

Healthy Waldo County Newsletter



November 2010

A Local Healthy Maine Partnership

National Diabetes Month

Diabetes occurs when glucose (sugar) builds up in the blood. When this happens, the body is not able to use the glucose for energy. This occurs when the insulin does not work right. Think of diabetes as an “insulin problem” and not a “sugar problem.”

There are four types of diabetes:

In Type 1 diabetes (5-10% of people) the body attacks its own insulin making cells. This means that the pancreas can no longer make insulin. Type 1 usually occurs in a child, teenager or young adult, but it can occur in older adults too. People with type 1 diabetes need to take insulin daily for life, to control their blood sugar levels.

Type 2 diabetes occurs in 90-95% of all people with diabetes. With type 2 the body makes insulin but it may not make enough. Sometimes the insulin does not work as it should. Type 2 often occurs in adults but a **growing number of children and teens now have type 2 diabetes**. Risk factors for type 2 diabetes include older age, **obesity**, family history of diabetes, **physical inactivity**, race and ethnicity.

Gestational diabetes is a type of diabetes that occurs during pregnancy. About 4% of women will develop gestational diabetes. If not treated, it can cause problems for mothers and babies. **One-third of women who had gestational diabetes will go on to have type 2 diabetes later in life.**

Pre-diabetes is the stage that occurs **before** a person gets type 2 diabetes. Blood sugar levels are higher than normal, but they are not high enough to be diagnosed with diabetes. Approximately **56 million** Americans have pre-diabetes.

The common signs of diabetes are:

Feeling tired	Blurred vision
Urinating often	An infection that does not go away
Being very thirsty	Wounds or sores that do not heal
Feeling very hungry	Possible weight loss

Lab tests are used to diagnose diabetes. These include fasting blood sugar (results 126 or greater); random blood sugars (results 200 or greater), Glucose Tolerance test (2 hours after drinking a sweetened drink - blood sugars are 200 or greater and finally A1C of 6.5 or greater.

Whether you have type 1 or type 2 diabetes, managing diabetes is a balancing act. You need to balance food, exercise, medication and stress. It is important to check your blood sugar levels to know how well you are managing your diabetes.

Continued on page 2...

COPD Awareness Month

Lung Cancer Awareness Month

National Healthy Skin Month

National Hospice Month

National Drug Facts Week 8 - 14

Drowsy Driving Prevention Week 8 - 14

World Kindness Week 8 - 14

Great American Smokeout 18

National Family Week 21 - 27

Thanksgiving Day 25



Inside this issue:

<i>Diabetes & Tobacco</i>	2
<i>The Great American Smokeout</i>	3
<i>COPD & Lung Cancer</i>	3
<i>National Drug Facts Week</i>	4
<i>Cooking Turkey Safely & Turkey Vegetable Soup</i>	5
<i>Winterkids, Biking Maine & Skin Protection</i>	6
<i>Contact Us</i>	6

Diabetes continued...

Follow a meal plan that allows you to keep a healthy weight.

Watch portion sizes. Eat meals at regular times. Eat the “right” kinds of foods.

DO NOT SKIP MEALS (eat when you are hungry – stop when you are satisfied). **Eat a variety of foods** (add lots of “color” to meals with fresh fruits and vegetables). **Plan your meals and “slow down” and enjoy each bite of the food.**

Exercise often (at least 30 minutes 5 days per week). Take medications if needed.

Good medical care is important to everyone but especially to people with diabetes. Surround yourself with people who will assist you in managing your diabetes. This may include a “team” approach such as your doctor, diabetes educator, dietitian (nutritionist), heart doctor, eye doctor, foot doctor and dentist.

The key to managing diabetes is to become as “informed” as you can about the disease. If you are “newly” diagnosed with diabetes ask your physician to give you a referral to Diabetes Self Management Education. Knowledge is power in controlling this disease. If you need help with meal planning ask for a referral to a dietician or nutritionist. Eating the right type of food and the right amount of food is critical in controlling blood sugars and weight. If you want more information on medications for treating diabetes ask for a referral to Diabetes Services (clinic). There may come a time when you need more than meal planning and exercise to control your blood sugars. Discussing medication “options” with a physician can help “you” make the choice that is right for you and your optimal blood sugar control.

Diabetes Services (located at 163 Northport Avenue in Belfast) welcomes the opportunity to work with you. Remember **YOU** are the captain of your team. You know more about yourself than anyone. Your role is vital in the daily care of your diabetes.

If you would like to learn more about diabetes, meet with the nutritionist or need assistance with your medications ask your doctor for a **referral** to Diabetes Services. Diabetes **“CAN”** be controlled...it does not have to control you!

If you would like more information – please contact our office at 338-9358.

Diabetes Services Staff:
Dr. Linda Tyer
Sue Maxwell RN, CDE – Manager
Phyllis Havens, MS, RD, LCSW (nutritionist)

Content information from The Diabetes Education Guide – CCS Medical



Diabetes and Tobacco

Tobacco is harmful to health and is of particular danger to people with diabetes. All late complications of diabetes such as cardiovascular disease, foot problems, kidney and eye disease are worsened by smoking. Smoking cessation has immediate positive effects; however it is made difficult by tobacco dependence and by all forms of advertising and promotion used by the tobacco industry.

There is growing evidence that cigarette smokers are more prone to developing type 2 diabetes than the rest of the population. Smoking is associated with insulin resistance. While smoking, insulin absorption is delayed. In insulin treatment, smoking after meals will therefore be particularly untimely.

Statement from the International diabetes Federation

http://www.idf.org/Position_statementsdiabetes_smoking

Please talk with your healthcare provider if you are diabetic and planning to quit tobacco use. They can review your medication needs.

The Great American Smokeout *November 18th *



This could be your first day of a life without tobacco, maybe the Great American Smokeout is for you. It's an opportunity to join with millions of other smokers in saying "no thanks" to cigarettes and other tobacco products for 24 hours. The rules are simple. You just quit smoking for the 24 hours of the Smokeout. The great thing is that you won't be going it alone. Even if you don't go on to quit permanently, you will see you can quit for a day. Ex-smokers, past Freshstart participants, anyone thinking about quitting the nicotine habit; join us in celebration of your efforts and supportive conversation on Thursday November 18th at 5pm until 6:30pm at Waldo County General Hospital in conference room A. *** Call Healthy Waldo County for more information, 930-2650 ***

Here are five things to know about smoking and the Smokeout, which is Nov. 18

The first Smokeout is attributed to Arthur P. Mullaney, who held a 1971 event at which he asked people to give up cigarettes for a day and donate the money they would have spent to a Randolph, MA., High School Scholarship Fund. Three years later, the Monticello Times spearheaded Minnesota's first Don't Smoke Day, and the California division of the American Cancer Society adopted the idea in 1976.

About 30 percent of all cancer deaths can be linked to tobacco. More than 11% of nonsmokers who die prematurely from cancer can trace their illness to smoke exposure, the American Cancer Society says.

Although it would be nice, no one expects the Smokeout event to work miracles. Nicotine is exceptionally addictive, and it takes great commitment to give it up. However, the Smokeout can be the thing that gets someone thinking about it and serves as a good "first day of the rest of your life" date for those who really want to quit.

Within 20 minutes of smoking your last cigarette *blood pressure normalizes *Pulse rate drops to normal *Body temperature of hands & feet increase to normal. In 8 hours *Carbon monoxide level in the blood drops to normal * Oxygen level in the blood increases to normal. In 24 hours *Chances of heart attack decreases.

If you want to help someone quit, ask them how. Grumpiness is common during nicotine withdrawal, so don't take it personally. For more information: go to www.cancer.org call The Maine Tobacco Helpline 1-800-207-1230 or Healthy Waldo County 930-2650

COPD & Lung Cancer Awareness Month

Your Lungs

The average adult takes 15 to 20 breaths a minute – over 20,000 breaths a day. Your respiratory system, which includes the nose, throat, windpipe (trachea) and lungs, brings air into the body when you breathe. In the lungs, the oxygen from each breath is transferred to the bloodstream and sent to all the body's cells as life-sustaining fuel. Keeping your lungs healthy is an important part of an overall healthy lifestyle.

Warning Signs

Is it normal? A cough that won't go away or shortness of breath during normal activity may be signs of lung problems. Always check with your healthcare provider as soon as possible if you have a concern.

Lung Cancer

Lung cancer is the second-most commonly diagnosed cancer in both men and women. And it is still the most common cause of cancer death.

COPD

COPD (short for Chronic Obstructive Lung Disease) is a lung disease caused by one or more health problems and includes chronic bronchitis and emphysema. Over time, this disease makes it hard to breathe. It is a very serious disease and right now the fourth leading cause of death in the United States. The good news is that COPD is often preventable.

- *Don't start smoking or make a plan to quit smoking*
- *Protect yourself against chemicals, dust and fumes*

Learn more at www.lungusa.org



National Drug Facts Week Nov. 8th - 14th

Log on Nov. 9th , get the facts

National Drug Facts Week (NDFW) is a health observance week for teens that aims to shatter the myths about drugs and drug abuse. Through community-based events and activities on the Web, on TV, and through contests, NIDA is working to encourage teens to get factual answers from scientific experts about drugs and drug abuse.

It is a challenge for parents to stay current on information concerning what is known about the commonly abused drugs in circulation and available to young people in our community. Scientists regularly make new discoveries about the particular vulnerability of the adolescent brain to addiction and other brain problems. Teens often want information, but unfortunately, many teenagers have difficulty hearing this information from their parents, and may rely on peers or dubious sources on the Internet.

The National Institute on Drug Abuse (NIDA) is providing a website and a Facebook page where young people can find drug facts on their own. They (and their parents) can access the site at www.drugfactsweek.drugabuse.gov and the Facebook page at www.facebook.com/NIDA.Drug.Facts.Week

On November 9th NIDA will be hosting an online “chat” so that young people can sign on and ask a question of NIDA scientists, researchers on the topics of drugs and drug abuse. Connect at www.drugabuse.gov/chat/

As an example about what young people want to know, here are a few questions from youth during last year’s “chat”.

- Which age group usually takes the most drugs?
- How many people die each year from drug usage?
- What's the most commonly abused drug by teens?
- How many young people are addicted to drugs?
- Are there any medical benefits of illegal drugs?
- What makes drugs so bad for you?



If you are interested, perhaps you can explore these and other questions and answers with your child or grandchild. Then encourage them to sign on and ask their own questions on November 9th.

Patrick Walsh
 Healthy Waldo County, Substance Abuse Prevention Project – 338-2200 x109

Cooking Turkey Safely

- Decide how much turkey you will need before you shop. Buy one pound per person or 1 1/2 pounds per person if you have hearty eaters or want ample leftovers.
- Buy and use a meat thermometer. Dark meat takes longer to cook so always insert the thermometer in the thickest innermost part of the turkey thigh. A whole turkey and turkey parts are safe when cooked to a minimum internal temperature of **165 °F** as measured with a food thermometer. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. The turkey is safe to eat at this point but some consumers, for reasons of personal preference, may choose to cook turkey to higher temperatures.
- Make sure you have a roasting pan large enough for the turkey.
- Allow an adequate number of days to refrigerator-defrost a frozen.
- Wash hands, sinks, counters, utensils and platters thoroughly with soap and hot water before and after working with raw turkey.
- Remember to remove the giblet bag from inside the turkey.
- Stuff just before roasting or cook stuffing separate from the turkey.
- Allow the cooked turkey to sit for at least 20 minutes before carving. During this time juices will be redistributed and the turkey will be easier to carve.
- After the meal, cover and store leftovers in the refrigerator as soon as possible.
- Remember the safest margin is 2 hours from the time you take the bird out of the oven.
- Leftover turkey will keep in the refrigerator for 3 to 4 days.



http://urbanext.illinois.edu/turkey/turkey_safety.cfm

Turkey Vegetable Soup

Ingredients

- 1 leftover whole roasted turkey carcass
- 2 medium onions, cored, peeled and chopped
- 3 medium carrots, peeled and chopped
- 3 medium stalks celery, cleaned and chopped
- 2 bay leaves
- Salt
- Freshly ground black pepper
- Water, to cover
- Any leftover turkey meat, diced
- 2 cups cooked diced potatoes, rice or pasta
- 2 cups cooked sweet peas
- 2 cups cooked carrots, diced
- 2 cups any other cooked vegetables
- 2 cloves garlic, chopped
- 1 cup cooked macaroni
- 1 cup chopped green onions, green part only
- 1/4 cup fresh basil
- 1/4 cup finely chopped fresh parsley leaves

Directions

Place the turkey carcass in a large stockpot. Add 1/2 of the onions, carrots, and celery. Add bay leaves, salt and pepper. Cover the turkey with 3 quarts of water. Place over medium heat and bring to a boil. Reduce heat to medium low and simmer for 1 hour.

Remove stock from heat and strain through a fine mesh sieve (strainer), saving the liquid (about 2 quarts) and turkey meat, discarding the vegetables.

Sauté remaining onions, carrots, and celery until wilted, about 4 minutes. Add to strained stock. Add the remaining vegetables, and garlic to the stock. Season with salt and pepper. Simmer for 10 minutes. Remove the meat from the turkey carcass and dice. Add the meat, herbs, and cooked macaroni to stock.

Heat through.

November 2010



Exercise Opportunities * Winterkids Passports



The 2010-2011 Winterkids Passport is available for pre-order! Ski, snowboard, and skate your way into winter fun this year and save big with your Winterkids Passport. Sign up your 5th, 6th, 7th grader today, and be among the first to receive your Passport. Be ready for winter fun before the snow flies! The website has Passport order form, lists of participating recreation areas, map of participating areas and information on handicapped skiing and adaptive recreation.

www.winterkids.org

Biking in Maine * Before the Snow or Plan a Spring Ride *

The Maine Department of Transportation has an on line guide to many beautiful bike rides from Caribou to Kittery. On the site you can choose the region of Maine you'd like to ride such as the Mid-Coast. Under the Mid-Coast region you'll find four tours including the Waldo County Ridge ride. On the site you'll also find information to help you plan your trip and to enjoy the regions of each of the featured rides. There may still be time to take a tour before the snow, and if not... start planning for next year and begin stretching and exercising to get into biking shape.



www.exploremaine.org
click on the bike

Remember to Protect Skin All Year



UV Scatter increases the risk for sunburn

Water, sand and **snow** create reflective surfaces and increase UV scatter. This intensifies the sun's rays and increase the risk of sunburn.

*** Snow 80% increase * Water 10% increase**

- Apply a broad-spectrum sunscreen 30 minutes before going outdoors. It should have a SPF of at least 15 or higher, and protect against both ultra violet A and B rays.
- Reapply sunscreen every two hours (sunscreens used on a regular basis actually allow some repair of damaged skin).
- Protect yourself even on a cloudy day, 80% of the sun's ultraviolet rays will pass through the clouds.
- Wear sunglasses with ultraviolet protective lenses.

www.healthywaldcounty.org

Vyvyenne Ritchie, 930-6761 * Barbara Crowley, 930-2650 * Patrick Walsh, 338-2200 ext. 109
vritchie@wchi.com bcrowley@wchi.com pwalsh@brmaine.org

