



November is Diabetes Month.

Diagnosing Diabetes

In the forms of type 1 and type 2, diabetes affects millions of Americans. Type 1 and type 2 diabetes result from the body's inability to properly produce or use the hormone insulin. All are related to elevated blood glucose, our primary energy source.

How the 2 types differ:

Type 2 is by far the most common diabetes, and is sometimes preventable. It occurs when the body becomes resistant to or doesn't make enough insulin, resulting in high blood sugar levels. About 95% of people with diabetes have type 2.

Type 1 is a chronic condition in which the pancreas produces little or no insulin. In people with type 1, the body's immune system mistakenly destroys insulin-producing cells. Type 1 typically occurs in childhood and requires daily insulin injections. About 5% of diabetes patients have type 1.

Due for a screening? You should share your concerns about diabetes prevention with your provider if you have these primary risk factors:

- You're age 45 or older and overweight.
- You're younger than age 45 but are overweight, with a family history of diabetes.

Screening and tight control of blood sugar levels can help delay or prevent serious complications of diabetes, including eye, kidney or nerve damage as well as heart disease.

Update: Smoking Numbers

Cigarette smoking is linked to nearly half of the deaths from 12 types of cancer combined. With these numbers you might wonder, *Are we making any progress in reducing tobacco use in the U.S.?*



Yes. We continue to see cigarette smoking decline. The latest (2015) CDC National Health Interview Survey shows that 15.1% of adults aged 18 and older smoked cigarettes in 2015 – down from 16.8% in 2014. Fifty years ago 42% of U.S. adults smoked.

Smoking deterrents: Increasing cigarette prices have reduced smoking rates, particularly among teens. The average cost per pack is about \$6, and as much as \$9 to \$10, depending on taxes. Smoke-free zones and tobacco control efforts in public schools have also helped.

Smoking behavior changes: Many smokers smoke outdoors to avoid exposing their children and others indoors. Some rely on nicotine patches and e-cigarettes to reduce their regular smoking.

However, the potential health impact of e-cigarettes is unknown, and the FDA has banned their sale to those under age 18, who often go from vaping to tobacco smoking. (Vaping is the act of inhaling and exhaling the vapor created by e-cigarettes and similar devices.)

The American Cancer Society sponsors phone and app quitline counseling services that show a high rate of quitting success.



Learn more at **1-800-227-2345** – call on **November 16** during the **Great American Smokeout**.

QuikQuiz™: Clean Hands

Handwashing fights infection. Do you know the best way to do it?

1. T F Washing your hands in cold or warm water is just as effective as using hot water.
2. T F Wet hands can spread germs more easily than dry hands or unwashed hands.
3. T F To remove dirt and germs from your hands, you need to rub them with soap for no more than 10 seconds, and then rinse off the soap.
4. T F The most common places for germs to live on humans are in fingernails, hair and small folds of skin.
5. T F When using hand sanitizers, an adequate rubbing time is 15 seconds.



>> Answers on back.

Grocery Shop Like a Pro

Get cart-smart when you shop for your groceries. Armed with these 10 useful tips, you can buy nutritious choices and save money, too.



- 1. Plan ahead.** Shop with a list and buy only what you need. This helps reduce food waste and save money.
- 2. Eat first.** We tend to buy more when we're hungry, so don't shop on an empty stomach.
- 3. Mark your cart.** Add an imaginary line down the center of your cart. Fill half the cart with vegetables and fruit, and the remaining half with your whole grains and protein choices.
- 4. Think variety.** Buy from all of the colors of fresh or frozen vegetables and fruit to create a rainbow. This provides a range of nutrients and adds visual appeal to meals.
- 5. Buy whole grains.** Change it up with fiber-rich quinoa, bulgur, millet, brown rice or oats instead of the usual white rice and pasta.
- 6. Add beans.** Plan meatless meals with affordable chickpeas, lentils and beans. Try low-sodium canned beans, which are easier than dried – they require no preparation except rinsing.
- 7. Skip a few.** You won't be tempted by soft drinks, chips and candy if you don't walk down those aisles.
- 8. Convenience costs more.** While a 2-lb. bag of whole carrots is \$2, 1 lb. of cut carrots is \$4. Compare and save.
- 9. Look for sales, not specials.** A special may be a featured product on an endcap display, but may not be at a lower price.
- 10. Coupons for heavily-processed foods are not a deal.** You're better off without the cookies, ice cream and salty snacks, no matter the price.

QuikQuiz™: Clean Hands

>> Continued from front.

ANSWERS:

- 1. True** – Cold, warm and hot water all work.
- 2. True** – The CDC says the amount of moisture left on hands determines how many germs are transferred to surfaces, skin and food.
- 3. False** – First, lather well with soap, rubbing hands, fingers and fingernails vigorously for at least 20 seconds (hum the Happy Birthday song from beginning to end twice); rinse well and dry with a clean towel. Use a towel to turn off the faucet.
- 4. True** – After touching these places, you may transfer germs to your mouth, nose and eyes.
- 5. True** – Hand sanitizers with 60% ethyl alcohol are the most effective.

Reminder: Wash your hands **before** preparing food, eating, caring for sick people or handling contact lenses. Wash up **after** preparing food, treating sick people, using the toilet, blowing your nose, handling garbage or visiting public places.



Conquer That Cough

Can't quit coughing? Common causes of persistent coughing include smoking, asthma, chronic bronchitis or postnasal drip, acid reflux disease, infections from a lingering cold or flu, and some medications. Chronic coughing can affect your health and quality of life. Once you know the cause, you can usually find relief.

For coughs lasting several weeks, see your health care provider, who may initially prescribe medication and encourage lifestyle changes, such as quitting smoking or diet to control acid reflux.

Medications used to treat chronic cough may include:

- ✓ Antihistamines, glucocorticoids and decongestants for allergies and postnasal drip.
- ✓ Inhaled asthma drugs for asthma-related cough, to reduce inflammation and open the airways.
- ✓ Antibiotics for a bacterial infection causing the cough.
- ✓ Acid blockers for chronic acid reflux.

If you're taking an ACE inhibitor or other medication that produces coughing as a side effect, your provider may switch you to another medicine.

Easy remedies to ease coughing and soothe your throat: Drink warm liquids (hot water, broth, tea) and suck on medicated lozenges. Breathe through your nose. **Sleep at a slight incline with your head up, and with a humidifier;** avoid sleeping under a fan, heater or air conditioner. Your provider may have more practical tips.

“All things are difficult before they are easy.”

– Thomas Fuller



Smart Moves toolkit is at www.personalbest.com/extras/17V11tools.

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