



Your Health Matters

***CCMHG – Your Town, County, District, Authority
Working together for your health***

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Think Spring! Walking! Walking! Walking!

Well I thought that Mother Nature was going to be kind to us and that I could truly count on Punxsutawney Phil but as I look out the window I understand that we truly have no control at all! Honestly, the snow looks beautiful and that is what we get for living in New England but it's not going to stop me from thinking about warmer spring temperatures and getting outside more! We have a lot of walking programs that will be taking place in the upcoming months. I've listed them below and more detailed information is listed under [Wellness News](#).



Research has shown that the benefits of walking and moderate physical activity for at least 30 minutes a day can help you:

- Reduce the risk of coronary heart disease
- Improve blood pressure and blood sugar levels
- Improve blood lipid profile
- Maintain body weight and lower the risk of obesity
- Enhance mental well being
- Reduce the risk of osteoporosis
- Reduce the risk of breast and colon cancer
- Reduce the risk of non-insulin dependent (type 2) diabetes

I hope you will join me at one of the following:

1. After work walks at Nauset High School 3:15pm begin 03/15
2. Lunchtime walks at County Complex 12:00 and 12:45 begin 03/22
3. American Heart Association National Walking Day at Peter Homer Park in South Yarmouth on 04/06. We will be hosting a half hour walk at 5pm followed by screenings, Zumba, dancing, and healthy food!
4. Spring Walking Challenge. This 8 week challenge starts with a celebratory 3 mile walk on Saturday 04/23 at Marathon Sports in Yarmouth at 9:00am followed by food and fun and discounted merchandise! Weekly walks are every Saturday at 9:00am across the Cape – more info will be out in March!
5. Retiree walks meet at Cape Cod Canal 9:30am beginning 05/09

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Can Cold Weather Make Teeth Hurt?

Just like a bite of ice cream or a sip of ice water, cold weather can make teeth hurt! There are a few reasons teeth may become especially sensitive to temperature changes:

- Sensitivity typically occurs when dentin, the tissue that makes up the core of each tooth, is exposed. A protective coating of enamel usually covers dentin, and the gums usually cover the root. However, when the enamel wears away or decays, the dentin – which has its own nerve fibers – becomes vulnerable to sensations, including pain.

- In some cases, periodontal (gum) disease – an infection of the gums and bone that support the teeth – may also be responsible for sensitivity. Periodontal disease (or sometimes just brushing too vigorously) can cause gum recession – resulting in an exposed tooth root that is often very sensitive to cold.

- Clenching or grinding teeth may also cause sensitivity. In these cases, dentists often recommend a mouth guard to prevent damage.

Whatever the cause, your dentist can measure the severity of the problem by spraying air across each area of your teeth to determine the exact location of sensitivity. They may recommend various products to help, including desensitizing toothpastes, strips and mouth rinses. In cases in which hypersensitivity is severe, persistent and cannot be treated by other means, your dentist may recommend a filling to eliminate the problem.

Tooth sensitivity may be a sign of undetected tooth decay. If your teeth are feeling extra sensitive for an extended period of time, make an appointment with your dentist to diagnose the problem and find some relief.



Harvard Pilgrim
HealthCare

HPHConnect for Members – Go Paperless!

Did you know that you can receive email notifications when documents are available through your password-secure HPHConnect for Members Account? You can also view plan documents, find coverage, claims and costs, select a PCP, track your deductibles, access interactive tools, and access all of Your Member Savings including discounts on products. If you haven't registered yet, please follow [this link](#) to access all your member benefits!



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Sponsored by the

Cape Cod Municipal Health Group

Do You Have A Deductible?

See how the **Good Health Gateway**® Diabetes Care Rewards Program can save you money.

Example:

John Q. Public has diabetes. He takes two diabetes medications, and he tests his blood sugar twice a day. John saves money by participating in the diabetes program even though he has to pay office visit copays and a portion of his labs to meet his \$250 deductible.

Diabetes Management	Your Annual Costs	
Office Visits, Exams, Labs, Medications, and Supplies	Without Diabetes Program	Participating in Diabetes Program
Annual Primary Care Visit/Foot Exam	\$0	\$0
Specialist Visit/Eye Exam	\$35	\$35
Blood Work (A1c) <i>Applies to deductible</i>	\$250	\$250
Lipid panel <i>Applies to deductible</i>		
Urine Protein Levels <i>Applies to deductible</i>		
Medication-Metformin <i>Cost: \$10 a month x 12</i>	\$120	\$0
Medication-Januvia <i>Cost: \$35 a month x 12</i>	\$420	\$0
Test strips (2x a day) <i>Cost: \$48 a month x 12</i>	\$576	\$0
Your Total Annual Costs	\$1401	\$285
Your Annual Savings: \$1401 - \$285 = \$1116		

Participating in the **Good Health Gateway** Diabetes Care Rewards Program is a WIN-WIN. You save money, and you improve your health by managing your diabetes.

Call the **Good Health Gateway** HelpLine Advocates or go online to register today.

(800) 643-8028

GoodHealthGateway.com



Wellness News

Maintain Don't Gain Holiday Challenge

What an amazing program we ran again this year and I am happy to report that we had 76% of the participants complete the program! We had a few that did not maintain but most did an incredible job staying within the two pounds and overall participants managed to LOSE 285.45 pounds over the Holidays!! 6 weeks averaging 47.5 pounds of weight loss each week. Amazing! Remember this was a Maintain not a Lose program! Our prizes and winners are:

Garmin Vivofit - F. Thomas Fudala, Mashpee
 Garmin Vivofit - Kathleen Downing, Dennis-Yarmouth RSD
 Withings Bluetooth Scale - Susan Ford, Nauset RSD
 Trader Joe's Good Bag - Trudi Brazil, Truro
 Eastern Mountain Sports Rental of 2 Kayaks for the Day - Margaret Mitchell, Mashpee Schools
 Health 1st 1 Hour Massage - Meggan Tierney, Harwich
 EcoTourz Kayak Tour or Rental - Tricia Rogers, County
 Yoga Center of CC 2 Weeks Classes – Eileen LePain, Dennis-Yarmouth RSD
 OHM Works Stretch Deck - Susan Goodspeed, Sandwich
 OHM Works Yoga Deck - Alicia Bryant, Falmouth Schools
 Yurbuds Earbuds - David Paananen, West Barnstable FD
 Yurbuds Earbuds - Michael Caliri, Eastham
 Yurbuds Earbuds - Susan Broderik, Brewster
 Nike Speed Rope - Robin Benjamin, Barnstable
 Bodyfit Walking Weights, Chris Hottle, Provincetown



I wanted to also congratulate West Barnstable Fire District for having all of their staff members join in this program and Dennis-Yarmouth Regional School District for all of their schools participating in the program!

Couch to 5k Running Program

We have two programs that will be beginning in the spring. The first starts on March 15th at Barnstable High School. The second starts on May 17th at Harwich Town Hall. Both will take place on Tuesday/Thursday evenings and meet at 4:45pm. The programs run 9 weeks. Signups have already begun for Barnstable. Classes fill up quickly and are on a first come basis. This program is for everyone! I hope to see you there!! ***As with all physical fitness programs: You must discuss this program with your doctor prior to start!***

Spring Walking Challenge

Look for program information coming out in March for our 8-week, self-monitored walking program. This year we will revisit YOU making up teams instead of employer teams. This can create a little more “friendly competition” and may entice a few more to join us. We will be having our Kickoff Walk and Celebration on Saturday, April 23rd at 9am meeting at Marathon Sports in Yarmouth where they will open the doors for us for some good food and merchandise discounts! I hope to see you there. It was great fun last year!

Biometric Screenings

All our screening dates are filled for FY16. We can schedule for FY17 if you are a planner - feel free to contact me and we'll get you inked in! Below are locations/dates:

Mashpee Town Hall	March 9 th 1:30pm - 4:30pm	Contact Denise Lavallo
Brewster Town Hall	March 16 th 9:00am - 3:00 pm	Contact Annette Preston
Morse Pond School	March 21 st 9:00am - 3:00pm	Contact Cheryl Boli
Mullen Hall Elementary	March 23 rd 10:00am - 2:30pm	Contact Alicia Bryant
Eastham Town Hall	March 30 th 1:00pm - 5:00pm	Contact Lisa Shaw
Dennis-Yarmouth High	April 1 st 10:00am - 2:00pm	Contact Ann Couite
Chatham, Monomoy, & Harwich Health Fair	Chatham Community Center April 7 th 12:00pm- 4:00pm	Contacts: Gerry Panuzcak, Kate Bruster & Paula Champagne
Barnstable HF @ HYCC	April 8 th 11:30 - 4:30pm	Contact Laura Scroggins
Barnstable County HF	April 15 th 10:00am - 2:00pm	Contact Nancy Cushing
Falmouth Health Fair	May 4 th 11:00am - 4:00pm	Contact Kristin Nickerson

Programs on Martha's Vineyard



Maintain Don't Gain Holiday Challenge was a great success with over 15 participants who actively stayed motivated throughout the entire challenge. Every week the participant had a different challenge to tackle and overcome. Krystle was very impressed with the amount of self-control and discipline every participant had over the holidays. We will definitely be bringing this challenge back for the holidays of 2016!

Walker Tracker online program is a flexible template for delivering wellness to employees in a way that suits any organization. Long-term wellness initiatives based on personal goal attainment, or short-term goals. Team-building activity competitions are all possible with their fully customizable portals. You can even set up and run large-scale challenges. Individuals can set up their own challenges with friends or coworkers. It is user friendly and makes it easy to track all activities. Watch other company's or people throughout the country reach their goals. Walker Tracker is ongoing throughout the year.

Biometric Screenings will be held in late winter, early spring at the Martha's Vineyard Regional High School, Tisbury School and Oak Bluffs School. Each screening consisted of lipid panel HDL, LDL, glucose, triglycerides, cardiac risk factor, hearing testing, blood pressure, UV skin damage, BMI and weight and health information and packets.

Fitness Challenge this year's challenge will involve teachers from all the schools on Martha's Vineyard. Each participant will get a Nutritionist consult, personal training consult and be involved in two group workouts a week that are planned and executed by personal trainers.

Hot Topics

The top 10 leading causes of death in the US are below. They accounted for 73.6% of deaths in 2013 according to Medical News:

- Heart disease
- Cancer
- Chronic lower respiratory disease
- Accidents
- Stroke
- Alzheimer's disease
- Diabetes
- Influenza and pneumonia
- Kidney disease
- Suicide

THINK: How many are preventable?

Vitamin B-12 DEFICIENCY

67% of Americans

- 47 Million Americans May Be Vitamin B-12 Deficient
- 50% Vegetarians & 80% Vegans Are Deficient in B12

NaturalHealthyConcepts.com

When it comes to your **heart**, what you eat matters!

- **Eat less saturated and *trans* fat.** Stay away from fatty meats, fried foods, cakes, and cookies.

Note: Eating *trans*-fat raises the level of low-density lipoprotein (LDL or "bad") cholesterol in the blood that can increase the risk of developing cardiovascular disease

- **Cut down on sodium (salt).** Look for the low-sodium or "no salt added" types of canned soups, vegetables, snack foods, and lunch meats.

Note: > 75% of dietary sodium is from packaged and restaurant foods. Sodium has been linked to high blood pressure, which can increase risk of heart disease, kidney disease, and stroke.

- **Get more fiber.** Fiber is in vegetables, fruits, and whole grains.

To find local farmers markets:

<http://search.ams.usda.gov/farmersmarkets>

Brighten Up!

According to Harvard researchers, decorating with fresh flowers helps combat anxiety and negative mood. Other perks include increased energy, enthusiasm, and compassion toward others. Combat winter doldrums with a well-placed sprig of flowers.

The Benefits of Hugging

Why we need to cuddle up more

Health

Hugging lowers your blood pressure, as hormones released in the body after a hug aren't just good for happy feelings, they also help your physical health.



Happy Kids

Want to do something for future generations? Hug them when they're little. A link between touch and relieving stress affects how kids cope with stress as adults.



Mental Well Being

Hugs relieve stress because when we embrace, we reduce the amount of the stress hormone cortisol produced in our bodies. Even hugging an object like a teddy bear helps soothe fears.



Social & Emotional Well Being

When we embrace someone, oxytocin is released, making us feel warm and fuzzy inside. The chemical has also been linked to social bonding, & lays the biological foundation for connecting to other people.



Adapted from an article by the Huffington Post - http://www.huffingtonpost.com/2014/03/27/health-benefits-of-huggin_n_5008616.html

Food for thought



What Are Important Nutrients to Eat at Breakfast?

Whole-Grains: Whole-grain foods are full of fiber, vitamins and minerals. Whole grains are rich in the B vitamins thiamine, riboflavin and niacin, which provide energy.

Protein: Along with a boost of carbohydrates in the morning, consume protein to help keep you full. A cup of skim milk provides 8 grams of protein, 83 calories and no fat and is a great addition to coffee, oatmeal or cold cereal. Eggs contain only 70 calories and provide 6 grams of protein, 5 grams of fat and 186 grams of cholesterol per large egg.

Fiber: Fiber from fruits, vegetables and whole grains is important for digestion. Men should consume 38 grams per day and women should get 25 grams, including soluble and insoluble fiber. Three grams of soluble fiber in the diet can have cholesterol-lowering effects.

Calcium: Calcium helps to build bones and maintain bone strength. Depending on your age and sex, you need about 1,000 milligrams of calcium per day. Choose low-fat or fat-free choices.

Source: [SFGate](#)

Berry Nutty Breakfast Parfait

2 cups blueberries
2 cups strawberries sliced
1 tablespoon honey
2 cups low-fat plain or vanilla yogurt
½ cup low-fat granola
4 tablespoons chopped nuts



Place berries in mixing bowl. Drizzle with honey and toss gently. Spoon ¼ cup yogurt into 4 parfait glasses and top with a layer of berry mixture. Repeat layers with remaining yogurt and berry mix. Top with granola and nuts and serve.

Nutritional Information: Serves 4. Per Serving: 257 calories; 8g fat; 41g carbs; 10g protein; 5g fiber; 118 mg sodium. www.aicr.org

Overnight Apple Crisp Breakfast Parfait

1 (5.3 ounce) container Greek Vanilla yogurt
1 diced apple
¼ teaspoon cinnamon + pinch nutmeg
¼ cup cooked quinoa, packed
2 tablespoons chopped toasted pecans

Place diced apples in a microwave-safe bowl. Sprinkle with spices and microwave on high until soft, about 2 minutes. Set aside to cool. In a glass jar or other container, place half the yogurt. Top with half of the cooked apple. Add quinoa and nuts on top.

Nutritional Information: Serves 2. Per Serving: 267 calories; 11g fat; 34g carbs; 11g protein; 3g fiber; 29mg sodium. www.theseasonedmom.com

Should You Stretch Before Working Out?

When you were young, you were probably told to stretch before your workout. No matter what the activity was, it was crucial to stretch during a pre-sport warm-up and afterward to cool down. After all, stretching can help prevent injuries, right? Actually, research has shown that stretching before a workout can negatively impact performance. Static stretching—where you stretch to the point of light tension and hold it there for several seconds—can also make you more prone to injury because your muscles loosen during the movement, causing them to be more flexible but also making them less able to spring into action quickly. This isn't what you want just before a workout, whatever the effort might be.

The Last Word

Researchers from the University of Zagreb picked apart 104 former studies concerning pre-exercise static stretching. Their findings were shocking. The researchers found that muscle strength is reduced by 5.5% after static stretching; because of this, they concluded that stretched muscles are, generally, less powerful than unstretched muscles. In an interview with The New York Times, Goran Markovic, PhD, the study's senior author and professor of kinesiology at the University of Zagreb, said: "We can now say for sure that static stretching alone is not recommended as an appropriate form of warm-up."



3 STATIC STRETCHING MYTHS

Despite the growing amount of research that's not in favor of stretching before a workout, there are still a lot of myths floating around in fitness and endurance-sports circles.

Myth 1: You should stretch before running to prevent injury. Research published in the journal Sports Medicine states that stretching before jogging, cycling or swimming has no beneficial impact on injury prevention.

Myth 2: Stretching reduces soreness. In a review of 12 different studies, researchers concluded that stretching after exercise does not reduce muscle soreness.

Myth 3: A pre- or post-run stretch will keep you injury-free. While it may make you more flexible, stretching before and after a workout has not been clearly linked to preventing injury, according to the journal of the American College of Sports Medicine. However, study authors conclude that additional research and well-conducted trials need to be done before they can recommend discontinuing, or endorsing, stretching in sports.

Although static stretching has been the norm for decades, there are a variety of alternative pre- and post-workout activities that can benefit athletes. [Follow this link to view stretch free alternatives for your warm up!](#)

Your Health Matters is a quarterly publication for municipal employees and family members of the Cape Cod Municipal Health Group. All questions and correspondence should be directed to Deanna L. Desroches, Health & Wellness Consultant, Cape Cod Healthy Connections, LLC capecodhealthyconnections@gmail.com or 508-631-7263.