



Your Health Matters

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

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In this issue:

Surviving the Holidays

Health Providers News

Wellness News

Biometric Screenings

***Diabetes Rewards
Program Monthly
Drawings***

Hot Topics

Walking v. Running

Food for Thought

Bruschetta Chicken

The Last Word

9 Reasons to Love Fall



Surviving the Holiday Season

There, I said it – holiday season! You know you are all thinking about it - travel, loaded schedules, family dynamics, extreme weather, and opportunities for overindulgence make holidays stressful for many of us. It is easy to get caught up in making the holidays special for others, and forget to take time to care for your own body, mind, and heart. Here are some tips for this wonderfully, crazy time of the year!

Don't go hungry. Shopping, parties, and holiday dinners can easily get out of control if you are ravenous. Have a small snack in advance and control portions. Consider trying only tiny amounts of tempting offerings!

Early to bed. Getting enough rest supports the immune system, refreshes our outlook, and helps us make better decisions throughout the day.

Wash your hands. Spending time at close quarters with others can be a recipe for transmitting infections like cold and flu. Wash hands for 20 seconds, including your thumbs. Cover coughs and sneezes with your sleeve or elbow, and avoid touching your mouth and nose with unwashed hands.

Stay open to compromise. Maybe you promised to bring a favorite dish to a gathering, but now time and energy is short. Consider a store-bought option, or asking for help.

Be active. Keeping moving can improve mood, minimize holiday weight gain, and reduce stress. While out shopping add an extra lap in at the mall.

Reach out to others. Among your neighbors, coworkers, and friends, there are likely some who are not able to be with their own families during the holidays. Consider including them in your gatherings.

Set boundaries. Physical and emotional space are necessary to health. Make no apologies about taking time out to care for yourself, even during this busy season.

Be gentle on yourself. Perfectionism is yet one more stress. If you find that your behavior is less than stellar during the holidays, direct your energy to getting back on track in a gentle way. Breathe deeply and often!

Source: [My Well-Being](#); [WebMD](#)

Good Dental Hygiene Important for Heart Health



Here is yet another reason to brush at least twice and floss at least once every day: Researchers report that periodontal (gum) disease caused by poor oral hygiene can not only result in pain and tooth loss, but it also can lead to heart disease and stroke.



People with gum disease have nearly double the risk for heart disease as those with healthy gums, according to the American Academy of Periodontology. Gum infection also is more prevalent in people who suffer a certain type of stroke.

Researchers don't yet know exactly how gum disease affects heart health. Bacteria from infected gums may enter the blood and attach to fatty plaque in the heart's blood vessels. Or, the inflammation from gum disease may increase plaque buildup.

In heart disease, fatty proteins build up and thicken the walls of the arteries and can lead to restricted blood flow. This may then lead to a heart attack or stroke. *Source: [Delta Dental](#)*



[Harvard Pilgrim](#) members will be able to get an estimate for their upcoming treatment or medical procedure beginning October 1st. Under new law, (all) insurers will be required to inform members of the estimated cost for a service within two business days of receiving the members request. Members may request an estimate online or by calling the number on the front of their ID card.



Harvard Pilgrim is the #1 private health plan in America again according to an annual ranking of the nation's best health plans by the National Committee for Quality Assurance (NCQA). Harvard Pilgrim is the only private health plan in the nation to be named #1 for member satisfaction and quality of care for 10 consecutive years.



ahealthymeSM a healthy approach to fitness, family and fun

Coming in 2014: Newly Expanded [ahealthyme!](#) *The new [ahealthyme](#) brings everything members need to live a healthier life – in just one place. From a health assessment and wellness workshops to cool apps and interactive tools, members will be able to get the completed picture of their health. Stay tuned for the unveiling of this brand-new wellness experience...it's almost here!*

Fitness Benefit!! Remember if you belong to or belonged for more than 4 months of CY12 you are entitled to up to \$150 fitness reimbursement through your health care provider. Forms must be completed and submitted by March 31st but get yours in ASAP! Questions: call your member services department or go online to get your forms. Don't miss out on this benefit! In addition if you are an existing member at a qualified center and plan to be for 2014, you can submit that paperwork beginning May 1st! It pays to be healthy!!!

Wellness News

Biometric Screenings

I have already scheduled several dates. If you want your unit to take part in this program please remember it is not too early to book. We are on a first come basis and would hate to turn anyone away!! We are “kicking it up” a notch this year by adding spinal analysis, gait analysis and interactive Qi Gong sessions at some of the locations! We are going to have a fabulous year! Upcoming dates/locations and their contacts are below:



Dennis Town Hall (downstairs)	October 17 th 10am – 2 pm	Deborah Heemsoth
Barnstable County Harborview Room	October 23 rd 10am – 2pm	Nancy Cushing
Barnstable Senior Center (for seniors)	November 4 th 11am – 2:30pm	Laura Scroggins
Mashpee Town Hall (for seniors)	November 8 th 10am – 1pm	Kristin Nickerson

Couch to 5k

Our Couch to 5K program in Barnstable has been a huge success! We have 11 new runners who will be competing in their first 5K on October 19th! These individuals overcame a lot of obstacles, both mental and physical, to get to this point, if you know someone who has participated (hint: there is a photo in the Hot Topics section) congratulate them! We will be running (pardon the pun) another class in Yarmouth beginning mid-March and might add another in Sandwich in late spring!! **Remember, as with all exercise programs: You must discuss this program with your doctor prior to start!**



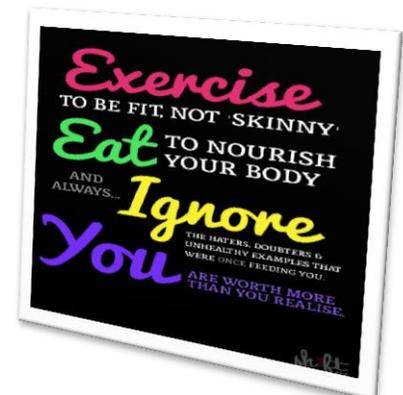
Healthy Me Program

Are you ready to take the steps towards a healthier lifestyle? Do you need to cut back on calories? Lose a few pounds? Learn some healthier recipes? Exercise more? This 8 week program is geared to motivate individuals to take charge of their lives and become healthier! We will meet 2x/week for the 8 weeks and during these meetings we will work to achieve your health goals by trying out new recipes, working on strength and endurance, walking, discussing our weight loss/health concerns, and participating in weekly weigh-ins! Members will also meet for 10 monthly follow-up

support meetings (with weigh-ins and healthy recipes to sample). 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 year long program! This program will take place in the town of Barnstable beginning mid November and Dennis sometime early into the New Year! Call now if you are interested. As with all CCMHG programs its first come basis! Here are some of the results from a small test program we did this past spring (6 week abbreviated program with no support group meetings):

- B lost 2.21%
- S lost 1.25%
- S lost 4.21%
- L lost 1.17%
- A lost 0.70%
- D lost 0.76%
- G lost 3.73%
- T lost 1.22%

Totals for the class:
Lost combined weight in pounds - 31.4
Combined percentage of body weight - 2.1%



Hot Topics

Go figure? **26**
 Percentage of 18-34 year olds who are more able to ID the Kardashian sisters than the five food groups!
 Remember: Fill half your plate with fruits and veggies and the other half with lean protein and whole grains, then add a serving of low-fat dairy.
 Source: Wakefield Research

Looking for whole grains? Beware of Tricky Labels! The phrase "Made with Whole Grains" doesn't guarantee the product is made predominantly of whole grains. Look for the word "whole" (whole + name of grain) listed first in the ingredient list. Similarly, the Whole Grain Stamp (appearing on products that contain at least 8g whole grains per serving) doesn't guarantee the healthiest choice. A recent study in [Public Health Nutrition](#) found some grain products marked with the stamp higher in sugar and calories than grain products without the stamp. The best way to identify the healthiest grain product is to look for at least 1g fiber for every 10g total carbohydrates.

Overweight Teens May Have Higher Cancer Risk Later On Overweight teens are at increased for developing esophageal cancer later in life, new research says. Esophageal cancer occurs when a tumor develops in the tube that connects the throat with the stomach. "Adolescents who are overweight and obese are prone to esophageal cancer, probably due to reflux that they have throughout their life. Also, a lower socioeconomic position as a child has a lot of impact upon incidence of gastric cancer as an adult," study author Dr. Zohar Levi, of the Rabin Medical Center in Israel, said in a journal news release. Source: [Health Magazine](#)

Walk vs. Run? It's a Tie!

You don't have to be a runner to reap all the benefits of one. A new study found that runners and walkers had similar reductions in the likelihood of diabetes, high blood pressure and coronary heart disease when they expended an equal amount of energy. In other words, the key is to burn the same number of calories strolling as you would pounding the pavement. Here's how the two match- up:

Walk for...	Or run for....	Calories burned (approx.)*
20 minutes	9 minutes	100
30 minutes	14 minutes	150
45 minutes	21 minutes	225
60 minutes	27 minutes	300
90 minutes	41 minutes	450

*Based on 150 pound woman walking briskly or running 10/min mile
 Source: Health Magazine



5 Surprising Signs of Dementia There's growing evidence that small changes in the way you walk, chew, sleep, and feel may be subtle early indicators of dementia. Dementia is characterized by the progressive loss of cognitive functioning as brain cells are destroyed. Major symptoms of dementia include personality changes, memory loss, neglecting to maintain personal hygiene, and trouble with speaking and socializing. While Alzheimer's disease is the most common cause, dementia can also be triggered by a stroke, long-term substance abuse, Parkinson's disease, severe head injuries, and other health conditions. But long before you show obvious signs of dementia, certain changes in your behavior could signal that you may have the condition: Trouble Chewing Hard Foods; Slow Walking; Trouble Sleeping; Carrying Extra Pounds; and Being Depressed. To find out how more about when these changes should be of concern to you check out [EverydayHealth](#)

Food for thought...

FOODS THAT CAN SAVE YOUR HEART



Extra Virgin Olive Oil: This oil, made from the first press of olives, is especially rich in heart-healthy antioxidants called polyphenols, as well as healthy monounsaturated fats. When olive oil replaces saturated fat (like butter), it can help lower cholesterol levels. Polyphenols may protect blood vessels.

Swiss Chard: The dark green, leafy vegetable is rich in potassium and magnesium, minerals that help control blood pressure. Fiber, vitamin A, and the antioxidants, lutein and zeaxanthin, add to the heart-healthy profile.



Foods fortified with Sterols: Want the heart-healthy power of vegetables in your milk or on toast? Margarine, soy milk, or orange juice can deliver -- when they're fortified with cholesterol-fighting sterols and stanols. These plant extracts block cholesterol absorption in the gut and can lower LDL levels by 10% without affecting good cholesterol.

Check out all 24 of the Foods That Can Save Your Heart online at WebMD.

Bruschetta Chicken Breasts

Adapted Recipe from Diabetic Living

Ingredients

Nonstick cooking spray
 2 10 - ounce skinless, boneless chicken breast halves
 3/4 tsp. dried basil, crushed
 2 tablespoons snipped oil-pack dried tomatoes
 2 cloves garlic, minced
 1/8 tsp. ground black pepper
 1/3 cup Italian-seasoned dry bread crumbs
 1 egg
 3/4 cup shredded part-skim mozzarella cheese
 1/2 cup marinara sauce

Directions

Preheat oven to 375°. Lightly coat a shallow baking pan with cooking spray. Halve each chicken breast half. Place each portion between two pieces of plastic wrap. Using the flat side of a meat mallet, pound lightly from center to edge of each portion to make a rectangle about 1/8 inch thick. Remove and discard plastic wrap. Sprinkle 1/4 tsp. of the dried basil over chicken pieces. In a small bowl stir together the remaining 1/2 tsp. dried basil, the dried tomatoes, garlic, and pepper. Place bread crumbs in a shallow dish. Place egg in another shallow dish; using a fork, beat egg lightly. Spread a scant tbsp. of the basil mixture on each chicken piece. Place 2 tbsp. of the shredded cheese near an edge of each chicken piece. Fold in sides; starting from the edge with the cheese, roll up jelly-roll style. If necessary, secure with wooden toothpicks. Roll chicken in egg. Dip chicken in bread crumbs, turning to coat evenly. Place rolls, seam sides down, in prepared pan. Bake, uncovered, 25 to 30 minutes or until an instant-read thermometer inserted into center registers 170 degrees F. Remove toothpicks, if necessary. In a small saucepan heat marinara sauce; spoon over chicken rolls. Sprinkle with the remaining 1/4 cup shredded cheese and basil, if desired.

Nutrition Facts Makes 4 Servings: Each serving: 273 calories; 11 total fat; 3.8g sat. fat; 2g monounsaturated; 177mg cholesterol; 526mg sodium; 11g carbs; 1.4 fiber; 2.8 sugar; 52.5g protein; 13.6% vitamin A; 18.4% calcium





Sure, summer's end means back to school blues, cold and flu season, and even impending holiday stress, but we discovered a bevy of things — from mood-boosting fall foliage to cozy slow cooker suppers — to look forward to about autumn.

The Last Word

Fall Foliage Color Therapy - The warmly hued leaves taking over treetops aren't just stunning to look at: They can also do wonders for your mood and energy levels. Research shows that yellow is associated with happiness and optimism; red and orange are both stimulating shades. Next time you need a pick-me-up, take a stroll in a local park to seek out colorful flora.

Pumpkin or Apple Picking - There's something quaintly romantic about going on a pumpkin or apple picking date with your partner. It's also a super-fun activity for kids. And the bounty you buy is a great way to boost your fruit and veggie intake. One study found that women who ate a cup of apples every day lowered their "bad" LDL cholesterol by 23 percent. Apples may also help you breathe easier by protecting you against asthma and chronic obstructive pulmonary disease (COPD). Pumpkins aren't just a Halloween treat. Thanks to their abundance of vitamin A, pumpkins can help maintain healthy eyes, hair, and skin. And don't overlook the seeds! These little nuggets are packed with the mineral magnesium, which can help lower blood pressure and boost bone health. Roast 'em for a tasty nutritious snack.

A Cold Beer and the Big Game - Before you grumble about your partner spending all of Sunday afternoon parked on the couch to watch football, know that experts say cheering for your favorite team can actually improve your mood and reduce feelings of anxiety and depression (even if the team loses!). Feel free to enjoy **a glass of beer** while you're at it. Drinking a draft may help lower your heart disease risk, prevent kidney stones, and even increase your bone density.



Refreshingly Crisp Temperatures - Now that summer's sweltering heat has eased up, you can give your AC a much-needed break. Not only will this benefit your electric bill, but opening up windows to circulate fresh air can make your home a healthier haven. Considering that people spend about 90 percent of their time inside, and that levels of certain pollutants are two to five times greater indoors than out, fresh air can help reduce exposure to irritating chemicals linked to asthma and allergies. One exception: If you're allergic to ragweed, you're better off keeping the windows closed. About 10 to 20 percent of Americans experience ragweed allergies, which typically set in during late summer and early fall, according to the Asthma and Allergy Foundation of America.

An Extra Hour of Sleep - When it comes to your health, you snooze and you win. So look forward to the extra hour of sleep you'll snag in November when the clocks turn back as part of daylight saving time. That bonus hour may not sound like much, but it may be more potent than you think: A famous New England Journal of Medicine study found that the fall daylight saving switch was linked to a reduced risk of heart attack in the days following the time change. And maybe the refreshing night's snooze will inspire you to get little more sleep every night, which is like instant medicine for your mind and body. Getting seven to nine hours nightly can lower stress levels, prevent weight gain, and reduce the risks of serious problems like heart disease and diabetes.

Better Hair Days - We know you're happy to kiss summer humidity — and the frizz it can trigger — good-bye. And without the worry of an out-of-control hairdo, you may even want to skip the hair dryer and let your mane air dry more often. This can give your strands a break from heat-related dryer damage.

Cozy Slow-Cooker Meals - Think you're too busy to whip up weeknight family dinners? Time to break out the slow cooker for easier meals ([get some tasty slow-cooker recipes here at Everyday Health](#)) that are hot and waiting when you get home from work. Using your slow cooker regularly can also be good for your waistline. Many recipes are loaded with filling veggies and lean meats, and of course, cooking at home means less takeout. Research shows that women who eat out the most (more than five times a week) consume nearly 300 more calories every day than those who make most of their meals at home.



Homework Help - A-squared plus B-squared equals, uh, what was that again? From understanding photosynthesis to causes of the War of 1812, chances are that helping your kids with their homework and quizzing them before big tests will flex areas of your mental muscle that have been gathering dust for decades. Challenging your mind to memorize new facts or “re-remember” old ones can help boost your brainpower and possibly protect your mind from dementia in the same vein as crossword puzzles and brain games. Break out the index cards and highlighters for a sharper noodle!

End of Year Doctor's Visits - Whether it's breast cancer awareness month in October motivating you to get a mammogram screening, hitting up your internist for a flu shot, or making the rounds of your eye doctor and dentist to fully use your insurance before the end of the year, there's something reassuring and satisfying about knowing all your medical ducks are in a row. And even though going to the doctor can be anxiety-provoking and sometimes annoyingly time consuming, it's best to seek preventive care to detect any potential issues as soon as possible.

Source: [Everyday Health](#)



The Center for Disease Control says that last year's flu season was one of the worst in the past ten years!

Plain and simple! A flu vaccination will greatly reduce a person's risk of contracting the flu. The flu virus is very contagious. If one person catches it, there is a very good chance that others at this or her home, work, or school will get infected. The flu most often spreads through sneezing and coughing. It usually takes about two weeks for the vaccine to become effective after administered. The vaccines are available now! Call your doctor's office and schedule your family's vaccines as soon as possible!

Source: [CDC](#)

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.**