



NAPEBT

HEALTH REPORT

WINTER 2013



The Types of Diabetes

What you should know about this all-too-common condition.

According to the International Diabetes Federation, 345 million people in the world are at risk for developing diabetes. Are you one? Here's what you need to know about this condition.

With diabetes, your body doesn't process food into energy properly. You're at greater risk for diabetes if you are older than 45, are overweight, don't exercise, have family members with diabetes, or have a low HDL cholesterol count.

There are three types of diabetes.

- **Type 1 diabetes** is typically diagnosed in young kids and it means the body doesn't produce insulin.
- **Type 2 diabetes** is the most common type of diabetes. It's typically diagnosed in adults, and it means that the body doesn't make enough insulin or insulin is not processed correctly.

- **Gestational diabetes** occurs in pregnant women. The condition puts women at greater risk for developing type 2 diabetes later in life.

For many adults, prediabetes is the diagnosis that comes before type 2 diabetes. It's a warning sign that indicates your glucose levels are higher than normal. And it's a good reason to make some healthy changes in your lifestyle. Work with your doctor to begin a regular exercise routine and improve your eating habits.

What should you do if you're diagnosed with diabetes or prediabetes? You'll need to watch your diet, take your medicine, check your blood sugar and track your symptoms.

Also, follow your doctor's advice and keep your appointments.

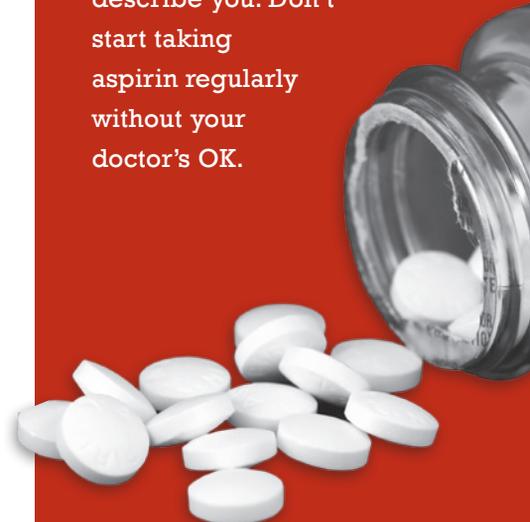
Diabetes can be successfully managed. Visit the International Diabetes Foundation (www.idf.org) and talk with your doctor.

IS ASPIRIN RIGHT FOR YOU?

You know that aspirin can help a headache, but could it also help prevent a heart attack? You may be a good candidate for daily aspirin therapy if you:

- **Have had a heart attack or stroke.**
- **Have a stent in a coronary artery, have had coronary bypass surgery, or you have chest pain due to coronary artery disease.**
- **Are at high risk for having a heart attack.**
- **Have diabetes and you're older than 50.**

Talk with your doctor about taking an aspirin for your heart if any of these factors describe you. Don't start taking aspirin regularly without your doctor's OK.





STAY HYDRATED

Water is critical to your health. It helps protect your spine and joints, regulates your temperature, and gets rid of waste from your body.

No matter what the season, your body needs to stay hydrated. It's especially important if you find yourself sweating a lot, running a temperature or sick with diarrhea.

Drinking water is the simplest way to stay hydrated. Keep in mind that caffeinated or sugary beverages like coffee and soda don't offer the same hydrating benefits as plain water. Keep a bottle of water with you on the job. If water tastes dull to you, add a splash of fruit juice or slice of lemon to your bottle. Or try seltzer. Eating fruits, vegetables and soups can also add liquid to your diet.

How much is enough? Healthy men on an average day of activity should aim for 3 liters of fluids. For women, 2.2 liters of fluids each day is a good rule of thumb.

Take Concussions Seriously

Football, car accidents, boxing—these activities are commonly linked with concussions. But concussions can occur any time your head is jarred by an object or action. Whether caused by an accident or a collision on the sports field, a concussion is an injury to your brain and should be taken seriously.

The typical symptoms of a concussion include:

- **Blacking out**
- **Bad headache**
- **Feeling sleepy**
- **Acting confused**
- **Seeing flashing lights or stars**
- **Vomiting**

Note that while passing out is common with concussions, some people stay conscious.

Signs that you should get medical care immediately include convulsions, problems walking, muscle weakness, ongoing unconsciousness, unequal pupils or unusual eye movements.

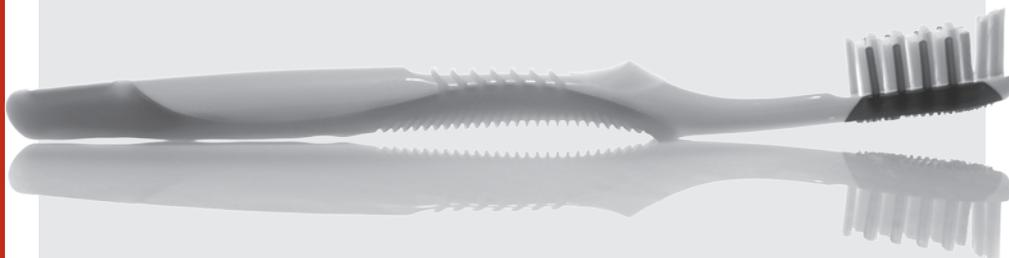
To prevent concussions, you and your kids should wear helmets when you ride bikes or ATVs, never drive drunk or with somebody you suspect has been drinking and be sure your family always wears seat belts in cars, buses and airplanes.

Say Yes to a Healthy Smile

Many adults don't think too much about their teeth. As long as there's no pain, everything's fine with your teeth, right? *Wrong.*

Your dentist is the only person who can truly tell if your mouth is healthy. Keep your dental appointments and follow these tips to ensure you're doing your part to maintain a healthy smile:

- 1. Brush every day, at least twice a day.**
- 2. Floss daily.** Flossing is the best way to reach between teeth and along your gumline. If it's hard to remember, get creative. Floss in the shower or while watching TV.
- 3. Avoid sugary, sticky foods.**
- 4. Snack on vegetables.**
- 5. Make water—not soda—your primary drink.** (See sidebar.)
- 6. Don't smoke or chew tobacco.**





Tests to Help Your Heart

Know your blood pressure and cholesterol numbers.

This season, show your heart some love. When you go for your annual physical, ask your doctor for two tests: a blood pressure screening and a cholesterol reading. These simple tests reveal a lot about the health of your heart. Plus, if the results indicate problems, you and your doctor can develop a plan for improvement.

A blood pressure test shows how hard your heart's working to pump blood (and all the nutrients it carries) through your body. Even if you feel fine, you may still have high blood pressure—and that can put you at greater risk for stroke, kidney failure and heart failure. Normal readings are less than 120 over less than 80. If your blood pressure is too high, you'll want to follow a low-sodium diet, quit smoking and up your amount of exercise.

A cholesterol test reveals whether you have too much cholesterol in your arteries, which eventually makes it hard for blood to get through and increases your risk for heart attack and stroke. Since cholesterol build-up doesn't cause symptoms, you should get your cholesterol tested every few years.

You want an overall cholesterol reading of 200 mg/dL (milligrams per deciliter of blood) or lower. You also want an LDL reading of 100 mg/dL or lower, and an HDL of 60 mg/dL or higher.

If your results aren't ideal, your doctor may suggest drug therapy and lifestyle changes. Regular exercise as well as a diet low in fat and high in fruits, vegetables and whole grains can help your cholesterol count.

Four Ways to FIGHT THE FLU

Protect yourself from the flu by following these tips:

- 1 GET A SHOT.** Health organizations recommend that everybody older than six months get a flu shot once a year—every year. Doing so will help you, your co-workers, your family and your community. After all, even if you only get a mild case of the bug, you could infect people who are at a greater risk for complications related to the flu.
- 2 WASH UP.** Germs can live for a few hours on hard surfaces like door handles, phones and tools. So wash your hands with soap and warm water throughout the day.
- 3 DON'T TOUCH.** If germs from your fingers reach your eyes, nose or mouth, you're more likely to become infected.
- 4 STEER CLEAR.** Limit contact with people you know are ill. Encourage co-workers to stay home at the first sign of symptoms. Flu sufferers are contagious a day before they start to feel sick and for about seven days after.

If you come down with a case of flu, rest and drink plenty of liquids. Relieve your symptoms with over-the-counter medicine. You probably don't need to see your doctor unless you have chest pain, trouble breathing or dizziness. Use your best judgment.

Sweet Studies: The Latest on Chocolate

Eat chocolate to lower your risk for stroke? It sounds too good to be true, but a 2012 Swedish study suggests just this. Among a group of men aged 49 to 75, those who ate the most chocolate had a decreased risk for stroke.

According to the researchers, flavo-

noids in chocolate have antioxidant properties, which may help fight cardiovascular disease. Chocolate may also help lower bad cholesterol levels and blood pressure.

Now, before you stock up on candy bars, remember that the healthiest chocolate is the least processed.

Commercially processed chocolate typically has fewer flavonoids and, therefore, fewer health benefits. So stick with pure and simple dark chocolate. One piece of chocolate—about the size of a matchbox—a few times a week is a reasonable dose as part of a healthy diet.



Spanish Rice and Chicken

428
CALORIES

2g
SATURATED FAT

80mg
CHOLESTEROL

Ingredients:

- 1 c. onions, chopped
- ¼ c. green peppers
- 2 tsp. vegetable oil
- One 4-oz. can of no-salt-added tomato sauce and one 4-oz. can of regular tomato sauce
- 1 tsp. parsley, chopped
- ½ tsp. black pepper
- 1 ¼ tsp garlic, minced
- 5 c. brown rice, cooked in unsalted water

- 3 ½ c. chicken breasts, cooked, skin and bone removed, and diced

Directions:

1. In large skillet, sauté onions and green peppers in oil for 5 minutes on medium heat.
2. Add tomato sauces and spices. Heat through.
3. Add cooked rice and chicken. Heat through.

Makes 5 servings

Source: Department of Health & Human Services, www.health.gov

Get Your Grains

Whole grains are one of those nutritional powerhouses readily available to everybody.

Packed with fiber, iron and B vitamins, whole grains can reduce your risk for heart disease by reducing cholesterol, and even help manage your weight.

There are easy ways to add more whole grains to your diet. Start by replacing white bread and pasta with whole-wheat options. Substitute whole-wheat flour for white flour in recipes for baked goods. Look for foods labeled with the word "whole." "Multi-grain" products are typically not made from whole grains.

Next time you're baking chicken or fish, use rolled oats or a crushed, unsweetened whole grain cereal as a breading. For something special, try the Spanish rice and chicken recipe above. The brown rice gives this meal a heart-healthy whole-grain boost.

This *Health Report* is being provided to you by the Northern Arizona Public Employers Benefit Trust and will be posted quarterly to our website. Its purpose is to keep you informed about current health and wellness topics that will help you and your family maintain good health and live healthy lifestyles.

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