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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.



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Electricity (TXU)(800) 368-1398
Gas (Centerpoint)(713) 659-2111
Trash (Republic Waste).....(281) 446-2030
Water & Sewer (EDP Water District).....(832) 467-1599
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Texas One Call System (Call Before you Dig)..... 811

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Voters/Auto Registration(713) 368-2000
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Humble Area Chamber(281) 446-2128

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Harris Co. Sheriff's Dept./Prec 4, Dist 2 (24-hr)(713) 221-6000
Eastex Fire Department.....(281) 441-2244
Emergency Medical Service(281) 446-7889
Poison Control.....(800) 222-1222
Humble Animal Control.....(281) 446-2337
Texas DPS.....(281) 446-3391

Area Hospitals

Renaissance Northeast Surgery(281) 446-4053
Kingwood Medical Center(281) 348-8000
Northeast Medical Center Hospital.....(281) 540-7700
Memorial Hermann Hospital (The Woodlands)(281) 364-2300

Public Schools

Humble ISD(281) 641-1000
Park Lakes Elementary (K-6).....(281) 641-3200
Humble Middle School (7-8).....(281) 641-4000
Summer Creek High School (9-12).....(281) 641-5400

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Park Lakes 2013 Event Calendar

(Subject to changes and/or additions)

Saturday, November 16

Fall Garage Sale

November TBD –

Volunteer Appreciation Dinner

Saturday, December 14

Cookies with Santa

Please contact Michelle Evrard, Director of Community Events, at mevrard@canyongate.com or Raj Allada, Social Committee Chairman, at parklakesraj@gmail.com if you would like to volunteer for any of our events!

* For more event information, please visit
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POSTURE TIPS FOR MOMS AND DADS

Mike McTague PT, DPT, OCS

Lifting and carrying a child, picking up toys off of the floor, and pushing a stroller are normal daily tasks for many parents. Below are some quick tips to avoid overstraining your spine and other body areas.

LIFTING YOUR CHILD FROM THE FLOOR

When picking your child up off the floor, you should use a half-kneel lift. First, stand close to your child on the floor. While keeping your back straight, place one foot slightly forward of the other foot, and bend your hips and knees to lower yourself onto one knee. Once down on the floor, grasp your child with both arms and hold him or her close to your body. Tighten your stomach muscles, push with your legs, and slowly return to the standing position. To place your child onto the floor, the same half-kneel technique should be performed.

CARRYING/HOLDING YOUR CHILD

When holding or carrying your child, you should always hold him or her close to your body and balanced in the center of your body. Avoid holding your child in one arm and balanced on your hip. When using a child carrier be sure to keep your back straight and your shoulders back to avoid straining your back and neck.

PICKING UP TOYS FROM THE FLOOR

As a parent you will too often be involved in cleaning up after your child. When picking toys up from the floor, keep your head and back straight, and while bending at your waist, extend one leg off the floor straight behind you. This is often called a “golfer’s lift”, as you may see some “seasoned” golfers retrieve their ball from the hole this way.

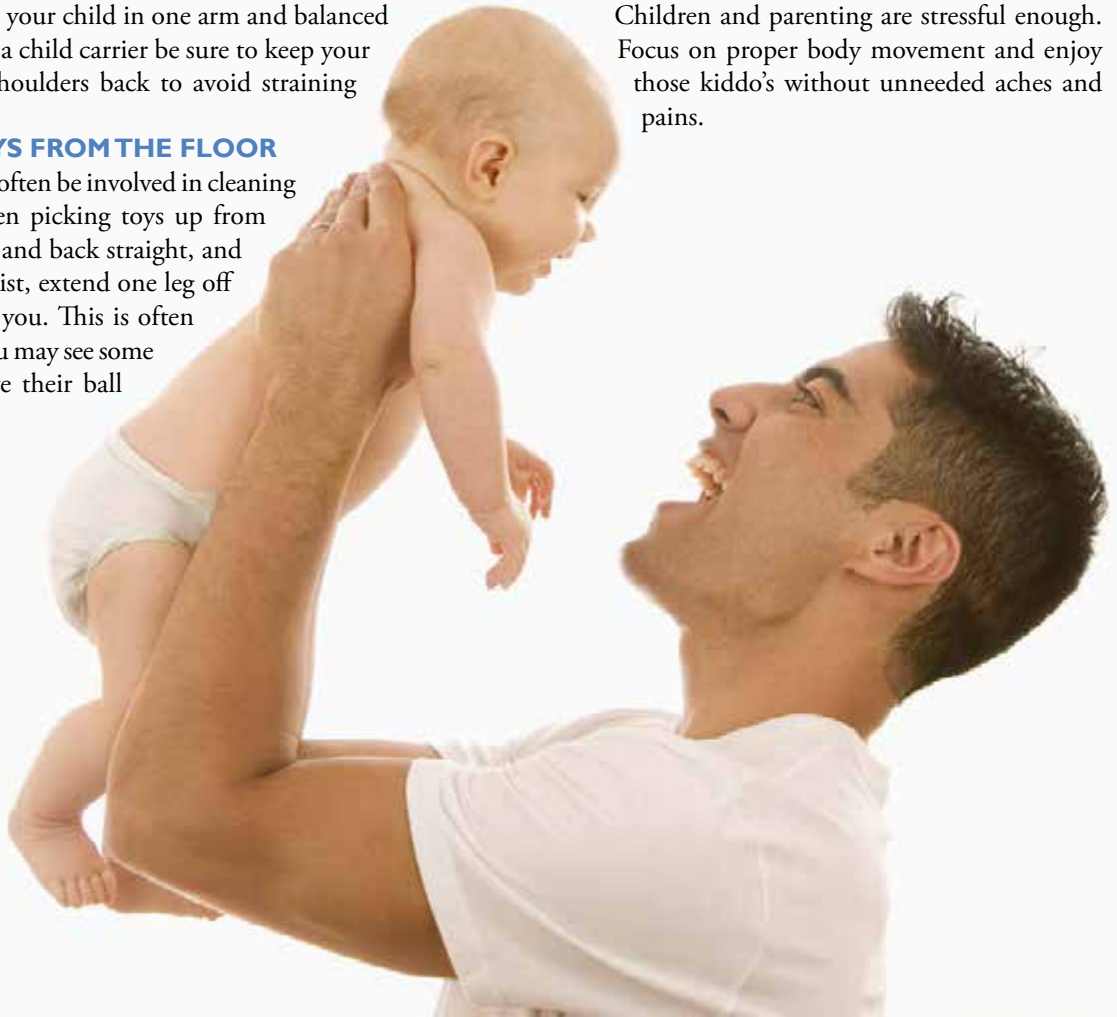
LIFTING YOUR CHILD OUT OF THE CRIB

If your child’s crib has a rail that lowers, you will want it in the lowest position when lifting your child out of the crib. As you lift, keep your feet shoulder-width apart, knees slightly bent. Arch your low back and, while keeping your head up, bend at your hips. With both arms, grasp your child and hold him or her close to your chest. Straighten your hips so you are in an upright position, and then extend your knees to return to a full stand. To return your child to the crib, use the same technique and always remember to keep your child close to your chest.

PUSHING A STROLLER

When pushing your child in a stroller, you will want to stay as close to the stroller as possible, allowing your back to remain straight and your shoulders back. The force to push the stroller should come from your entire body, not just your arms. Avoid pushing the stroller too far ahead of you because this will cause you to hunch your back and shoulders forward.

Children and parenting are stressful enough. Focus on proper body movement and enjoy those kiddo’s without unneeded aches and pains.



UPCOMING COMMUNITY EVENTS

COMMUNITY GARAGE SALE

Saturday, November 16
7:00 AM – 12:00 Noon

It's almost time again to clean out your closets for our Fall community-wide garage sale. You won't have to haul your items far; the garage sale will take place in YOUR OWN garage! Just be ready to open your garage at 7AM on November 16th. To help increase traffic to your home, we suggest that you place signs at the end of your street. Don't forget to take them down afterwards.

We'll be creating a map of all the garage sales in the community. To be added to the map, please e-mail your address to mevrad@canyongate.com and include a short list (five words or less) of the types of items you are selling. No additions will be accepted after Wednesday, November 13th. The maps will be handed out at the SplashPad and the gate attendant the day of the event.



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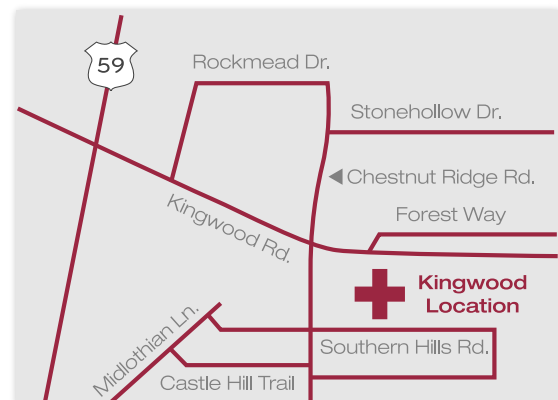


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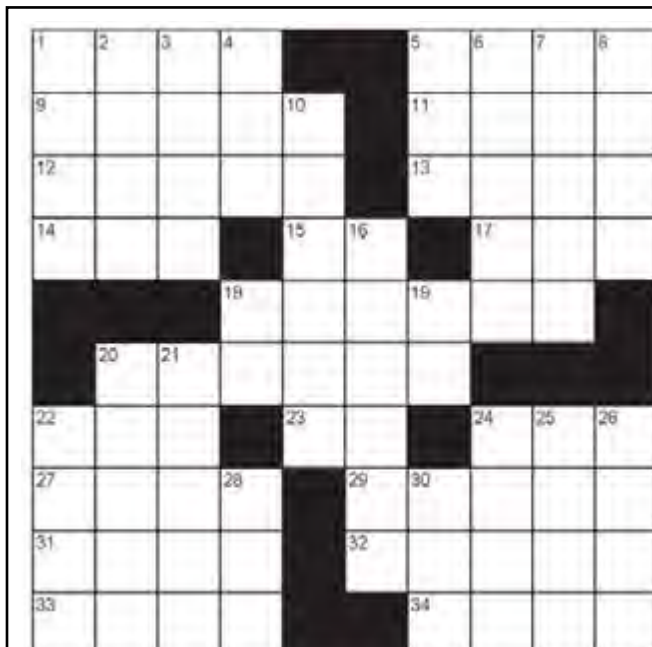
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5. Black
9. Confuse
11. Dog food brand
12. Flat
13. Sticky black substances
14. Mr.
15. Advertisement
17. No
18. Make better
20. Pre-Nissan
22. Electric spark
23. Miss lang
24. Tire
27. Saloons
29. Immense
31. Shine
32. Santa's helpers
33. Madam
34. Ribald

DOWN

1. Tides
2. Cafe
3. Far away
4. Day of wk.
5. Sup
6. Mont ____
7. Ms. Winfrey
8. Curious
10. City
16. Toil
18. Movie alien
19. Fashionable
20. Play
21. Smoky
22. Cain killed him
24. Skimp
25. Afresh
26. Posttraumatic stress disorder
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You've been looking forward to Thanksgiving dinner all year — turkey, mashed potatoes, cranberry sauce, and pumpkin pie. Mmm-mmm! But after you finish that second helping of turkey with gravy, you start to feel a little sleepy.

As your Uncle George starts to explain why eating turkey makes people so tired, you suddenly feel like curling up in front of the TV and napping until next Thanksgiving. But is gobbling up all that turkey really to blame?

THE USUAL SUSPECT: L-TRYPTOPHAN

Not exactly. Here's why: Turkey meat contains a lot of an amino acid called L-tryptophan (say: el-trip-teh-fan). Amino acids are the "building blocks" for the proteins that make up our muscles and other important parts of our bodies. (L-tryptophan is just one kind of amino acid — there are many different kinds of amino acids in the foods we eat.)

When we eat foods that contain L-tryptophan, this amino acid travels in the blood from the digestive system and later enters the brain. The brain then changes the L-tryptophan into another chemical called serotonin (say: sare-uh-toh-nin). Serotonin calms us down and helps us sleep.

But scientists now know that L-tryptophan can really only make a person tired right away if it is eaten or taken by itself without any amino acids. And the protein in turkey contains plenty of other amino acids!

BLAME IT ON BLOOD FLOW

Most scientists think that there's a different reason why eating a special meal might make you drowsy. Eating a big Thanksgiving dinner causes increased blood flow to the stomach (needed to help digest the meal) and less blood flow to the brain.

AVOIDING DROWSINESS

So just how do you avoid that sleepy feeling on Turkey Day?

- Eat small, healthy meals (try to limit junk foods) throughout the day before you sit down for your big meal — don't starve yourself in anticipation of the feast to come.
- Have small portions of foods that are part of your Thanksgiving meal (including whatever veggies are on the table).
- Drink water and take breaks while you are eating to see how full you've become.
- Stop eating once you're full — there will always be leftovers tomorrow.
- Finally, take a walk outside afterward to digest your meal. This will make you feel better than crashing on the couch.

Follow these tips and have a Happy Thanksgiving — gobble, gobble!

REVIEWED BY: Steven Dowshen, MD

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This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2006. The Nemours Foundation



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