



# HEALTHY TIMES

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## AMERICAN DIABETES MONTH

### About Diabetes

Diabetes is a disorder affecting the way our bodies use digested food for energy and growth. Most of what we eat is broken down into glucose. When our food is digested the glucose makes its way into our bloodstream for our cells to use. Unfortunately, glucose cannot enter our cells unless insulin is present. **A person with diabetes has an excessive amount of glucose in their blood because their body does not produce enough insulin or have cells that do not respond properly to insulin.**

### Diabetes Facts

According to the Center for Disease Control and Prevention Diabetes affects 25.8 million or 8.3% of the U.S. Population. Diabetes is a major cause of heart disease and stroke and is the seventh leading cause of death in the United States.

### How does this impact me?

About 215,000 people younger

than 20 years had diabetes (type 1 or type 2) in the United States in 2010. About 1.9 million people aged 20 years or older were newly diagnosed with diabetes in 2010 in the United States. Lack of a healthy lifestyle may contribute to you or those you care about to develop diabetes.

### Diabetes Prevention

The Diabetes Prevention Program study of people at high risk for diabetes, showed that lifestyle intervention to lose weight and increase physical activity reduced the development of type 2 diabetes by 58% during a 3-year period. The reduction was even greater, 71%, among adults aged 60 years or older. Weight loss and increased physical activity can prevent or delay type 2 diabetes and in some cases return blood glucose levels to normal.

Speak to your primary care physician today about diabetes.

Source: CDC.gov

## HOLIDAY HEALTH

Being conscientious of healthy eating during the holidays is challenging to say the least. When the holidays come around so do baked goods, boxes of candy, office and community parties, family feasts, eggnog and your favorite seasonal latte. With all these temptations, what is one to do? Here are a few tips to use this holiday season to avoid letting your holiday goodies overstay their welcome.

### Small Changes = Big Impact

- \* Eat a little less than usual. If you take time to pick and choose your treats and goodies, rather than loading up on everything, you make better use of the calories you are consuming.
- \* Eat slower. Did you know that it takes 20 minutes for your body

to realize that it's full? Slow down and savor your food without getting overstuffed.

- \* Pay attention. Look for your personal signals of fullness.
- \* Get moving. Taking a moment to go for a brief walk to draw attention away from eating while having an opportunity to burn a few extra calories.
- \* Avoid showing up to a gathering with an empty stomach. Being overly hungry makes it difficult to make good food choices. Consider having a small snack before going to a party so you are not as tempted to dive into the dips and appetizers.
- \* Go for the non-sugary drinks. Avoid empty calories.

## NATIONAL FAMILY CAREGIVERS MONTH



November is National Family Caregivers Month.

Day in and day out, more than 65 million family caregivers in the United States fulfill a vital role on the care team. Family caregivers are in the best position to ensure continuity of care. They are the most familiar with their care recipients' medicine and treatment regimen and they understand best the dietary and exercise regimen.

National Family Caregivers Association coordinates National Family Caregivers Month as a time to thank, support, educate and empower family caregivers. The primary goal of National Family Caregivers Month is to raise awareness of family caregiver issues, celebrate the efforts of family caregivers, educate family caregivers about self-identification and increase support for family caregivers.

Caregiving can be difficult due to the constant struggle to balance the needs of daily life and caring for someone you love. **The journey can be a difficult when traveled alone; however, it does not have to be that hard and you do not and should not have to travel the road alone.** The National Family Caregivers Association has many great resources including:

- \* Tips and tools
- \* Links to hundreds of agencies and organizations to provide resources
- \* Caregivers Community Action Network
- \* NFCA publication library
- \* Newsletter
- \* Healthcare information
- \* Information on Depression for Caregivers
- \* and many more resources

Go to [www.thefamilycaregiver.org](http://www.thefamilycaregiver.org) to access all these great resources.

Source: National Family Caregivers Association

## STOP THE SPREAD OF GERMS AT WORK

Cold and flu season is here. Stop the spread of germs at work.

### How Germs Spread

Illnesses like the flu (influenza) and colds are caused by viruses that infect the nose, throat, and lungs. Flu and colds usually spread from person to person when an infected person coughs or sneezes.

### How To Help Stop The Spread of Germs

- ✓ Cover your mouth & nose when you sneeze or cough. Clean your hands every time you cough or sneeze into your hands.
- ✓ Clean your hands often. Be sure to use warm water and soap and wash for 15-20 seconds to remove all germs.
- ✓ Avoid touching your eyes, nose or mouth. Remember germs can live for hours on surfaces like doorknobs, desks, tables, etc.
- ✓ Practice good health habits like getting plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eating nutritious food. Practicing healthy habits will help you stay healthy during flu season and all year long.
- ✓ Stay home when you are sick and check with a health care provider when needed. Keep your distance to protect others from getting sick. Source: [www.infopoint.welcoa.org/bulletins/pdf/bsv12no02.pdf](http://www.infopoint.welcoa.org/bulletins/pdf/bsv12no02.pdf)

### COMPLEMENTS OF



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