

# Wellness Newsletter

## Augusta Technical College

### American Diabetes Month

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles.

There are 20.8 million people in the United States, or 7% of the population, who have diabetes. While an estimated 14.6 million have been diagnosed with diabetes, unfortunately, 6.2 million people (or nearly one-third) are unaware that they have the disease.

In order to determine whether or not a patient has pre-diabetes or diabetes, health care providers conduct a Fasting Plasma Glucose Test (FPG) or an Oral Glucose Tolerance Test (OGTT). Either test can be used to diagnose pre-diabetes or diabetes. The American Diabetes Association recommends the FPG because it is easier, faster, and less expensive to perform.

With the FPG test, a fasting blood glucose level between 100 and 125 mg/dl signals pre-diabetes. A person with a fasting blood glucose level of 126 mg/dl or higher has diabetes.

In the OGTT test, a person's blood

glucose level is measured after a fast and two hours after drinking a glucose-rich beverage. If the two-hour blood glucose level is between 140 and 199 mg/dl, the person tested has pre-diabetes. If the two-hour blood glucose level is at 200 mg/dl or higher, the person tested has diabetes.

#### Type 1 diabetes

Results from the body's failure to produce insulin, the hormone that "unlocks" the cells of the body, allowing glucose to enter and fuel them. It is estimated that 5-10% of Americans who are diagnosed with diabetes have type 1 diabetes.

#### Type 2 diabetes

Results from insulin resistance (a condition in which the body fails to properly use insulin), combined with relative insulin deficiency. Most Americans who are diagnosed with diabetes have type 2 diabetes.

#### Gestational diabetes

Gestational diabetes affects about 4% of all pregnant women - about 135,000 cases in the United States each year.

#### Pre-diabetes

Pre-diabetes is a condition that occurs when a person's blood glucose levels are higher than normal but not high enough for a diagnosis of type 2 diabetes. There are 41

million Americans who have pre-diabetes, in addition to the 20.8 million with diabetes.

From the website:

<http://www.diabetes.org>



### Healthy Recipe

#### Baked Yams with Lime and Honey

3 large yams (about 4 pounds)

1/2 cup water

6 tablespoons honey

4 tablespoons unsalted butter, at room temperature

Juice of 4 limes

1 1/2 teaspoons salt

1/2 teaspoon freshly ground black pepper

Sour cream, for garnish

Preheat the oven to 350 degrees F. Wash the yams and place in a baking dish with the water. Bake until the potatoes are soft and the skins puffy, about 1 1/2 hours. Set aside to cool slightly (leave the oven on).

Peel the yams and place in a medium baking dish. Add the honey, butter, lime juice, salt and pepper. Stir and mash well with a potato masher. Cover with aluminum foil and return to the oven for 15 to 20 minutes, until heated through. Sprinkle the top with sour cream and serve hot.

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#### National Health Observances November

- National Alzheimer's Disease Awareness Month
- American Diabetes Month
- National Hospice Month
- Great American Smokeout (11/17)
- Lung Cancer Awareness Month
- National Healthy Skin Month
- COPD (Respiratory Care) Awareness Month
- National Family Caregivers Month
- National Allied Health Week (11/6-11/12)
- Pulmonary Hypertension Awareness Month

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#### Websites To Checkout

<http://www.healthfinder.gov/>

<http://www.healthcentral.com/>

<http://www.justmove.org/>

### Great American Smokeout® —Thursday, Nov. 17th

Every year, smokers across the nation take part on the American Cancer Society's Great American Smokeout® by smoking less or quitting for the day on the third Thursday of November. The event challenges people to stop using tobacco and raises awareness of the many effective ways to quite for good.

Research shows that smokers are most successful in kicking the

habit when they have some means of support, such as nicotine replacement products, counseling, prescription medicine to lessen cravings, guide books, and the encouragement of friends and family members.

For more information call 1-800-ACS-2345.

From the website:

<http://www.cancer.org>