

Road to **WELLfluent**TM

Embrace better health.

November is National Diabetes Awareness Month!

Holidays can be a time of great anxiety for people with diabetes because it is so focused on food, so plan ahead; you can sail through the season without too much stress.

Don't let questions about what to eat, how much to eat, and meal timing dampen your holiday. Plan in advance, so you can fend off stress and fully enjoy the day and keep your diabetes management on track.

Think About the Timing of Your Meal

Many families eat large meals at odd times on holidays. For example, Thanksgiving dinner may be served in the middle of the afternoon. Plan in advance for how you will handle making changes if your meal does not line up with your regular meal schedule.

If you take insulin injections or a pill that lowers blood glucose, you may need to have a snack at your normal meal time to prevent a low blood glucose reaction. Check with your health care team about this.

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. Ideas include taking a walk with the whole family or playing Frisbee, soccer, or touch football with your children, grandchildren, or the neighborhood kids.

Try Healthier Versions of Your Favorite Holiday Foods

Be creative and make your favorite recipes lower in calories. Can you steam green beans instead of sautéing in butter? Use a little less sugar in your fruit pie. The natural sweet of the fruit doesn't require a lot of added sugar.

Check out our recipes or search online for healthier versions of your healthier foods.

Nibble

Have foods to nibble on while you are cooking or waiting to eat.

Make sure the foods you choose won't sabotage blood glucose levels before the meal. Bring a platter of raw or blanched veggies with your favorite low-calorie dip or have a few small pieces of low-fat cheese. Don't indulge on high-calorie or fried appetizers.

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. Have 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. If you really want to try everything, make your portions smaller and save some for later.

Eat Smaller Portions

Because high carbohydrate and calorie rich 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.

Overall, try to keep your total carbohydrate intake like a regular day.

Eat Your Vegetables

Vegetables are important for everyone! Unfortunately, the vegetable selection on holiday menus is usually limited. We all want to dress up the table with tempting treats. Why not add some colorful vegetable dishes?

Veggies come in all colors and are very nutritious. Offer to bring a green salad or a side of steamed veggies that have been seasoned.

Non-starchy veggies are low in carbs and calories. They will help fill you up and keep you from over eating other high-calorie and high-fat foods on the table.

Source: <http://www.diabetes.org/food-and-fitness/food/planning-meals/holiday-meal-planning/planning-ahead.html>

Alzheimer's Awareness—Know the Facts

According to the Alzheimer's association, more than 5 million Americans are living with Alzheimer's disease. In fact, Alzheimer's or other forms of dementia will affect one in three Americans in their lifetime. While Alzheimer's can be hereditary, there are things you can do that may decrease the risk of developing the disease. These include keeping chronic conditions such as high blood pressure, high cholesterol and diabetes under control, staying active and following a healthy diet. Common warning signs include:

- 1) Disruptive memory loss—forgetting previously learned information such as birthdays or other important dates or events; asking for the same information over and over; increasingly needing to rely on memory aids
- 2) Time/place confusion- lose track of dates, seasons and the passage of time, forget where they are or how they got there; inability to determine if it is morning or evening.
- 3) Mood/personality-- can become confused, suspicious, depressed, fearful or anxious. These changes often result in withdrawal from once enjoyable activities and depression

Many of these signs may be mistaken for signs of aging and/or "normal" decrease in ability. Be sure to consult a doctor if you suspect your loved one is at risk. For additional information and available community resources go to www.alz.org.

TIME TO GET YOUR FLU SHOT



The CDC recommends everyone aged 6 months or older receive a flu vaccine every year, by the end of October if possible. However, the CDC continues to recommend the flu shot through the end of the flu season. Source: www.cdc.gov/flu

NOVEMBER EVENTS

Date	Time	Event	Location	Description
Friday Nov. 3- Sunday Nov. 5- 2017	Registration is now open.	Disney Wine & Dine Half Marathon Weekend	Orlando	Join the celebration and prepare to feast on an exciting menu of races during the Disney Wine & Dine Half Marathon Weekend presented by MISFIT™. There'll be plenty of surprises, Disney entertainment, and an exclusive Post-Race Party for runners and their guests. http://www.rundisney.com/wine-and-dine-half-marathon/
Sunday Nov. 5- 2017	5K at 8 am 1 Mile Fun Run & Patriotic Paws Parade at 9 am	Salute to Veterans 5K	Riverside Arts Market Jacksonville, Florida	This event honors our veterans, benefits the effort to BRING HOME THE USS ADAMS and supports K9s For Warriors! http://1stplacesports.com/races/salute/
Saturday Nov. 11- 2017	7 am	Superhero 5K	Westside Park 1001 NW 34th Street Gainesville, FL 32605.	The Superhero 5K is a family-friendly event that invites superheroes of all ages and experience levels to dress as their favorite superhero and race to the finish. Funds raised from this event will go toward finding forever families for children awaiting their permanent homes. http://psfsuperhero5k.org/
Thursday Nov. 23- 2017	7 am	Miami Turkey Trot	Tropical Park 7900 SW 40th Street Miami, FL 33155	Warm up your appetite with the Baptist Health Turkey Trot Miami 5K/10K, presented by Publix. Turkey Trot Miami, formerly known as Turkey Day Run Miami, brings family and friends together with a light-hearted 5K/10K and Kids Trot. http://www.turkeytrotmiami.com/

*Note: In Florida, staying cool in the fall and making simple changes in your fluid intake, activities, and clothing during hot weather can help you remain safe and healthy.



A Wellness Newsletter for AvMed Members

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