



November 2015

November: Recognizing Diabetes

Just over 9 percent of all Americans have diabetes. That is 29.1 million people. **And 8.1 million of them don't even know they have it!**

There are two main types of diabetes:

Type 1 – is more common in children and teenagers, but can happen at any age. The body makes little or no insulin. This type of diabetes usually starts very quickly when the body attacks and destroys the cells that make insulin. A person with Type 1 diabetes needs to take insulin because their body no longer makes it.

Type 2 – is more common than Type 1. It usually starts in adulthood and happens more often in people who are overweight and do not exercise regularly. Type 2 starts more gradually than Type 1. The body still makes insulin, but cells become less sensitive to it causing blood sugar levels to go up. People with Type 2 diabetes may start with diet and lifestyle changes to manage their diabetes, but many need oral medications to control their blood sugar levels. Some may eventually need insulin.

Risk Factors for Diabetes

Some factors that increase your risk include:

- having a family history of diabetes
- ethnic background, getting older
- being overweight, not exercising
- being a heavy drinker
- smoking
- having high blood pressure also puts you at greater risk for developing diabetes



Signs and Symptoms of Diabetes

Knowing the signs and symptoms of diabetes is important. Here is what to look for:

- increased thirst
- frequent urination
- increased hunger - especially after eating
- unexplained weight loss – even though you are eating normally and feel hungry
- blurred vision
- weakness or feeling tired
- slow healing sores or cuts
- numbness or tingling of the hands or feet
- dry and itchy skin

If you or someone you know has any of these signs or symptoms, see your doctor right away. Catching diabetes early and starting the right treatment may help limit the risk for greater damage being done to other parts of your body like the eyes, blood vessels, kidneys, and nerves.

Nutrition Nook



As the holiday season approaches, here is something to think about:

- Bigger plates and bowls make portions look smaller!
- Swap them out for smaller dishes, and the same size portions will look bigger and more satisfying.

Easy Steps to Stop the Spread of Colds and Flu



- ▶ Eat right, reduce your stress level, and get enough sleep. There is some proof that doing these things can help keep your immune system strong – which may help you fight off a virus.
- ▶ Disinfect – germs may live on surfaces for many hours. Wipe down doorknobs, toys, phones, TV remotes, and table tops with a simple mix of ¼ cup bleach to 1 gallon of water. Don't worry about getting all surfaces, just focus on the ones that get touched or shared by the most people in your house or office.
- ▶ Wash your hands! This is the single biggest thing you can do to stay healthy this winter.

Eighty percent of infectious diseases are passed along through touch. Germs on your hands spread easily to your mouth and eyes.

- ▶ Is someone sick? Colds can be passed through shared towels or glasses. Go with disposable paper products for the week instead.
- ▶ Were you raised to cover your mouth and nose with your hands when you cough or sneeze? Instead, move up your arm and use the crook of your elbow. That way germs won't get on your hands and be spread to others.

Wild Rice Mushroom Soup

Start your Thanksgiving meal with this tasty and healthy soup appetizer.

Recipe serves 4

Total fat 5 grams | saturated fat 1 gram | monounsaturated fat 3 grams | sodium 120 mg

Ingredients:

- 1 tablespoon olive oil
- 1/2 white onion, chopped
- 1/4 cup chopped celery
- 1/4 cup chopped carrots
- 1 1/2 cups sliced fresh white mushrooms
- 1/2 cup white wine, or 1/2 cup chicken broth
- 2 1/2 cups low-sodium, fat-free chicken broth
- 1 cup fat-free half-and-half
- 2 tablespoons flour
- 1/4 teaspoon dried thyme
- black pepper
- 1 cup cooked wild rice



Directions:

1. Put olive oil in stockpot and bring to medium heat. Add chopped onion, celery and carrots. Cook until tender. Add mushrooms, white wine and chicken broth. Cover and heat.
2. In a bowl, blend half-and-half, flour, thyme and pepper. Then stir in cooked wild rice. Pour rice mixture into hot stockpot with vegetables.
3. Cook over medium heat. Stir continually until thickened and bubbly. Serve warm.

Source: <http://www.mayoclinic.org/healthy-lifestyle/recipes/wild-rice-mushroom-soup/rcp-20049930>

Why You Should Exercise During the Holidays

Exercise is the answer to many of the challenges you can face during the holidays.

- ◆ Exercise helps boost your mood and manage the increased mental stress of the season.
- ◆ Exercise helps you burn off those extra calories from holiday meals and maintain a healthy weight.
- ◆ Exercise is a great way to spend time with loved ones. Don't "veg" on the couch. Instead go for a group walk or play an active game. When it gets dark, take a stroll to check out all of the holiday lights!

