduce your risk of diabetes by improving your blood sugar control

Lower your risk of heart disease

Promote weight loss by helping you feel full

Foods high in fiber include fruits, vegetables, beans, whole grains, nuts and seeds.

Tip 3: Go for whole grains

Although it's not clear why, whole grains may reduce your risk of diabetes and help maintain blood sugar levels. Try to make at least half your grains whole grains. Many foods made from whole grains come ready to eat, including various breads, pasta products and many cereals. Look for the word "whole" on the package and among the first few items in the ingredient list.

Tip 4: Lose extra weight

If you're overweight, diabetes prevention may hinge on weight loss. Every pound you lose can improve your health, and you may be surprised by how much. Participants in one large study who lost a modest amount of weight — around 7 percent of initial body weight — and exercised regularly reduced the risk of developing diabetes by almost 60 percent.

Tip 5: Skip fad diets and just make healthier choices

Low-carb diets, the glycemic index diet or other fad diets may help you lose weight at first, but their effectiveness at preventing diabetes isn't known nor are their long-term effects. And by excluding or strictly limiting a particular food group, you may be giving up essential nutrients. Instead, think variety and portion control as part of an overall healthy-eating plan.

When to see your doctor

If you're older than age 45 and your weight is normal, ask your doctor if diabetes testing is appropriate for you. The American Diabetes Association recommends blood glucose screening if:

You're age 45 or older and overweight

You're younger than age 45 and overweight with one or more additional risk factors for type 2 diabetes — such as a sedentary lifestyle or a family history of diabetes

Share your concerns about diabetes prevention with your doctor. He or she will applaud your efforts to keep diabetes at bay, and perhaps offer additional suggestions based on your medical history or other factors.

Source: Mayo Clinic

Make diabetes prevention your intention

You can do a lot to lower your chances of getting diabetes. Exercising regularly, reducing fat and calorie intake, losing a little weight, cutting out tobacco products, lowering blood pressure and cholesterol levels can enhance your health. To help lower your risk of diabetes:

- Make a plan to change behavior.
- Decide exactly what you will do and when you will do it.
- Plan what you need to get ready.
- Think about what might prevent you from reaching your goals.
- If you smoke, enroll in a smoking cessation program.
- Find family and friends who will support and encourage you.

Decide how you will reward yourself when you do what you have planned.

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

Dental Care and Diabetes: Do a Double Check

About 23.6 million people in the U.S. have diabetes. This serious health problem can have a harmful impact on many parts of the body including the heart, nerves, eyes and kidneys. Diabetes can also impact oral health. That's why you should know the facts. Diabetes can cause a number of oral health problems, including:

- Gum disease
- Tooth decay
- Fungal infections
- Changes in taste
- Salivary glands that don't work normally
- More infections and slow healing
- Inflammatory skin diseases that cause mouth lesions

The Infection Connection

Researchers have found that since diabetics have lower infection resistance, the gums can be affected more severely. And the less diabetics control their blood sugar levels, the worse the problem will be. The good news is people who control their blood glucose levels are less likely to have serious gum disease. Anyone noticing signs of gum problems (red, swollen or bleeding gums, a bad taste, changes in bite or the way dentures fit, or gums pulling away from teeth) should plan a visit with the dentist right away.

Special Care

Diabetic dental patients need to use extra care. You should follow your dentist's advice. Your dentist may suggest more frequent exams and cleanings. If you have this illness, consider these ideas:

- Have regular exams and screenings for gum disease.
- Get care for dry mouth. This is a frequent problem for diabetics and can lead to more tooth decay.
- Keep blood sugar levels in check.
- Brush twice a day with a fluoride toothpaste and floss between teeth daily.
- Eat a healthy diet.

If your dentist doesn't know about your diabetes, now is the time to tell him or her. Your dentist can work with you to set up a care plan that meets your special needs. Be sure to:

- Tell your dentist how well your illness is under control.
- Give your dentist all of your health history.
- Give the dentist a list of all drugs and supplements you are taking.

Diabetes doesn't have to mean double trouble for your oral health. A proper diet, regular visits to the dentist and practicing good oral hygiene can help keep your smile bright.

Source: American Dental Association

Take 2 and Learn About Type 2 Diabetes

November is American Diabetes Month. Take a couple of minutes to learn what you can do to steer clear of Type 2 diabetes. Diabetes is one of the major causes of disability and death. But you can take small steps to lower your chances of getting this disease:

- Talk to your doctor to learn if you may be at risk.
- Keep a healthy weight. Losing just 7 percent of your body weight has been shown to lower your risk.
- Stay active and work out at least three times a week.
- Keep your blood pressure and cholesterol in check.
- Quit smoking.
- Get regular blood sugar tests.

Learning about Type 2 prevention can help you have more time to enjoy a healthy, productive life.

Watch it: Diabetes can be sneaky. You may not know you have it. Here are some signs to watch for: intense hunger; low energy; thirst; weight loss; frequent urination; slow healing sores; blurry sight and tingling or loss of feeling in your hands or feet.

Source: U.S. Department of Health & Human Services



We're not going to sugar coat this ... More Americans have diabetes than ever before

You can help protect your health:
Practice a healthy lifestyle and have your blood sugar tested.

Blue Cross and Blue Shield of Texas, A Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association



Experience. Wellness. Everywhere.™

A healthy and active life can help prevent diabetes

What you don't know can't hurt you...

It can if you have undetected diabetes.

- Diabetes can develop gradually, often with no symptoms.
- About a third of the 17 million adults and children affected by diabetes don't know they have it.
- Left untreated, diabetes can damage almost every major organ in your body.
- If you are at risk for diabetes, have a fasting blood glucose test starting at age 45. If test results are normal, repeat the test every three years.

Source: American Diabetes Association

Deal with Diabetes

Almost 24 million people in the U.S. have diabetes, an illness in which blood sugar levels are above normal. In type 1 diabetes, the body does not make insulin, a hormone needed to turn sugar, starches and other foods into energy. In type 2, the most common form, either the body does not make the right amount of insulin or the cells ignore the insulin. If not controlled, both types can lead to serious health problems. Most people with type 2 are adults, but children who are too heavy may also be affected. Type 1 usually strikes children and young adults.

Take these small steps to help lower your chances of getting type 2:

- Find out from your doctor if you have pre-diabetes, a health problem that raises your chances of getting type 2.
- If you are too heavy, lose at least 5 to 10 percent of your weight.
- Make healthy food choices and follow a low-fat, reduced calorie plan.
- Stay active and get a 30-minute workout five days a week.

Diabetes is a big deal. But you have the power to manage it by taking small steps. Smart moves: Staying active can do wonders to ward off diabetes. If you haven't been active, start off slowly, building up to your goal. Try brisk walking, dancing, swimming, biking, jogging or any motion that helps get your heart rate up.

Sources: National Institutes of Health; Centers for Disease Control and Prevention

MONTHLY SMARTS

FOOD SMARTS

A healthy diet can include sweet treats, as long as you don't overindulge or make them a regular habit. Check nutrition labels for calories before you dig in.

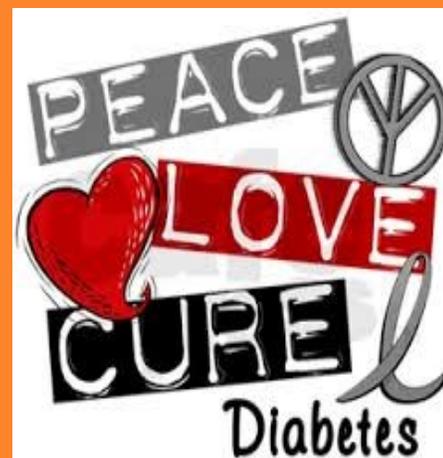
HEALTHCARE CONSUMER SMARTS

Laughter is good mood medicine. Obtain yours for free by checking out humorous movies from your local library.

SAFETY SMARTS

Be prepared in case of an emergency. Check with your local hospital or chapter of the American Red Cross for classes in CPR and first aid. Getting trained could help you save a life.

Source: Positive Promotions





November Health and Wellness Seminar

Topic: Diabetes

Date: November 21, 2013

Time: 2:30p.m.–3:30 p.m.

Speaker: To be Announced

Location: City Hall-Council Chambers

Meatless Chili

Warm up on a cool evening with this spiced-up vegetarian chili. Black beans fill you up and keep you satisfied thanks to their dietary fiber and high protein. Red sweet peppers and onion add depth and flavor to this comforting dish. Making a meatless meal has never been easier so take the challenge to eat more vegetables and less meat.

Veggie Chili

1 Tbsp. olive or canola oil
 1/2 large onion, chopped
 1 medium red bell pepper, chopped
 1 garlic clove, finely chopped
 1 jalapeño pepper, seeded, de ribbed, and minced
 1 Tbsp. ground chili powder
 1½ tsp. ground cumin
 1½ tsp. dried oregano
 1 (14½-oz.) can no-salt added diced tomatoes in juice
 1½ Tbsp. tomato paste
 1 cup water
 2 (15-oz.) cans black beans, rinsed and drained
 1/2 tsp. salt
 Fresh cilantro, chopped, for garnish
 Chopped scallions, for garnish
 Reduced-fat sour cream, for garnish (optional)

Heat oil in large saucepan. Add onions, sweet pepper, garlic and jalapeño pepper and cook until onion is translucent, about 5 minutes. Add chili powder, cumin, and oregano and cook, stirring, for 1 minute.

Add canned tomatoes, tomato paste and 1 cup water, then beans and salt. Bring to boil, reduce heat, and simmer, uncovered, for 30 minutes. Serve garnished with chopped cilantro, scallions and a dollop of sour cream, if desired.

Makes 4 servings (5 cups).

Per serving: 214 calories, 5 g total fat <1 g saturated fat), 35 g carbohydrate, 11 g protein, 12 g dietary fiber, 367 mg sodium.

Cartoon Corner



“I think diabetes is affecting my eyesight. I have trouble seeing the consequences of poor food choices.”

Health & Wellness Seminars

December 2013-Smoking Cessation
 (Topics subject to change)

*If you have a subject or topic that you would like more information on, feel free to make your request at 956-580-8630.

Simple Swaps:

Butter >>> Avocado

Potato Chips >>> Nuts & Seeds

Creamy Dressing >>> Oil & Vinegar

Mission In Motion

Our mission is to promote health awareness and to encourage healthy lifestyles.

Human Resources Department

1201 E. 8th Street

Mission, TX 78572

956-580-8630

Noemi Munguia—Human Resources Director

Nereyda Peña—Benefits Coordinator

Elena Perez—Personnel Manager

Vicky Ortiz—Insurance Benefits Specialist

