

November is American Diabetes Month

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled.

In 2015, 30.3 million Americans, or 9.4% of the population had diabetes. Another 84.1 million Americans age 18 and older were at high risk of developing type 2 diabetes.



American Diabetes Association

Depending on your age, weight, and other factors, you may be at higher risk of developing type 2 diabetes. The good news? People who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes. These changes to help prevent type 2 diabetes include:

- Watching your weight
- Eating healthy
- Getting more physical activity

For more information please visit: www.diabetes.org/

10 Foods That Lower Blood Sugars in Diabetics

Maintaining low blood sugar levels can be difficult for diabetic patients. Listed below are 10 of the best foods and supplements for lowering blood sugars, based on current research. Please note these should never be used in place of prescribed diabetes medication, but rather alongside.

1) Resistant Starch Lowers Sugars After Meals

Starches are long chains of glucose (sugar) found in oats, grains, bananas, potatoes* and various other foods. Many studies show resistant starch can greatly improve insulin sensitivity. That is, how well the body can move sugar out of the blood and into cells for energy.



**Foods high in resistant starch, such as potatoes, are also high in digestible carbs that can spike blood sugar. Therefore resistant starch in supplement form - without the extra carbs - is recommended.*

2) Ceylon Cinnamon



Several cinnamon compounds appear to prevent the absorption of sugar into the bloodstream, minimizing blood sugar spikes. It may also dramatically improve insulin sensitivity.

3. Raspberries and Strawberries



Berries technically don't lower blood sugar, but tend to be very low-sugar fruits and can help if you are eating them instead of other common fruits.

4. Cashews and Almonds



are one of the best sources of magnesium which is an essential mineral involved in hundreds of bodily processes, including blood sugar regulation.

5. Green Tea



contains a number of powerful antioxidants and catechins that benefit so many aspects of health including blood sugar control.

6. Fenugreek is a popular herb in Arabic and Indian culture, a good source of soluble fiber, and has several compounds thought to improve blood sugar control.



7. Shirataki Noodles is made of glucomannan, an indigestible fiber that may help lower blood sugar levels after meals and improve other metabolic health markers in diabetics.



8. Cocoa in Dark Chocolate contains beneficial flavanols thought to improve blood pressure, insulin resistance and overall blood sugar regulation.



9. Apple Cider Vinegar Research suggests it increases sugar uptake from the blood into cells known as glucose metabolism.



10. Stevia is beneficial for diabetics because it contains zero sugar or calories, and is used as a direct swap for sugar.

Information provided by:

<https://www.dietvsdisease.org/foods-lower-blood-sugars-diabetics/>



GREAT AMERICAN SMOKEOUT



THURSDAY, NOVEMBER 15

When smokers quit

Within 20 minutes of smoking that last cigarette, the body begins a series of changes that continue for years. All benefits are lost by smoking just one cigarette a day, according to the American Cancer Society.

20 minutes

- Blood pressure drops to normal
- Pulse rate drops to normal
- Body temperature of hands and feet increases to normal

8 hours

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

48 hours

- Nerve ending start regrowing
- Ability to smell and taste is enhanced

1 to 9 months

- Coughing, sinus congestion, fatigue, shortness of breath decrease
- Cilia regrow in lungs increasing ability to handle mucus, clean the lungs, reduce infection
- Body's overall energy increases

10 years

- Lung cancer death rate similar to that of nonsmokers
- Precancerous cells are replaced
- Risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decreases

24 hours

- Chance of heart attack decreases

2 weeks to 3 months

- Circulation improves
- Walking becomes easier
- Lung function increases up to 30 percent

1 year

- Excess risk of coronary heart disease is half that of a smoker

5 years

- Lung cancer death rate for average former smoker (one pack a day) decreases by almost half
- Stroke risk is reduced to that of a nonsmoker 5-15 years after quitting
- Risk of cancer of the mouth, throat and esophagus is half that of a smoker's

15 years

- Risk of coronary heart disease is that of a nonsmoker



Every year, on the third Thursday of November, smokers across the nation take part in the American Cancer Society Great American Smokeout event. Encourage someone you know to use the date to make a plan to quit, or plan in advance and then quit smoking that day.

By quitting – even for 1 day – smokers will be taking an important step toward a healthier life and reducing their cancer risk!

You don't have to stop smoking in one day! Start with day one! Let the Great American Smokeout event on November 15 be your day to start your journey toward a smoke-free life.

<https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html>



SOURCE: The American Cancer Society, Centers for Disease Control

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