

# TAKE CHARGE!



for health and living

November 2011

nutrition watch

## Sugar: Five Sweet Ways to Cut Back

Kids love it, dentists hate it and Americans consume too much of it — more than 130 pounds per person each year. Sugar may be a key factor in metabolic syndrome, a condition that is believed to increase the risk of diabetes, heart disease and maybe even cancer.

Replacing some of the sugar in your diet with more nutritious foods is undoubtedly a good idea. The American Heart Association recommends limiting added sugars to no more than 100 calories per day for women and no more than 150 calories per day for men.



Get your sweet fix from naturally sweet fruits or flavorful spices.



### Inside:

A closer look at Diabetes: Type 1.5 →

### Five ways to reduce your sugar intake:

- 1 Instead of soft drinks, drink water** or sparkling water with lime or a splash of fruit juice. Soft drinks are the leading source of sugar in the American diet.
- 2 Eat fewer processed foods** and more whole foods, such as produce. Food labels list ingredients in descending order of quantity. If sugar is in the top 5, double-check the calories and grams per serving.
- 3 Save baked goods and desserts for special occasions.** Instead, try naturally sweet fruits, fresh or canned in fruit juice.
- 4 Buy only unsweetened 100% fruit juice.** Better yet, fruit beats juice any day for a healthy, sweet treat.
- 5 Enhance flavor with spices** such as cinnamon, ginger, nutmeg and cloves, or with extracts of maple, coconut, chocolate or banana instead of sweeteners.

## City Events

### Your Blood Sugar: Natural Approaches with Nutrition

Thursday, November 3  
12 noon - 1 pm  
SMT Room 4050

### Keys to Successful Aging Webinar

Thursday, November 15  
12 noon - 1 pm  
At Your Desk  
**Registration Required**

### Deferred Comp. Enrollment

Thursday, November 17  
12 noon - 12:45 pm  
SMT 4080

### Blood Pressure Screening

Wednesday, November 30  
Stop by between  
10:30 am and 1:30 pm  
SMT Room 4096

### Calculate Your Total Retirement

Wednesday, November 30  
12 noon - 12:45 pm  
Room 4020  
Register at 206-447-1924

**November 17** is the **Great American Smokeout**, sponsored by the American Cancer Society. If you smoke, join millions of Americans who choose this day to quit tobacco.



## Are You Really Hungry?

Find out if you're an emotional eater. →





# in and out: november

## You Can Be a Quitter

Quitting smoking can cause agonizing withdrawal symptoms, including depression, anxiety, tension, fatigue, irritability, headache and increased appetite. Simply coping with day-to-day life without smoking can be hard. **Take steps to make it easier:**

**Nicotine replacement therapy (NRT)** can ease physical nicotine withdrawal symptoms and cravings. The skin patch, inhaler, nasal spray, lozenge and gum are approved methods. While NRT combats cravings, it doesn't treat the behavioral aspect of smoking.

**Non-nicotine medication (bupropion or varenicline)** or certain types of antidepressants can help with psychological withdrawal. Your doctor or health care provider can help you determine what combination of cessation aids works best for you.

**Counseling — in person, online or by telephone** — also can support you through this lifestyle change.

**Remember:** If you can't quit the first time, try again — the rewards are worth it.



## Heal Your Heels



The dry air in colder months can lead to dry skin, and one of the more painful dry-skin conditions is cracked heels or heel fissures.

**Other contributing factors include** prolonged standing, obesity, certain skin conditions (such as psoriasis) and certain medical conditions affecting the skin (such as diabetes).

**You can often prevent** cracked heels or treat them in the early stages by using a moisturizer (two or three times a day) that contains a humectant such as urea, salicylic acid or alpha hydroxy acids. If you don't see improvement within a week, consult a podiatrist.

## Detective Work: Emotional Eating



Food is supposed to nourish and fuel you, but eating can also be triggered by feelings other than hunger, such as boredom, loneliness, anxiety and depression.

Signs that you may be eating for emotional reasons include: sudden cravings for sweets or specific foods, eating when it's unlikely that you're hungry (such as an hour or two after a hearty dinner) and feeling guilty after eating. Could you be an emotional eater? **Find out with these strategies:**

- ✓ Keep a diary of what and when you eat to better understand the pattern.
- ✓ Try to keep unhealthy foods out of your personal environment — such as your house, office or car.
- ✓ When the urge to eat strikes, ask yourself: Am I really hungry? If not, find an alternative to eating.
- ✓ Try to identify the feeling that's triggering the urge to eat, and learn to tolerate the emotion. Feelings usually fade over time.
- ✓ Consider writing your feelings down in a journal or talking with a trusted friend.
- ✓ Try shifting to another activity, such as walking, yard work or yoga.
- ✓ Learn a relaxation technique such as meditation.
- ✓ If the difficulty persists, consider meeting with a professional counselor who is familiar with these issues.

**Nibble on this:** Occasional eating for reasons other than hunger (such as enjoying a slice of birthday cake) is fine, but a frequent pattern affecting your weight or peace of mind should be taken seriously.

## LONGEVITY CORNER | Family History

**Family history matters.** Recent medical research suggests that if you have a family member who developed cancer before age 50, you would benefit from early screening. A history of breast, prostate or colon cancer in the family can raise your risk two to six times — but early and regular screening can save lives. **Find out:** If any family members were diagnosed with cancer at a young age, make sure you and your children make an appointment for screening.

— Zorba Paster, MD



## Diabetes: Type 1.5

At one time, only three types of diabetes had been identified: type 1, or "juvenile," diabetes; type 2 (formerly called "adult onset"); and gestational diabetes, which appears in pregnancy. These days things aren't as clear-cut.

### NOW SHOWING: Blood Sugar & Fears



From the CDC: Watch this video about type 2 diabetes at [www.cdc.gov/CDCTV/BloodSugarFears/index.html](http://www.cdc.gov/CDCTV/BloodSugarFears/index.html).

slowly than in type 1. In contrast to people with type 2, autoantibodies (proteins that attack insulin-producing cells) are present in the blood of those with LADA. Researchers are still working out the diagnostic criteria.

Identifying LADA is especially important in leaner, active adults who are more likely to have LADA and don't show the marked insulin resistance found in type 2. Early insulin treatment may help preserve the function of insulin-producing cells longer for people with LADA. If these individuals are misdiagnosed as having type 2 diabetes, they could take ineffective medications and lose insulin production more quickly.

Also, new medications being developed for type 1 might turn out to be effective against LADA, leading to better treatment of this disease.

### Quick Reference to Diabetes: Type 1.5

Characteristics	Type 1	LADA	Type 2
Typical age of onset	Youth or adult	Adult	Adult
Progression to insulin dependence	Rapid (days/weeks)	Latent (months/years)	Slow (years)
Presence of autoantibodies	Yes	Yes	No
Insulin dependence	At diagnosis	Within 6 years	Over time, if at all
Insulin resistance	No	Some	Yes

## PRODUCE PICK OF THE MONTH



(\*Excellent = 20% or higher of Daily Value; Good = 10-19% of Daily Value)

### Prized Pumpkin

No matter how you eat pumpkin, you'll be getting an excellent\* source of vitamin A and a good source of fiber, potassium and vitamin C. To make a delicious "pumpkin pie" smoothie, put 1 can pureed pumpkin, 1-2 cups low-fat milk, frozen vanilla yogurt and pumpkin pie spice in a blender and puree.

## Quick Guide to Stomach Pain

If you have tummy troubles, use these guidelines to sort them out and know when to get professional help.

**STEP 1: Observe the location and duration of your pain.** Pain throughout the belly can mean a flu, indigestion or gas. Intense and steady pain in the lower right area may indicate pancreatitis.

**STEP 2: Notice what makes you feel better or worse.** For example, symptoms of hiatal hernia may worsen when lying down. When ill, stick to water or clear liquids for a few hours (six hours if you have been vomiting). Then eat small amounts of mild foods such as rice or applesauce and avoid dairy products. If pain occurs after meals, try antacids and avoid greasy, fatty or acidic foods; caffeine; and alcohol. Avoid aspirin or other painkillers until you talk to a health care professional.

**STEP 3: Call your doctor or health care provider** if you experience pain that worsens or does not improve in 24-48 hours or bloating that persists for more than two days, you urinate frequently or feel burning when urinating, you have a fever over 100 degrees F (adults) or you experience prolonged loss of appetite or unexplained weight loss.

### SEEK IMMEDIATE MEDICAL TREATMENT IF YOU:

- ✓ Are being treated for cancer, are pregnant or could be pregnant
- ✓ Are unable to pass stools, especially if also experiencing vomiting
- ✓ Have blood in your vomit or stool with abdominal pain
- ✓ Have sudden, sharp abdominal pain
- ✓ Have pain in, or between, your shoulder blades with nausea
- ✓ Have a rigid, hard and tender belly
- ✓ Have had a recent injury to your abdomen
- ✓ Have difficulty breathing

## Stay in Touch

Keep those questions and suggestions coming!

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## NEWS AND NOTES

Get a healthy jump on the holidays! Explore these City programs.



**Tobacco Cessation:** *Quit for Life* is a free quit tobacco program available to you and covered dependents age 18 and older. Call a Quit Coach to discuss a quit date and nicotine replacement therapy. Enroll: 1-866-784-8454; more information at [quitnow.net](http://quitnow.net).



**Weight Management:** City employees and their covered adult dependents can participate in Weight Watchers and receive special pricing for selected services. Enroll: 1-866-442-1232; more information at [seattle.gov/personnel/benefits/home.asp](http://seattle.gov/personnel/benefits/home.asp).



**Employee Assistance Program:** Life problems? You and your household members have up to six in-person counseling visits per issue per year at no cost. Contact: 1-888-272-7252; [www.horizoncarelink.com](http://www.horizoncarelink.com) (user name: city of seattle; password: city of seattle).

### Pecan Carrots With Marmalade

### EASY | RECIPE

from Personal Best®

2 tbsp walnut oil  
3 tbsp pecans,  
sliced lengthwise  
3 cups carrots,  
sliced into ½-inch discs



3 tbsp orange marmalade  
¼ tsp each salt and pepper  
⅛ tsp nutmeg

- 1] Heat oil in a large nonstick skillet over medium heat; add pecans and stir 2 minutes.
- 2] Add carrots and cook 14-15 minutes or until carrots are fork-tender, stirring occasionally.
- 3] Stir in marmalade and seasonings; cook another 2 minutes and serve warm.



**MAKES ABOUT 4 (12-ounce) servings. Per serving:**

148 calories | 1.2g protein | 7.4g fat | 1g sat fat | no cholesterol  
16.5g carbs | 10.5g sugar | 3g fiber | 197mg sodium

## Q&A

### What is lupus?

Your body's immune system normally wards off infections and foreign invaders. In lupus, your body's immune system mistakenly attacks healthy tissue. The tissues attacked in lupus may include the joints, skin, kidneys, blood cells, heart and lungs.

**The most common form** of lupus is called *systemic lupus erythematosus* (SLE). For unknown reasons, it occurs more often in women than men.

**SLE symptoms may include** joint pain, rash, fatigue, trouble breathing and swollen glands. Fortunately, treatments can help alleviate the symptoms and reduce the risk of complications.

## Fit Facts: Exercise and Type 2 Diabetes

If you have type 2 diabetes, you should adhere to the following exercise guidelines:

**Cardiovascular exercise** — Strive to accumulate a minimum of 1,000 calories expended through physical activity each week. Daily exercise is highly recommended.

**Resistance training** — Perform resistance-training activities at least two days per week, targeting the major

muscle groups. Complete a minimum of one set of 10-15 repetitions of each exercise.

**Flexibility** — Perform stretching exercises at least two to three days per week, stretching major muscle groups to the point of tension (not pain) for 15-30 seconds. Complete two to four repetitions of each stretch.

**What are the precautions?** If you have type 2 diabetes, you must monitor your

glucose before and after exercise to understand how you respond to certain types of activities. Also, exercising with a partner and wearing an ID bracelet indicating one's diabetic condition are very important. Check with your physician prior to beginning a physical-activity program and return regularly to assess the diabetic complications.

Provided by the American Council on Exercise,  
[www.acefitness.org](http://www.acefitness.org)