



November 2019

Learn about Diabetes

Until now, you may not have thought much about diabetes. You probably know people who have type 2 and they seem to be OK. It makes you wonder, "how serious can it be?"

The answer is blunt: Diabetes can be a killer.

Before the development of insulin in 1921, diabetes was always fatal. Today there are many treatments, but people are still dying from the disease.

According to the American Diabetes Association:

- ◆ Diabetes was the seventh leading cause of death in the United States in 2015 based on the 79,535 death certificates in which diabetes was listed as the main cause of death.
- ◆ Diabetes was also mentioned as a contributing cause of death on a total of 252,806 certificates.
- ◆ More current studies suggest that diabetes could even be closer to the third leading cause of death in the U.S.—not the seventh.

While deaths from cancer, heart disease and stroke have declined significantly since 1987, deaths from diabetes increased by 45 percent. And that percentage will grow with each passing year unless individuals begin to take prevention more seriously.

One of the keys to diabetes prevention and treatment is getting a fasting plasma glucose test. This measures your blood glucose after you have gone at least 8 hours without eating.

People who are overweight, don't exercise, and feel tired should see their doctor for a test.

Normal fasting glucose is below 100 mg/dl. A person with pre-diabetes has a level between 100 and 125 mg/dl. If the level is 126 mg/dl or above, the person has diabetes. The good news is that even if your glucose level is high, you can keep from getting type 2 diabetes. But you have to get serious about it.

Tips that can help reduce the risk of diabetes...

- Get 30 minutes a day of regular exercise. You'll have to do it anyway if you move to type 2, so why not walk or exercise to prevent it?
- Have a better diet. For those diagnosed with type 2 diabetes (and even for pre-diabetes), a ketogenic diet might help them shed pounds while keeping sugar levels low. The diet cuts out sugars and refined carbohydrate foods such as bread, rice, pasta, and many fruits. People on an insulin regimen should be closely monitored by their doctor if they use a ketogenic diet. They might be at risk for developing low blood sugar.
- Lose a few pounds. Exercise and proper diet help, but also look at portion size. Even a 5 percent weight loss makes a difference, but 10 percent reduces type 2 risk by 58 percent.



You can learn more about diabetes at:

<http://hopkinsdiabetesinfo.org/about-diabetes/>

VETERANS DAY



HONORING ALL WHO SERVED

The primary focus of Veterans Day is on veterans who are alive and with us today.

But it also honors all American veterans of all wars who have served our country—in war or peace.

To all veterans working among us, we say a heartfelt:

"Thank you for your service"

Better Conversation on Thanksgiving!

What can be trickier than keeping all the side dishes hot on Thanksgiving Day? Keeping heads cool during dinnertime conversation.

If your family or dinner guests have wide-ranging views on politics and religion, just tell everyone before they arrive that the topics are impolite and you expect courtesy. That might not be enough because these days people have strong views on everything from the weather to school. But it's a start.

The key to great holiday conversations (or any conversation, for that matter) is fun and it takes a deft hand to keep it that way.

As the host or hostess, you may have plenty on your mind from cooking the turkey to not forgetting the cranberry sauce again this year. But, here is one more thing. If you have a fun story or anecdote to tell, have it ready when the family and guests sit down to the table. Anything that starts with 'remember when' might get the conversation started or keep it from veering into forbidden territory.

Invite people to talk by asking simple questions: So, Bill, how was your flight?

If a comment or question is directed to you, give a little more information than you might otherwise. Hey, Dad, fabulous turkey again this year! Don't just say thanks. Use the opening to tell them something: Our regular store closed and I had to scramble to find a turkey big enough. Found one at Smith's -- have you ever been there?

Let the conversation flow. Even talking over one another is okay, so long as it is lively, fun, and polite. If it isn't, give them the evil-eye and insert your prepared anecdote!



Featured Recipe: Oven-Roasted Sweet Potatoes

Instead of the usual sugar and fat loaded sweet potato casserole, try this healthier version for a nice change. Makes 12 servings (serving size: 1/2 cup)

Ingredients

- ◆ 7 cups (1-inch) cubed peeled sweet potatoes (about 2 pounds)
- ◆ Cooking spray
- ◆ 1/2 teaspoon black pepper
- ◆ 1 tablespoon olive oil
- ◆ 4 cups coarsely chopped onion

Preparation

Preheat oven to 325°.

Place sweet potatoes in a shallow roasting pan coated with cooking spray. Drizzle with oil. Sprinkle with salt and pepper; toss to coat. Bake at 325° for 30 minutes. Add onion; stir well. Bake an additional 30 minutes; remove from oven.

Nutritional information per serving: Calories 120, Fat 2.4g, (Saturated 0.8g, Monounsaturated 1.1g, Polyunsaturated 0.3g), Protein 1.9g, Carbohydrates 23.5g, Fiber 3.3g, Cholesterol 3mg, Iron 0.6mg, Sodium 168mg, Calcium 29mg.



Another idea for your Thanksgiving Dinner conversation– Potato Jokes

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| 1. What's a potatoes favorite horror movie? | <i>The Silence of the Yams.</i> |
| 2. Why do potatoes make good detectives? | <i>Because they keep their eyes peeled.</i> |
| 3. What do you call a potato at a football game? | <i>A spec-tater.</i> |
| 4. What do you call a lazy spud? | <i>A couch potato.</i> |
| 5. What do you call a stolen yam? | <i>A hot potato.</i> |
| 6. What's a potato's least favorite dance? | <i>The Mash Potato.</i> |

