

## **LIFEWATCH BEACON** **SPRING/SUMMER EDITION**

### **DIABETES**

**Type 1 Diabetes** Type 1 diabetes is usually diagnosed in children and young adults and was previously known as juvenile diabetes. In type 1, the body does not produce insulin. Insulin is necessary for the body to use sugar. Sugar is the basic fuel for the cells in the body. Insulin takes the sugar from the blood into the cells. Type 1 diabetes is scary and serious, but people can live long, healthy and happy lives.

**Type 2 Diabetes** Type 2 diabetes is the most common form of diabetes. In type 2, either the body does not produce enough insulin or the cells can ignore the insulin. Sugar again is the basic fuel for the body and insulin takes the sugar from the blood into the cells. When the glucose builds up in the blood instead of going into the cells it causes the following problems:

Right away, your cells may be starved for energy. Over time, high blood glucose levels may hurt your eyes, kidneys, nerves, or heart.

Type 2 diabetes is more common in African Americans, Latinos, Native Americans and Asian Americans/ Pacific Islanders, as well as the aged population. However, type 2 diabetes can occur in people of all ages and races. Some groups just have a higher risk.

**Gestational Diabetes** Pregnant women who have never had diabetes before but who have high blood sugar (glucose) levels during pregnancy are said to have gestational diabetes. This diabetes affects about 4% of all pregnant women – about 135,000 cases of gestational diabetes in the United States each year.

The causes are unknown, but there are some clues. The placenta supports the baby as it grows. Hormones from this placenta help the baby develop. These hormones also block the action of the mother's insulin in her body. This is called insulin resistance. This insulin resistance makes it hard for the mother's body to use insulin. She may need up to three times as much.

Gestational diabetes starts when the mother's body is not able to make and use all the insulin it needs for pregnancy. Without enough insulin, glucose cannot leave the blood and be changed to energy. The glucose builds up in the blood to high levels. This means she has hyperglycemia.

For more information on Diabetes and to take a Diabetes risk test go to: [www.diabetes.org/risk-test.jsp](http://www.diabetes.org/risk-test.jsp)

Article from American Diabetes Association



**"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has."** Margaret Mead

### **SKIN CANCER: Preventing America's Most Common Cancer**

Skin cancer is the most common form of cancer in the United States. The three major types of skin cancer are the highly curable basal cell, squamous cell carcinoma and the more serious malignant melanoma. Exposure to the sun's ultraviolet (UV) rays appears to be the most important environmental factor involved in the development of skin cancer. When used consistently, sun-protective practices can prevent skin cancer. UV rays from artificial sources of light, such as tanning beds and sunlamps, are as dangerous as those from the sun and should be avoided. Although anyone can develop skin cancer, some people are at higher risk. Risk factors include: light skin color, hair color or eye color, family history of skin cancer, personal history of skin cancer, chronic exposure to the sun, history of sunburns early in life, certain types of moles or a large number of moles, freckles which indicate sun sensitivity and sun damage. Sunlight provides much that is beneficial and even necessary to life and good health. Tanning and burning however, are not among those benefits – there is no such thing as a 'healthy tan'. Basic prevention can reduce the risk of developing skin cancer: always use a sunblock with an SPF of 15 or higher, limit exposure to sunlight on high UV Index days, wear a wide-brimmed hat. Skin cancer can occur anywhere on the body, therefore, early detection is important in the treatment. If you have one of the risk factors or notice a sore or mole that doesn't heal, or an area of skin that is *changing*, a doctor should be consulted for a skin check.

For more information on skin cancer, please visit

[www.cdc.gov/cancer](http://www.cdc.gov/cancer), [www.cancer.gov/](http://www.cancer.gov/)

For the UV Index forecast map please visit

[www.epa.gov/sunwise/uvindex](http://www.epa.gov/sunwise/uvindex).



**Contact us... LifeWatch Employee**

**Assistance Program**

**Telephone: 1-800-333-6228**

**TT/TTY: 1-800-745-5555**

**website: [www.lifewatch-eap.com](http://www.lifewatch-eap.com)**

**email:**

**[appointments@gatewayhealth.org](mailto:appointments@gatewayhealth.org)**

**Remember, help is only a phone call away...**

## Healthy Recipe

### Chicken and Ziti with Asparagus in a Creamy Sauce

This recipe serves: 4

**Preparation Time:** 15 minutes **Cooking Time:** 15 minutes

#### INGREDIENTS

1 pound asparagus, cut into 2-inch lengths  
 2 tablespoons olive oil  
 2 boneless, skinless chicken breasts, about 6 ounces each, cut into strips, salt to taste, freshly ground black pepper  
 1 red pepper, cut into strips  
 ½ cup dry white wine  
 1 cup low-sodium chicken broth  
 2 tablespoons low-fat sour cream  
 12 ounces pasta, ziti or penne  
 2 tablespoons chopped, fresh parsley



#### COOKING INSTRUCTIONS

1. Bring a large pot of salted water to a boil.
2. Place the asparagus in a colander and lower it into the boiling water. Cook the asparagus until it is tender, about 2 minutes. Plunge the colander of asparagus into a bowl of ice water. When the asparagus is cool, remove the colander from the ice water and drain.
3. Top off the pot of water, if necessary and bring it back to a boil.
4. Heat the olive oil in a large sauté pan over moderately high heat. Season the chicken with salt and pepper and add it to the pan. Sauté the chicken until golden on all sides, about 5 minutes.
5. Add the red peppers and cook for 2 more minutes. Remove the chicken and red peppers from the pan and set aside.
6. Turn the heat down to medium, add the wine and reduce until it is almost completely evaporated. Add the chicken stock and reduce by half. Add the low-fat sour cream and stir until the sauce is creamy. Add the chicken, red peppers and asparagus to the sauce and heat thoroughly. Taste and season with salt and pepper.
7. Meanwhile, add the pasta to the boiling water and cook for about 12 minutes until it is al dente. Drain and toss with the chicken and cream sauce. Serve immediately in warm pasta bowls and sprinkle with parsley.

For more delicious recipes that will make eating healthy an easy and enjoyable part of your life visit: <http://ace.foodfit.com>

Serving size	1 bowl	Amount per Serving
<b>Calories</b>	543	<b>Total Fat</b> 11g
<b>Saturated Fat</b>	2g	<b>Protein</b> 43 g
<b>Total Carbohydrate</b>	64g	<b>Dietary Fiber</b> 5g
<b>Sodium</b>	486g	
<b>Percent Calories from Fat</b> 17%		
<b>Percent Calories from Protein</b> 31%		
<b>Percent Calories from Carbohydrate</b> 47%		

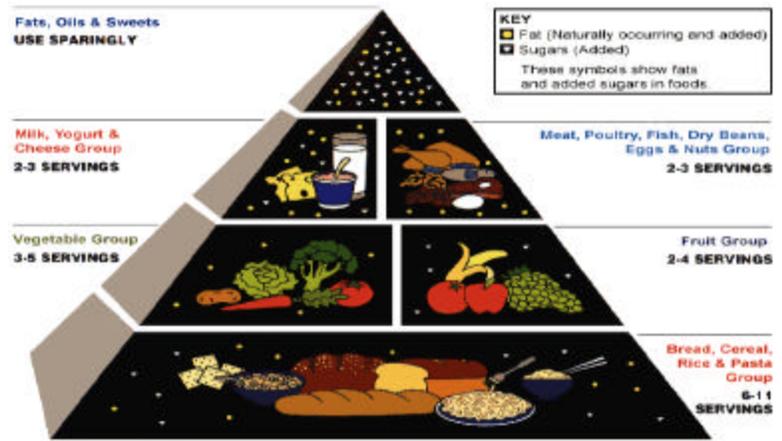
#### Four Basic Steps to a Healthier You

**Eat a Nutritious Diet:** Begin your lifestyle change by making simple adjustments to your diet and avoiding excessive portion sizes. By practicing overall good nutrition, you can lower your risk for numerous diseases.

**Make Healthy Choices:** It is important to make wise and healthy choices. Use sunscreen for all outdoor activities. Avoid the use of alcohol, drugs and tobacco and be sure not to abuse any medications you may be taking. By putting your health first, you will feel better and have more energy.

**Be Physically Active Every Day:** A modest amount of daily exercise can prevent many chronic diseases from taking control of your life. "Modest" can be as simple as walking for just half an hour. Find a physical activity that you enjoy, walking, jogging, swimming, bike riding. Begin exercising a few times a week and gradually make the activity a part of your routine!

**Get Preventative Screenings:** A simple test like a cholesterol screen, a mammogram, dental checkup or blood pressure check can reveal your current health status and identify a need to adjust diet or behavior. Talk to your doctor.



## Dietary Guidelines

Healthy food habits can help you reduce three of the major risk factors for heart attack, high blood cholesterol, high blood pressure and excess body weight. They'll also help reduce your risk of stroke, because heart disease and high blood pressure are major risk factors for stroke. The American Heart Association Eating Plan for Healthy Americans is based on these new dietary guidelines, released in October 2000.

- Eat a variety of fruits and vegetables. Choose 5 or more servings per day.
- Eat a variety of grain products, including whole grains. Choose 6 or more servings per day.
- Include fat-free and low-fat milk products, fish, legumes (beans), skinless poultry and lean meats.
- Choose fats and oils with 2 grams or less saturated fat per tablespoon, such as liquid and tub margarines, canola oil and olive oil.
- Balance the number of calories you eat with the number you use each day. (To find that number, multiply the number of pounds you weigh now by 15 calories. This represents the average number of calories used in one day if you're moderately active. If you get very little exercise, multiply your weight by 13 instead of 15. Less-active people burn fewer calories).
- Maintain a level of physical activity that keeps you fit and matches the number of calories you eat. Walk or do other activities for at least 30 minutes on most days. To lose weight, do enough activity to use up more calories than you eat every day.
- Limit your intake of foods high in calories or low in nutrition, including foods like soft drinks and candy that have a lot of sugars.
- Limit foods high in saturated fat, trans fat and/or cholesterol, such as full-fat milk products, fatty meats, tropical oils, partially hydrogenated vegetable oils and egg yolks. Instead choose foods low in saturated fat, trans fat and cholesterol from the first four points above.
- Eat less than 6 grams of salt (sodium chloride) per day.

Following this eating plan will help you achieve and maintain a healthy eating pattern. The benefits of that include a healthy body weight, a desirable blood cholesterol level and a normal blood pressure. Every meal doesn't have to meet the guidelines. It's important to apply the guidelines to your *overall* eating pattern over at least several days. These guidelines may do more than improve your heart health. They may reduce your risk for other chronic health problems, including type 2 diabetes, osteoporosis (bone loss) and some forms of cancer.

For more information on dietary guidelines please visit [www.americanheart.org](http://www.americanheart.org)