

November 2015

This issues Health
Observances include:

American Diabetes
Month

Lung Cancer Awareness
Month

Great American Smoke
out—Nov 19th

Wellness Corner Connection

Debby Schiffer, Wellness Director for BURLCO & TRICO JIFs

Facts About Diabetes



»»» Diabetes affects nearly 30 million children and adults in the U.S. today—nearly 10 percent of the population with Type 2 making up 95% of that.

»»» Another 86 million (or 30%) Americans have pre-diabetes and are at risk for developing type 2 diabetes.

»»» Diabetes is the seventh leading cause of death in the United States

»»» Recent estimates project that as many as 1 in 3 American adults will have diabetes by 2050 unless we take steps to Stop Diabetes®.

»»» Every 19 seconds someone in the U.S. is diagnosed with diabetes.

As we know, diabetes is a disease where blood glucose levels are above normal. Most of the food that we eat is broken down into sugar, or glucose, which the body uses and needs for energy. When the glucose level in your blood increases, your pancreas releases a hormone known as insulin. Insulin is necessary to help glucose enter those cells that need energy. Individuals with Type 1 do not have a functioning pancreas, therefore, insulin must be injected manually for this to occur. Those with Type 2 diabetes have insulin, however, either it's not enough or the body does not use the insulin sufficiently, also known as insulin resistance.

High levels of glucose in the body over time can be disabling and even life threatening. Diabetes can cause serious health complications:

- Heart and Blood vessel disease leading to increase chances of a heart attack or stroke (nearly double).
- Blindness (diabetes is the leading cause of new cases of blindness among working-age adults).
- Kidney Damage (diabetes is the leading cause of kidney failure).
- Neuropathy leading to possible lower-extremity amputations (rate of amputation for people with diabetes is 10 times higher than people without).
- Roughly 60 to 70 percent of people with diabetes have mild to severe forms of nerve damage that could result in pain in the feet or hands, slowed digestion, sexual dysfunction and other nerve problems.

Common Symptoms seen:

- Frequent urination
- Excessive thirst
- Blurry vision
- Cuts/bruises healing slower than normal
- Tingling, pain or numbness in hands or feet

Risk factors for Type 2:

- Obesity
- Family history
- Prior history of gestational diabetes
- Impaired glucose tolerance
- Physical inactivity (<3x/week)
- Race/Ethnicity: African Americans, Hispanic/Latino Americans, American Indians and some Asian Americans and Pacific Islanders

Pre-diabetes:

86 million people or nearly 30 percent of the population are pre-diabetic. This is when blood sugar levels are higher than normal, but not high enough for a diagnosis of diabetes. Someone with pre-diabetes has a higher risk for developing type 2 and other serious health problems, including heart disease and stroke. **Without lifestyle changes to improve their health, 15% to 30% of people with pre-diabetes will develop type 2 diabetes within five years.** Nine out of ten people with pre-diabetes do not even know they have it. If you suspect you might have it or could develop it, ask your doctor if you should get a glucose test.

Can diabetes be prevented? YES!! Research shows that doing just two things can help you prevent or delay type 2 diabetes: Lose 5% to 7% of your body weight, which would be 10 to 14 pounds for a 200-pound person; and get at least 150 minutes of physical activity each week, such as brisk walking.

Resources: American Diabetes Association and CDC
(Center for Disease Control and Prevention)



**IN LIFE
YOU HAVE
3 CHOICES:**

**GIVE UP
GIVE IN
OR
GIVE IT
YOUR ALL!!!**

**THE CHOICE IS
YOURS TO
MAKE!**



Key Statistics about Lung Cancer

Lung cancer (both small cell and non-small cell) is the second most common cancer in both men and women (not counting skin cancer), accounting for about 27% of all deaths. In men, prostate cancer is more common, while in women breast cancer is more common. Lung cancer accounts for about 13% of all new cancers.

The American Cancer Society's estimates for lung cancer in the US for 2015 are:

- About 221,200 new cases of lung cancer (115,610 in men and 105,590 in women)
- An estimated 158,040 deaths from lung cancer (86,380 in men and 71,660 among women)

Lung cancer mainly occurs in older adults...with 2 out of 3 cases being in adults 65 or older. The average age at the time of diagnosis is about 70.

Chance of developing lung cancer: Men—1 in 13; Women—1 in 16

Why quit smoking?

Tobacco use remains the single largest preventable cause of disease and premature death in the US. Since the release of the Surgeon General's Report on Smoking and health 50 years ago, there have been 20 million deaths due to tobacco. Almost half the deaths from 12 different types of cancer combined—including lung, voice box, throat, esophagus, and bladder cancers—are attributable to cigarette smoking alone.

Smoking also raises the risk of heart attack, stroke, blood vessel disease, and eye disease. Half of all smokers who keep smoking will die from a smoking-related illness.



When smokers quit—what are the benefits over time?

20 minutes after quitting—your heart rate and blood pressure drop.

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) start to regain normal function, 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 continuing smoker's.

5 years after quitting—risk of cancer of the mouth, throat, esophagus, and bladder are cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.

10 years after quitting—the risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx and pancreas decreases.

15 years after quitting—the risk of coronary heart disease is that of a non-smoker's.

CALL NOW 1-866-657-8677 NJ QUITLINE

Smokeless tobacco is NOT a SAFE alternative to cigarettes!

Chew, snuff, dip, spit tobacco, or smokeless tobacco—whichever term you use, it's still tobacco, a drug that is addictive and harmful to your body.

Consequences of Smokeless Tobacco:

- Stains your teeth and gives you bad breath.
- Gum disease—causes your gums to pull away from teeth at the place where the tobacco is held. The gums do not grow back. Loss of gum tissue can lead to bone loss and even tooth loss.
- Cavities—sugar in chewing tobacco may cause decay in exposed tooth roots.
- Every time you chew, it increases your blood pressure and heart rate.
- The rise in blood pressure and pulse places extra stress on your heart and may actually reduce your overall athletic performance.
- Increases your chances of getting mouth cancer as well as esophagus, pharynx, larynx and even stomach.
- White patches call leukoplakia, red sores and lumps are signs of tissue damage. These tissue changes can turn into cancer.
- Costs you money! It's an expensive habit and you are wasting your money on something that brings harm to your body.

Surprisingly many people that I speak with who do smoke, really would like to stop. It could take up to 10 attempts to finally quit. So if you are one of those individuals who deep down want to crush this addiction once and for all, don't give up!

Here are a few tips that may get you back on track to smoking your last pack!!!

Find Your Reason—you need a powerful, personal reason to quit: protect your family, lower chances of cancer, heart disease, look younger, are just a few..

Prepare before going "cold turkey"—tossing your cigarettes out may not do it for you. Line up support. Find methods to help you quit: classes, apps, counseling, medication, hypnosis

Consider nicotine-replacement therapy—the craving for "just one drag" is tough. Try nicotine gum, lozenges, patches...available through NJ Quitline.

Avoid Alcohol and other triggers—change your routine that used to involve smoking. If it was after a cup of coffee, switch to tea. If it's after a meal, take a walk, brush your teeth, chew gum or read.

Clean house—toss all ashtrays & lighters. Wash any cloths smelling like smoke. Clean carpets, draperies, upholstery. Clean out your car!



Let's Work Together And Stay Healthy!

Let's use our time at work to pull together! We all need to be in our best form in order to get the job done and stay safe at the same time. Let's pull together and support each other to better overall health and safety! Here are a few dates and ideas to keep in mind. I'd like to help anyone interested in meeting these challenges. Together we can get it done!!!



November 19th

The Great American Smoke out®

What do you say...can you try to abstain from smoking (or chewing) for one day? Even for one day, you will be taking an important step towards a healthier life, one that can lead to

reducing your cancer risk. It's a race for your health and it starts today! **Today, quitters will be winners!**

Ideas to show support and involve all employees:

- Hold an informal sign-up breakfast to have folks pledge to quit for the day.
- Ask nonsmokers to give up something in support of their fellow smokers. Maybe it's coffee, chocolate, soda. They will need to pledge too.
- Create a competition between departments to collect the most "kept" pledges to quit.



November 17th

This year we'll celebrate National **Healthy Lunch Day on Nov. 17**, when we encourage everyone to "lunch right with every bite" and make better food choices to counter expanding waistlines, low energy and rising rates of type 2 diabetes and obesity-related illness. To start, let's do lunch—a healthy lunch.

On this day, try to make or buy a healthy lunch. Encourage employees and co-workers to make healthy choices, at least for this day!



Are you ready to give yourself the gift of health this holiday season?

Most Americans gain, on average, 5-10 pounds over the holidays. Most fall out of their routine exercise schedule and many experience added stress from all the hustle and bustle.

This challenge is to "MAINTAIN DON'T GAIN"! Starting before Thanksgiving and going through to after the New Year, make a goal of maintaining your current weight throughout the holidays! Why not make it a workplace challenge. All those who maintain will have a chance to win a reward at the end. Weigh in only twice: beginning and end. It's that simple! Offer support material on portion control, handling holiday temptations during social gatherings, and how to handle the stress of the holidays to avoid overeating!

Meeting this challenge together can be fun!

Physical Activity and Calories Burned

This chart shows the approximate calories spent per hour by a 100-, 150- and 200- pound person doing a particular activity.

Activity	100 lb	150 lb	200 lb
Bicycling, 6 mph	160	240	312
Bicycling, 12 mph	270	410	534
Jogging, 7 mph	610	920	1,230
Jumping rope	500	750	1,000
Running 5.5 mph	440	660	962
Running, 10 mph	850	1,280	1,664
Swimming, 25 yds/min	185	275	358
Swimming, 50 yds/min	325	500	650
Tennis, singles	265	400	535
Walking, 2 mph	160	240	312
Walking, 3 mph	210	320	416
Walking, 4.5 mph	295	440	572

Keep this in mind while holiday shopping

Staying Active Over the Holidays

When is the best time to exercise?

ANYTIME YOU CAN FIT IT IN!

Find opportunities to move (OTM)

I know it's hard to find the time to exercise when you have "so much to get done"! But your health and sanity depend on it! Find ways to move throughout your day. When at work, stand every 30 minutes. Walk to your coworkers desk instead of emailing or calling. Take a 10 minute walk during your break. When shopping, park your car further away from the store.

Walk totally around the mall before starting your gift shopping. Wake up a few minutes earlier to do a few exercises to start your day. Why not make it a family event: go ice skating, sledding, build a snowman, bundle up and go for a walk.

Make an appointment with yourself to exercise with a goal of 150 minutes a week...or as close to that as you can get. It's a great way to manage the holiday stress and to maintain NOT gain!!!

Let me know if you are interested in doing any special events this holiday season.

I am ready to help make getting healthy fun!!!

Debby Schiffer, Wellness Director

Email: Debby_schiffer@targetingwellness.com ; or Call: 856-322-1220

Best Healthy Foods to Eat at the Mall



Whether you're out shopping at the mall or grabbing a bite at the airport, food courts can present a challenge when it comes to your healthy eating habits. Beat the temptations of the food court by following these easy healthy eating tips.

When you're hungry, the food court gives you dozens of options to choose from. But it's not so easy to figure out what to eat if you're trying to make healthy choices. Here are a few healthy options to help you make healthy

decisions the next time you're stuck at the food court.

First, if you're craving Mexican, skip the tortilla and order your burrito as a bowl or salad to save 300 calories. Load up with fajita veggies and salsa, which are both low in calories and high in filling fiber. Round out your lighter meal with guacamole instead of sour cream.

At a sandwich shop, be sure to start your order with whole-grain bread. Skip mayo and opt for mustard, which is much lower in calories. Then, pile on the veggies—lettuce, tomato, onion, cucumber—to help fill you up without lots of calories.

And if you're in the mood for Chinese food, choose an entrée that pairs protein with vegetables like chicken or beef with broccoli. Add a small side of brown rice and steamed mixed vegetables to complete your plate. Be sure to skip the fried starters like dumplings and egg rolls as well as noodle dishes, which tend to be pretty high in calories.



Remember, lots of restaurants post their nutrition information online or on the menu. Be sure to take a look before chowing down. Bring some healthy snacks along too so you aren't starving when you go to order your meal!

Maple-Roasted Sweet Potatoes

Roasting sweet potatoes is even easier than boiling and mashing them. Maple syrup glaze transforms this ultra-simple dish into something sublime.

Ingredients:

- 2 1/2 pounds sweet potatoes, peeled and cut into 1 1/2-inch pieces (about 8 cups)
- 1/3 cup pure maple syrup
- 2 tablespoons butter, melted
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- Freshly ground pepper, to taste

Nutritional Information:

Servings: 12 ; **Serving Size:** about 1/2 cup each
Active Prep Time: 10 minutes
Total Time: 1 hour 10 minutes
Calories per serving: 96
Fat per serving: 2g
 Sat fat 1g
Sodium: 118mg
Protein: 1g
Fiber: 2g
Potassium: 186mg



Nutrition Bonus: Vitamin A (230% daily value), Vitamin C (15% dv)

Preparation:

1. Preheat oven to 400°F.
2. Arrange sweet potatoes in an even layer in a 9-by-13-inch glass baking dish. Combine maple syrup, butter, lemon juice, salt and pepper in small bowl. Pour the mixture over the sweet potatoes; toss to coat.
3. Cover and bake the sweet potatoes for 15 minutes. Uncover, stir and cook, stirring every 15 minutes, until tender and starting to brown, 45 to 50 minutes more.

Tips and Notes:

- **Make Ahead Tip:** Cover and refrigerate for up to 1 day. Just before serving, reheat at 350°F until hot, about 15 minutes.

Recipe from www.eatingwell.com

Debby Schiffer, Wellness Director for BURLCO & TRICO JIF

E-mail: debby_schiffer@targetingwellness.com

Home Office: 856-322-1220

Cell: 856-520-9908



"When it comes to life, the critical thing is whether you take things for granted or take them with gratitude.."

