



November 2013

Volume 6, Issue 11

A Newsletter for the Residents of Legend Oaks

# DIABETES PREVENTION FOUR STEPS ON THE ROAD TO HEALTH

**November is Diabetes Awareness Month**

The old adage is true that every journey begins with a single step. On the road to improving your health, small lifestyle changes can lead to dramatic results, especially for people at risk of developing Type 2 diabetes.

"It's never too late to make lifestyle changes and reduce your risk of developing Type 2 diabetes," says Dr. Valerie Espinosa, an endocrinologist with Texas Diabetes and Endocrinology.

Diabetes comes in two forms: Type 1, which mainly affects children and is not currently preventable, and Type 2, which is usually diagnosed later in life and is often preventable. Most people who develop Type 2 diabetes go through a phase called pre-diabetes in which their blood sugar is slightly elevated. But some simple steps can help people with pre-diabetes avoid the progression to Type 2 diabetes.

## **Step 1: Get More Physical Activity**

Exercise can help people to lose weight, lower blood sugar, and boost the body's sensitivity to insulin, which helps the body regulate sugar.

"While aerobic exercise is important for overall good health," says Dr. Espinosa, "resistance training to

build up muscle mass is especially important for someone with pre-diabetes."

## **Step 2: Eat More Vegetables, Beans, Nuts, Whole Grains**

Adding more fiber and whole grains to your diet can reduce your risk of progressing from pre-diabetes to Type 2 diabetes.

When shopping for breads, pasta products, and cereals, look for the words "whole grain" on the label. Aim for making at least half of the grains you eat whole grains.

## **Step 3: Lose a Few Pounds**

Small weight loss goals can have remarkable results in lowering blood glucose levels in people with pre-diabetes.

A weight loss of five to seven percent in someone who is overweight can significantly improve their health.

"Someone who is 200-pounds and overweight can set a goal to lose 10 pounds," says Dr. Espinosa.

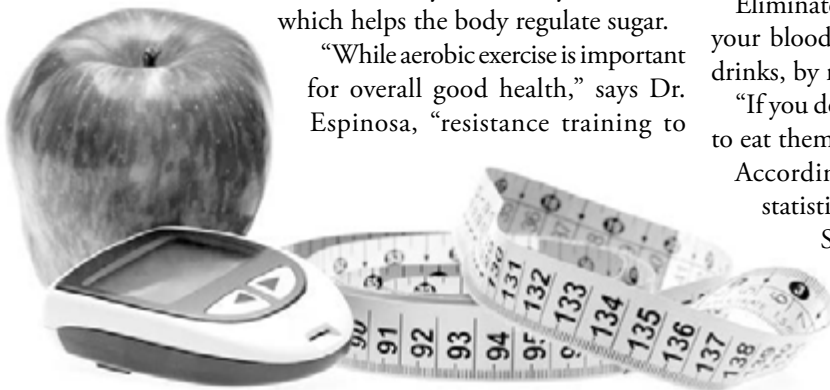
## **Step 4: Make Healthier Choices**

Eliminate the temptation to eat foods that you know will raise your blood sugar level, like cookies, potato chips, and sugary drinks, by making healthier choices in the grocery store.

"If you don't have potato chips at home, you won't be tempted to eat them," says Dr. Espinosa.

According to the American Diabetes Association's 2011 statistics, a whopping 79 million adults have pre-diabetes.

Small, healthy steps can help keep people with pre-diabetes from joining the 25.8 million adults in the United States who have full-blown Type 2 diabetes. Both pre-diabetes and diabetes can be diagnosed with a simple blood test.



## NEWSLETTER INFO

### NEWSLETTER

Articles .....legendoaks@peelinc.com

### PUBLISHER

Peel, Inc.....www.PEELinc.com, 512-263-9181

Advertising .....advertising@PEELinc.com, 512-263-9181

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### OFFICER ZACH LAHOOD

(covers north of Convict Hill toward William Cannon)

Desk 512.974.4415 / email: [Zachary.lahood@ci.austin.tx.us](mailto:Zachary.lahood@ci.austin.tx.us)

### OFFICER JOSH VISI

(covers south of Convict Hill toward Slaughter)

Desk 512.974.4260 / email: [Joshua.visi@ci.austin.tx.us](mailto:Joshua.visi@ci.austin.tx.us)



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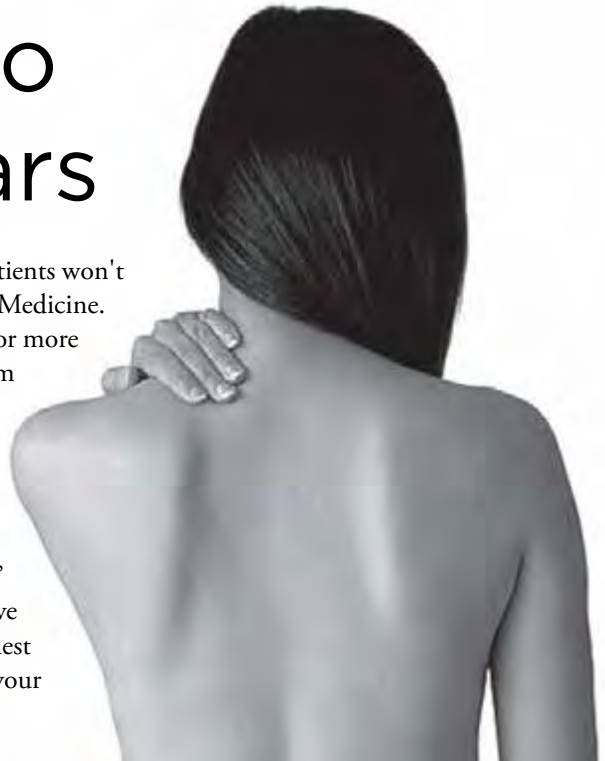


## Say Goodbye to Skin Cancer Scars

A topical treatment for certain types of skin cancer means some patients won't have to worry about scarring, say dermatologists at Baylor College of Medicine.

While a topical treatment for precancerous cells has been around for more than 30 years, it was only in the last five to 10 years that a topical cream was developed for cancerous lesions. The cream, called Aldara™, only works for certain types of skin cancer, explained Dr. Ida Orengo, professor of dermatology at BCM and director of the Mohs Surgery Center at the Baylor Clinic.

You simply rub it on the area, usually at night, and after about four to six weeks, the cancer is gone in about 80 percent of the cases," she said. "This might not work for everyone, but for those who have superficial basal cell carcinoma on visible areas like the face or chest where you don't want scars, it is a good treatment option to talk to your doctor about."



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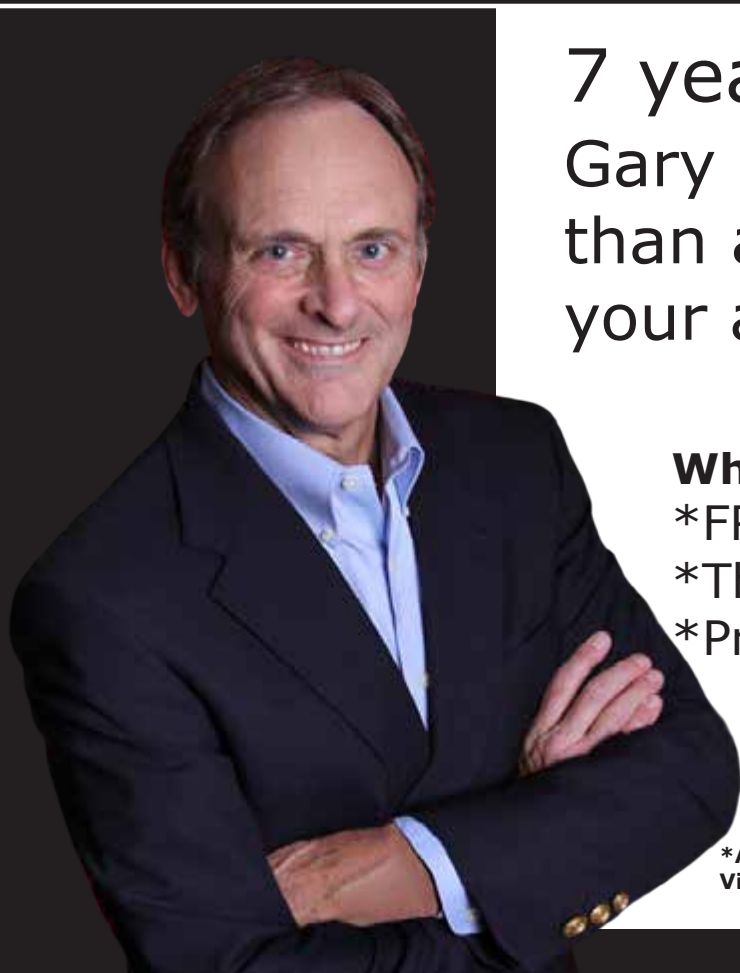
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## Mood Changes Triggered by Menopause

Because hormones influence mood, perimenopause, or the transition period prior to menopause, can be an emotional time for women, according to an expert at Baylor College of Medicine ([www.bcm.edu](http://www.bcm.edu)).

According to Dr. Britta Ostermeyer, associate professor in the Menninger Department of Psychiatry and Behavioral Sciences at BCM, perimenopause occurs at the same time as other life changes, such as children moving away for college, leaving behind an “empty nest.”

It's important to encourage someone with menopausal mood changes to stay involved, whether it's through work, social activities

or exercise. Scheduling an appointment with a primary care physician or OB/GYN can also be helpful.

The most common type of mood disorder that can occur during perimenopause or menopause is depression. The symptoms include:

- A depressed mood that occurs most of the day, nearly every day
- A decrease in interest or pleasure from daily activities
- Weight loss or gain
- Insomnia or hypersomnia
- Feeling restless or fatigued
- Feelings of worthlessness or guilt
- Diminished ability to think or concentrate
- Thoughts of suicide

Ostermeyer recommends seeking help from a health care provider as soon as possible if symptoms of depression occur.



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