

## November is National Diabetes Awareness Month

In the last 15 years, the number of people in the U.S. with diagnosed diabetes has more than doubled, reaching 14.6 million in 2005. Although more than 20.8 million Americans have diabetes, 6.2 million do not know they have the disease.



People with diabetes have a shortage of insulin or a decreased ability to use insulin, a hormone that allows glucose (sugar) to enter cells and be converted to energy. When diabetes is not controlled, glucose and fats remain in the blood and, over time, damage vital organs. Diabetes can cause heart disease, stroke, blindness, kidney failure, pregnancy complications, lower-extremity amputations, and deaths related to flu and pneumonia. There are two main types of diabetes. Type 1 diabetes most often appears during childhood or adolescence. Type 2 diabetes, which is linked to obesity and physical inactivity, accounts for 90%-95% of diabetes cases and most often appears in people older than 40. However, it is now being found in younger people and is even being diagnosed among children and teens.



The increasing burden of diabetes and its complications is alarming. However, much of this burden could be prevented with early detection, improved delivery of care, and better education on diabetes self-management.

- Studies in the US and abroad have found that better blood sugar control reduces the risk of eye disease, kidney disease and nerve disease by 40% in people with type 1 or type 2 diabetes.
- Blood pressure control reduces the risk for heart disease and stroke among people with diabetes by 33%-50%. It also reduces the risk for eye, kidney and nerve diseases by about 33%. Detecting and treating early diabetic kidney disease by lowering blood pressure can reduce the decline in kidney function by 30%-70%.
- Improved control of blood cholesterol levels can reduce cardiovascular complications by 20%-50%.
- Detecting and treating diabetic eye disease with laser therapy can reduce the risk for loss of eyesight by about 50%-60%. Comprehensive foot care programs can reduce amputation rates by 45%-85%.

### Hyperglycemia and Hypoglycemia

**Hyperglycemia** (hi"per-gli-SE'me-ah) is an increase in plasma glucose (blood sugar). Hyperglycemia is usually the first sign of diabetes mellitus. Symptoms of hyperglycemia are:

- ✓ Excess urine (Polyuria)
- ✓ Thirst (Polydipsia)
- ✓ Excessive hunger (Polyphagia)

**Hypoglycemia** (hi"po-gli-SE'me-ah) is a low level of plasma glucose (blood sugar). Hypoglycemia can occur after insulin excess and/or inadequate glucose intake, among other causes. These situations are common in people with diabetes who receive too much insulin or who don't eat enough. Hypoglycemia starts to cause these symptoms when glucose levels fall below 50 milligrams per deciliter (mg/dL):

- ✓ Sweating
- ✓ Tremors
- ✓ Anxiety
- ✓ Hunger
- ✓ Dizziness
- ✓ Headache
- ✓ Cloudy Vision
- ✓ Abnormal behavior
- ✓ Convulsions
- ✓ Loss of consciousness



### A Low Fat Thanksgiving Tips for healthy holiday eating!

Many of the traditional foods served during Thanksgiving are perfectly healthful. It's what we do to them that loads them with extra calories and fat. Let's start with the basic foods at the center of the feast:

- Turkey breast has very little fat, is full of protein and is an important source of B vitamins. Enjoy white or even dark meat but be sure to remove the skin first.
- Sweet potatoes are a rich source of beta-carotene, vitamin C, vitamin E, potassium and fiber. Leave out the butter and excess sugar. Use orange juice and a sprinkling of brown sugar for flavor instead.
- Cranberries are a great source of vitamin C and contain compounds that are believed to block certain bacteria that cause infections. Add oranges to make cranberry orange sauce and you add even more vitamin C.
- Pumpkin is a terrific source of beta-carotene and fiber. Enjoy a lighter crust pumpkin pie by using phyllo dough. Use egg whites or egg substitute and fat-free evaporated milk in the filling.



## Healthy Fall Recipes



### Low Fat Pumpkin Pie

Help yourself to a slice of this low fat pumpkin pie made with a delicate phyllo dough crust. You can find phyllo dough in the freezer section of the grocery store. If you are really pushed for time you could simply use a ready-made, reduced-fat graham cracker crust instead.

6 sheets phyllo dough, thawed	1/2 tsp ground ginger
Cooking spray	1/4 tsp ground cloves
3/4 cup dark brown sugar	1/2 cup egg substitute or 4 egg whites
1/2 tsp salt	1 15-ounce can pumpkin
1 tsp ground cinnamon	1 12-ounce can fat-free evaporated milk

Preheat oven to 350 degrees. Cut phyllo sheets in half and stack on wax paper or plastic wrap (each full length sheet is 14 x 18 inches; if you happen to have 14 x 9-inch sheets, leave whole). Place wax paper or plastic wrap on top layer and cover with a damp towel to prevent sheets from drying out. Coat a 9-inch pie dish with cooking spray. Lay a half sheet of phyllo pastry in pie dish. Spray with nonstick cooking spray. Repeat with rest of half sheets, fanning out to form a circle. Fold and crimp edges. Weigh down with pie weights and bake for 10 minutes until slightly browned. Combine dry ingredients in a medium bowl. Beat egg substitute or egg whites with pumpkin puree. Slowly pour in evaporated milk and mix well. Add sugar and spices to pumpkin mixture and blend thoroughly. Pour into pie crust; bake for an hour, or until knife inserted in center comes out clean.



### Hot Apple Cider

If you are looking for a nice warm beverage for the fall and winter months, try this one.

Ingredients:	
1 quart cider	1 small cinnamon stick
1/2 cup brown sugar	1/8 teaspoon salt
1/2 tablespoon whole cloves	

Mix together and simmer 20 to 30 minutes.



the Advocacy Alliance  
A Mental Health Association  
Toll Free 1-877-315-6855  
www.theadvocacyalliance.org

NORTHEASTERN PENNSYLVANIA  
HEALTH CARE QUALITY UNIT

IT'S YOUR HEALTH  
FALL 2006

## KEY FACTS ABOUT THE FLU AND THE FLU VACCINE

### What is the Flu?

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death.



Every year in the U.S., on average:

- 5% to 20% of the population gets the flu
- More than 200,000 people are hospitalized from flu complications
- About 36,000 people die from the flu

Some people, such as older adults, young children and people with certain health conditions, are at high risk for serious flu complications.

### How the Flu Spreads

Flu viruses spread in respiratory droplets caused by coughing and sneezing. They usually spread from person to person, though sometimes people become infected by touching something with flu viruses on it and then touching their mouth or nose. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 days after becoming sick. That means that you can pass on the flu to someone else before you know you are sick, as well as while you are sick.

The single best way to prevent the flu is to get a flu vaccination each fall. There are two types of vaccinations:



The "flu shot" is an inactivated vaccine (containing killed virus) that is given with a needle. The flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.

The nasal-spray flu vaccine is made with live, weakened flu viruses that do not cause the flu (sometimes called LAIV for "Live Attenuated Influenza Vaccine"). LAIV is approved for use in healthy people 5 years to 49 years of age who are not pregnant.

### Symptoms of the Flu

- Fever
- Headache
- Extreme tiredness
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches
- Stomach symptoms, such as nausea, vomiting and diarrhea also can occur but are more common in children than adults



### When to Get Vaccinated

October or November is the best time to get vaccinated, but getting vaccinated in December or even later can still be beneficial. Flu season can begin as early as October and last as late as May.

A physician must order this flu vaccine for consumers. The flu vaccine is effective against Influenza Type A and also Influenza Type B. These two forms of influenza are mostly responsible for flu epidemics in the winter months. The vaccine is not effective against Influenza Type C.

The Influenza viruses are especially dangerous for people with weakened immune systems, respiratory illness, diabetes and debilitating diseases.



**There are other measures, in addition to being vaccinated that can protect us all from influenza this flu season.**



Wash your hands, frequently and thoroughly, especially if taking care of someone who is ill and in between caring for consumers.

Instruct and demonstrate the proper way to cover nose and mouth when sneezing or coughing.



Avoid touching eyes, nose and mouth.



Try to avoid large crowds.

Eat a balanced diet and get sufficient rest.

**October is...**

**National Breast Cancer Awareness Month**  
Breast cancer is the most common cancer in women, aside from skin cancer. For current information and statistics, access the American Cancer Society Web site, [www.cancer.gov](http://www.cancer.gov), Breast Cancer Facts and Figures, 2006.

**National Down Syndrome Awareness Month**

**National Fire Prevention Week**  
October 6<sup>th</sup> through October 12<sup>th</sup>

## September is National Pain Awareness Month

The American Chronic Pain Association estimates that one in three Americans (approximately 50 million people) suffers from some type of chronic pain.



**Causes:** Lower back problems, arthritis, cancer, repetitive stress injuries, shingles, headaches, and fibromyalgia are the most common sources of chronic pain. Others include diabetic neuropathy, phantom limb sensation, and other neurological conditions.

### CHRONIC PAIN FACTS

Chronic pain lasts. Pain is considered chronic when it continues beyond the usual recovery period for an injury or an illness. It may be continuous or come and go.



Chronic pain, sometimes called persistent pain, can be very stressful for both the body and the soul and requires careful, ongoing attention to be appropriately treated.

Chronic pain is often intractable, as the cause of pain cannot be removed or treated.

Chronic pain is the number one cause of adult disability in the United States.

Chronic pain can touch nearly every part of a person's daily life. It also has an impact on the family and, because of its economic and social consequences, it affects us all.

Chronic pain can be a source of frustration for the health care professionals who seek to provide care and assistance.

### ACUTE PAIN FACTS

Acute pain may be mild and last just a moment. It also can be severe and last for weeks or months, as does pain from a burn, pulled muscle or broken bone.



Acute pain has a distinct beginning and end. The cause of acute pain is known and, as you heal, the pain will lessen and finally go away.

Acute pain usually starts suddenly, may be sharp, and often triggers visible bodily reactions such as sweating, an elevated blood pressure and more. Acute pain is generally a signal of rapid-onset injury to the body and it resolves when pain relief is given or the injury is treated.

Pain should be considered the fifth vital sign, along with respiration, pulse, blood pressure and core temperature.

Most of the time medication and other treatment can greatly relieve acute pain. Pain management is an important part of effective total care.

**Muscle pain**, one of the most common types of acute pain, affects 53 percent of Americans.



**Lower back pain** is the most common form of acute pain and is the fifth most common cause for all physician visits. It is responsible for direct health care expenditures of more than \$20 billion annually.

**Causes:** Acute pain is triggered by tissue damage such as a skin burn, muscle pain or a broken bone. It's the type of pain that generally accompanies an illness, an injury or surgery. Acute pain can manifest in just about any part of the body.



### IDEAS FOR OUR NEWSLETTER?

Contact Sharon Falzone, Ph.D., Director of the Northeastern PA Health Care Quality Unit toll-free at 1-877-315-6855 or (570)207-9192 or [sf@theadvocacyalliance.org](mailto:sf@theadvocacyalliance.org) with your suggestions.

