



Your Health Matters

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

**Volume 7
April 2012**

In this issue:

After the Diabetes

Diagnosis!!

Health Providers News

Wellness News

CCMHG Incentive

Program

Hot Topics

Food for Thought

Yummy Salmon with

Cucumber Salsa!

The Last Word

Are you going to Commit

to Be Fit?

5 Things to Do After a Type 2 Diabetes Diagnosis

Start with these action steps to regain control of your health and ease the anxiety that first overwhelmed you.

Controlling your blood sugar is at the heart of managing type 2 diabetes. It's critical to learn about the impact of food and exercise on your blood sugar and how diabetes medications can affect it.

1. **Tune in to your blood sugar.** Find out how to test your blood sugar. Your diabetes educator or nurse can show you how to do it. It's very easy to learn and not painful to do. Test at different times of day, and note how your number changes depending on what you eat, after a meeting at work, and after taking your meds, for example.

2. **Start working on weight loss.** You don't have to rush to the gym and sign up for a triathlon training program. Start by walking a little more every day, say, in 10-minute increments. Get away from your desk at breaks and during lunch. Instead of parking yourself on the sofa to watch TV, walk in place or do strength training with light hand weights.

3. **Ease your stress.** A meeting at work or a fight with your husband will spike your blood sugar. So learning how to manage stress will be a positive part of your plan. Some of the best ways are also fun, so go ahead and play a video game, follow a yoga DVD, or meditate to music you like. Exercise releases chemicals that improve mood and help your metabolism, so another 10-minute trek around the block in the evening might be the perfect double-duty way to end your day.

4. **Get treated for depression.** If this health issue is having a profound emotional effect on you, talk with your diabetes educator or your doctor. Depression is very treatable and in fact needs to be treated for you to reach your ultimate goal of a healthy lifestyle.

5. **Get help from family and friends.** Choose one or two co-workers and friends whom you trust implicitly, and teach them about symptoms of low blood sugar and how they can help in a crisis. Before you tell everyone you know, be aware that some people will rush to appoint themselves as "food police" and question every choice you make.

In reality, everyone should be making these moves toward a healthier lifestyle. The diabetes diet is really just a healthy diet and we all should get more exercise. The only difference is diabetics need to check their blood sugar and learn how to keep blood sugar under control.

Source: [Everyday Health](#)

**24-Hour Nurse Care Line
Blue Care Line**



When does your child's slight fever become a serious fever? How can you tell the difference between a sprained ankle and a broken one? Should you be applying ice or heat? Wouldn't it be nice to have a medical professional available at any time to offer help with questions like these? Now you can, just pick up the phone and call the Blue Care Line toll-free at **1-888-247-BLUE**.

With the Blue Care Line, you can speak with a registered nurse 24 hours a day, 7 days a week. Experienced professionals are always available to offer you expert answers to your questions. Simply explain the situation, detail your symptoms, and our nurses will tell you whether you should see your doctor, go to the emergency room, or care for yourself at home.

It's a simple call that could help save a life, or just give you some much-needed peace of mind. And best of all, it's a free service to Blue Cross Blue Shield of Massachusetts members. Why hesitate? The next time you have any questions about your family's health, call the Blue Care Line at **1-888-247-BLUE**.

Please remember, the Blue Care Line is for medical questions only. If you need answers to questions about your health care coverage, call the Member Service number on your ID card. Blue Care Line nurses cannot assist you with issues regarding claims, coverage, or referrals.



Play It Safe and Protect Your Smile

Participating in your favorite sport is great for fitness and fun, but the health and appearance of your teeth may be at risk. Anyone who participates in a sport where there's a risk of falling or having head contact with another player or equipment should wear a mouth guard. This includes sports such as football, basketball, hockey, baseball, soccer, bicycling, skateboarding, and gymnastics. A mouth guard helps absorb the shock from a blow to the face that might otherwise result in an injury to the mouth or jaw. It can limit the risk for chipped or broken teeth, internal damage to a tooth, tooth loss, and even a broken jaw. A mouth guard also can protect the soft tissues of your cheek lining, tongue, and lips.



Did you know? Harvard Pilgrim members have many money-savings options for purchasing eyeglasses, contact lenses or selecting laser vision correction. We've contracted with a number of ophthalmologists and optometrists throughout the region to bring you exceptional service and savings.



✓ Free Eyewear with exam	✓ Discounts on frames and/or lenses
✓ Discounts on laser vision correction	✓ Discounts on eyewear accessories
✓ Discounts on eyewear accessories	✓ Discounts on contact lenses

Review disclaimers on free eyewear and eyewear value programs. All programs are subject to change.

Wellness News

We have a fabulous class in Barnstable with 9 dedicated individuals whom have quit smoking for just about 10 weeks already!! They are full-speed ahead. Although their names shall not be printed I am sure that you know someone who has taken part. Please stop and congratulate them the next time you see them. They are not only helping themselves but they are helping you! By quitting smoking they are getting healthier and using less of your health care dollars and that means bottom line savings in your pocket! Way to go "The Barnstable 9"!! Way to go!!



Biometric Screenings!

What a great year we have had so far! **From November until today we have screened 453 employees!** As a reminder the screenings are cholesterol (non-fasting), blood sugar, blood pressure, weight, waist measurement, body mass index, hearing, ultraviolet facial skin assessments. We also are able to bring you a healthy cooking demonstration and a quick Heart Age Assessment! If you are interested, please call or email me but do remember these are **screenings and not diagnostic**. Screenings scheduled through June 15th are:

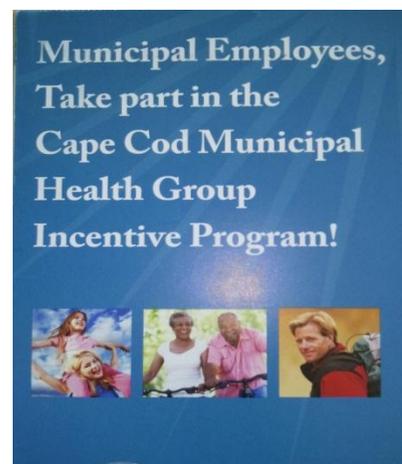
☺ Barnstable High School April 26 th	☺ East Falmouth Elementary May 4 th
☺ C.O.M.M. Fire District April 30 th	☺ Barnstable Intermediate School May 23 rd
☺ The Oak Ridge School May 1 st	

HEALTH IMPROVEMENT PROGRAM

On Tuesday, April 24th from 4:30 – 7:30 at the Barnstable High School Senior Café we will be holding our first ever HIP Reunion!!! Invitations went out to all past participants in early April and I am receiving RSVP's now! If you are one of our lucky graduates I hope we will see you there. If you haven't already, please let me know if you are planning on attending by email me at ldesroches@comcast.net or via phone at 508-362-6106 ASAP. This is sure to be a fun event!

CCMHG Incentive Program!

Have you received your notice? By now you should have received a mailing highlighting our new incentive program. The notice reads "make regular preventive health screenings a priority in your life and earn an incentive....subscribers can earn an incentive for completing...health screening, mammogram, and/or colonoscopy". Incentives range from \$25-\$50 American Express Gift Checks. Have your licensed health care provider sign and date your form then drop it in the mail...it's that easy!! You could be a winner just for maintaining a healthy lifestyle. Any questions let me know!





Brought to you by the
Cape Cod Municipal
Health Group

WHY PAY FOR MEDICATIONS WHEN YOU DON'T HAVE TO?

Good Health Gateway[®]

Diabetes Care Rewards Program

Enroll in the program to get FREE (\$0 co-pays)
diabetes medications and supplies.

www.GoodHealthGateway.com

myMedicationAdvisor[®]

International Buying Program

Enroll in the program to get select brand name
maintenance medications for FREE (\$0 co-pays)
with automatic refills delivered to your home.

www.myMedicationAdvisor.com

These programs are voluntary and confidential
and are offered at NO COST TO YOU.



**FOR MORE INFORMATION, CALL THE
TOLL-FREE HELPLINE ADVOCATES AT
(800) 643-8028.**

Hot Topics

318

The number of Americans that die every year of heat related illness according to the CDC. The sad fact is that most of these deaths are preventable -- if the victims only understood the realities of dehydration and heat-related illness more clearly. The summer season is *just around the corner* and it's time to think about how you can prevent your family from **dehydration** and **heat-related illness**.

Go to [Womens Health](#) to learn about how you can protect your family.

Got Soccer Fever??

Soccer is a great sport for any age! Once you start kicking that black and white be prepared for these benefits:

1. Improved cardio
2. Increased muscle tone and bone strength
3. Increased endurance
4. Improved coordination

Not to mention that with the "teamwork" that goes into every game you'll improve your mental health! So start kicking that ball!

Source: [Best Health](#)

Secondhand Smoke Still Giving Kids Asthma

In a new study published in the journal Pediatrics researchers linked passive smoke exposure to at least 20% increase in incidence of wheeze and asthma in children and young people. The most serious levels of exposure came from smoking prenatally or in the home when the child was younger than age 2.

A separate study tied secondhand smoke exposure in children to double the risk of developing COPD later in life.

All this research reinforces that exposure to secondhand smoke can be just as harmful as puffing the cigarette yourself, especially if you have asthma.

Source: [Everyday Health](#)

Sitting Too Long Raises Death Risk

New Study finds that the most dangerous thing you may be doing is sitting at your desk all day!!

According to a new study published in the Archives of Internal Medicine, sitting for long periods increases your risk of all-cause early death. In the study, researchers followed 222,497 Australian adults for several years. Over the course of the study, participants who sat for more than 11 hours a day had the highest risk for all-cause mortality, followed by those who sat between 8 and 11 hours daily. Those who sat for less than four hours a day had the lowest risk of all-cause mortality.

The revelation that sitting can kill isn't necessarily new. In the past several years, study after study has confirmed that living a sedentary life — going from your bed to your desk to the couch and back to bed every day — can damage our health in a variety of ways. In fact, it has been shown to increase risk for heart disease, obesity, diabetes, dementia, and some cancers. Source: [Everyday Health](#)

TEENS AND ALCOHOL

Teens that experiment with alcohol before age 15 are **four times more likely** to become alcohol dependent when they are older than those that wait until age 20.

Source: [National Council on Alcoholism and Drug Dependence](#)

Food for thought...

The Incredible, Edible Egg!

Eggs are the perfect fare for breakfast, lunch, or dinner (in moderation, and usually when paired with other foods). They've been branded as unhealthy in the past, but with all the latest research proving the health benefits of eggs, that bad reputation has flown the coop. Eggs are budget-friendly, protein-packed, and low in calories.



Most of egg's bad reputation is due to the cholesterol in the yolk. According to the American Heart Association, one large egg yolk has about 186 milligrams (mg) of cholesterol, and it's recommended that the average person limit dietary cholesterol intake to 300 mg per day. The AHA recommends that people with normal cholesterol levels cap their egg consumption to four or fewer whole eggs per week, and suggests that people with heart disease eat two or fewer eggs per week or use cholesterol-free egg substitutes. Because egg whites contain no cholesterol, unlimited egg white consumption is perfectly heart-healthy.

The reputation of eggs has largely been restored because study after study has found that dietary cholesterol has a much smaller impact on cholesterol levels than was once believed.

In fact, a 2001 study published in *Circulation*, the journal of the American Heart Association, found that lutein, a nutrient found in egg yolks, may even help reduce the risk of heart disease.

Prized for their low-calorie protein punch, eggs are an excellent snack or meal for anyone who wants to lose or manage their weight. With 6 grams of protein and only 80 calories per large egg, one hard-boiled egg can be a satisfying snack. Add a handful of fresh spinach to an egg scramble, and you have a healthy breakfast that's bursting with nutrients. Egg whites have only 15 calories per egg, no cholesterol, and no saturated fat, which makes them an extremely diet-friendly food. To find out more check out the [Everyday Health](#) Website!

Salmon with Cucumber Salsa

Courtesy of BJ's Member Journal Spring 2012

- ½ English Cucumber, peeled & quartered
- 1 cup grape tomatoes, quartered
- 2 Tbsp. red onion, finely chopped
- 1 tsp. dried parsley
- 1 tsp. lime juice
- 1 ½ tsp. Extra Virgin Olive Oil
- 1 tsp. honey
- ½ tsp. crushed red pepper
- 1 tsp. salt
- 20 oz. Salmon Fillet
- ¼ tsp. ground black pepper



1. Gently toss together cucumber, tomatoes, bell pepper, and red onion in medium bowl.
2. In small bowl whisk together lime juice, 1 tsp. of oil, honey, red pepper flakes, parsley, and 1/2 tsp. of salt. Pour dressing over cucumber salsa, toss, and set aside.
3. Cut salmon into four 5 oz. fillets approximately 1" thick. Season to taste with salt and pepper.
4. Heat remaining oil in large non-stick frying pan over medium-high heat. Carefully add fish to pan. Cook 8-10 minutes, turning once, until 145° on food thermometer at thickest spot
5. Transfer to dinner plates and top each fillet with ¼ of the salsa.

Nutritional Information: Serves 4: 319 calories, 2 saturated fat; 5 polyunsaturated fat; 6 monounsaturated fat; 100 mg cholesterol; 654 sodium; 2 g sugar; 5 g carbohydrates; 36 g protein

Spring is here! Are you ready to Commit to be Fit?

Dos and Don'ts of a Successful Fitness Plan

Starting a fitness program doesn't have to be overwhelming when you are armed with the proper tools to get things rolling. Once you've committed to getting in shape, there are several things you can do to ensure you'll exceed your short and long term fitness goals. There are also some things you should avoid at all costs to ensure you stay on the path to fitness and wellness.

Do

- Write down your fitness goals. You're more likely to stick with a program once you have set some specific goals.
- Always strive to eat a well-balanced diet that includes ample servings of vegetables and fruit.
- Break down your meals so you are eating several mini meals per day.
- Talk with your health care provider before embarking on a fitness program, particularly if you are struggling with a health condition such as diabetes or obesity.
- Supplement your diet with essential fatty acids. You can do this by eating two servings of fish per week.
- Choose alternatives to satisfy your cravings when possible. Consider frozen fruit over ice cream or opt for a mini chocolate instead of the whole candy bar.
- Always stretch before and after your exercise routine.
- Don't overdo it! Try doing too much at once and you'll burn out swiftly. Slowly increase the intensity of your workouts.
- Diversify your workout routine. If you do the same exercises day after day, you'll quickly tire and are more likely to skip workouts.
- Work out with a friend. You'll help motivate each other!
- Keep healthy snacks available at all times. You're less likely to grab junk food if something good for you is readily available.

Don't

- Over-train. Your body needs time to recover in between workouts.
- Skip breakfast. Eating breakfast will jump start your metabolism!
- Skimp on sleep.
- Set unrealistic goals. A healthy rate of weight loss is 1-2 pounds per week. If you have 50 pounds to lose, don't expect it to come off overnight, you'll set yourself up for disappointment.
- Compare your successes and failures to others. Everyone is unique, and what works for some may not work for others.
- Work out randomly. Work out regularly to maximize the benefits you'll reap from a consistent fitness routine.
- Give up. Consider talking with a friend in times of discouragement.

One of the most common mistakes first-timers make is taking on too much at once. You'll be too sore and too tired within a few short days to continue. Always start out slowly! Remember to keep an open mind and remain flexible when starting a new exercise routine. At times you may find it necessary to change your routine slightly. If you're willing to try new things and set reasonable expectations, you'll reap the rewards of your fitness program and successfully achieve your fitness goals.

Source: [Spark People](#)



**The Last
Word**



I WANT TO HEAR FROM YOU! PLEASE LET ME KNOW WHAT YOU THINK!

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, at dldesroches@comcast.net or 508-362-6106.**