



IN GOOD

HEALTH NEWSLETTER...November

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**November:
American Diabetes Month
Great American Smokeout**

DIABETES

29.1 million people have diabetes, or 1 out of every 11 people

What is Diabetes?

Diabetes is a disease in which blood glucose levels are above normal. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugar to build up in your blood.

Type 1 Diabetes

Type 1 diabetes, which used to be called juvenile diabetes, develops most often in young people; however, type 1 diabetes can also develop in adults. In type 1 diabetes, your body no longer makes insulin or enough insulin because the body's **immune** system, which normally protects you from infection by getting rid of bacteria, viruses, and other harmful substances, has attacked and destroyed the cells that make insulin.

Type 2 Diabetes

Type 2 diabetes, which used to be called adult-onset diabetes, can affect people at any age, even children. However, type 2 diabetes develops most often in middle-aged and older people. People who are overweight and inactive are also more likely to develop type 2 diabetes.

Type 2 diabetes usually begins with insulin resistance—a condition that occurs when fat, muscle, and liver cells do not use insulin to carry glucose into the body's cells to use for energy. As a result, the body needs more insulin to help glucose enter cells. At first, the pancreas keeps up with the added demand by making more insulin. Over time, the pancreas doesn't make enough insulin when blood sugar levels increase, such as after meals. If your pancreas can no longer make enough insulin, you will need to treat your type 2 diabetes.

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Did You Know?

The American Diabetes Association recommends that people should avoid intake of sugar-sweetened beverages to help prevent diabetes. Sugar-sweetened beverages include beverages like:

- regular soda
- fruit punch
- fruit drinks
- energy drinks
- sports drinks
- sweet tea
- other other sugary drinks

These will raise blood glucose and can provide several hundred calories in just one serving!

Pre- Diabetes:

Prediabetes is when the amount of glucose in your blood is above normal yet not high enough to be called diabetes.

With prediabetes, your chances of getting type 2 diabetes, heart disease, and stroke are higher. With some weight loss and moderate physical activity, you can delay or prevent type 2 diabetes. You can even return to normal glucose levels, possibly without taking any medicines.

9 out of 10 people with pre diabetes don't know they have it

What are the signs and symptoms of diabetes?

The signs and symptoms of diabetes are

- being very thirsty
- urinating often
- feeling very hungry
- feeling very tired
- losing weight without trying
- sores that heal slowly
- dry, itchy skin
- feelings of pins and needles in your feet
- losing feeling in your feet
- blurry eyesight

Some people with diabetes don't have any of these signs or symptoms. The only way to know if you have diabetes is to have your doctor do a blood test.

Risk Factors for Diabetes

Did you know?
A recent study showed that lifestyle improvements that include physical activity are at least as effective as drug treatment in preventing Type 2 diabetes.

- **Weight** - Being overweight is a primary risk factor for diabetes
- **Waist Size:** Men - > 40 inches, Women - > 35 inches
- **Inactivity** - The less active you are, the greater your risk of pre-diabetes.
- **Age** - Although diabetes can develop at any age, the risk of pre-diabetes increases as you get older, especially after age 45.
- **Family History** - The risk of diabetes increases if a parent or sibling has Type II diabetes.
- **Race** - Although it's unclear why, people of certain races — including African-Americans, Hispanics, American Indians, Asian-Americans and Pacific Islanders — are more likely to develop pre-diabetes.
- **Gestational Diabetes** - If you developed gestational diabetes when you were pregnant, your risk of later developing diabetes increases. If you gave birth to a baby who weighed more than 9 pounds you're also at increased risk of diabetes.
- **Poly Cystic Ovary Syndrome** - For women, having polycystic ovary syndrome — a common condition characterized by irregular menstrual periods, excess hair growth and obesity — increases the risk of diabetes.
- **Sleep** - Research has linked sleep issues, such as obstructive sleep apnea, to an increased risk of insulin resistance. Sleep apnea is a sleep disorder that causes breathing to be interrupted numerous times during sleep, leading to poor sleep quality. People who work changing shifts or night shifts, possibly causing sleep problems, may also have an increased risk of pre-diabetes or type 2 diabetes.
- **Other conditions associated with diabetes include:**
 - High blood pressure
 - Low levels of HDL, or the "good," cholesterol
 - High levels of triglycerides — a type of fat in your blood



The [Diabetes Prevention Program \(DPP\)](#), a major federally funded study of 3,234 people at high risk for diabetes, showed that people can delay and possibly prevent the disease by losing a small amount of weight (5 to 7 percent of total body weight) through 30 minutes of physical activity 5 days a week and healthier eating.



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

Great American Smokeout

Free Help
is available at:
1-800-quit now.

Did you know?

- **All cancers caused by cigarette smoking could be prevented completely.**
- **Did you know that tobacco use is the single largest preventable cause of disease and premature death in the United States?**
- **Are you aware that each year smoking accounts for 438,000 premature deaths and that 38,000 nonsmokers die as a result of exposure to secondhand smoke (American Cancer Society Cancer Facts and Figures 2007)**

Harmful Effects of Smoking

Cancer

Head or Neck
Lung
Leukemia
Stomach
Kidney
Colon
Bladder
Cervix

Chronic Diseases

Head or Neck
Blindness
Gum Infection
Aortic Rupture
Heart Disease
Pneumonia
Hardening of Arteries
Chronic Lung Disease &
Asthma
Reduced Fertility
Hip Fracture

Additional Effects of Smoking:

- **Decrease bone density.** Smoking increases the risk of osteoporosis – a condition that weakens the bones and makes them more susceptible to trauma.
- **Research shows that smoking causes type 2 diabetes.** Smoking increases your chances of developing type 2 diabetes by 30-40%. The more cigarettes you smoke, the higher the chance of developing diabetes becomes. In addition, smoking makes any type of diabetes more difficult to control.
- **Smokers are more likely to have trouble with insulin doses.**
- **Smokers are up to four times more likely to go blind in old age. Smoking increases the risk of:**
- **Cataracts** - the clouding of the lens of the eye. Symptoms include blurred vision, sensitivity to light and vision loss. Smoking doubles your chances of developing cataracts.
- **Macular degeneration**- a disease that causes a loss in the center of the field of vision and straight lines appearing curved. Smoking triples your chances of developing macular degeneration.
- **Uveitis** – it's an inflammation of the middle of the eye. Symptoms include pain, redness and eye sensitivity.

Secondhand smoke:
think twice!

Secondhand smoke is a combination of the smoke from the lit end of the cigarette and the smoke exhaled by the smoker.

When non-smokers are exposed to secondhand many of the effects caused by smoking can occur.



Top 10 Tips & Tricks for Quitting Smoking

10. Clean your home

As soon as you've quit smoking, take the time to freshen up your home. Wash your clothes, steam the furniture and clean the carpet. The smell of tobacco smoke, even when stale, can be a trigger for your cravings, so ensuring that you won't be smelling it all the time increases your chances of success. A more pleasant environment will also make it easier for you to deal with withdrawal.

9. Throw away your smoking paraphernalia

Keeping all your old ashtrays and lighters around can mean that you're not truly committed to the idea of quitting. It may be a hard thing to do, but eliminating those items will make you think of cigarettes less, and might even reduce your cravings.

8. Start exercising regularly

Vigorous exercise can provide a dopamine release that can replace the one you used to get from cigarettes. Staying active will also speed up your body's self-repair process. Your health will improve faster and you will be able to see your progress over time. Focusing on an intensive exercise program will leave less time for you to think about cigarettes. It will also make you less likely to go back to smoking, since you won't want to lose what you have already

7. Take up a new hobby

Consider finding yourself a new and interesting hobby such as painting, pottery or creative writing to take your mind off smoking. Use your newly-found interest to occupy your mind and body to help you deal with cravings

6. Find your go to healthy snack

When you quit smoking, your appetite increases. Find a healthy snack you enjoy, like baby carrots or celery sticks, and carry it around with you at all times.

5. Get a stress ball

Buying a stress relief ball, silly putty or another simple toy can go a long way towards developing new healthy habits for dealing with stress.

4. Reduce your caffeine intake

Nicotine suppresses the effects of caffeine, so after you quit, coffee will have a stronger effect on you. Try cutting back your caffeine intake. Coffee is a stimulant; it increases your heart rate and makes dealing with stress more difficult. It might also be responsible for at least some of your insomnia, so cutting back on it can help you sleep better. You'll have more energy in the long run.

3. Meditate

Meditation might sound exotic, but it's a fantastic way to handle some of the psychological aspects of nicotine withdrawal. Meditation is a form of deep breathing and relaxation. Participants often envision certain thoughts or pictures or simply focus on deep breathing.

2. Drink plenty of water

Water will speed up the nicotine detox. Water can also help ease your cough by making it easier for your lungs to clear out mucus, and it's a good way to combat your increased appetite without changing your eating habits too much.

1. Take deep breaths

Whenever you feel a craving, take a deep breath in and slowly let it out. Stress is one of the strongest triggers for nicotine cravings, and this simple exercise will help you feelings relax and calm down. The extra oxygen can help with your headaches and the of dizziness and lightheadedness. If you've been smoking for a long time, it's possible that you still have residual nicotine in your lungs. Breathing deeply can help take the edge off a craving by releasing some of that nicotine into your bloodstream.



Rosemary Roast Turkey Breast With Orange Maple Glaze in a New Light

Ingredients:

- 1 tablespoon grated orange zest
- 2 teaspoons chopped fresh rosemary
- 2 teaspoons chopped fresh sage
- 1 teaspoon canola oil
- 2 garlic cloves, minced
- 1 (4 1/2–5 pound) bone-in turkey breast
- 1/3 cup orange marmalade fruit spread
- 2 tablespoons maple syrup
- 2 teaspoons Dijon mustard

Orange-Rosemary Sauce

- 1/2 cup low-sodium chicken broth
- 1/4 cup orange juice
- 1 tablespoon lemon juice
- 1/8 teaspoon salt
- 2 teaspoons canola oil
- 1 shallot, thinly sliced
- 2 teaspoons all-purpose flour
- 1 teaspoon unsalted butter
- 1 teaspoon chopped fresh rosemary

Nutritional Information: Per serving (3 slices turkey with 2 tablespoons sauce): 300 calories, 3.5 g fat (1 g saturated, 0 g trans), 125 mg cholesterol, 170 mg sodium, 13 g carbohydrate, 0 g fiber, 50 g protein.

Makes: 8 servings

Prep Time: 20 minutes Cook Time: About 2 hours

Difficulty: Medium

Directions:

Preheat the oven to 350°F. Spray a medium roasting pan and rack with nonstick spray.

Combine the orange zest, rosemary, sage, oil, and garlic in a small bowl until well mixed. With your fingers, loosen the skin on the breast. Rub the herb mixture evenly on the meat under the skin. Press the skin back into place. Place the turkey, skin-side up, on the rack in the pan. Roast until an instant-read thermometer inserted into the thickest part of the breast registers 140°F, about 1 hour 15 minutes.

Combine the marmalade fruit spread, maple syrup, and mustard in a small bowl until well mixed.

When the turkey reaches 140°F, remove from the oven and brush evenly with the marmalade mixture. Return to the oven and roast until the turkey is glazed and browned and an instant-read thermometer inserted into the thickest part of the breast registers 165°F, 15–20 minutes longer. Let stand 15 minutes.

To make the sauce, scrape the drippings from the roasting pan and transfer to a large glass measuring cup. Let stand 5 minutes; then skim off the fat and discard.

Whisk together the broth, orange juice, lemon juice, and salt in a small bowl. Stir into the skimmed pan drippings.

Heat the oil in a medium skillet over medium-high heat. Add the shallot and cook, stirring occasionally, until tender, 2–3 minutes. Stir in the flour and cook 1 minute. Add the drippings mixture and bring to a boil. Cook, stirring occasionally, until the sauce thickens slightly, about 3 minutes. Remove from heat; swirl in the butter and rosemary.

Makes 1 cup sauce.

Carve the turkey into 24 slices and serve with the sauce. Remove the skin before eating.