

November 2010

November is American Diabetes Month

Diabetes, the most common disorder of the endocrine (hormone) system, occurs when blood sugar levels in the body consistently stay above normal. It affects more than 26 million people in the U.S. alone.

It is a disease brought on by either the body's inability to make insulin (type 1) or by the body not responding to the effects of insulin (Type 2). It can also appear during pregnancy. Insulin is one of the main hormones that regulates blood sugar levels and allows the body to use sugar (called glucose) for energy.

Type 1:

Occurs because the insulin-producing cells of the pancreas (called beta cells) are destroyed by the immune system. People with type 1 diabetes produce no insulin and must use insulin injections to control their blood sugar. It most commonly starts in people under the age of 20, but may occur at any age.

Type 2:

The body continues to produce insulin although insulin production by the body may significantly decrease over time. The insulin that the pancreas secretes with type 2 diabetes is either not enough or the body is unable to recognize the insulin and use it properly. When there isn't enough or the body insulin or the insulin is not used as it should be, glucose can't get into the body's cells. This is the most common form of diabetes, affecting almost 18 million Americans. While most of these cases can be prevented, it remains for adults the leading cause of diabetes-related complications.

How Is Diabetes Treated?

Diabetes can't be cured, but it can be treated and controlled. The goals of managing diabetes are to:

Keep blood sugar levels as near to normal as possible by balancing food intake with diabetes medication and physical activity.

Maintain your blood cholesterol and triglyceride (lipid) levels as near their normal ranges as possible by decreasing the total amount of fat to 30% or less of your total daily calories and by reducing saturated fat and cholesterol.

Control your blood pressure.

www.webmd.com

**Wild Rice Stuffing****Ingredients:**

1 c. uncooked wild rice	1 lg onion finely chopped
1 tsp poultry seasoning	2 tsp or 2 cubes low sodium bouillon
2 sm cloves garlic minced	1 c. thinly sliced fresh mushrooms
1 tsp pepper black or white	2 med. Apples diced (1 red & 1 green for color)
1 tsp tarragon	1 c. diced celery

**Directions:**

Cook rice according to pkg. directions, add the bouillon to the water, sauté onion, mushroom and garlic in a pan with 1 tsp olive oil. When the rice is done, add all the other ingredients mixing well until completely blended. Stuff turkey and bake turkey. Makes 4-1 cup or 8-1/2 cup servings.



Meditation in Motion

As a low-impact exercise, Tai Chi is great for people with joint problems because it actually helps build connective tissue and improve circulation. This form of exercise improves balance and posture, by emphasizing correct form with each movement. Instead of developing bulky muscles and brute force, exercisers tackle tension and stress while improving body awareness.

Sometimes called "meditation in motion," Tai Chi is a series of soft, flowing movements choreographed into a slow routine. Tai Chi revolves around a series of movements called "forms" which can last anywhere from five to 20 minutes. Each specific movement corresponds with either the inhalation or exhalation of a deep, gentle breath. This coordination of movement and breath is believed to free the flow of "chi" (also spelled "qi"), a life-force energy that when blocked, purportedly can cause stress and illness. By improving the mind/body connection, Tai Chi brings the yin and yang of a person back into natural harmony, exercising emotions just as it does the muscles.

There are many different styles of Tai Chi, each named after the different families in China that perfected them. Some of the most common styles include Chen, Yang, Wu, and Sun. These different styles use distinctive paces, stances, and movements, but all emphasize the same basic principles. There are over one hundred different stances to learn.



Although there are videos available for purchase, it might be best to take classes, often taught by "masters" with years of experience. This master will be able to lead you through the forms and help correct you along the way. While some learning centers require certain clothes, most classes can be taken in everyday sweats with other beginners.

Time Involved: 5-20 minutes

Body Benefit: Better circulation and joint strength, More energy

www.sparkpeople.com

November is Lung Cancer Awareness Month



- Cigarette smoking is the leading cause of lung cancer. About 87% of lung cancer cases result from smoking or exposure to tobacco smoke. Compared to nonsmokers, men who smoke are 23 times more likely to die of lung cancer than nonsmokers. The risk for lung cancer is no different in those who smoke light or low-tar products.
- Each year, about 3,000 nonsmoking adults will die of lung cancer as a result of breathing secondhand smoke.
- About 213,000 people will be told they have lung cancer this year.
- The average age of people diagnosed with lung cancer is 70. Lung is not common in people younger than age 45.
- The number of men who die of lung cancer is going down. That's been true for several decades. The death rate for women has recently leveled off.
- Lung cancer is the leading cause of death from cancer among both men and women.
- More people die of lung cancer every year than from colon, breast, and prostate cancers combined.
- Lung cancer makes up 12% of all cancer cases. It causes 29% of all deaths from cancer.

www.siho.org

November 19th Great American Smokeout

Every year, smokers across the nation take part in the American Cancer Society's Great American Smokeout by smoking less or quitting for the day on the third Thursday of November. The event challenges people to stop using tobacco and raises awareness of the many effective ways to quit for good.

Call 1-800-QUIT-NOW
Indiana's Tobacco Quitline

