

TAKE CHARGE!



for health and living

November 2014

Live Well With Type 2 Diabetes

When you take care of your diabetes, you feel better. Your everyday choices may help prevent problems with your kidneys, eyes, feet, legs and cardiovascular system.

A smart daily plan includes choosing balanced meals, tracking your blood sugar and taking your meds, if prescribed. Another important step – one you can enjoy – is to stay active.

Routine exercise and other physical activity help control weight, improve circulation, boost energy and improve blood sugar. Even better, consistent exercise may improve your blood glucose and A1C levels, which might lead to taking less insulin and fewer other medications.



Physical activity also plays a major role in preventing type 2 diabetes. The Diabetes Prevention Program showed

that you may cut your diabetes risk by half with modest weight loss (5% of your body weight) and moderate aerobic exercise (such as brisk walking).

Fit in 30-minute (or 3, 10-minute) heart-pumping routines at least 5 days a week. Also do 2 muscle-strengthening workouts per week to aid fat burning and glucose control. Finally, just get up and move more every day.

Talk with your health care provider about your exercise goals, especially if you've been inactive. Discuss which activities you're planning, the best time to exercise and the potential impact of increased activity on your blood sugar related to eating and medications.



November is Diabetes Month.



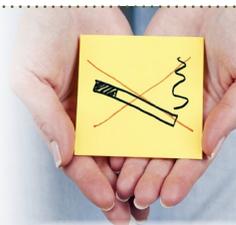
take charge

Smoking: Quitters Win

People often say quitting smoking was the hardest thing they ever did. Learning to live tobacco free is a remarkable achievement.

The primary reason people stop smoking is to improve their health. It's a good reason, considering about half of cigarette smokers who don't quit die from a smoking-related disease.

Other forms of tobacco use are also risky. **Smokeless tobacco** contains carcinogens and nicotine; using an average-size dip for 30 minutes releases as much nicotine as smoking 3 cigarettes. Smoking **cigars**? Heavy or regular use and inhaling deeply raise the risk for various cancers, heart disease and chronic obstructive pulmonary disease. Regular **hookah** smoking is equivalent to heavy smoking.



➤ Continued on page 4.

city events

Secrets to a Long Lasting Relationship

Wednesday, November 5
12 noon – 1:00 pm *Webinar*
Registration: See future email flyer*

Food Sensitivities – Part I

Thursday, November 13
12:15 – 1:15 pm
SMT 1650

Women and Investing – Deferred Compensation

Thursday, November 13
12 noon - 12:45 pm
SMT 4080

Depression in Families

Wednesday, November 19
12 noon – 1:00 pm *Webinar*
Registration: See future email flyer*

Calculate Total Retirement – Deferred Compensation

Wednesday, November 19
12 noon – 12:45 pm
SMT 4020
Register at 206-447-1924

Free Blood Pressure Screening

Wednesday, November 26
Stop by between 10:30 & 1:30
SMT 4096

*Or, call Central Benefits at (206) 615-1340.

Best Bit

■ **How to manage stress?** Contact your provider, a mental health professional or your workplace assistance program for advice. Eat right, get enough exercise and sleep, and set aside time to relax every day. The stronger you stay physically, the less impact stress may have on your health. Stay aware of stress and how it affects you.



Living with COPD

By Elizabeth Smoots, MD, FAAFP

Chronic bronchitis and emphysema are the 2 most common types of chronic obstructive pulmonary disease (COPD). They are progressive lung

diseases that create coughing and difficulty breathing. Both forms of COPD are serious, long term (chronic) and major causes of disability in the U.S.

There's no cure, but early diagnosis and treatment can greatly improve the quality of life. If you have COPD, take these simple steps to manage your symptoms and slow their progression.



>> Avoid lung irritants. Smoking is the leading cause of COPD. If you smoke, talk to your health care provider about the many options for quitting. Minimize exposure to other lung irritants in your home and workplace, including secondhand smoke, air pollution, chemical fumes and dust.

>> Get regular medical care. Ask your provider about flu and pneumonia vaccines. Get monitored for problems linked to COPD such as cardiovascular disease, lung cancer and infections. Make sure you take any prescribed medicines as directed. And work out an emergency plan with your provider.

>> Learn to manage symptoms. Coughing and trouble breathing may slowly worsen over time. If this interferes with your activities, find simpler ways to cook, clean, do chores and care for yourself. Perform each activity slowly and deliberately. Ask family and friends to help with more strenuous tasks. And to manage stress, join a support group or visit a counselor or worksite assistance program.



body matters

Yoga: Something for Everyone

Millions of people worldwide practice yoga for its exceptional benefits. If you've been wanting to try yoga, here are some basics.

Well-documented rewards:

- Increased strength, flexibility and balance.
- Reduced back pain and tension.
- Stress relief and enhanced relaxation.
- Improved mental focus and concentration.

Yoga involves movements, positions, breathing, relaxation and meditation that can lead to gradual changes in physical and mental well-being. Yoga has the potential to aid numerous health problems, including arthritis, diabetes, asthma, insomnia, fibromyalgia, high blood pressure and heart disease.

The American College of Sports Medicine lists 15 varieties of yoga. They vary in pace and emphasis, from slower-moving practices (breathing and meditation) to faster, flowing sequences combined with rhythmic breathing for a full-body workout.

For starters, you can try a basic yoga class if you're generally healthy. If you have any major injuries or ailments, consider a class offering an easier form of yoga designed for people with chronic conditions and limited abilities. See your health care provider first if you are pregnant or have back, blood pressure or balance problems or other health conditions.

You can modify yoga postures based on your abilities. Learn more at the Yoga Alliance Registry: www.yogaalliance.org.

The Scoop on Energy Drinks

Getting revved up on energy drinks day after day may have health consequences. The primary concern is that such beverages are high in caffeine and other stimulants designed to boost mental or physical performance.



The caffeine amount ranges from 80 to 175 milligrams (mg) per 8-ounce serving; some containers have multiple servings. The maximum amount the FDA considers safe in cola-style beverages is 71 mg per 12 ounces. For comparison, an average 8-ounce cup of coffee has 130 mg, a 16-ounce latte averages 240 mg, and a 12-ounce cola averages 37 mg.

When choosing your drink, check labels for the caffeine amount. However, not all drinks list caffeine content as the FDA does not require it on product labels, so you may not have a clear understanding of what's in the drink or its impact. Also keep in mind that:

- Energy drinks are often used as mixers with alcohol, especially by young people. The stimulants in energy drinks can mask intoxication, reducing one's awareness of their effects.
- Their stimulating effects can boost heart rate and blood pressure, contribute to dehydration and, like other stimulants, prevent sleep.
- They are linked to at least 34 deaths and numerous hospitalizations.
- They should not be used while exercising; the combination of fluid loss from sweating and the diuretic effect of caffeine can lead to severe dehydration.

Watch your sensitivity to these drinks, educate your children about the risks and don't over-consume them.

Staying Connected on the Road

Today's workforce is increasingly mobile, and your workspace could be located just about anywhere you have an electronic device and a reliable internet signal. Follow these strategies to stay productive on the road:



>> **Pack smart.** Make sure you have everything you need on hand, including chargers for devices, headphones and extra batteries, to ensure a smooth connection to those who need you.

>> **Communicate.** Set up check-in times with your home base and your supervisor. Automate outgoing work email and voicemail messages so people know you are out of the office and how to reach you. **Note:** Don't leave a message on your personal phone that you're away from home, and don't advertise your absence on social media.

>> **Plan connection spots.** Internet on the road can be spotty depending on where you're traveling. Plan a stop in a hotel, café or business center that has free Wi-Fi, or explore mobile broadband services or tethering options for connectivity on the go.

>> **Take precautions.** Keep sensitive work and personal data safe from prying eyes by being cautious and using an encryption program when you access public Wi-Fi connections. Also, avoid leaving your work materials and electronic devices unattended or unlocked to prevent theft and damage.



Produce Pick of the Month: **Leafy Greens**

Hearty leafy greens are rich in health-protecting vitamins, minerals and fiber – and suitable for cooking or enjoying raw. Steam or sauté with other vegetables (see recipe on this page) or add to pasta, soups and omelets. Chard, kale and mustard, turnip, beet and collard greens can be used almost interchangeably in recipes. Store unwashed greens in moistened paper towels in a plastic bag (with a few pinholes for air), and refrigerate for 2 to 3 days.

The Lowdown on Fructose

By Cara Rosenbloom, RD

What is fructose? Fructose is a small sugar molecule that's naturally found in honey, fruit and sweet vegetables, such as beets and corn. It also can be paired with glucose and processed into **high-fructose corn syrup (HFCS)**, a sugar additive popular with food manufacturers.

High-fructose corn syrup is a corn-based sweetener that's widely used in processed foods, especially soft drinks. It's been the subject of lively debate among nutrition pundits. Some believe it contributes to the obesity epidemic, while others think it's just another sugar – no different than what's in your sugar bowl.

Some studies suggest excessive consumption of added sugars is linked to insulin resistance, high triglycerides, heart disease and liver damage, but more research is needed.

With no consensus on either side of the debate, nutrition experts do agree on 1 thing: Most North Americans consume too many added



eating smart

sugars and not enough fruit. Per person, consumption of fructose has risen five-fold during the past 100 years.

Is sugar in fruit safe to eat? Yes. In fact, guidelines suggest eating at least 2 cups of fruit every day (more or less depending on your individual needs). At this intake level, your fructose consumption will be relatively low – and it's naturally occurring, not added, sugar. Plus, the fiber, vitamins and antioxidants in fruit are part of a healthy diet. Learn more at ChooseMyPlate.gov.

Consider this: An average 16-ounce soft drink has 53 grams of sugar, while a pear or an apple has just 12 grams. **Bottom line:** If you consume sugar, it's better to get it from fruit than from processed foods.

Sautéed Swiss Chard with Mushrooms

EASY | RECIPE
From Personal Best®

2 large bunches **Swiss chard** (8-10 cups)
2 tbsp **olive oil**
2½ cups **mushrooms** (any variety), sliced
⅓ tsp fresh ground **pepper**
2 tbsp grated **Parmesan cheese**

Nutritional note about Swiss chard: It's naturally high in sodium. If you're watching your sodium intake, try other greens for this recipe, such as collards, mustard greens or kale (spinach and beet greens are also high in sodium).

1. Rinse chard leaves well and pat dry. Coarsely chop the leaves, separating large ribs. Note: 8-10 cups of raw chard yield 3-4 cups cooked.
2. In a large sauté pan, heat oil over medium-low temperature. Add mushrooms and sauté.
3. When mushrooms are browned, add chard leaves in batches (to avoid overloading pan). Toss and sauté until leaves are partially wilted, 3-4 minutes.
4. Remove from heat, cover and allow to steam 2-3 minutes.
5. Place chard and mushrooms in serving dish and sprinkle with pepper and Parmesan cheese. Serve immediately.



Makes 4 servings. Per serving:

115 calories | 5.8g protein | 7.8g total fat | 1.3g sat fat | 5.1g mono fat | 0.7g poly fat | 2.3mg cholesterol | 8.6g carbohydrate | 1.7g sugar | 4.3g fiber | 319mg sodium

Stay in Touch

Keep those questions and suggestions coming!

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News & Notes

Discover these City health and wellness programs.

- **Need help with life issues?** You and your household members can receive up to six in-person counseling visits per issue per year at no cost through the Employee Assistance Program. Call: 1-888-272-7252. More resources: www.horizoncarelink.com (user name: city of seattle; password: city of seattle).
- **Celebrate the Great American Smokeout.** Quit for Life is a free quit tobacco program available to you and covered adult dependents. Call a Quit Coach to discuss a quit date and nicotine replacement aids. Enroll: 1-866-784-8454. More information at quitnow.net.
- **Concerned about high blood pressure? Diabetes?** City employees and adult dependents can **participate in Weight Watchers** and receive special pricing for selected programs. Enroll at wellness.weightwatchers.com with Employer ID 62344; Employer Passcode: WW62344. More information at seattle.gov/personnel/benefits/home.asp.

top safety



Ice Issues

Winter comes with ice in many parts of the country. Whether you are in the city or country, you could be walking on thin ice when it comes to safety unless you follow this advice:

- ✓ **Wear** footwear with nonslip rubber or neoprene grooved soles.
- ✓ **Learn** how to walk on ice if there's no way around it. Lean slightly forward and bend your knees; take short, shuffling steps to increase traction and move slowly. If possible, use stationary objects such as a vehicle or a wall for support as you walk, or put hands out to the sides for balance.

- ✓ **Drive** slowly even if the roads seem clear. There could be black ice – an extra-thin, nearly invisible layer of ice that usually forms in shaded areas. Take extra care on bridges and overpasses.
- ✓ **Give** yourself more room to stop if driving in winter conditions.
- ✓ **Brake** gently, and accelerate and decelerate slowly to avoid skids.
- ✓ **Don't** use cruise control or overdrive on icy roads.



Smoking: Quitters Win → Continued from page 1.

If you're concerned about the challenges of quitting, consider the benefits:

- Withdrawal typically lasts just 1 to 3 weeks, and you can manage it.
- Quitting is a challenge for sure. Stay focused on your future, and take it 1 day at a time.
- Cravings last only a few minutes, and over time the urges get weaker and come less often.
- Every day you spend without tobacco builds new routines that keep you stronger and feeling free.

Nicotine addiction is a chronic disease. That's why it helps to meet with your health care provider when preparing to quit. You can discuss the best ways to cope with nicotine withdrawal based on your health and any prior quit attempts.



Why not set a quit date this month?

The Great American Smokeout is November 20.

expert advice

By Elizabeth Smoots, MD, FAAFP

Q: What is resistant hypertension?

A: Resistant hypertension is high blood pressure that is difficult to control. It occurs when blood pressure (BP) stays above goal despite treatment with 3 or more medications. Long term, the condition can damage blood vessels and increase the risk of heart attack and stroke.

Many causes of resistant hypertension are correctable.

Common culprits include not taking medication as prescribed, suboptimal medication dosing or improper blood pressure measurements. Treatable health conditions such as sleep apnea or kidney disease can also contribute.

Besides correcting these problems, lifestyle steps may help lower blood pressure. With your provider's approval, get at least 30 minutes of moderate exercise 5 days a week. Eat 4 to 5 cups a day of fruits and vegetables, which are rich in minerals that help keep BP levels healthy. Cut out excess salt, trans fat and saturated fat. And find ways to reduce your exposure to tobacco, alcohol and stress.