



Your Health Matters

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

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This holiday season we will be rolling out the **Maintain Don't Gain Holiday Challenge**. The goal of this program is to maintain (or not gain) more than 2 pounds of your pre-Thanksgiving weight during the Holiday season! I will be running around Cape Cod with my scale to weigh-in all of those members that would like to take part in this challenge.

In a Consumer Reports survey on what Americans dread most about the holidays, holiday weight gain (37%) tied for second-place with getting into debt (37%), with crowds and long lines (68%) ranking as the most dreaded. The holiday season comes with many interesting dynamics that can present negative consequences for people striving to remain fit and healthy during the treacherous six weeks between Thanksgiving and the New Year. Data suggests that not only is the availability of food and poor food choices to blame but heightened stress and emotions of the holidays may be even more to blame than just the presence of food!!

If you decide to take part in the challenge, you will be weighed in before Thanksgiving and weighed-out after New Year's Day! Once enrolled in the program, you will receive weekly email tips to stay on track and we will be hosting weekly "Shop & Walks" to be held at the Hyannis Youth and Community Center at 5:15pm every Tuesday night beginning December 2nd and ending on December 30th. I hope you can come and join us to burn off a little stress (and calories) prior to your shopping trip to "the Mall"!!

Members that complete this 6-week program and are both weighed in and out will be eligible for random prize drawings including a one-hour massage; one month free yoga; 2 GARMIN vívofit® fitness bands as featured on the Biggest Loser – plus many more!! Flyers for this program will be distributed at the end of this month with the schedule of weigh-in times and locations! This will be fun!!!!



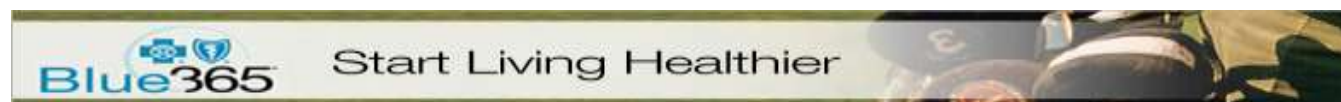
Ways to Keep Tailgates Tooth-Friendly

When the days get a little shorter and the weather gets a bit crisp, it can only mean one thing – tailgating! (You thought we were going to say, “Fall is here,” didn’t you?) Whether you’re grilling in a stadium parking lot or just having some friends over to watch the big game, here are a few tips to keep your tailgate event tooth-friendly.

Though hamburgers and hot dogs tend to be tailgating staples, it would be a touchdown for your teeth if you opted for grilling vegetables, fish, and lean meats instead. Lean red meat contains iron, which is beneficial for your oral health. (An iron deficiency can actually lead to sores on the inside of your mouth.) Chicken and turkey both contain niacin. A lack of niacin can result in bad breath and mouth sores. If you don’t grill veggies, consider a raw vegetable tray instead. Fiber-rich vegetables stimulate saliva flow, which washes sugars and bacteria away from your teeth, helping to prevent cavities. Carrots and broccoli are particularly high in fiber.

Crackers and cheese are always popular options, and there’s no reason not to enjoy them at your healthy tailgate. Cheese is a good source of calcium, which helps put minerals back in your teeth. When you choose crackers for your tray, try to find some that are whole-grain or whole-wheat.

As for sweet treats, bypass the typical fare like gooey brownies and sugar-packed cookies. Why not give some sugar-free cookies a shot? If cookies aren’t your thing, sliced fruit with a healthy yogurt dip also makes a great alternative. If you do decide to indulge in some football fare that’s not so healthy, be sure to brush afterward – or at least swish with a little water if you don’t happen to have a toothbrush handy. Happy tailgating!



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Harvard Pilgrim members can save 15% on athletic footwear from Adidas, Asics, Brooks, New Balance, Mizuno, Nike and Saucony at Marathon Sports! For more than 30 years, Marathon Sports has been an innovator and

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Wellness News

Biometric Screenings

Many of our Senior Health Benefits Fairs are being scheduled in conjunction with our screening program during the months of November and December. We have already scheduled SHBF for the Towns of Falmouth, Sandwich, Barnstable and Mashpee. Remember that the services offered are: Blood Pressure and Pulse; Cholesterol and Glucose; Weight, Body Mass Index and Waist Measurement; UV skin damage assessment; Hearing Test; and Bone Density screening. If you are interested in having us at an employee or senior screening, please contact me ASAP. The screenings are scheduled on a first come basis!



Couch to 5k

The C25K program wrapped up nicely in Harwich with our group reaching their goal of 3.1 miles and several of the members registered for and ran the Chatham Nun Run and the Seaside Festival 5K Races! **Our next programs will begin in Dennis and Sandwich in the spring of 2015!** Stay tuned for more information in our next newsletter and remember that registration is on a first come basis and I am only able to accept the first 15 members! ***As with all physical fitness programs: You must discuss this program with your doctor prior to start!***



Healthy Me Program

We will be conducting a program beginning on January 13th at the ***Barnstable County Complex, Harborview Room at 12:00.*** If you are ready to take the steps towards a healthier lifestyle, cut back on calories and lose a few pounds then this program is for you! We will meet 2x/week for 8 weeks and during these meetings we will work to achieve your health goals by trying out new recipes, working on strength and endurance, discussing our weight loss/health concerns, and participating in weekly weigh-ins! Members will also meet for one day/week for 10 months as support on this year long journey. Members cost for this program is \$10.00 per person. This money will be collected and held to be awarded to the participant that attains the greatest percentage of weight loss at the end of this program! If you are interested in joining this program, please contact me as soon as possible at capecodhealthyconnections@gmail.com or 508-631-7263 to reserve your spot. Space is limited!!



and a little more...

Kick Butts Program

Our Eastham group is maintaining a fabulous track record of 86% success rate!! We will be conducting our next program after the first of the year in Falmouth. If you are interested in this program, please contact me at capecodhealthyconnections@gmail.com or 508-631-7263. It is an incredible step you can take to better your health!

Flu Clinics

The VNA of Cape Cod in collaboration with Town Health Departments, Councils on Aging, Churches and other community agencies are offering Flu Clinics at the following locations:

Chatham	Sept.27 Oct. 21	10a-1pm 2p-5pm	Chatham Community Center Chatham Monomoy School	
Falmouth	Oct. 30	3p-6p	Gus Cauty Recreation Center	Must be town resident
Orleans	Nov 14	1-4p	Council On Aging	Must be a town resident
Provincetown	Oct .30	1:00-3:00p	Provincetown COA-Mayflower St	Must be a town resident.
Truro	Nov.5	2p-4p	Truro COA	
Wellfleet	Oct.21	9a-1pm	Wellfleet COA	Must be a town resident
Yarmouth	Nov 7	3p-5P	St. Pius Church, South Yarmouth	Must be a town resident

Fall Programs on Martha's Vineyard



Starting Monday October 13th MV Members will begin using a new program called **Walker Tracker** that is used throughout the county and highly recommended. Every month walkers will be presented with a new challenge. The program will last for six months with incentive prizes given away every month for participation and a grand prize at the end.

Starting November 17th the popular **MainTain Don't Gain Holiday Challenge** will start, lasting six weeks. Participant will have a different challenge every week and will receive motivational emails with status to stay connected with the group.



Biometric Screenings at local schools. For more information contact Krystle Rose, MV Wellness Coordinator at krystlearose@gmail.com or (401) 623-6006.

Hot Topics

Shopping for healthy food can be pretty confusing. There are thousands of choices. You've got a beautiful green bowl of salad. What should you top it with? **Regular salad dressing or reduced-fat salad dressing?** [Eating Well](#) chose regular because with the reduced-fat salad dressing, they're taking out some of the fat, and they're adding sugars and starches. But if you choose one that's made with healthy fats, like olive oil or canola oil, they're healthy calories. Plus, your body actually needs some fat to absorb vitamins in your salad like A and K.

Flu shots especially important if you have heart disease

If you have heart disease, flu season can be a dangerous time. Death from influenza (flu) is more common among people with heart disease than among people with any other chronic condition. When you have heart disease, you're at increased risk of complications from the flu — including pneumonia, respiratory failure, heart attack and death. Having the flu can also cause dehydration and worsen pre-existing conditions, such as heart failure, diabetes or asthma. It's a good idea to get a flu shot if you live with or care for someone who has heart disease. Lowering your risk of getting the flu will lower the risk of those around you. Even if you get the flu despite having a flu shot, you'll probably have a less severe case of the flu. Getting a flu shot might even lower your risk of a heart attack if you have heart disease. *Source: [MAYOCLINIC](#)*

12 p.m.

On average, the time of day you're most likely to feel under pressure — probably because you realize you have a lot left to get done, says Michael Miller, MD, assistant professor of psychiatry at Harvard Medical School. Don't work through lunch! Get out for a 20 minute walk to energize for the afternoon.

Nutritional breakdown of cucumber

According to the USDA National Nutrient Database, 1 cup of raw sliced cucumber with peel (approximately 119 grams) contains 115 grams of water, 16 calories, 0.8 grams of protein, 0.2 grams of fat and 2.9 grams of carbohydrate (including 0.9 grams of fiber and 1.8 grams of sugar). It also provides 11% of vitamin K, 4% of vitamin C, magnesium, potassium and manganese and 2% of vitamin A, thiamin, riboflavin, B-6, folate, pantothenic acid, calcium, iron, phosphorus, zinc and copper needs for the day. Cucumbers also contain lignans, which research has shown may decrease the risk of cardiovascular disease as well as several types of cancer. So why aren't you munching on these little delights??

Holiday Drinking: Keep It Safe! As you might suspect, the holiday season becomes one of the most dangerous times of the year for alcohol-related accidents and death. There are several reasons for this: more people drink during the holidays due to numerous parties and other festivities; many holiday drinkers don't drink often, so they have a lower alcohol tolerance. These people often underestimate their level of impairment and sometimes even drive when they shouldn't. When arrested for drunk driving, these people often show a relatively low blood alcohol content yet they are very intoxicated; problem drinkers and alcoholics love the holidays because there are more social occasions to drink. They say they feel more "normal" because the occasional drinkers are also more likely to abuse alcohol during this time of year. Consequently, people with alcoholism drink and drive more frequently. Unlike occasional drinkers, they have a high tolerance for alcohol and can consume large amounts before showing effects; and the holidays are busy and stressful. People are hurrying more than normal and winter road conditions make driving more dangerous. Add alcohol to this scenario and you have a recipe for disaster. *Source: [PsychCentral](#)*

Food for thought...

Food Thermometers: Use it or Lose it!

By Kim Concra, LDN CC Cooperative Extension

With the holidays fast approaching, it's time to take a look at your food thermometer. You know the one, stashed in the back of a utensil drawer. If it's a bimetallic (non-digital) type, it may need calibration to make sure it is working properly. To do this, make a slurry of water and ice, stirred up well, and immerse the stem end of the thermometer about two inches deep in the icy water. The temperature should reach 32°F, but if it does not you can use needle nose pliers or tweezers to turn the nut located underneath the number dial until it reaches that temperature.

A recent UC Davis study recorded video of 120 people preparing chicken for a meal. Almost half of them claimed to have some food safety training. 65% did not wash their hands *before* food preparation and 38% did not wash hands *after* handling poultry, though they continued to touch surfaces like phones and refrigerator doors with the unwashed hands, possibly spreading dangerous Salmonella bacteria to these surfaces. Half of the cooks washed their poultry before cooking, a practice not recommended, as it can spread bacteria to faucets, sinks, counters and other surfaces. Even worse, 40% undercooked the poultry and only 29% know the proper USDA recommended cooking temperature for poultry to be *at least* 165°F. Most used visual signs to tell if the poultry was done and less than half owned a food thermometer. Only 69% of that subgroup said they used the food thermometers ...seldomly.

So what happens if you get Salmonella? You may experience a number of symptoms including fever, cramping, diarrhea and vomiting that can last for days. Better dig out that thermometer and Use It or Lose It!!



Steel Cut Oats w/Raspberries, Bananas & Walnuts

Ingredients:

- 2 cups steel cut oats
- ¾ cup 100% pure maple syrup
- 1 tbsp. cinnamon
- 1 tsp. baking powder
- 1 cup raspberries
- 1 cup chopped walnuts
- 1 tbsp. vanilla extract
- 2 cups nonfat milk (or almond)
- 1 egg
- 1 medium sliced banana



Directions:

1. Preheat oven to 350. Spray 9x13 baking dish with non-stick spray.
2. Combine oats, maple syrup, cinnamon and baking powder in mixing bowl. Make sure to stir well to coat all the oats and mix ingredients. Add the walnuts and ½ the raspberries. Mix well.
3. Place oat mixture into 9x13 dish and spread to cover entire pan.
4. Combine vanilla, milk, and egg. Beat until thoroughly combined.
5. Spread milk/egg mixture over top of oats.
6. Arrange remaining raspberries and banana over top of mixture.
7. Bake 35 – 40 minutes.

Nutritional Information: 12 servings. Calories per serving: 313; Saturated fat: 2g; Mono fat: 2g; Poly fat: 8g; Cholesterol: 28mg; Sodium: 99mg; Carb: 45g; Fiber: 5g; Sugars: 21g; Protein: 8g

Deer Ticks: Don't Let One Bite Change Your Life

By Larry Dapsis, Deer Tick Project Coordinator, CC Cooperative Extension

One of the common questions I get in County Extension is "So when is tick season?" My response is that for deer ticks it starts in January, goes to December and starts up again in January. The risk of getting a tick bite and potentially infected with a number of diseases is year-round. And it's not just about Lyme anymore. Ticks carry other bugs that can cause Babesiosis and Anaplasmosis. There is another disease caused by the bacterium *Borrelia miyamotoi*...this disease is so new that it does not even have an official name at this point.

Please do not stop reading at this point and make a decision to never venture outside again...I always tell people not to fear their environment but certainly understand it. The silver lining in this is that tick bites and getting a tick-borne disease is preventable.

Ticks come in four life stages...egg, larva, nymph and adult. The tick life cycle takes two years to complete and in that time they feed only three times, so in between meals ticks have a lot of down time. Ticks are usually found in areas that offer shade and relatively high humidity, so woods, brush and tall grass are places they can be found. You will not find ticks out in the middle of your lawn...direct sun and lower humidity are not the right conditions. So tick habitat can even be the edge of your yard, woody ornamental plants and not just trails on conservation lands.

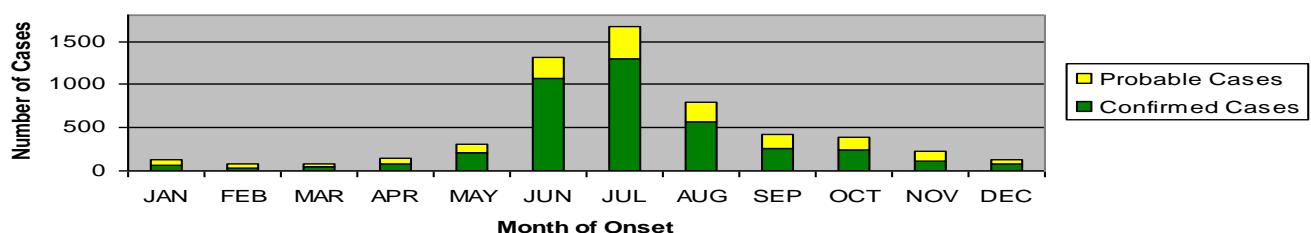
Tick eggs hatch out late summer into the larval stage. Ticks do not move very far, they wait for dinner to come to them. They are what we call in ecology an "ambush predator". They are very, very small...about the size of the period at the end of this sentence. They will feed on people and if you meet one you generally meet the whole family since the eggs are laid in a mass. However, if you find a hundred larval ticks attached to your ankle they can be removed with a piece of tape...duct tape works really well. The good news is that larvae do not carry Lyme, babesia or anaplasma. They can carry this new creature *B. miyamotoi* though and we are just starting to survey for it.

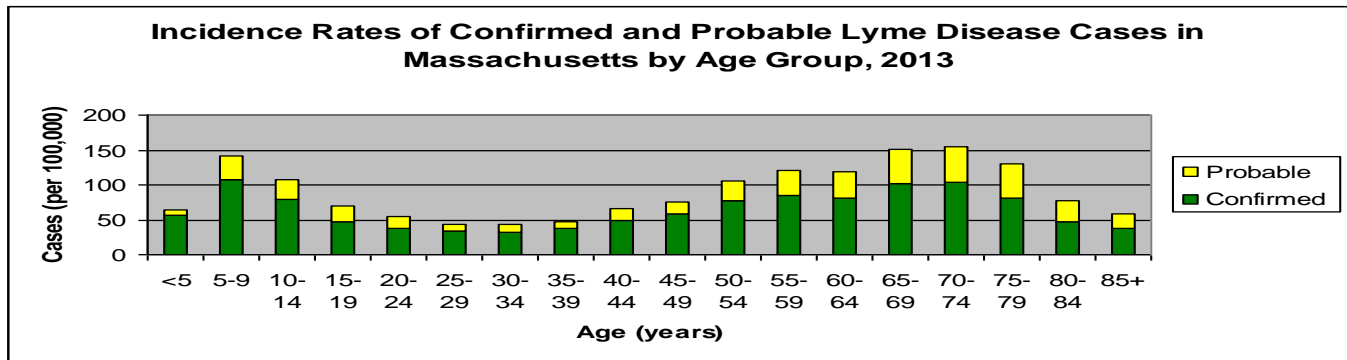
Tick larvae often find their first meal with small animals like mice, shrews, chipmunks and birds. If a tick larva gets dinner it becomes a nymph stage tick and settles down for the winter and emerges the following spring, generally late May and are active through early August. Depending who the tick larva fed on may have led to the nymph becoming infected. Not all animals can infect a tick. Mice and chipmunks are very good at this as well as some birds.

A nymph stage tick is about the size of a poppy seed. This creates a real problem, very small and their bite is difficult to detect. This can be seen in Lyme case data in the chart below. The nymph stage tick is responsible for about 85% of all cases of tick-borne diseases including Lyme. That's why tick checks and prompt removal are key: disease transmission begins 24 hours after attachment. The second chart shows Lyme cases by age group. **Children age 5 to 9 have the highest incidence rate of Lyme as well as people age 65 to 70. Most cases of Babesiosis and Anaplasmosis occur in people 50 and older.**

The Last Word

Number of Confirmed and Probable Lyme Disease Cases Reported in Massachusetts by Month of Onset, 2013





If a nymph gets a meal it becomes an adult stage tick and emerges in the fall, about the end of September. They are active until about April. Unlike larvae and nymphs they may be on vegetation up to two feet off the ground. So even if you find a tick on your shoulder it did not jump out of a tree. Believe me, I do get this question. Fact is that ticks cannot even see, but that's another story. Adult stage ticks are responsible for many fewer cases of disease because they are about the size of a sesame seed so they are easier to see. The adult females also have a bright red abdomen...males, all black actually might climb on you but not necessarily feed. They are more interesting in finding a mate.

So now we know where and how large they are, what to do? Standard recommendations include wearing long pants tucked into socks. I really do not see people making this bold fashion statement. Certainly a tick check after coming indoors and tossing clothes in the dryer for 20 minutes works well. Wear shoes in tick habitat not sandals. If you find a tick that is attached remove it with pointy tweezers. You can have that tick tested as well to see what you were potentially exposed to. The Laboratory of Medical Zoology at UMass-Amherst does this. If the tick tests negative that's good news. Even if it tests positive it does not mean you are going to get sick, it's just good information to have if you speak with your doctor. To submit a tick, go to TickReport.com.

I discuss repellents a lot with people. Beware of "all natural" products. They are not EPA registered and therefore are not required to provide data to prove they work. Deet-based repellents can be applied to exposed skin. They are effective but it just means the tick will not bite you where the deet is, they may just keep walking.



Another repellent is available that contains permethrin. Some sporting good and hardware stores carry it as well as a number of the major garden centers. The brands I have seen are Coleman, Ben's and Sawyer. Permethrin is applied to fabric, pants, socks and footwear for certain (remember, those nymphs are in the leaf litter...first place they are on are your shoes). In my book this is a highly effective tool. The product has a very high margin of safety and I use it year round.

So yes, the ticks are out there but it's no reason not to enjoy the outdoors. L. Dapsis can be contacted at 508-375-6642, ldapsis@barnstablecounty.org

Happy Holidays to you and yours! Enjoy the joy of the season and be happy and healthy!!

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
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