November 2014

Wellness Quick Read

From The Solutions Group Wellness Team

In observance of American Diabetes Month, here are some recent statistics about diabetes:

- Nearly 30 million Americans, or 9.3% of the population, have diabetes.
- Another 86 million Americans have prediabetes, a condition in which blood glucose levels are higher than normal but are not high enough for a diagnosis of diabetes. People with prediabetes are at increased risk for developing type 2 diabetes, heart disease and stroke.
- The percentage of Americans age 65 and older with diabetes is 25.9%, or 11.9 million.
- The American Diabetes Association estimates that the total cost of diagnosed diabetes in the United States is $245 billion.

For complete Holiday Planning article visit http://www.diabetes.org/food-and-fitness/food/planning-meals/holiday-meal-planning/?

Holiday Meal Planning & Diabetes

Holidays are an opportunity to catch up with friends and family. But the focus on food and eating during this season can be challenging, especially for people with diabetes.

Remember that holiday meals and traditions don't have to disrupt your diabetes control. With a little preparation, you'll be ready to face any holiday head-on and still enjoy it.

The most important thing about managing diabetes during the holiday season is to plan ahead.

Think About the Timing of Your Meal

Many families eat large meals at odd times on holidays. Plan in advance for how you will handle making changes if your holiday meal does not align with your regular meal schedule.

Be Physically Active

The best way to compensate for eating a little more than usual is to be active. Start a new tradition that involves moving around away from the food. Take a walk with the whole family or play Frisbee, soccer, or touch football with your children, grandchildren, or kids in your neighborhood.

Be Selective

Many traditional Thanksgiving foods are high in carbohydrates: mashed potatoes, sweet potatoes, stuffing, dinner rolls, cranberry sauce, pumpkin pie, and other desserts. Don't feel like you have to sample everything on the table. Eat a reasonable portion of your favorites and pass on the rest. For example, if stuffing is your favorite, pass on rolls. Choose either sweet potatoes or mashed potatoes.

Eat Smaller Portions

Because high carbohydrate foods are plentiful at most Thanksgiving feasts, watch your portion sizes. If you can't decide on one or two carbohydrate foods to eat, take very small portions or "samples" of several dishes.

Eat Your Vegetables.

Why not add some colorful vegetable dishes to the meal? Offer to bring a green salad or a side of seasoned steamed veggies. Non-starchy veggies are low in carbs and calories but full of fiber. They will help fill you up and keep you from overeating other high-calorie and high-fat foods on the table.

Exercise & Diabetes

Diabetes and exercise should go hand in hand. If you hate to exercise, it's time to change your thinking about what counts toward your daily activity goals. Physical activity comes in many different forms and may include fun activities like dancing, yoga, tai chi, gardening, and more. In fact, daily movement of any type—even if it's not done as part of a structured exercise plan—can help lower your blood sugar levels, improve your cholesterol and blood pressure, and enhance your mood, among other benefits. Learn what you need to know about safely and effectively incorporating exercise into your diabetes life. Get started is today!

Source: http://www.dlife.com/diabetes-food-and-fitness/diabetes_and_exercise

Can food fight off Alzheimer's?

Hot Wild Salmon & Spinach Walnut Citrus Salad

Studies indicate that a diet rich in folate, found in leafy greens like spinach and kale; vitamin E, found in almonds and hazelnuts; and the Omega-3 fatty acids in salmon may lower your risk for Alzheimer's by more than a third.

http://www.doctoroz.com/recipe/alzheimers-fighting-recipes

Ingredients

2 Wild Salmon fillets with skin (about 4 oz. each) or Salmon Steaks (preferably line-caught)
2 Tbs finely chopped fresh ginger
1 Tbs wasabi paste
1/4 tsp turmeric

Salad Dressing
1 Tbs olive oil
1 Tbs white wine vinegar
1 tsp honey
Dash of cayenne pepper
Salt and freshly ground black pepper
1 large bunch spinach, washed and trimmed
1/4 cup walnut halves, raw or pan-roasted
1/2 orange, cut into segments
1/2 grapefruit, cut into segments

Directions

1. Prepare grill or preheat broiler. Brush skinless side of salmon with combined ginger, wasabi paste and turmeric. Grill or broil 4 to 6 inches from heat source for 10 to 12 minutes without turning, or until salmon is opaque in center.
2. Combine oil, vinegar, honey and cayenne pepper; mix well. Season to taste with salt and pepper. Toss spinach with dressing and walnuts. Arrange orange and grapefruit sections on top and garnish with green onions.

Flu Season: Time to Get Vaccinated!

Flu season has just begun, so now is the time to get vaccinated against influenza, a potentially life-threatening disease. The Centers for Disease Control and Prevention (CDC) recommends that everyone six months of age and older get an annual influenza vaccination.

It is estimated that each year in the United States, an average of 5% to 20% of the population gets the flu. Why take chances with your health? Vaccination is the best way protect yourself and reduce spread of the flu.

"It's important to understand that the flu is not just a bad cold; it can be serious and too often a life threatening illness," said Albert Rizzo, M.D., Senior Medical Advisor of the American Lung Association. "Many of us know the tragic impact that flu and its complications can have on people's lives. Vaccination is safe and effective, and is the best way to help prevent influenza."

Influenza vaccination come in a variety of forms, including a nasal spray for those who do not like needles. Talk with your health care provider to find the option that's right for you and each member of your family.

Influenza is a serious, contagious respiratory illness. Each year in the United States, on average, influenza and its related complications result in approximately 226,000 hospitalizations. Depending on virus severity during the influenza season, deaths can range from 3,000 to 49,000 people. Flu season can begin as early as October, usually peaks around January and February, and may not subside until as late as May.

For full article please visit:
http://www.lung.org/about-us/our-impact/top-stories/flu-season-time-to-get-vaccinated-2014.html

The Solutions Group
A division of Presbyterian Healthcare Services

Get New Diabetes-Friendly Recipes and Meal Plans Every Month

Diet plan, eating plan, meal plan... whatever you call it, choosing what to eat is an important part of your day, especially if you are managing diabetes. Recipes for Healthy Living is a FREE resource from the American Diabetes Association, created to make eating healthy easier for you!

Their meal plans and recipes are not only diabetes-friendly, but they are also healthy and delicious enough that the whole family will appreciate them.

Visit http://www.diabetes.org/mfa-recipes/log-in/recipes-for-healthy-living.html to sign up for your free !