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## Pre-Diabetes Precautions

Before developing type 2 diabetes, many suffer from pre-diabetes, a serious medical condition in which blood glucose levels are much higher than normal. But pre-diabetes does not have to lead to type 2 diabetes. This starts with knowing the risk factors and prevention strategies.

### Risk factors

- If you are overweight and age 45 or older, you should be screened for pre-diabetes during your next routine check-up.
- If you are not overweight and age 45 or older, ask your doctor during your next visit if testing is appropriate.
- If you are overweight and under age 45, your doctor should recommend testing if you have any other risk factors for diabetes.

### Prevention

If you are diagnosed with pre-diabetes, you can still prevent or delay the onset of type 2 diabetes through lifestyle changes, such as:

- Moderate weight loss: reduce your total body weight by 5 to 10 percent.
- Regular exercise: aim for 30 minutes of exercise a day, five days a week.
- Healthy diet: talk to your doctor about a healthy meal plan that is right for you.



November is  
American  
Diabetes  
Month

## LIVE WELL, WORK WELL

### 'Tis the Flu Season

Every year, between 5 and 20 percent of the U.S. population gets sick from influenza, around 200,000 people are hospitalized due to its complications and 36,000 die from it, according to the Centers for Disease Control and Prevention (CDC).

To ward off the flu and colds, consider the following prevention tips:

- Get the annual flu vaccine. This year's vaccine protects against multiple strains of influenza, including H1N1, and only requires one shot.
- Wash your hands often with antibacterial hand soap.
- Clean surfaces that may have been contaminated with a virus, such as doorknobs, computer keyboards, countertops, remote controls and phones.
- Cover your mouth when you sneeze or cough.
- Try to avoid contact with those who are ill, and avoid touching your eyes, nose and mouth.
- Maintain a healthy lifestyle, which will help you to maintain a healthy immune system as well.

If you contract the flu virus, consider these tips to help you toward a speedy recovery:

- Stay home from work or school. The CDC recommends staying home for at least 24 hours after your fever breaks. This will help prevent spreading the virus to others and ensure that you get adequate rest.
- Get plenty of sleep, and drink adequate fluids to stay hydrated.

Most who contract the flu virus do not need medical care or antiviral drugs, but some are more likely to have complications, such as young children, those 65 and older, those with asthma, diabetes or who are pregnant. Talk to your doctor about whether you need to be examined when you have flu-like symptoms.

Seek medical attention if you or your child experiences any of these symptoms:

- Fast breathing or trouble breathing
- Bluish skin color
- Pain or pressure in the chest or abdomen
- Sudden dizziness or confusion
- Severe or persistent vomiting
- Flu-like symptoms that improve, but then return with fever and worse cough



## Stuffing Safely

Cooking a home-stuffed turkey can be riskier than cooking the stuffing separately. Even if the turkey has reached the minimum internal temperature, the stuffing may not have reached a temperature high enough to destroy foodborne-illness causing bacteria. However, with careful preparation and the use of a meat thermometer, you can safely enjoy this holiday tradition.

Stuff the turkey loosely – only use about  $\frac{3}{4}$  cup of stuffing per pound of turkey. The stuffing should be moist, instead of dry, because heat destroys bacteria more rapidly in a moist environment.

The minimum internal temperature for turkey and stuffing is 165 degrees F, according to the USDA. To determine if your meat and stuffing have both reached the safe minimum temperature, use a meat thermometer. Insert the thermometer in

several places, including the innermost part of the thigh and the center of the stuffing. Tip: A pop-up thermometer will be able to tell when the meat is fully cooked, but will not be able to tell the temperature of the stuffing.

Once the meat and stuffing have both reached the safe minimum temperature, remove the turkey from the oven and let it stand for 15-20 minutes before removing the stuffing and carving.



## When You Can't Do a Home Repair...

Do you need to call a repair service for something in your home? House calls can be expensive, but following these tips can help save you time and money:

-Explain exactly what you need when you call the repair service. Address the problem, what is broken and if the item has a history of breaking down or being previously repaired. If the repair company comes prepared, it will save both of you time.

-Buy your own supplies. Many repair places will charge up to 100 percent markup for their own materials, as well as the time spent shopping for your item(s). Ask what supplies will be needed to make the repair, and if you can buy them yourself prior to the repair company coming to your home.

-Many repair services charge a flat fee and then tack on hourly charges. If you have a few other items that you would like looked at in your home, consider having everything looked at while the repair person is there.

## Spiced Apple Cider

- 2 quarts apple cider
- $\frac{1}{2}$  cup orange juice
- $\frac{1}{4}$  cup lemon juice
- 2 tablespoons sugar
- 2 teaspoons whole cloves
- 3 cinnamon sticks
- 1 teaspoon nutmeg
- 2 oranges, sliced
- 2 lemons, sliced

Mix all ingredients and bring to a boil. Reduce heat and let simmer for 10 minutes. Strain and serve. Garnish with an orange slice or cinnamon stick in each mug.



# Pre-Diabetes

## *Don't let it lead to type 2*

Before people develop type 2 diabetes, they almost always have “pre-diabetes”, a serious medical condition in which blood glucose levels are higher than normal.

People with pre-diabetes often have no signs or symptoms, or don't recognize them because they develop slowly, over a period of time.

### **Risk Factors**

*If you are overweight and age 45 or older* – You should be checked for pre-diabetes during your next routine medical office visit.

*If your weight is normal and you are over age 45* – You should ask your doctor during a routine office visit if testing is appropriate.

*If you are under age 45 and overweight* – Your doctor should recommend testing if you have any other risk factors for diabetes, including:

- High blood pressure
- Low HDL cholesterol and high triglycerides
- Family history of diabetes
- History of gestational diabetes or delivering a baby weighing 9 pounds or more

- You belong to an ethnic or minority group at high risk for diabetes, including: African-Americans, Latinos, Native Americans, or Asian Americans/Pacific Islanders.

### **Screening and Diagnosis**

Doctors often refer to pre-diabetes as Impaired Glucose Tolerance or Impaired Fasting Glucose (IGT/IFG). Screening guidelines for pre- and type 2 diabetes are as follows:

- Fasting blood glucose of 100 mg/dl or lower is considered normal.
- Fasting blood glucose elevated to 100 - 125 mg/dl indicates pre-diabetes.
- Fasting blood glucose elevated to 126 mg/dl or higher indicates diabetes.

If your blood glucose levels are in the normal range, follow-up tests should occur every three years; if your results indicate pre-diabetes, you should be re-tested every one to two years after your

diagnosis.

### **Prevention and Treatment**

If diagnosed with pre-diabetes, you can and should do something about it. Studies show that people with this condition can prevent or delay the development of type 2 diabetes through lifestyle changes, including:

- Moderate weight loss (reducing total body weight by 5 to 10%)
- Regular exercise (30 minutes a day, 5 days a week)

For some people with pre-diabetes, early enough intervention can actually “turn back the clock” and return elevated blood glucose levels to the normal range.



## **What pre-diabetes really means...**

- You are more likely to develop type 2 diabetes
- You may already be experiencing adverse health effects
- You are at an 50% increased risk for cardiovascular disease