



Your Health Matters

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

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As summer approaches, know your sun facts!

May is Skin Cancer Awareness Month and a good time to review an important subject as summer approaches. Approximately 20% of Americans will develop a skin cancer by age 70.

Basal cell carcinoma is the most common form with an estimated 4.3 million new cases each year. Despite the more than 3,000 deaths it causes annually, if caught early almost every case can be cured. If ignored, it may invade surrounding tissue, nerves and bones and may cause significant damage and disfigurement.

The second most common is squamous cell carcinoma. These cancers tend to develop on skin that is exposed to sun for years. Those fond of tanning beds and booths significantly increase their risk of developing this cancer and will potentially develop it earlier in life. Early diagnosis and treatment is extremely important because it may be quite curable. There are over 15,000 deaths from squamous cell cancer with greater than 1 million cases diagnosed annually.

Melanoma is the most deadly form of skin cancer. Every hour, someone in the United States dies from this cancer (totaling an estimated 9,320 people in 2018). The five-year survival for a patient diagnosed early is about 99 percent, but drops to 15-20% if not diagnosed until it has spread to distant organs. The risk of developing melanoma doubles if you have had more than five sunburns in your lifetime. Although people will often focus on looking at existing moles, it's important to note that 70-80% of melanomas arise from what appears to have been "normal" skin.

As summer on the Cape approaches, please remember the important preventive steps you can take for your family and those important to you:

- Seek shade, especially between 10 a.m. and 4 p.m.
- Cover up with clothing, hats and UV-blocking sunglasses.
- Find a sunscreen classified as "broad spectrum" with an SPF rating of 15 or greater – and use it every day.
- If you will be outdoors for an extended period, use a water-resistant sunscreen with SPF 30 or higher.
- Apply two tablespoons of sunscreen over exposed areas and reapply every two hours for those days you are outdoors.
- Babies less than six months should avoid being outdoors. For babies over six months, sunscreen may be used but prudence is still the word.
- Don't use tanning booths or beds.

Seeing your physician annually for a skin check is important, but it's also important for you to learn to examine your skin, and do so on a regular basis. A good guideline is also available from the [American Academy of Dermatology](#) titled "How to spot skin cancer". Source: [CC Health News](#)



Your Child's First Visit to the Dentist

Unless a problem is suspected, your dentist would like to see your child 6 months after the first tooth erupts, but no later than 12 months of age. The most important goals of this first visit are to introduce your child to the office surroundings and to develop a trust in the dentist and staff. The dentist views this visit as an icebreaker. If your child is too frightened, uncomfortable, or uncooperative, the dentist's staff may have to reschedule several short visits.

→ Avoid phrases like "Be brave!" or "Don't be afraid." Do not try to explain the first visit yourself. Don't bribe the child with special treats to get him or her to the office. Instead, be positive and reassuring that the visit will be fun. Present it as something to which the child can look forward.

The appointment should last 15 to 30 minutes and may include X-rays and a gentle, comprehensive examination of the teeth, gums, jaws, bite, and oral tissues. The purpose of the examination is both to observe any problems and to establish a baseline so that the dentist can monitor the child's growth and development. Depending on your child's age and degree of cooperation, the dentist or a staff member may also clean and polish his or her teeth and apply a topical fluoride.

Parents should bring any of the child's medical records to the first appointment. The staff will discuss and answer any questions you may have at that time. The dentist's objective is to be gentle and patient so that the child develops a positive attitude toward the dental office and his or her own oral health. The long-term goals are prevention and minimizing any dental problems as the child matures.



FITNESS REIMBURSEMENTS

Harvard Pilgrim Members: Fitness reimbursement applies to monthly fees paid to a facility that provides cardiovascular and strength-training equipment for exercising and improving physical fitness, such as: health clubs and fitness centers; YMCA's and YWCA's; Jewish Community Centers; and municipal fitness centers. Qualifying facilities also include fitness studios/facilities that offer yoga, Pilates, Zumba, aerobic/group classes, indoor cycling/spinning classes, kickboxing, CrossFit, strength training, tennis, indoor rock climbing and personal training (taught by a certified instructor). [Download your form today!](#)



Blue Cross Members: You can save money annually for health club membership fees or for fitness classes taken at a qualified health club. 3 Easy Steps to Getting Reimbursed: 1) Choose a qualified health club; 2) Complete the fitness reimbursement form once you pay for the program; 3) Mail the completed form to the address listed on the bottom of the form. [Download your form today!](#)

A Qualified Health Club is a full-service health club with a variety of exercise equipment, including: Cardiovascular equipment like treadmills and bikes; Strength-training equipment like free weights and weight machines. To receive the fitness reimbursement for a qualified pay-as-you-go health club, get paid receipts from the club for your records.

CAPE COD MUNICIPAL HEALTH GROUP



**SOMETIMES
MANAGING DIABETES CAN BE
DIFFICULT.**

SO WHY NOT MAKE TESTING EASY

The Accu-Chek® Guide blood glucose meter is **simple to use.**

And the Accu-Chek FastClix lancets are **virtually pain free.**

Plus, the meter connects with the *Good Health Gateway®* Diabetes Care Rewards Program so our diabetes educators can provide you with expert support based on your readings.



Registered members of the *Good Health Gateway* Diabetes Care Rewards Program can get an Accu-Chek Guide meter and 90-day supplies of Accu-Chek Guide test strips at **NO COST.**

How to get your **FREE** meter and test strips



Be registered for the Diabetes Care Rewards Program at **GOODHEALTHGATEWAY.COM**



Call our HelpLine Advocates to get your meter and first 3-month supply of test strips at **800.643.8028**



Continue to be an active member of the program, and get your free test strips every 90 days.

800.643.8028

GOODHEALTHGATEWAY.COM

Wellness News

Couch to 5k Running Program

Our next C25k is going to be scheduled for the fall and I am working on logistics now. It will be taking place in the Town of Barnstable but the location will be determined. That program will begin around Labor Day! Our current program is running (pun intended) in Yarmouth and will finish up with members participating in the Run for the Arts at the Cultural Center of Cape Cod on Saturday, June 16th! Come cheer us on! The completion of this program without missing more than one class will earn our members → **35 points for our wellness portal!**

Biometric Screenings

Our Screenings and Health Benefits Fairs have successfully wrapped up for this year! If you want us to visit your worksite this upcoming fiscal year, it is never too early to schedule a date with me! Please contact me directly at capecodhealthyconnections@gmail.com to schedule your screening today!

Spring Walking Challenge

Our SWC began on Monday, April 9th with just over 100 members registered! The feedback has been great with the capability of linking Fitbits to the account. Other wearables will hopefully have the same ability next year! Our goal this year has been to take AT LEAST 7,000 steps/day and right now 77% of our members will accomplish that goal and will also earn → **25 points for our wellness portal!**

Members that complete this program will also be in the running for a pair of Red Sox Tickets, a month of FREE Yoga and a \$100 Marathon Sports gift certificate!



Wellness Portal

It's never too late to register on our Wellness Portal. You **MAY EVEN HAVE TIME** to earn **YOUR** 100 points to receive a \$35 gift card in July -- plus the chance of winning \$200! If you have participated in programs but are not on the portal, your points are waiting for you and if you complete a Health Risk Assessment that will give you another 25 points! Even if you don't have points why not log on and create your account for this coming fiscal year! You will already be up and running – even better link your Fitbit and you'll be all set for our Summer Steps Challenge and the Spring Steps Challenge! It's a win, win!! Follow this [link](#) and choose the “click here to sign up signup” button! New programming starting in July!

Walking Programs

We have three walking programs under way in Yarmouth, Chatham, and Harwich. A super group of retirees meet in the mornings and staff members attend lunchtime walks. All walks are listed on the [CC Healthy Connection Calendar](#). If you would like to start a walking group please contact me! Attending the 8 week series will earn you → **30 points for our wellness portal!**



Hot Topics

Teen Vaping: What you should know

A lot of kids experiment with or use vaping products because they believe it's harmless. For most, the flavors are the lure. Vaping liquids can be made to taste like candy, fruit, ice cream, or other foods and drinks. Many contain nicotine, which is bad enough on a body because it's addictive. But some of the chemicals used for e-liquid flavoring also put your health at risk. For example, Harvard University researchers found diacetyl, a flavoring chemical, in most of the e-cigarettes and e-liquids tested. Diacetyl has been linked to a respiratory disease called bronchiolitis obliterans also known as "popcorn lung," it first appeared in workers who inhaled artificial butter flavor in microwave popcorn processing facilities. "This is potentially volatile stuff," King says. "The flavorings in these products are a concern. The bottom line here is: e-cigarette aerosol is not harmless." Read More: [WebMD](#)

 **Scott Gottlieb, M.D.** 
@SGottliebFDA

Follow

People in the U.S. currently eat about 1/3 of their calories away from home. Research suggests that people order menu items with fewer calories when they have access to calorie information. Discover how FDA is making that info available to you.

go.usa.gov/xQ5Na



Menu	
Grilled Chicken Sandwich	380 calories
Fried Chicken Sandwich	570 calories
Sparkling Water	0 calories
Soft Drink	250 calories

Did you know Blueberries Fight Pain?

These little juicy gems have lots of phytonutrients that may fight inflammation and lessen pain. If it's not berry season, frozen can have the same or even more nutrients than fresh! Other fruits with antioxidants and polyphenols, including strawberries and oranges, can have a similar soothing effect! Source: [WebMD](#)

Steep rise in insect-borne illnesses puts outdoor workers at risk: CDC

Disease cases stemming from mosquito, tick and flea bites more than tripled from 2004 to 2016 in the United States, and outdoor workers remain among those at risk, the Centers for Disease Control and Prevention states in a new report. According to CDC, cases of domestic disease such as dengue, Zika, Lyme and plague totaled more than 640,000 in that time period. Symptoms of insect-borne disease include body, muscle and joint pain; fever; rash; headaches; stiff neck; fatigue; and paralysis. Source: [Safety and Health Magazine](#)

CDC offers tips to prevent insect stings and bites. Among them:

- Wear clean, light-colored clothing that covers as much of the body as possible.
- Bathe daily while avoiding cologne, perfume and perfumed soaps, shampoos and deodorants.
- Maintain clean work areas.
- Remain calm around flying insects, as swatting may prompt them to sting.
- Perform daily skin and clothing checks for ticks, which tend to populate worksites near woods, bushes, high grass or leaf litter.
- Use insect repellent with 20 percent to 50 percent DEET on exposed skin and clothing, reapplying as necessary.

Food for thought

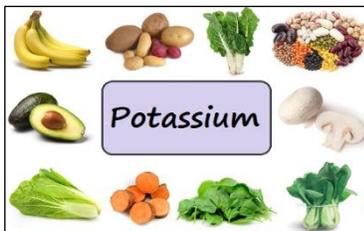
The Power of Potassium



Some people claim that bananas aren't good for you because they have too much sugar. However, if you asked most people, they would tell you a banana is healthy for you -- and those folks would be correct. Bananas are a great source of potassium. But why is potassium so important? Potassium plays a major role in our bodies -- especially heart function. Along with calcium, magnesium, sodium and chloride, potassium is a mineral and electrolyte found in our bodies. It plays a large role in muscle contraction and fluid balance and is important for maintaining normal blood pressure. In fact, making sure we have adequate potassium is equally important for our blood pressure as keeping our sodium levels down. Potassium has also been linked to reducing the risk of recurrent kidney stones and osteoporosis as we age.

According to the 2015-2020 Dietary Guidelines for Americans, potassium is an under consumed nutrient. Adults 19 and over are encouraged to consume 4,700 milligrams (4.7 grams) of potassium daily, which is more than an average person typically has in a day. So where can you get potassium besides bananas? Sources of potassium come from a wide range of foods, so it is important to eat a variety from each food group. This ensures you are not only getting adequate potassium, but adequate amounts of every important nutrient as well.

The Academy of Nutrition and Dietetics provides easy examples of how to increase potassium intake with foods:



- 1 medium baked potato with skin: 930 milligrams
- 1 cup cooked spinach: 840 milligrams
- 1 cup cooked broccoli: 460 milligrams
- 1 cup cubed cantaloupe: 430 milligrams
- 1 cup chopped tomatoes: 430 milligrams
- 1 medium banana: 420 milligrams
- 1 cup chopped carrots: 410 milligrams
- 1 cup low-fat milk: 350 to 380 milligrams
- 1 cup cooked quinoa: 320 milligrams

Always consult a doctor or registered dietitian before making changes to your diet or adding supplementation.

Barley Corn Salad

Adapted from [A Taste of Home](#)

Ingredients:

2 cups cooked medium pearl barley
 2 cups grilled corn on the cob
 ½ cup chopped sweet red peppers
 ½ cup chopped green or orange peppers
 ¼ cup chopped onion
 1 tbsp. minced fresh cilantro
 2 tbsp. lemon juice
 2 tbsp. canola oil
 ½ tsp. salt
 1 tsp. dried parsley



Directions: Cook barley according to package directions and let cool. Once cool, combine barley, corn, peppers, onions, and cilantro and mix thoroughly. Combine lemon juice, oil, salt and parsley and whisk well. Drizzle over salad and toss. Refrigerate for an hour before serving.

Nutritional Information: Serves 6: Per Serving: Calories 328; Total fat 6g; Saturated fat 0g; Monounsaturated fat 3g; Polyunsaturated fat 1g; Cholesterol 0mg; Sodium 205mg; Carbohydrate 62g; Fiber 8g; Protein 9g; Sugars 4g.

Rating Protein Powders – Not So Fast!

by Kimberly Concra, LDN

The internet has provided us with instant information that at first glance might be interpreted as truth. How often do we dig deeper and get a well-rounded answer to our questions? It's easy to get lost in process! In one of my nutrition feeds and then on Facebook, people kept posting and commenting on the panic over a recent study on protein powders which looked at over 130 toxins in over 52 brands of protein powders amounting to over 134 types being tested.



The [Clean Label Project](#) released its findings of these products and to the dismay of many readers, claimed that high levels of heavy metals (i.e. cadmium, lead and mercury), BPA/BPS, mycotoxins, pesticides and antibiotic residues were detected in some of the most popular protein powders. While organic samples had 40% less BPA than nonorganic, they had an average of over twice the heavy metals. Sounds alarming, right? Egg and whey protein powders were deemed 'cleaner' than those sourced from plants, and 75% of plant-based samples tested positive for lead. Does this mean protein powders are mostly bad, even though some were rated higher than others?

Critics of the report include Mike Adams of [CWC Labs](#) and author of [Food Forensics](#). He published his research on arsenic levels in rice protein several years ago. He questions Clean Label Project's funding source, raw data and specific levels of the toxins mentioned. Also, many of the sources of animal and plants have these heavy metals naturally occurring in nature, so the mere detection vs. levels is vague. In plants, the minerals in the soil are brought up into the plant, so especially contaminated soil would yield higher levels, but just detecting them in plants is to be expected. Other critics want more transparency of the study with regards to actual data, even proposing at times that 'pro-plant-based food movement' may have put the dairy and egg business in the backseat and perhaps they helped fund the study, as they would have something to gain from it. But until more information is provided with details of the research, we must say that this is speculative enough to be wary of hard and fast conclusions. To see the ratings visit the [Clean Label Project](#).

I tend to be a purist and go with the single protein, no added flavors or additives types of protein powders like hemp seed, rice protein, and pea protein powders and yes - one of mine was on the 'bad' list! Without being a scientist, what kind of guidance can help us choose? When choosing protein powders- mix it up. Rotating them, much like you do with the vegetables you choose, might help. Speaking of vegetables, the impact of the naturally occurring heavy metals found in them can be mitigated by the fiber they contain and their naturally occurring antioxidants that protect our cells and DNA, so eat more of the whole food as opposed to the single ingredient taken from it! High protein plant sources include seeds, nuts, grains and vegetables. Here are some of the highest according to the USDA Nutrient Database: chia seeds, sunflower seeds, almond and pumpkin seeds; lentils, split peas and other beans, oats, wild rice, bulgur and quinoa(a seed but used as a grain), and for vegetables, corn, potato with skin on, collard greens, peas, broccoli and Brussel sprouts rate high on the list.

All of the programs listed in this publication are also listed on the Cape Cod Healthy Connections Website calendar: capecodhealthyconnections.com along with signup links!

Your Health Matters is a quarterly publication for municipal employees and family members of the Cape Cod Municipal Health Group.

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