



# Wellness Newsletter

Augusta Technical College

## Diabetes Meal Plans & A Healthy Diet

### What is a diabetes meal plan?

A diabetes meal plan is a guide that tells you how much and what kinds of food you can choose to eat at meals and snack times. A good meal plan should fit in with our schedule and eating habits. The right meal plan will help you improve your blood glucose, blood pressure, and cholesterol numbers and also help keep your weight on track. Whether you need to lose weight or stay where you are, your meal plan can help.

People with diabetes have to take extra care to make sure that their food is balanced with insulin and oral medications, and exercise to help manage their blood glucose levels.

This might sound like a lot of work, but your doctor and/or dietitian can help you create a meal plan that is best for you. When you make healthy food choices, you will improve your overall health and you can even prevent complications such as heart disease, some cancers, and hypertension.

There are many ways to help you follow your diabetes meal plan. Some ways are following the Food Guide Pyramid, Rating

your Plate, Exchanges Lists, and Carbohydrate Counting. They are all different but hopefully one is right for you.

### What is a healthy diet?

A healthy diet is a way of eating that reduces risk for complications such as heart disease and stroke. Healthy eating includes eating a wide variety of foods including vegetables, whole grains, fruits, non-fat dairy products, beans, and lean meats, poultry and fish. There is no one perfect food so including a variety of different foods and watching portion sizes is key to a healthy diet. Also, make sure your choices from each food group provide the highest quality nutrients you can find. In other words, pick foods rich in vitamins, minerals and fiber over those that are processed.

People with diabetes can eat the same foods the family enjoys. Everyone benefits from healthy eating so the whole family can take part in healthy eating. It takes some planning but you can fit your favorite foods into your meal plan and still manage your blood glucose, blood pressure and cholesterol.

<http://www.diabetes.org>

## Cranberry Relish

Cranberries are a must-have for certain holiday dinners. Lucky for us they're naturally low in carbohydrates. Unfortunately, almost all the cranberry relishes and sauces you'll find in your market are full of sugar! This relish is all about the cranberries, and without all that unnecessary sugar!

- 1 cup sugar substitute (recommended: Splenda)
- 1 cup water
- 12 ounces fresh or frozen cranberries
- 1 teaspoon orange zest

Combine sugar substitute and water in a saucepan and bring to a boil.

Add cranberries and orange zest and bring back to a boil. Reduce heat and simmer for 10 minutes, stirring occasionally.

Remove from heat, cool, cover and refrigerate until ready to serve.

<http://www.foodtv.com>

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### National Health Observances

- *American Diabetes Month*
- *American Education Week (12th—18th)*
- *Great American Smokeout Month*
- *National Child Mental Health Month*
- *National Family Caregivers Month*
- *National Family Week (19th—25th)*
- *National Healthy Skin Month*
- *Prematurity Awareness Month*
- *World Kindness Week (13th—19th)*

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## Great American Smokeout Month - Why Quit?

Health concerns usually top the list of reasons people give for quitting smoking. About half of all smokers who continue to smoke will end up dying from a smoking-related illness. Nearly everyone knows that smoking can cause lung cancer, but few people realize it is also a risk factor for many other kinds of cancer as well, including cancer of the mouth, voice box (larynx), throat (pharynx), esophagus, bladder, kidney, pancreas, cervix, stomach, and some leukemias. For the first time, the Surgeon General includes pneumonia in the list of diseases caused by smoking.

Smoking increases the risk of lung diseases such as emphysema and chronic bronchitis. These progressive lung diseases – grouped under the term COPD (chronic obstructive pulmonary disease) – are usually diagnosed in current or former smokers in their 60s and 70s. COPD causes chronic illness and disability and is eventually fatal.

Smokers are twice as likely to die from heart attacks as are nonsmokers. And smoking is a major risk factor for peripheral vascular disease, a narrowing of the blood vessels that carry blood to the leg and arm muscles, as well as cerebrovascular disease that can cause strokes.

Smoking also causes premature wrinkling of the skin, bad breath, bad smelling clothes and hair, and yellow fingernails and hair, yellow fingernails and an increased risk of macular degeneration, one of the most common causes of blindness in the elderly.

For women, there are unique risks. Women over 35 who smoke and use birth control pills are in a high-risk group for heart attack, stroke, and blood clots of the legs. Women who smoke are more likely to have a miscarriage or a lower birth-weight baby. Low birth-weight babies are more likely to die or to be impaired.

Based on data collected in the late 1990s, the US Centers for Disease Control (CDC) estimated that adult male smokers lost an average of 13.2 years of life and female smokers lost 14.5 years of life because of smoking.

No matter what your age or how long you've smoked, quitting will help you live longer. People who stop smoking before age 50 cut their risk of dying in the next 15 years in half compared with those who continue to smoke. Ex-smokers also enjoy a higher quality of life with fewer illnesses from cold and flu viruses, better self-reported health, and reduced rates of bronchitis and pneumonia.

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For decades the Surgeon General has reported the health risks associated with smoking. Regardless of your age or smoking history, there are advantages to quitting smoking. Benefits apply whether you are healthy or you already have smoking-related diseases. In 1990, the Surgeon

General concluded:

\*Quitting smoking has major and immediate health benefits for men and women of all ages. Benefits apply to people with and without smoking-related disease.

\*Former smokers live longer than continuing smokers.

\*Quitting smoking decreases the risk of lung cancer, other cancers, heart attack, stroke, and chronic lung disease.

\*Women who stop smoking before pregnancy or during the first 3 to 4 months of pregnancy reduce their risk of having a low birth weight baby to that of women who never smoked.

The health benefits of quitting smoking far exceed any risks from the less than 10 pound weight gain or any adverse psychological effects that may follow quitting.

### When Smokers Quit – What Are the Benefits Over Time?

**20 minutes after quitting:** Your heart rate and blood pressure drops.

**12 hours after quitting:** The carbon monoxide level in your blood drops to normal.

**2 weeks to 3 months after quitting:** Your circulation improves and your lung function increases.

**1 to 9 months after quitting:** Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

**1 year after quitting:** The excess risk of coronary heart disease is half that of a smoker's.

**5 years after quitting:** Your stroke risk is reduced to that of a nonsmoker 5 to 15 years after quitting.

**10 years after quitting:** The lung cancer death rate is about half that of a continuing smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decrease.

**15 years after quitting:** The risk of coronary heart disease is that of a nonsmoker's.

### Where Can I Go for Help?

It is hard to stop smoking. But if you are a tobacco user you can quit! More than 46 million Americans have quit smoking for good. Many organizations offer information, counseling, and other services on how to quit as well as information on where to go for help. Other good resources where help can be found include your doctor, dentist, local hospital, or employer.

<http://www.cancer.org>

## Practice Random Acts of Kindness™

Welcome to the Kindness Movement! These ideas are to help you encourage and promote Random Acts of Kindness (RAK) in your community during Random Acts of Kindness Week, November 13-19! Whether you choose to implement these particular ideas or allow them to stimulate ideas of your own, we hope that your brainstorming and planning is both exciting and inspiring for you. Everything you do to share and promote kindness helps make the world a better place. We all need to read good news in our daily paper, and you can provide some of it!

### Ideas for the Winter Holidays

- \*Volunteer to set up, decorate, register guests, serve lunch, or sell raffle tickets at a community event for the elderly, students, or a nonprofit organization.
- \*Sort, wrap, organize, or deliver holiday presents for people who can't do it themselves.
- \*Celebrate senior citizens or students by having a special holiday dinner. Set up the dining room, prepare and serve dinner, visit, and play holiday games.
- \*Prepare treats for neighbors, emergency workers, mail carriers, coworkers, military personnel, or other community members, along with a note of appreciation.
- \*\*Adopt" a family, child, or senior citizen and spend time with them, especially during the winter holidays.
- \*Call an animal shelter and find out what donations they

need. Collect things like treats, food, first aid supplies, toys, cat litter, and blankets for the homeless animals.

- \*Help a charity by volunteering to distribute or deliver clothes, food, and gifts.
- \*Mentor, tutor, or teach youth, especially before final exams.
- \*Volunteer for a meal delivery service. Bring kindness and warmth, as well as food, to the homebound.
- \*Collect coats, hats, gloves, socks, scarves, boots or other warm items for the various homeless shelters to be distributed before the cold sets in.
- \*Help decorate a senior center or an elementary school for the winter holidays.
- \*Plan and help with holiday activities for homeless children.
- \*Participate in family-oriented activities, such as helping together in a soup kitchen or sponsoring a homeless family.
- \*Perform acts of kindness rather than buying gifts.
- \*Provide transportation for elderly neighbors to help with their holiday gift or grocery shopping.
- \*Serve holiday meals at a shelter, soup kitchen, community center, or faith organization.
- \*Help an elderly neighbor or nursing home resident with holiday decorations.

*All of the above ideas are on the RAK website at <http://www.actsofkindness.org>. While you're there, check for inspirations and other resources!*

## American Education Week

The National Education Association's 85th annual American Education Week—November 12-18, 2006—presents all Americans with an opportunity to celebrate public education and honor individuals who are making a difference in ensuring every child receives a quality education. This year's theme, "Great Public Schools: A Basic Right and Our Responsibility," reflects NEA's vision of calling upon all Americans to do their part in making public schools great for every child so that they can grow and achieve in the 21st century. American Education Week's celebration days include:

- **Sunday, November 12: Student Leaders Day.** Hundreds of future teachers will convene in Denver, Colo., to participate in an American Education Week celebration event.
- **Monday, November 13: National Kick-Off Celebration.** From national commemorations to local community events such as American Education Week house parties, millions of Americans will celebrate public education nationwide.
- **Tuesday, November 14: Invite Parents to School Day.** Schools will invite parents into the classroom for a hands-on experience of what the day is like for their child.
- **Wednesday, November 15: Education Support Professionals Day.** Individuals who provide invaluable services to schools are recognized for their outstanding work.
- **Thursday, November 16: Educator for a Day.** Community leaders will be invited to serve as educators to get a glimpse at a day in the life of a school employee.
- **Friday, November 17: Substitute Educators Day.** This day honors the educators who are called upon to replace regularly employed teachers.

To help plan and promote American Education Week's celebration days, NEA is offering an online toolkit, complete with promotional materials, activity ideas, and downloadable templates. The toolkit is available at <http://www.nea.org/aew>.

## Encouraging a Lifetime of Healthy Skin Right From the Beginning

**NEW YORK (October 18, 2006)** – Almost right from the beginning of a child's life, parents encourage their children to be healthy eaters while being active and fit. This also is an important time to promote healthy skin care. Whether washing the delicate skin of an infant or providing effective treatment for toddlers with eczema, there are numerous ways parents and dermatologists can work together to keep children's skin clean, healthy and nourished.

Speaking today at the American Academy of Dermatology's (Academy) Academy, dermatologist Sandra M. Johnson, MD, FAAD, clinical assistant professor of dermatology at the University of Arkansas for Medical Sciences in Little Rock, Ark., discussed daily skin care for children and the treatment of common pediatric skin care conditions.

"Teaching your child healthy skin care habits and modeling these behaviors for them can be tremendously helpful in preventing and treating various skin conditions," said Dr. Johnson. "A dermatologist is an important member of your child's healthcare team and if parents have concerns about their child's skin, hair or nails, I recommend that they establish a relationship with a dermatologist so that as their child grows, their skin and body care can continue to progress on a healthy note."

### Daily Skin Care for Children

The skin of toddlers is sensitive and can experience numerous changes in the first few years of life. Parents may be concerned by their child's less-than-perfect skin, but a dermatologist can evaluate and determine which conditions will resolve themselves and which may need additional treatment.

When cleaning a toddler's skin or when it's time for toddlers to learn how to wash their own skin, the use of gentle cleansers and soaps is important, stated Dr. Johnson. Fragrance-free products or those with natural ingredients work well and will not irritate sensitive skin. Emollients which will hold moisture in the skin and prevent dry skin conditions and rashes should be applied liberally.

Most important of all, recommends Dr. Johnson, is to start children with a strong foundation in sun safety. The regular use of sunscreen is one of the best "sun-smart" tips to share with children.

If your child is prone to skin irritation or allergic reactions, choose a physical or chemical-free sunscreen made with zinc oxide or titanium dioxide because the ingredients sit on top of the skin, forming a barrier against the sun's rays. If you do use a chemical-based sunscreen, do a patch test first to make sure your child won't have a reaction to it. Apply a small amount to the inside of the upper

arm. If he or she develops a rash or redness at the site by the next day, choose another formula instead.

"Early initiation of sun protection behaviors by parents and consistent use throughout life can help decrease a child's lifetime risk of developing skin cancer," stated Dr. Johnson. "Modeling the use of sunscreen and other sun-protection habits, such as the wearing sun-protective clothing, hats and sunglasses, and seeking shade whenever possible, is an important way to teach your children these skills."

### Pediatric Skin Inflammations

Atopic dermatitis or eczema is a common condition found in newborns and young children. This itchy, oozing, crusting rash occurs mainly on the face and scalp, but patches can appear anywhere. It is estimated that this condition affects 10 percent of the U.S. infant population. However, in nearly half of these children, the disease will improve greatly by the time they are between five and 15 years of age. Others will have some form of the disease throughout their lives.

"Children with eczema are unique patients because it may be difficult for them to resist scratching, thereby making the condition worse," said Dr. Johnson. "Fortunately, for mild to moderate cases, the application of moisturizer on a regular basis can be very helpful. In the meantime, avoid as many eczema triggers as possible, such as dust, pet dander and mold."

It also may be helpful to use mild soaps, both on your child's skin and on their clothing, avoid sudden temperature changes, keep your child's bedroom and play areas free of dust, and dress your child in breathable, preferably cotton clothing.

"Caring for a toddler's skin can be challenging at times, but a soft touch, common sense and working with a dermatologist can put parents at ease about any skin conditions that arise," said Dr. Johnson.

Headquartered in Schaumburg, Ill., the American Academy of Dermatology (Academy), founded in 1938, is the largest, most influential, and most representative of all dermatologic associations. With a membership of more than 15,000 dermatologists worldwide, the Academy is committed to: advancing the diagnosis and medical, surgical and cosmetic treatment of the skin, hair and nails; advocating high standards in clinical practice, education, and research in dermatology; and supporting and enhancing patient care for a lifetime of healthier skin, hair and nails. For more information, contact the Academy at 1-888-462-DERM (3376).

Adapted from news article on <http://www.aad.org>