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CITY OF MISSION
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Health & Wellness

Highlights

WELCOME TO THIS MONTH'S EDITION OF *HEALTH & WELLNESS HIGHLIGHTS*. IN THIS ISSUE, WE WILL BE HIGHLIGHTING THE IMPORTANCE OF:

Diabetes Awareness

Is There A Two-Way Street

If your blood glucose levels are poorly controlled, you are more likely to develop serious gum disease and lose more teeth than non-diabetics. Like all infections, serious gum disease may be a factor in causing blood sugar to rise and may make diabetes harder to control.

Other oral problems associated to diabetes include: thrush, an infection caused by fungus that grows in the mouth, and dry mouth which can cause soreness, ulcers, infections, and cavities.

Emerging research also suggests that the relationship between serious gum disease and diabetes is two-way. Not only are people with diabetes more susceptible to serious gum disease, but serious gum disease may have the potential to affect blood glucose control and contribute to the progression of diabetes. Research suggests that people with diabetes are at higher risk for oral health problems, such as gingivitis (an early stage of gum disease) and periodontitis (serious gum disease). People with diabetes are at an increased risk for serious gum disease because they are generally more susceptible to bacterial infection, and have a decreased ability to fight bacteria that invade the gums.

The Surgeon General's Report on Oral Health states that good oral health is integral to general health. So be sure to brush and floss properly and see your dentist for regular checkups.



Source: American Diabetes Association

What is Prediabetes

Before people develop type 2 diabetes, they almost always have "prediabetes" — blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes.

Doctors sometimes refer to prediabetes as impaired glucose tolerance (IGT) or impaired fasting glucose (IFG), depending on what test was used when it was detected. This condition puts you at a higher risk for developing type 2 diabetes and cardiovascular disease.

Source: American Diabetes Association





Taking control of your diabetes



Checking Your Blood Glucose

Blood glucose (blood sugar) monitoring is the main tool you have to check your diabetes control. This check tells you your blood glucose level at any one time. Keeping a log of your results is vital. When you bring this record to your health care provider, you have a good picture of your body's response to your diabetes care plan.

Talk to your doctor about whether you should be checking your blood glucose. People that may benefit from checking blood glucose include those:

- taking insulin
- that are pregnant
- having a hard time controlling blood glucose levels
- having low blood glucose levels
- having low blood glucose levels without the usual warning signs
- have ketones from high blood glucose levels

How Do I Check?

1. After washing your hands, insert a test strip into your meter.
2. Use your lancing device on the side of your fingertip to get a drop of blood.
3. Touch and hold the edge of the test strip to the drop of blood, and wait for the result.
4. Your blood glucose level will appear on the meter's display.
5. Other tips for checking:

Source:: American Diabetes Association

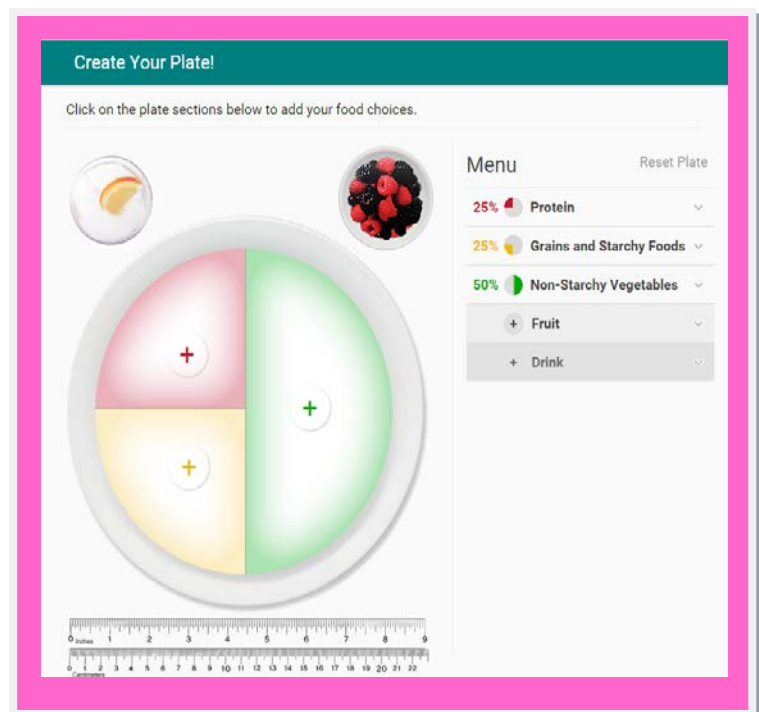
Create Your Plate

Create Your Plate is a simple and effective way to manage your blood glucose levels and lose weight. With this method, you fill your plate with more non-starchy veggies and smaller portions of starchy foods and protein—no special tools or counting required!

It's simple and effective for both managing diabetes and losing weight. Creating your plate lets you still choose the foods you want, but changes the portion sizes so you are getting larger portions of non-starchy vegetables and a smaller portion of starchy foods. When you are ready, you can try new foods within each food category.

Try these **seven steps** to get started:

1. Using your dinner plate put a line down the middle of the plate. Then on one side, cut it again so you will have three sections on your plate.
2. Fill the largest section with non-starchy vegetables. See this list of non-starchy vegetables.
3. Now in one of the small sections, put grains and starchy foods. See this list of grains and starchy foods.
4. And then in the other small section, put your protein. See this list of protein foods.
5. Add a serving of fruit, a serving of dairy or both as your meal plan allows.
6. Choose healthy fats in small amounts. For cooking, use oils. For salads, some healthy additions are nuts, seeds, avocado and vinaigrettes.
7. To complete your meal, add a low-calorie drink like water, unsweetened tea or coffee.



Source: American Diabetes Association

What Do My Results Mean

When you finish the blood glucose check, write down your results and review them to see how food, activity and stress affect your blood glucose. Take a close look at your blood glucose record to see if your level is too high or too low several days in a row at about the same time. If the same thing keeps happening, it might be time to change your plan. Work with your doctor or diabetes educator to learn what your results mean for you. This takes time. Ask your doctor or nurse if you should report results out of a certain range at once by phone.

Keep in mind that blood glucose results often trigger strong feelings. Blood glucose numbers can leave you upset, confused, frustrated, angry, or down. It's easy to use the numbers to judge yourself. Remind yourself that your blood glucose level is a way to track how well your diabetes care plan is working. It is not a judgment of you as a person. The results may show you need a change in your diabetes plan.

Blood glucose targets are individualized based on:

- duration of diabetes
- age/life expectancy
- comorbid conditions
- known CVD or advanced microvascular complications
- hypoglycemia unawareness
- individual patient considerations.



Source: American Diabetes Association

What Can I Drink?

Food often takes center stage when it comes to diabetes. But don't forget that the beverages you drink can also have an effect on your weight and blood glucose! We recommend choosing zero-calorie or very low-calorie drinks. This includes:

- Water
- Unsweetened teas
- Coffee
- Diet soda
- Other low-calorie drinks and drink mixes

You can also try flavoring your water with a squeeze of lemon or lime juice for a light, refreshing drink with some flavor. All of these drinks provide minimal calories and carbohydrate.

Avoid sugary drinks like regular soda, fruit punch, fruit drinks, energy drinks, sweet tea, and other sugary drinks. These will raise blood glucose and can provide several hundred calories in just one serving!

See for yourself:

One 12-ounce can of regular soda has about 150 calories and 40 grams of carbohydrate. This is the same amount of carbohydrate in 10 teaspoons of sugar! One cup of fruit punch and other sugary fruit drinks have about 100 calories (or more) and 30 grams of carbohydrate.

Mix it up by choosing unsweetened teas. Hot or cold - black, green, and herbal teas provide lots of variety. You could also try sparkling water or making your own infused water at home. To make infused water, simply put water in the fridge with cucumbers, strawberries or fresh mint for a refreshing low-calorie drink.

Most diet drinks (like diet soda or diet tea) have zero grams of carbohydrate per serving, so they will not raise blood glucose on their own. These diet drinks are sweetened with low-calorie sweeteners instead of added sugars. Removing the added sugars and replacing them with low-calorie sweeteners removes most of the calories and carbohydrates.

Low-fat milk and 100% juice with no added sugar are also options. These drinks provide more calories and carbohydrates than the other recommended choices, but they also contain important vitamins and minerals. In addition, milk is also a source of protein. Just remember to control portion size when you drink them, because the calories and carbohydrates can add up when you have too much.

Choose low-fat 1% or skim milk, and make sure that you count it in your meal plan. One cup of skim milk provides about 12 grams of carbohydrate, 80 calories, calcium, and vitamin D. If you are lactose intolerant or don't like milk, you can try fortified soy milk, rice milk, or almond milk instead.



Source: American Diabetes Association



Healthy Recipe

Easy Toasted Pumpkin Seeds

Give your toasted pumpkin seeds a kick this Halloween with this healthy spice mix. Pumpkin seeds are an excellent source of magnesium and also supply some protein and fiber. Add some walnuts because both nuts and seeds are rich in phytosterols, natural plant compounds that may help lower blood cholesterol levels.

Makes 12 servings (2-3 tablespoons each)

Per serving: 140 calories, 12 g total fat (2 g saturated fat), 4 g carbohydrates, 8 g protein, 2 g dietary fiber, 120 mg sodium.

Ingredients:

- ◆ Canola oil spray
- ◆ 1 cup pumpkin seeds (scooped whole from the pumpkin then washed and dried and pre-toasted for 30 minutes in a 300-degree oven; or hulled, prepackaged from the grocery store)
- ◆ 1 tsp. garlic powder
- ◆ 1/2 tsp. cumin
- ◆ 2 tsp. Worcestershire sauce
- ◆ 1 tsp. water
- ◆ 1 cup chopped walnuts

Directions:

1. Preheat oven to 375 degrees. Lightly coat baking sheet with canola oil spray. Either pre-toast whole seeds from pumpkin (as noted above), or spread hulled seeds on pan in one layer and toast in oven for 10 minutes.
2. Meanwhile, in medium bowl, combine garlic powder and cumin. Thoroughly whisk in Worcestershire sauce and water. Remove toasted seeds from oven. When cool, add to bowl with sauce along with walnuts. Toss to coat evenly.
3. Spread seeds and nuts on baking sheet in one layer. Bake about 10 minutes, until crisp. Remove from oven, let cool and gently loosen from pan with end of metal spatula. Store in a tightly covered container.

Mission In Motion

Our mission is to promote health awareness and to encourage healthy lifestyles.



Employee Appreciation Luncheon

Our employees are our greatest asset. We want to attract and retain the best; provide them with encouragement, stimulus, and make them feel that they are an integral part of our City's mission.

On behalf of the City Manager and Department Directors, we would like to invite ALL employees to join us for an Employee Appreciation Luncheon.

When: Wednesday, November 18, 2015

Time: 11:00 a.m. – 2:00 p.m.

Location: Mission Community Center

Menu: Oven Roasted Turkey & Trimmings

Noemi Munguia
 Nereyda Peña
 Catherine N. Hernandez
 Anais Chapa

Human Resources Director
 Benefits Coordinator
 Human Resources Coordinator
 Insurance Benefits Specialist