

IN GOOD HEALTH

LIVINGSTON COUNTY HEALTH CENTER

YOUR LOCAL LINK TO PUBLIC HEALTH

NOVEMBER 2014



VISIT US AT: www.livcohealthcenter.com OR CALL 660-646-5506

Prevent. Promote. Protect.

Diabetes Awareness Month

BE SMART ABOUT YOUR HEART: CONTROL THE ABCS OF DIABETES

The **National Diabetes Education Program (NDEP)** and the **Livingston County Health Center** are encouraging people with diabetes to **"Be Smart About Your Heart: Control the ABCs of Diabetes."**

This is a **critical message** because **people with diabetes are nearly two times more likely to die from heart disease or stroke** than a person without diabetes.

The **good news is, people with diabetes can lower their chance of having diabetes-related heart problems by managing their Diabetes ABCs:**

- **A is for the A1C test (A-one-C).** This is a blood test that **measures your average blood sugar (glucose) level over the past three months.**
- **B is for Blood pressure.**
- **C is for Cholesterol.**
- **S is for stopping smoking.**

More than **29 million Americans**—or about **9 percent of the U.S.**

population—have diabetes, and it is estimated that one in every four people with diabetes does not even know they have the disease.

Diabetes is **becoming more common in the United States.** From 1980 through 2011, the **number of Americans with diagnosed diabetes has more than tripled** (from 5.6 million to 20.9 million). In **Missouri alone, diabetes affects approximately 400,000 people.**

Managing the **Diabetes ABCs** can help **prevent diabetes-related heart problems** such as heart attack and stroke. Many people with diabetes **do not understand that having diabetes puts them at increased risk** for having a heart attack or stroke.

People with diabetes **need to understand how important it is to manage their disease, which includes controlling their blood sugar, blood pressure and cholesterol, and stopping smoking.**

2015

ADULT BLOOD DRAW CLINICS

WEDNESDAY
January 28th
7-10 a.m.

WEDNESDAY
March 25th
7-10 a.m.

WEDNESDAY
May 27th
7-10 a.m.

WEDNESDAY
July 29th
7-10 a.m.

WEDNESDAY
September 30th
7-10 a.m.

WEDNESDAY
November 18th
7-10 a.m.

Most accurate results received by fasting after midnight.

For more info, call
646-5506

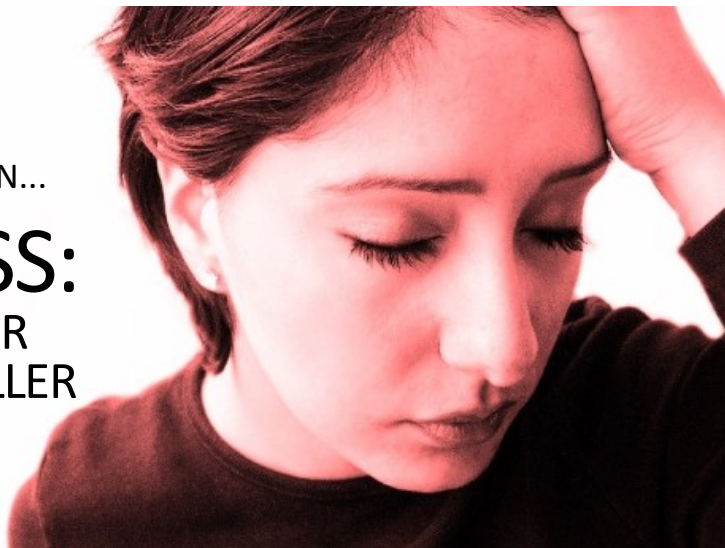


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MORE THAN
JUST AN
AGGRAVATION...

STRESS: THE OTHER SILENT KILLER



Chronic stress at home or work may add to the risk of developing diabetes.

Researchers have found that **men in rocky marriages had a higher prevalence of the disease** than men in happier marriages. Studies have found that **chronic stress adds to the harmful effects of a high fat/high sugar diet, and may cause people to carry more abdominal fat and increase their risk of insulin resistance** leading to diabetes.

One of the **reasons chronic stress is so destructive** is that **our bodies didn't evolve to deal with it**. We're set up to handle **short-term, acute stress** fairly well.

In Paleolithic times, this **might have been caused by getting chased by a lion** or hunting for our next meal.

In fact, **this type of stress may even be beneficial for our bodies** because it **improves our ability to react to the challenges of life**.

Stress may be one of the most important-yet most often ignored-factors driving the "diabetes" epidemic.

What we're **not adapted for** is the **chronic, unrelenting stress** that has become **so common in modern life**.

This **type of stress provokes feelings of hopelessness and helplessness** – what psychologists call a **"defeat response."**

It's the **defeat response** that leads to **increased fat storage, abdominal obesity, tissue breakdown, suppression of the immune system, and all of the other effects that directly cause obesity and diabetes**.

If you are **at risk of type 2 diabetes**, it's highly suggested that you **take some steps to learn how to manage your stress**. **Physical activity**, which has many benefits, may help, as can **meditation, yoga and breathing exercises**. Talk with your **medical provider for ways to deal with your chronic stress**.

Source: AARP and TakeBackYourHealth

EARLY SCREENING MEANS EARLY INTERVENTION

In response to the escalating **number of type 2 diabetes cases**, which along with pre-diabetes, now **impact about one-third of the population**, a U.S. task force recommends that **every American 45 and older should be screened for the disease**.

The move could help prevent **pre-diabetes cases from leading to type 2** by encouraging healthy lifestyle changes. For **people with abnormal blood sugar, changes in lifestyle, such as eating healthier and exercising more, can help prevent or delay the onset of type 2**.

Research has shown **lifestyle interventions are an effective way to prevent or delay the onset of type 2 diabetes, reducing both complications and health care costs**. Experts say **when the early testing recommendations are followed, those at risk of developing diabetes can be determined at a stage when type 2 can be prevented**, which could **effectively slow the growth of a disease that is quickly becoming an epidemic in America**.

Traditionally, **physicians have screened adults age 45 and older** with a fasting blood glucose test, but **expanding the testing beyond those with high blood pressure to include those with obesity, family history or high cholesterol could allow for earlier, more effective interventions**.

According to research, **diagnosing pre-diabetes can reduce the risk of developing type 2 by 47 percent if a healthy diet and exercise program is followed**.

Source: Diabeteshealth.com

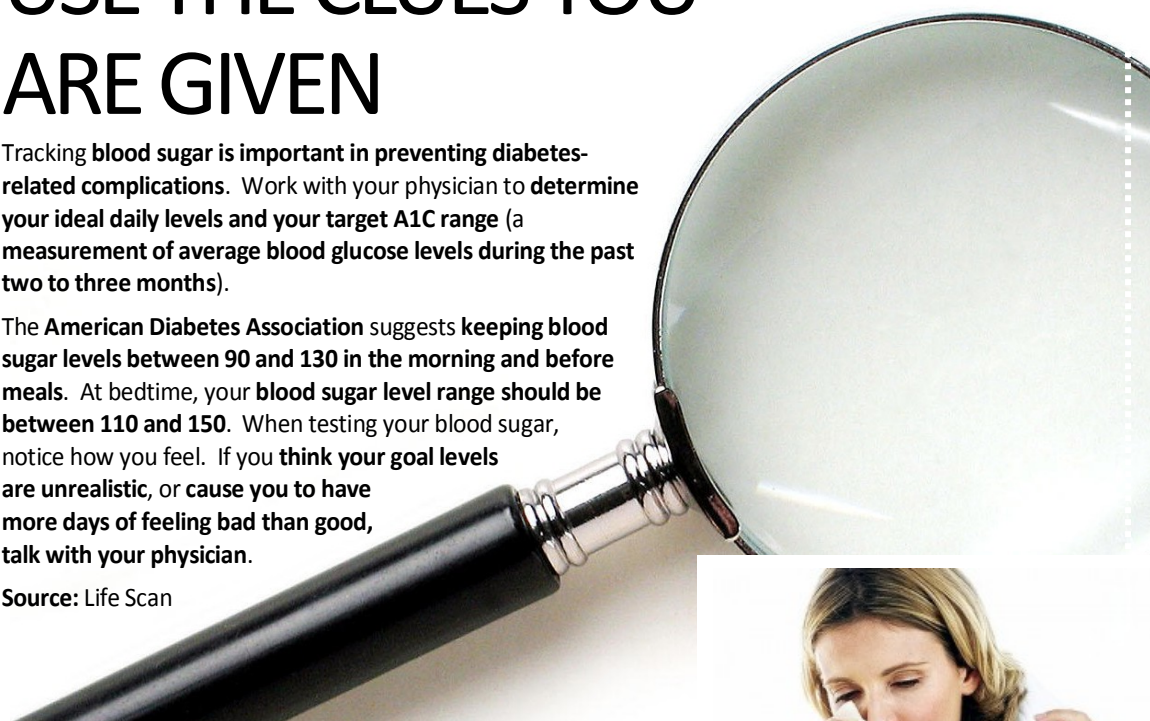
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HEALTH.**
thisispublichealth.org

USE THE CLUES YOU ARE GIVEN

Tracking **blood sugar** is important in preventing **diabetes-related complications**. Work with your physician to **determine your ideal daily levels and your target A1C range** (a measurement of average blood glucose levels during the past two to three months).

The American Diabetes Association suggests **keeping blood sugar levels between 90 and 130 in the morning and before meals**. At bedtime, your **blood sugar level range should be between 110 and 150**. When testing your blood sugar, notice how you feel. If you **think your goal levels are unrealistic**, or cause you to have more days of feeling bad than good, talk with your physician.

Source: Life Scan



PREVENT THE FLU:

For people with diabetes, the flu can be more than aches or pains. It can mean **longer illness, hospitalization, even death**. Because **diabetes can make the immune system more vulnerable** to severe cases of the flu.

In fact, people with diabetes are almost 3 times more likely to die with influenza or pneumonia.

For these reasons, **diabetics should get a flu immunization** as soon as the annual vaccine becomes available.

It's important to **get a flu shot every year**, as flu **viruses vary from year to year**, and our shot **protects you from the four most deadly strains**.

Besides protecting yourself, **getting immunized against the flu lessens the chances of you passing the virus on to others, including infants under 6 months of age**, who are too young to be immunized.

Call the health center at **646-5506** to find out about getting your shot.

Source: Centers for Disease Control

Portion Distortion...

What's **less likely to destroy your weight loss plan** the quickest: a **big bowl of frozen yogurt** or a **small cookie**? If you **guessed the cookie, you're right**—and you're in the minority. In one recent survey, **62 percent of people said that the kind of food you eat matters more than how much you eat** when you're trying to lose weight. But **new research on portion control** says that's wrong. A study in the **American Journal of Clinical Nutrition** found that **women who shrank their portions by 25 percent slashed 250 calories a day**—enough to **help them lose a half-pound a week**—and still felt full.

Source: Health

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MEAL PLANNING



In many cases, you can control diabetes through better nutrition, a healthy weight, physical activity, and regular checkups with your health care team.

Sometimes medication is also necessary, which your health care provider will determine. What, when and how much you eat are all important factors in managing diabetes. With the help of your registered dietitian or health care professional, you should develop and follow a meal plan based on your individual needs.

Follow these nutrition tips for people with type 2 diabetes:

- Follow a consistent meal plan and schedule.
- Eat a balanced diet with a variety of foods, including fruits, vegetables, whole grain foods, low-fat dairy products, and lean meat, poultry, fish or meat alternatives.
- Eat the right amount of carbohydrate foods for good blood sugar control. Your nutritionist or Certified Diabetes Educator can to determine how much carbohydrate food your body needs at each meal.
- Choose lower fat options and limit saturated fats.
- Use sugar in moderation. Consider lower sugar options if available.
- Check nutrition labels.
- Get your fiber. The American Dietetic Association recommends that all people eat 20-35 grams of fiber per day. Fruits, vegetables, beans and whole grain foods are good sources of fiber.
- Drink plenty of water.
- Use less salt.

Source: Cleveland Clinic

HEART ATTACK RISK

A study from Queen's College in Kingsland, Canada confirms that people with heart conditions should not shovel snow. It puts a strain on the heart, and blood pressure and heart rate go up because of it.

This winter, call the neighbor kid.



IF YOU GET SICK...

People with diabetes can take some over-the-counter medications to ease flu symptoms.

But, make sure you read the medication's label.

You should stay away from the traditional "high sugar" cough drops and liquid cough medicines. These drugs used to treat flu symptoms tend to be high in sugar. Look for words "sugar-free" when purchasing medications to treat flu symptoms.

Source: WebMD





ALCOHOL & DIABETES

People living with diabetes need to take special precautions when they use alcohol.

Do you like to have a drink now and then? Well, as a **person with diabetes**, you should know that **drinking alcohol can affect your diabetes control.**

Alcohol is broken down in the liver, and it takes the liver about two hours to break down one drink. While the liver is breaking down alcohol, it cannot release glucose back into the bloodstream. So, if you drink alcohol without eating, your blood glucose can drop too low causing hypoglycemia.

If you choose to drink alcohol, limit to **one to two drinks per day**, and **only when your diabetes is under control.**

Avoid drinking alcohol on an empty stomach. Have your drink with a meal or a snack.

Never omit food if you use insulin. Non-insulin users **may need to substitute alcohol for carbohydrate exchanges.**

It's also **best to avoid sweet wines, liqueurs and sweetened mixed drinks.**

As with anyone, **DO NOT drive if you have been drinking**, even if you think you're o.k. **Wear medical identification, and check your blood glucose to know how alcohol affects you.**

If alcohol is a problem, you may want to contact the local chapter of Alcoholics Anonymous by calling 1-800-ALCOHOL (1-800-252-6465), Al-Anon at 1-800-344-2666, or a local alcohol treatment program.

Source: American Healthways

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YOUNG & THIN?

YOU CAN DEVELOP DIABETES, TOO!



The CDC estimates that one in nine adults has diabetes and, if current trends continue, one in three will be diabetic by the year 2050.

It's a dangerous myth that type 2 diabetes is exclusively caused by being overweight or obese and older.

For decades, typical type 2 patients were "heavy" and "inactive." They were also older, often receiving a diagnosis in middle age or beyond. But

The scary situation we're now seeing is that while such type 2 cases continue to skyrocket, there has been a disturbing increase in a much younger, often thinner set.

An unhealthy BMI, or body mass index, **does raise your risk.** Excess body fat can lead to insulin resistance, which can then progress to type 2 diabetes. But about 20 percent of obese people don't show signs of the disease. And about 15 percent of people diagnosed with type 2 diabetes are at a normal weight—proof that excess weight isn't the only cause.

Also, the number of diabetes-related hospitalizations among people in their thirties has doubled in the past decade, with women 1.3 times more likely to be admitted than men. Perhaps even more troubling is the enormous number of people age 20 or older with pre-diabetes: 65 million, up from 57 million in 2007.

Suddenly, a condition that can take half a lifetime to develop has become a young person's problem. Even more surprising, about 15 percent of people with type 2 diabetes aren't overweight, according to the National Institutes of Health. They may not be not feasting on ice cream and cheeseburgers, but their average-weight bodies are hiding a dark secret.

A big risk factor in our day? Neglecting exercise and regulating weight through food choices alone, a behavior plenty of young women in our diet-obsessed, desk-strapped culture are prone to. Turns out, breaking a sweat is key in lowering blood sugar, because even moderate exercise causes muscles to suck up glucose at 20 times the normal rate.

The bottom line: Being overweight or obese and over 50 is a good reason to be tested for type 2 diabetes. But being thin and young is no excuse for ignoring your risk.

Source: womenshealthmag.com, AARP

DIABETES AND ORAL HEALTH... *American Diabetes Association*

There are more bacteria in your mouth right now than there are people on Earth. If those germs settle into your gums, you've got **gum disease**. Unfortunately, if you **have diabetes**, you are at **higher risk** for gum problems. **Poor blood glucose control** makes gum problems more likely.

For nearly **30 million Americans with diabetes**, many may be **surprised to learn about this complication**. Research shows there is an **increased prevalence of gum disease among those with diabetes**, adding **serious gum disease** to the list of other harmful effects of **diabetes** such as **damage to the eyes, heart, blood vessels, nervous system, teeth and gums, feet and skin, or kidneys**.

Add to that, the **emerging research suggesting that the relationship between serious gum disease and diabetes** is two-way. Not only are **people with diabetes more susceptible to serious gum disease**, but **serious gum disease may have the potential to affect blood glucose levels** and contribute to the progression of diabetes. People with diabetes are at an **increased risk for serious gum disease because they are generally more susceptible to bacterial infection**, and have a **decreased ability to fight bacteria that invade the gums**. The **Surgeon General's Report on Oral Health** states that good oral health is integral to general health. So **be sure to brush and floss properly and see your dentist for regular checkups**.



SNORT, SNIFFLE, SNEEZE- NO ANTIBIOTICS PLEASE!

Are you aware that **colds, flu, most sore throats, and bronchitis are caused by viruses**? Did you know that **antibiotics do not help fight viruses**?

It's true. Plus, **taking antibiotics when you have a virus may do more harm than good**.

Taking antibiotics when they are not needed increases your risk of getting an infection later that resists antibiotic treatment.

When you are prescribed an antibiotic:

- **Take it exactly as the doctor tells you.**

Complete the prescribed course even if you are feeling better. If treatment stops too soon, some bacteria may survive and re-infect you.

- **Throw away any leftover medication once you have completed your prescription.**

When you use antibiotics appropriately, you do the best for your health, your family's health, and the health of those around you.

Source: Centers for Disease Control

EXERCISE WITH A PLAN IN PLACE

Healthy exercise is very important for people with diabetes to stay healthy. Talk to your health care provider about a safe exercise plan. He or she may check your heart and your feet to be sure you have no special problems. If you have high blood pressure, eye, or foot problems, you may need to avoid some kinds of exercise.

Exercise involving heavy weights may be bad for people with blood pressure, blood vessel, or eye problems.

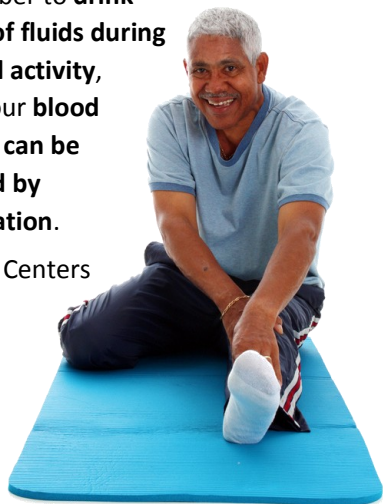
Diabetes-related nerve damage can make it hard to tell if you've injured your feet during exercise, which can lead to more serious problems. If you do have diabetes complications, your health care provider can tell you which kinds of physical activity would be best for you.

Once you have discussed beginning an exercise program with your doctor, you will want to start with a little exercise, and work your way up, particularly if you are not accustomed to physical activity.

As you become stronger, you can add a few extra minutes to your physical activity. Do some physical activity every day. It's better to walk 10 or 20 minutes each day than one hour once a week.

Remember to drink plenty of fluids during physical activity, since your blood glucose can be affected by dehydration.

Source: Centers for Disease Control



FOOT CARE EASY TO IGNORE... UNTIL THE PROBLEM GETS SERIOUS



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As a person with diabetes, you can help keep your nervous system healthy

by keeping your blood glucose as close to normal as possible, getting regular physical activity, not smoking, taking good care of your feet each day, having your health care provider examine your feet at least 4 times a year, and getting your feet tested for nerve damage at least once a year.

Nerve damage, circulation problems, and infections can cause serious foot problems for people with diabetes. Sometimes nerve damage can deform or misshape your feet, causing pressure points that can turn into blisters, sores, or ulcers. Poor circulation can make these injuries slow to heal. Sometimes this can lead to amputation of a toe, foot, or leg.

Always inspect for cuts, cracks, sores, red spots, swelling, infected toenails, splinters, blisters, and calluses on the feet each day. Call your doctor if such wounds do not at least begin to heal after one day. If you have corns and calluses, ask your doctor or podiatrist (foot specialist) about the best way to care for them.

Cut your toenails once a week or when needed. Cut toenails when they are soft from washing. Cut them to the shape of the toe and not too short. Rub lotion on the tops and bottoms of feet—but not between the toes—to prevent cracking and drying.

Always wear shoes or slippers, because when you are barefoot it is easy to step on something and hurt your feet. Wear shoes that fit well. Break in new shoes slowly, by wearing them 1 to 2 hours each day for the first 1 to 2 weeks. Wear stockings or socks to avoid blisters and sores.

Avoid smoking, which reduces blood flow to the feet. Keep your blood sugar, blood pressure, and cholesterol under control by eating healthy foods, staying active, and taking your diabetes medicines.

Source: Centers for Disease Control

Taking care of you feet is crucial for people living with diabetes. It's not about cosmetics, it's about preserving their health.

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WASH YOUR HANDS!!!

According to experts, aside from vaccination, the **single most important thing** you can do to prevent getting the flu is **wash your hands**.

While soap may not kill all viruses, **thorough hand washing will decrease the viral counts to a point below the infectious threshold**.

Ninety-five percent of the population says they **wash their hands after using the bathroom**.

A poll of **pediatric ICU physicians** showed they **claimed their rate of hand washing between patients was 73%** but when followed and observed, the **rate was found to be less than 10%**. Top excuses: too busy, dry skin.

CDC studies show the **number of bacteria per square centimeter** on the human body are: **scalp-1 million; forearm-ten thousand; arm pit-500 thousand; abdomen-40 thousand; hands of medical personnel-40 to 500 thousand**.

The CDC recommends **at least 15 seconds** of vigorous scrubbing. However, **studies show the reduction of skin bacteria** is nearly **ten times greater by washing with soap for 30 seconds**.

Some like it hot. But, **hot water** can **increase the chance of dermatitis**. Hot or warm water has **not been proven to increase the effectiveness** of handwashing.

The **outer layer of bacteria** found on your hands is **potentially the most dangerous** for transmitting disease from **one person to another**, but, it's also the **most easily eliminated** by hand washing. The deeper layer is **more likely to be made up of dangerous bacteria** such as staph, and is **more resistant** to washing.

Source: Jay Hardy, CLS, SM (ASCP)
Hardy Diagnostics



STAY ACTIVE. FEEL BETTER. LIVE LONGER.

SUSAN RICE, RN

The mere thought of "exercise" makes me want to curl up on the couch and wait for the idea to pass. I have many excuses and they are all good ones. I'm tired, my lunch hour is too short, I need to catch up with housework and my current favorite, it's too cold outside.

Over the years I have noticed some disturbing patterns for people with sedentary lifestyles. I have seen these issues in patients I have cared for and in family members that didn't want any free advice. Sedentary lifestyles make your body seem older than it is.

The aging heart doesn't pump as efficiently and blood vessels lose elasticity. Lung capacity decreases. Muscle mass decreases and fat tissue increases. As you lose muscle tone in your legs and joints become inflamed or stiff, balance becomes a problem. Bones become less dense and more brittle. Falls can easily occur. It's easier to become dehydrated, to overheat or to injure yourself due to decreased sensation. Not a pretty picture.

Activities of daily living take a lot of energy and flexibility. Getting out of bed, standing up from a chair, combing your hair, putting on socks, all require coordination and flexibility. And we haven't even gone to the mailbox yet.

Getting fit as a senior isn't a quick process, nor is it for anyone else. There are real benefits and they don't require hours in the gym.

"Now we come to the real reason to increase your activity level. It's not so you can run in a 5K. It's so you can get to and from the bathroom without asking for help." -Susan Rice, RN

The easiest way to start is by walking 10 minutes at a time. The real goal is 30 minutes a day. But 10 minutes three times a day counts and might become enjoyable after awhile. It really is easier with a partner, be it human or animal.

Don't expect a big weight loss with this effort, but not gaining is sometimes a reward. Regular walking not only improves endurance, but helps with balance, important in preventing falls.

Because regular exercise also improves muscle strength, you will have more energy. Your daily activities won't wear you out. Regular exercise is also a stress reliever and sleep aid.

Regular activity begins with the first 10 minute walk you take instead of watching another episode of Dr. Oz. Everyone knows why it is good for them, but you have to decide why it is good for you. There aren't any shortcuts.

My youngest son goes to the gym at least 2 hours 5 days a week, after working 8 to 10 hours. He doesn't have any bad dietary habits.

Whenever I try to get any pointers from him about fitness, eating habits or weight loss, he always gives me the same tip, "Proper diet and exercise, mother." Not the answer I wanted but I do think he is onto something.

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