



Your Health Matters

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

**Volume 6
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Wow! How quickly did 2011 go by?? As we look ahead to the New Year do I hear the words “New Year’s Resolution ringing clear? According to the **Journal of Clinical Psychology**, approximately 50% of the population makes

resolutions each New Year. Among the top resolutions are weight loss, exercise, stopping smoking, drink less alcohol, better money management and debt reduction. This year I chose to pass after researching the topic for this edition of the newsletter as I began to realize why I, like so many others, fail to keep those resolutions and according to countless sources, these are the top 3 reasons we fail:

1. You focus on what you ‘should’ do, not on what you want -

“I should really lose some weight” or “I ought to give up smoking”

2. You rely on willpower -

Smokers are particularly fond of this one. The idea is that if you exert enough of this magical force, you will somehow be able to overcome your real desires (cravings, temptations) and stop yourself from doing what you desperately want to (smoking cigarettes, overeating or spending).

3. You try to go it alone -

Self-improvement is a lonely place. When you’re going through the pain, struggle, fear and worry associated with changing long-established habits, it can feel like you’re the only person in the world who has had to deal with the difficulties you’re facing.

Remember if you decide to give in to the Resolution gods remember don't take yourself too seriously. Have fun and laugh at yourself when you slip, but don't let the slip hold you back from working at and attaining your goal. Sources: [Psychology Today](#), [Dumb Little Man](#), [You Beauty](#)

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What can you do on evenings, weekends, and after hours when you need health care but not emergency care, or when you cannot get a same-day appointment with your doctor? There is an option – CVS Minute Clinic.



CVS Minute Clinics in Massachusetts

(click on a town to see the address, hours and driving directions)

Ashland	Hanover	Plymouth	Danvers	Cambridge-Alewife Brook
Beverly	Kingston	Quincy	North Attleboro	Natick
Braintree	Maynard	Rockland	Norton	Tewksbury
Bridgewater	Medfield	Stoughton	Fall River	Franklin
Brockton	Medford	Taunton	Northborough	Wilmington
Cambridge	Medway	Weymouth-Commercial St		

Minute Clinics are staffed by board-certified Nurse Practitioners and Physician Assistants who are trained to diagnose, treat, and write prescriptions when appropriate. The Minute Clinic can see patients over the age of 2 for a variety of illnesses and conditions like strep throat, sinus infection, allergies, cold, flu, sprains, strains, etc. **You pay your usual doctor visit copay to use the Minute Clinic.** The CVS Minute Clinic is open 7 days a week and no appointment or referral is needed. CVS Minute Clinic is a Quick, Convenient, Affordable option for you and your family. For more information on what services are covered, visit the Minute Clinic website <http://minuteclinic.com/services/ma/>



Did you know that HPHC members save at Wachusett Mountain??

Wachusett is the highest mountain east of the Connecticut River – located in Princeton, MA. With 22 trails for novice, intermediate and advanced skiers, Wachusett Mountain offers a ski/snowboard school, children’s programs, recreational racing, and rental equipment.

Two ways for Harvard Pilgrim members to save:

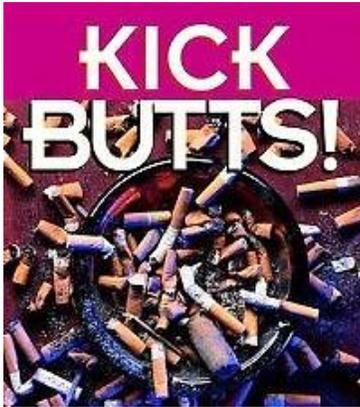
\$10.00 discount off any adult lift ticket purchased on-line during the 2011-2012 ski season.

\$10.00 off "One-Day, Learn-to-Turn Packages." These packages include: lesson, ski rental equipment and lift ticket.



Simply show your Harvard Pilgrim identification card at the Mountain.

Wellness News



Our next Kick Butts smoking cessation program will be beginning on January 18th at Barnstable Town Hall!! The program is for 6 weeks and will be held in the Selectmen's Conference Room from 1:45-3:15 on Wednesday afternoons. The Program continues throughout the year with monthly support groups at the same time and place. If you are interested in making this the year you will quit, please contact me directly at dldesroches@comcast.net or 508-362-6106 as soon as possible. Space is limited and this class is filling quickly!!

Our first ever Kick Butts Reunion will be taking place on January 18th at the Barnstable Senior Center from 5pm-7pm. If you are alumni you should have already received a letter inviting you to attend. This is for all previous participants and will give us an opportunity to regroup and discuss our current situations. It will also allow me the opportunity to see how well our program is doing and to find out what we can do to make this an even more successful program!

IMPORTANT NEWS!!!

As you may or may not have heard by now, Lipitor now has a generic equivalent – **Atorvastatin**. This first release of a generic is much more expensive than the name-brand Lipitor, as offered by CanaRx. Please refer to the following cost comparisons – *Generic cost based on AWP minus 20%.

STRENGTH	PBM Lipitor Cost	PBM Generic Cost*	CanaRx Lipitor Cost
10 MG	\$303.04	\$277.55	\$124.90
20 MG	\$431.16	\$395.91	\$182.90
40 MG	\$425.38	\$395.91	\$203.90
80 MG	\$417.28	\$395.91	\$217.90

CanaRx will monitor this on a monthly basis to ensure that you are receiving the lowest cost option. At this time the best advice suggested from CanaRx is to continue with Lipitor.

Biometric Screenings!

Our program is up and running and we look forward to seeing you! The program screenings are cholesterol (non-fasting – we don't give you LDL's), 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** – for diagnostic testing you need to see your Doctor! Dates are filling up! Screenings scheduled through April 15th are:

- | | |
|---|--|
| ☺ Morse Pond Elementary, January 24 th | ☺ Mullen Hall School, March 15 th |
| ☺ Teaticket Elementary, January 30 th | ☺ Eastham Town Hall, April 5 th |
| ☺ Provincetown Town Hall, March 14 th | ☺ Harwich Middle, April 11 th |

HEALTH IMPROVEMENT PROGRAM

We completed our program in Eastham and are now working to gather all previous participants at a post-screening event sometime in March and/or April. So, if you have participated before, please be on the lookout for a letter coming your way with all the important details about this gathering. The Health Group would love to see how everyone is doing and gather information to determine future programs. Please make every effort to attend!!

And then some

JANUARY IS GLAUCOMA AWARENESS MONTH

More than 2.2 million Americans age 40 and older have glaucoma. Half again that many may be unaware they have this potentially blinding disease because they have no symptoms.

Glaucoma is a condition in which the optic nerve is damaged. The optic nerve is the part of the eye that carries the images we see to the brain. Damage to the nerve is usually associated with elevated pressure inside the eye. However, other factors can be involved and can lead to vision loss.

There are usually no symptoms at first, but as the disease progresses, a person with glaucoma may notice his or her vision gradually failing with: Blurred vision, Loss of peripheral vision, difficulty focusing on objects, and/ or presence of halos around lights.

Anyone can develop glaucoma. Those who are at higher risk and should have an eye exam at least every one to two years include: African Americans over age 40, everyone over age 60, people with a family history of glaucoma, individuals that have experienced a serious eye injury, and/or people with other health conditions, such as diabetes.

Although glaucoma cannot be cured, early detection and treatment can usually preserve vision. Your ophthalmologist can help control glaucoma by lowering intraocular pressure with eye drops, laser treatments or surgery. However, vision loss due to glaucoma cannot be restored and, if left untreated, glaucoma can lead to blindness. Source: eyeboston.com



FREE Telephone Support Group!

For members with Type 1 and Type 2 Diabetes; **led by Laura Simpson, RN,BSN,MA,CDE**

Support one another, ask questions and learn tips for staying healthy from our Certified Diabetes Educator.

You must register by calling our HelpLine at **(800) 643-8028**.

We will provide you with a toll-free number and pass code to join the call.

Private and confidential – only first names are used

Please Choose One of the Following Support Group Calls:

JANUARY 2012	Monday, January 23 @ 6:30pm	Wednesday, January 25 @9:30am
		Wednesday, January 25 @6:30pm
FEBRUARY 2012	Monday, February 27 @ 6:30pm	Wednesday, February 29 @ 9:30am
		Wednesday, February 29@ 6:30pm
MARCH 2012	Monday, March 26 @ 6:30pm	Wednesday, March 28 @ 9:30am
		Wednesday, March 28 @ 6:30pm

Hot Topics

Feeling Tired?

If you're regularly exhausted by mid-afternoon you're not getting enough sleep. Lack of sleep can be dangerous: Tired people are more likely to have car accidents, and chronic tiredness can increase your chances of developing diabetes and hypertension. Surprisingly you may be sabotaging your own efforts to get some rest! Visit EverydayHealth.com to find out if your behaviors are to blame!

Top 5 potentially-preventable health risks for CCMHG are:

1. *Lack of Physical Fitness*
2. *Injury Risk*
3. *Inappropriate Level of Care*
4. *Stress Related Disorder Risk*
5. *Tobacco Use*

Total Cost to CCMHG June 10 – May 11: \$8,586,558

Source: BCBS of MA

COULD IT BE LYME DISEASE?

Lyme disease can cause such a variety of symptoms and these can mimic other chronic illnesses. Frequently Lyme disease is misdiagnosed. By using a [symptom checklist](#), a person can track the symptoms they may be having and when they see a doctor are more able to accurately report on their health. If you suspect you may have Lyme disease check out the list created by the **International Lyme & Associated Diseases Society** and contact your primary care Doctor to discuss your findings.

Source: Barnstable County Health & Human Services

1 in 6

One in six U.S. adults binge drinks about four times a month, and on average the largest number of drinks consumed is eight. New estimates show that binge drinking is a bigger problem than previously thought. More than 38 million U.S. adults binge drink, about 4 times a month, and on average the largest number of drinks consumed is eight. Binge drinking is defined as consuming four or more drinks for women and five or more drinks for men over a short period of time. Drinking too much contributes to more than 54 different injuries and diseases, including car crashes, violence, and sexually transmitted diseases. Over time, binge drinking also can lead to liver disease, certain cancers, heart disease, stroke, and many other chronic health problems. Find out more at the [CDC website](#).



Sledding Safety??

Though it may seem like harmless fun, sledding injuries send tens of thousands of kids to hospital emergency rooms each year. More than half of all sledding injuries are head injuries, which can be very serious and even deadly. Statistics also show that sledders are more likely to be injured in collisions than skiers or snowboarders. Making decisions like choosing the right hill, dressing for cold temps, and getting the right sled along with simple safety rules are available KidsHealth.com

Food for thought.....

Vegetable of the Month: Tubers

Root vegetables are a commonly neglected bunch, but have recently taken some spotlight with increased emergence of international cuisine. Each root has its own unique taste and nutritional value, so be daring and expand your taste buds! This month's feature includes: Cassava (yuca root), Jicama, Sunchoke, Taro root, and

Water chestnut.



Yuca root has made a home growing in Florida since the late 1800s. Cassava is a bushy perennial that can grow as tall as 8 feet. The white interior of yuca is firmer than potatoes and has high starch content. Fresh yuca has thick, dark brown skin that resembles a tree's bark. Fresh yuca is available year round. Look for firm blemish free tubers. Store whole yuca as you would potatoes, in a cool, dark, dry place for up to one week. Peeled yuca covered with water and refrigerated or wrapped tightly and frozen for several months.

Yuca can easily be substituted for potatoes in soups and stews and it contains a high amount of vitamin C and carbohydrates. It is also a good source of dietary fiber and contains approximately 120 calories per 1 cup serving. For more information on Yuca and other tubers check out the [CDC Website](#).

Jerk Turkey Slow Cooker Soup

Courtesy of Weight Watchers

This well-seasoned soup is really a meal in a bowl. Serve with crusty whole-wheat bread for dunking.

Ingredients

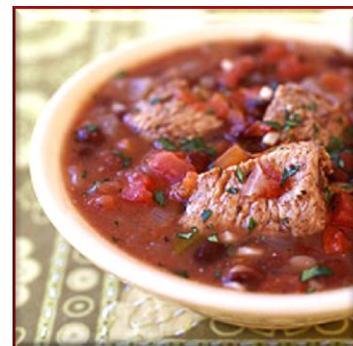
1/4 tsp ground allspice
 1/4 tsp cayenne pepper
 1/2 tsp ground ginger
 1/2 tsp garlic salt
 1/2 tsp black pepper, divided
 1 pound(s) uncooked boneless, skinless turkey breast, cut in 1-inch chunks
 1 clove(s) (medium) garlic clove(s), minced
 1 medium uncooked onion(s), chopped
 14 1/2 oz canned diced tomatoes, fire-roasted with green chilies, undrained
 15 oz canned black beans, drained and rinsed
 2 cup(s) canned low-sodium chicken broth
 1/2 tsp table salt
 1 Tbsp fresh lime juice
 2 Tbsp cilantro, fresh, minced

Instructions

In a medium bowl, combine allspice, cayenne, ginger, garlic salt and 1/4 teaspoon of black pepper. Add turkey and toss to coat; set aside for 15 minutes.

Place turkey in a 5-quart slow cooker; add any spices remaining in bowl. Add garlic, onion, tomatoes, beans, broth, salt and remaining 1/4 teaspoon of pepper; stir. Cover and cook on low setting for 6 to 7 hours. Stir in lime juice and cilantro; let sit for 5 minutes for flavors to blend. Yields about 1.5 cups per serving.

Nutritional Information: Serves 6; 181 calories; 2g total fat; .5g sat. fat; 32mg cholesterol, 540mg sodium; 21g carb; 6g fiber; 4.5g sugar; 19 protein.



The No-Diet New Year's Resolution or 'Oops, I did it again...'*Kimberly Concra, Nutrition Educator, Cape Cod Cooperative Extension*

Maybe you are super organized, super disciplined, cook and pack your lunches, snacks and dinners. Even better, you don't stop for a coffee, donut, or bagel because you walked before work and didn't have time to eat breakfast. Or maybe you are like me.

I do okay most days: I know what I 'should' eat, have all of the right ingredients, but get too busy or distracted to be as consistent as I'd like with the MyPlate recommendations to basically 'Eat Less' and 'Move More'. That's it. Four words towards weight and fitness goals that seem unattainable in our faster-than-the-speed-of-light pace of life. How do we get there?



Start today! Ideally, it requires a little bit of planning to buy healthy foods, prepare them, and eat them (oh- and remember to bring them to work!). To adopt a phrase of a famous celebrity chef: kick it up a notch. Bringing a sandwich? Add some lettuce and tomato and eat with crunchy baby carrots. Do you get snack attacks? Have a pre-measured snack of a small handful of almonds or walnuts and a piece of fruit. Those mint tins you recycle are perfect and fit into your desk, purse or glove compartment easily and are just the right size. For the ride home, have an apple at hand to curb the hunger on your way home. Do you bring lunch twice a week? Kick it up a notch and try for three. Do you eat a vegetable with dinner? Kick it up a notch and eat two types of vegetables for better health. Do you drink soda? If you can't

let it go, drink less. Decreasing 100 calories per day can amount to about a 10 pound weight loss over the year.

Fit in physical activity in all forms: walking, a dance class, impromptu hike or Wii tennis or golf game..it all adds up! 30-60 minutes a day for weight maintenance, 60-90 minutes per day to whittle down the weight. Once again, aim for a little bit more for your health! Burn 100 extra calories per day and lose the other 10 pounds you've wanted to lose this year. Small steps count! What small step towards health will you do today?

***The Last Word***

An email from a member - *I got my blood pressure taken in the hearing room while they were there since I've been having terrible issues with it; I thought heck, I'll get it taken there instead of having to stop at CVS and do it on my way home like I do most days.*

The nurse who took my pressure was very nice, and told me after she took it that she didn't want to scare me or anything (of course that scared me) and asked me to sit a while so she could take it again. I'm use to the nurses gasping after they take my pressure, but I've been taking medicine to lower it for a while now, after 2 years of trying different mixes of Beta blockers, and blood pressure meds...it has remained high regardless.

Well that day, my pressure was extremely serious...she told me to contact my doctor immediately and not to wait for my next appointment. Well, it was a good thing she said that because my doctor was shocked and ended up putting me on a new stronger medicine to supplement what I'm already taking...and it worked like a charm!

I had a stress test on Thursday and even after my test, my pressure was the lowest it has been since I was a skinny 25 year old...for the last 2 years I haven't been able to exercise due to the risk of stroke and now I can, without worrying. I got in my car after my stress test, and I cried my eyes out with relief.

*If you have any opportunity to see that nurse again, I would love for her to know how much she helped me...it has been terrible having the constant worry of a stroke looming over everything I do, and now it's not. I can't thank her enough for her help! **M.H. Town of Barnstable***

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