WELLBEING *Insights*

November 2014

Living a Better, More Vibrant Life

In this Issue

Diabetes & Sleep Disorder

Consequences of Hearing Loss?

Diabetes.. May be Related to sleeping Disorder

5 Tips for a Thinner Thanksgiving

November is **Diabetes Awareness** Month

November is *Diabetes Awareness* Month

CBIZ WELLBEING *Insights*

November is Diabetes Awareness Month.

Type 2 diabetes can start at any age. It can put you at risk for a number of health issues such as kidney disease, vision problems, heart disease and stroke but, it can be managed. Research has found it is almost always preceded by a condition called prediabetes.

In prediabetes, blood glucose levels are higher than normal, but not quite high enough for a diabetes diagnosis. There is good news. If prediabetes is detected early enough, you can take steps to prevent or delay the start of type 2 diabetes.

Who Gets Prediabetes?

There are factors that may put some people at a greater risk for prediabetes. These include those aged 45 or older, having a family history of diabetes, having undesirable cholesterol levels, having high blood pressure or being overweight or inactive. Some ethnic groups seem to have an increased risk. But, anyone can develop prediabetes and your doctor can help judge your risk.

How is it Diagnosed?

There are two different tests that doctors commonly use to diagnose prediabetes. Both normally need to have you fast, or not eat or a period of time. Then, your doctor will check your glucose levels either before you eat or after you drink a sugary substance on an empty stomach.

What Can You Do?

Being diagnosed with prediabetes gives you the chance to take action now to help delay or prevent type 2 diabetes. Many people can achieve great results through lifestyle changes.

If you have been diagnosed with prediabetes, your doctor may suggest the following:

- **Exercise.** Staying active is a great way to prevent diabetes. Just 30 minutes per day of moderate physical activity can make a difference. Work with your doctor to create a healthy exercise program for you.
- **Weight loss.** If needed, losing 5 to 10 percent of your body weight may help. Your doctor can work with you to set a realistic weight loss goal. You also can ask your doctor for tips on how to reach and stay at your target weight.
- **Regular screenings.** Routine blood sugar testing allows your doctor to monitor your diabetes risk. If the condition does develop, you will have the benefit of early detection.

Halle Berry's **Diabetes** Story

Halle Berry's type 1 diabetes came unexpectedly. The star was 22 years old when doctors diagnosed her with the disease, which causes the body to have difficulty producing enough insulin to convert sugar into energy. Signs of type 1 diabetes include weight loss, fatigue, blurred vision, severe thirst and tingling in the extremities. Those with the condition are five times as likely to develop heart disease.

After collapsing on set, Berry fell into a diabetic coma that lasted for one week. When she awoke, doctors told her that she had type 1 diabetes. Berry says the diagnosis caught her by surprise and notes that no one in her family has or had the disease.

As she adjusted to the news of her condition, Berry learned some disturbing information about type 1 diabetes. Doctors told her that she was at risk of losing her eyesight or even her legs. They also advised her that she needs to inject insulin every day for the rest of her life to remain healthy.

Berry credits the warnings from her doctor for saving her life. Once she was released, she changed her diet to include only low-fat, low-sugar and unprocessed foods. She began eating more fresh vegetables, chicken and fish. She also started exercising four times each week under the guidance of a personal trainer and began practicing yoga. An exercise routine helps diabetics' bodies better utilize insulin.

Since learning of her type 1 diabetes, Berry injects insulin regularly. She tests her blood sugar levels several times each day using a home kit. Based on the results, she injects herself with the recommended dose.

Today, Berry speaks publicly about diabetes in an effort to spread awareness and to help others obtain treatment. Berry tells people that "diabetes is, in some ways, a gift in that it taught her to be strong in the face of adversity as well as to take excellent care of her health." She is often heard telling people with diabetes not to be ashamed of the condition in an effort to remove the stigma associated with the disease.

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Have Gear...Will Travel

Fall can be a great time to take a hike and see seasons change. Preparation is key. Here is what you should take on a fall hike to make sure that you are prepared:

- Plenty of water and snacks or lunch that will not need refrigeration; apples, granola bars and trail mix are healthy and convenient options.
- Cell phone. If you are alone, make sure to tell a friend where you are going and when you plan to return.
- Trail map. If you are headed to a remote area, consider a GPS trail map.
- Sunglasses and a wide-brimmed hat to protect your eyes from UV rays. Even on cloudy days, wear sunscreen with at least SPF 15.
- Windbreaker and a rain hat. Dress in layers so you can add or remove clothing if the temperature changes.
- Sturdy shoes or hiking boots. Break them in before you wear them on a hike.
- Small first-aid kit with bandages for cuts and scrapes, as well as “blister blocker bandages” in case you get blisters on your feet. Include insect repellent and, if you have allergies, pack your medication or take it before you leave.
- Binoculars, camera and information about the natural and cultural history of the area will make your trip more enjoyable.
- Flashlight with batteries.
- Pocketknife

Consequences of Hearing Loss...

Contributed by: Better Hearing Institute

Many people are aware that their hearing has deteriorated but are reluctant to seek help. Perhaps they do not want to acknowledge the problem, are embarrassed by what they see as a weakness or believe that they can "get by" without using a hearing aid. Unfortunately, too many people wait years, even decades, before seeking treatment.

Time and time again, research demonstrates the considerable negative social, psychological, cognitive and health effects of untreated hearing loss, with far-reaching implications that go well beyond hearing alone. In fact, those who have difficulty hearing can experience such distorted and incomplete communication that it seriously impacts their professional and personal lives, at times leading to isolation and withdrawal.

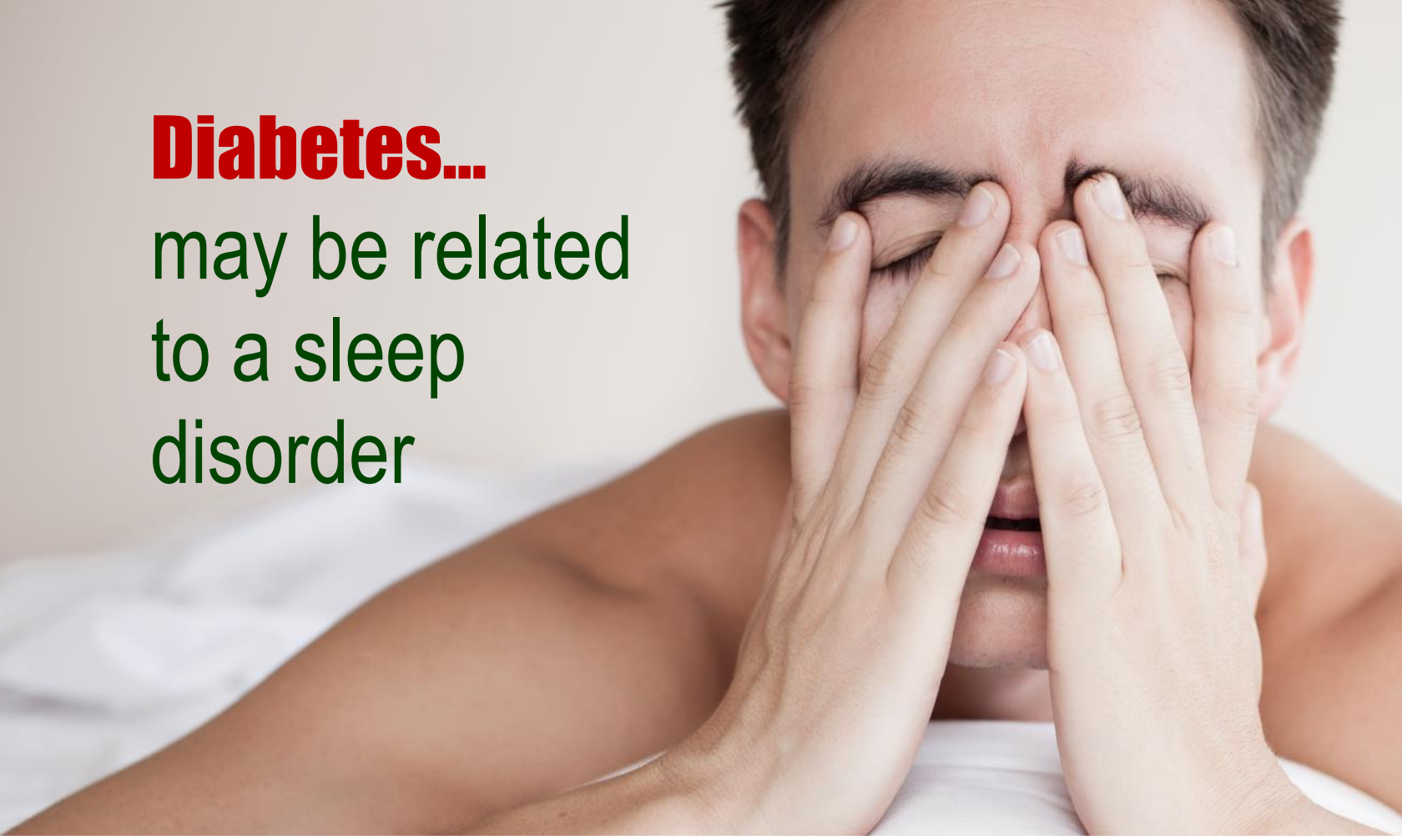
Hearing loss is not just an ailment of old age. It can strike at any time and any age, even childhood. For the young, even a mild or moderate case of hearing loss could bring difficulty learning, developing speech and building the important interpersonal skills necessary to foster self-esteem and succeed in school and life.

If you think you or a loved one suffers from hearing loss, do not delay another day. Visit a hearing healthcare professional and take the first step toward a world of better hearing.

Studies have linked untreated hearing loss to:

- Irritability
- Fatigue, tension, stress and depression
- Avoidance or withdrawal from social situations
- Social rejection and loneliness
- Reduced alertness and increased risk to personal safety
- Impaired memory and ability to learn new tasks
- Reduced job performance and earning power
- Diminished psychological and overall health.

Diabetes...
may be related to a sleep disorder



Clinical studies have shown a link between type 2 diabetes and obstructive sleep apnea (OSA). OSA is a common condition in which the upper airway repeatedly collapses during sleep, causing a decreased airflow that stresses the heart and raises blood pressure. If untreated, this condition may worsen glucose control and insulin resistance, and may lead to blood sugar imbalance.

Are you at risk for OSA?

- Do you snore?
- Do you ever stop breathing while sleeping?
- Do you feel sleepy during the day?
- Do you have a history of high blood pressure?

If you answered yes to two or more of these questions, talk to your doctor. Your doctor can assess your need to have further evaluation of your breathing while you sleep. A sleep study will diagnose whether you have OSA and indicate the best treatment.

What are the benefits of treating OSA?

Clinical studies have shown that treatment of OSA may:

- Prevent or delay the progression of type 2 diabetes
- Reduce diabetic complications
- Improve daytime energy and glucose control
- Reduce the potential risk for heart attack, stroke and heart disease

What is a sleep study?

In order to receive a proper diagnosis, you will be required to undergo a sleep study. Sleep studies can be performed in a sleep lab or at home using a portable device. During an in-lab sleep study, you will spend the night in a private room at a local sleep center. The use of a portable device allows you to undergo testing in a number of places including nursing homes, hospitals or the comfort of your own home. Your physician will recommend the most appropriate type of study. Based on the results of the study, your physician will be able to make a diagnosis and recommend treatment options.

Talk to your doctor if you think you may have OSA.

5 Tips for a *Thinner* Thanksgiving

Thanksgiving comes around once a year, so one might think “why not go ahead and splurge?”

Gaining weight during the holiday season is a national pastime. Year after year, most of us pack on at least 1 pound (some gain more) during the holidays, and keep the weight permanently.

Thanksgiving does not have to sabotage your weight. You can still enjoy a guilt free turkey day.

The following tips will help you have a thinner Thanksgiving.

Get Active - Create a calorie deficit by exercising to burn off extra calories before you ever indulge in your favorite foods.

Eat Breakfast - Saving up calories for the big meal actually gives you more control over your appetite. Start your day with a small, but satisfying breakfast.

Lighten Up - Whether you are hosting or preparing dishes to take, here are a few suggestions to lighten up your meal:

- Use fat-free chicken broth to baste the turkey and make gravy
- Use sugar substitutes in place of sugar
- Reduce oil and butter anywhere you can
- Try plain yogurt or fat-free sour cream in creamy dips, mashed potatoes and casseroles

Monitor your portions - Before you start to fill your plate, survey the table and decide what you are going to choose. Then, select reasonable sized portions of food you cannot live without.

Skip the seconds - Try to resist the temptation to go back for second helpings.

Open-Faced

Turkey Sandwiches

With Cranberry Chutney

Do you ever wonder what to do with all the turkey leftovers? This flavorful healthy alternative will give you an extra zing you will love.

Ingredients

- 4 slices of whole wheat bread
- 4 teaspoons of light mayonnaise
- 4 teaspoons honey Dijon mustard
- 1 medium onion, chopped
- 1 1/2 cups baby spinach leaves or lettuce
- 12 ounces of thinly sliced turkey
- 4 slices 1/3 less-fat Swiss cheese
- 4 teaspoons of cranberry chutney or relish

Preparation

1. Preheat broiler (with oven rack in middle position).
2. On each slice of bread, spread 1 teaspoon mayonnaise and then spread 1 teaspoon of honey Dijon mustard.
3. Layer each slice with 1/4 of the baby spinach, 3 ounces of turkey and a slice of Swiss cheese.
4. Place sandwiches on a baking sheet and put in the oven. Broil 2 minutes or until the cheese has melted.
5. Remove from heat; top each sandwich with a teaspoon of cranberry chutney or relish and serve immediately.

Nutrition Facts

Yields: 4 servings
Serving Size: 1 sandwich

Calories	317
Fat	9 g
Cholesterol	76 mg
Total Carbs	23 g
Protein	3 g
Fiber	3 g
Calcium	333 mg

Superfood *of the* Month

For most of us, our memory of ginger was from our childhood fondness for gingerbread. Ginger is actually a powerful anti-aging remedy with many health benefits.

Health Benefits of Eating Ginger:

Below are just a few reasons you should add ginger to your diet:

- Ginger reduces excess stomach acid and minimizes upset stomachs.
- It also greatly aids in digestion of protein.
- It is clinically proven as an anti-nausea remedy effective in treating both motion and morning sickness.
- Ginger is also an effective non-steroidal anti-inflammatory.

Thanksgiving Tip: Fresh ginger is a great addition to vegetables, soups, squash or pumpkin dishes.

Ginger

Nutrition Facts

Serving Size: 5 slices (1" diameter)

Calories	9
Total Fat	0.1 g
Sodium	1 mg
Fiber	0.2 g
Total Carbs	2 g
Protein	0.2 g
Sugars	0 g

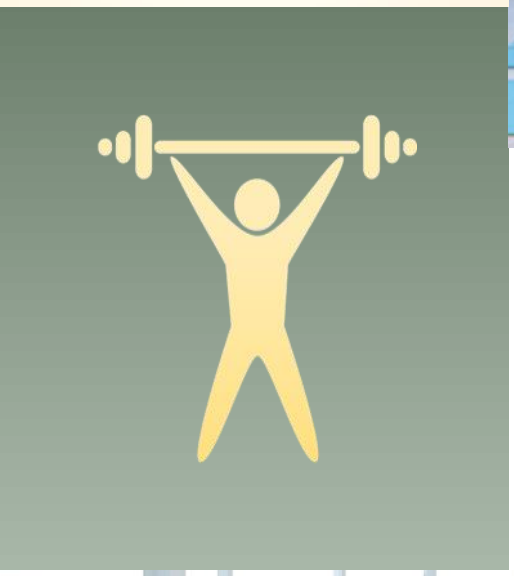
Exercise *of the* Month

Isometric Neck Exercises

Type: Strength
Main Muscle Worked: Neck
Equipment: Body Only

1

With your head and neck in a neutral position (normal position with head erect facing forward), place your right hand on the left side of your head.



2

Now gently pull toward the right as you contract the neck muscles but resisting any movement of your head. Start with slow tension and increase slowly. Keep breathing normally as you execute this contraction.

3

Hold for 30 seconds or for as long as you are comfortable.

4

Now release the tension.

Rest for 10 to 15 seconds and repeat with your left hand placed on the right side of your head.

5

Repeat exercise 2 to 3 times each side.

You should consult your personal physician before starting any exercise routine.

Eat This… Not That…

Vanilla Flavoring for Sugar

Cutting sugar in half and adding a teaspoon of vanilla flavoring as a replacement can give just as much flavor with significantly fewer calories. Assuming the recipe originally calls for one cup of sugar, that is already almost 400 calories cut out! You cannot substitute this one in equal ratios, but next time you are whipping up some cookies, try cutting 2 tablespoons of sugar and adding an extra 1/2 teaspoon of vanilla extract.

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Your Personal Wellness Story:
If you have a personal health or wellness story that you think would inspire others, please feel free to send a brief letter and your picture to our editor. Corrina@HealthierU.net

Thank you for reading and contributing. We sincerely hope that we can become a healthier part of becoming a healthier you.

This Newsletter has been prepared

Healthier U
Event Planning

Specifically for the clients of

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