

THE VILLAGE

Gazette™

"It takes a Village..."

NEWS FOR THE RESIDENTS OF THE VILLAGES AT WESTERN OAKS AND LEGEND OAKS I

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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Austin Newcomers Club is a nonprofit social and recreational organization committed to welcome newcomers to Austin.

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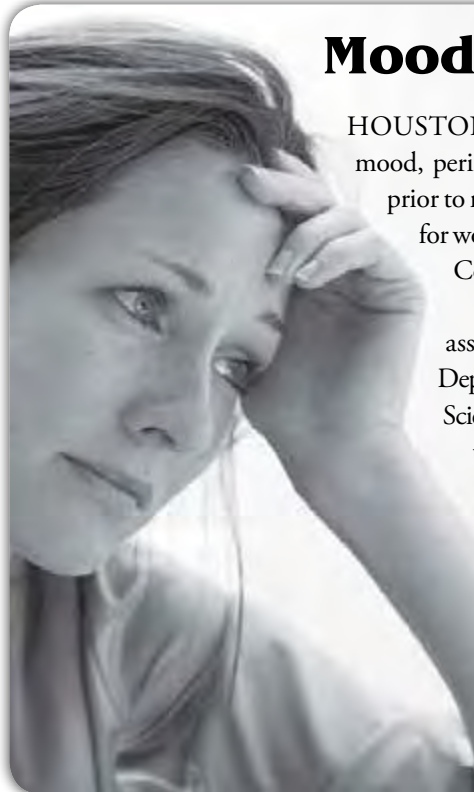
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Mood Changes Triggered by Menopause

HOUSTON – 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).

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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Save Some 'Green' with Frozen, Canned Veggies

HOUSTON – Don't overlook frozen or canned fruits and vegetables as healthy and less expensive alternatives to the fresh versions, said an expert at Baylor College of Medicine.

"You might be surprised to know that frozen or canned options are just as nutritious as or sometimes even more nutritious than fresh fruits and vegetables," said Molly Gee, a registered dietitian at BCM.

Companies that make frozen or canned fruits and vegetables must pack the items at their peak, said Gee. While some vitamins and minerals are lost in the fresh foods due

to the time it takes to get them from the field to the plate, these vitamins and minerals are present in the canned or frozen versions.

However, she warns that it's still important to read the labels on canned or frozen items to be sure that they are preserved in their own natural juices and that no sugar is added.

Frozen meals can also be a good option for saving some money and maintaining a healthy weight, said Gee, but make sure only 30 percent of the calories are from fat and consider low-sodium options.



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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 Orenko, 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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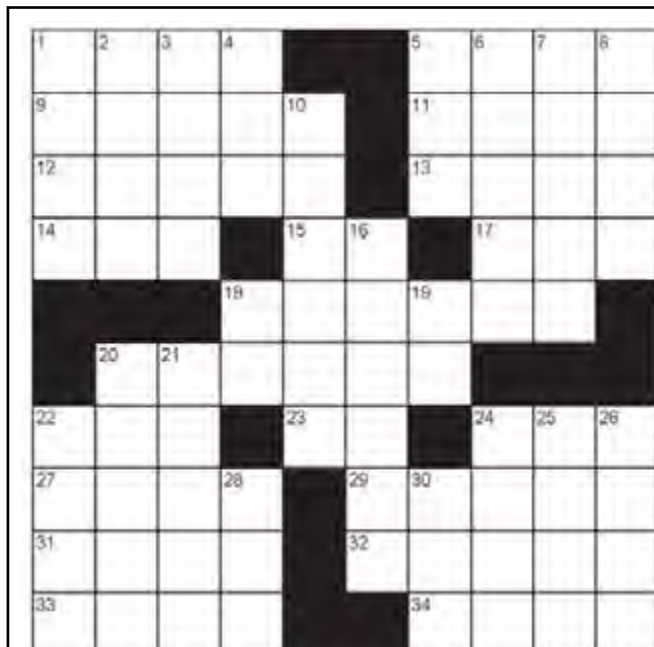
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ACROSS

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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

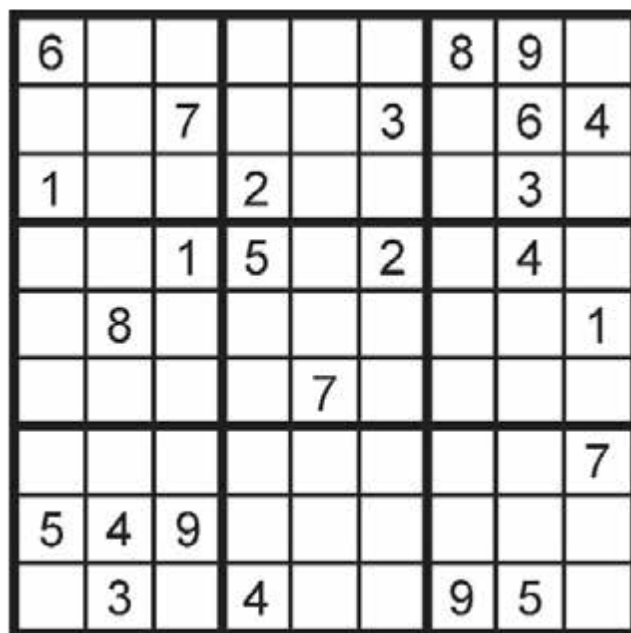
DOWN

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
28. Pigpen
30. Unwell

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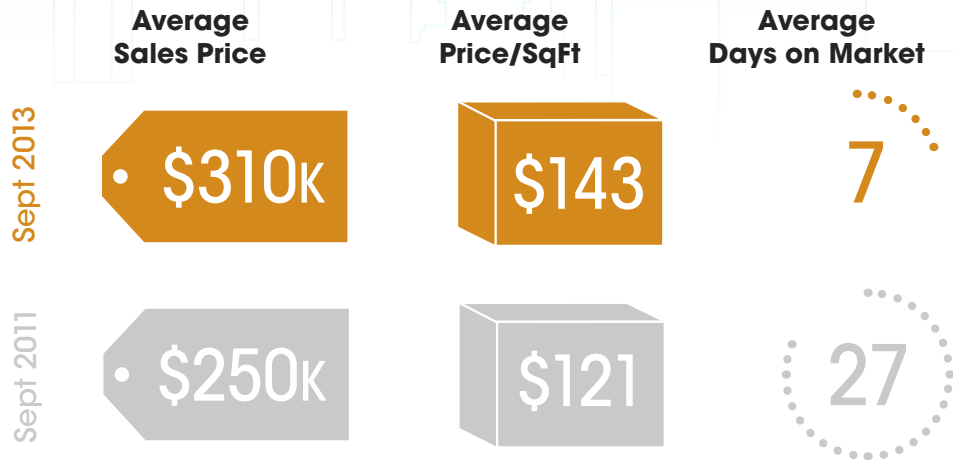
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