



Florida Department of Health in Broward County

# Employee WELLNESS



November, 2016

## Diabetes mellitus

Diabetes mellitus refers to a group of diseases that affect how your body uses blood sugar (glucose). Glucose is vital to your health because it's an important source of energy for the cells that make up your muscles and tissues. It's also your brain's main source of fuel.

If you have diabetes, no matter what type, it means you have too much glucose (sugar) in your blood, although the causes may differ. Too much glucose can lead to serious health problems.

Chronic diabetes conditions include type 1 diabetes and type 2 diabetes. Some potentially reversible diabetes conditions include pre-diabetes (when your blood sugar levels are higher than normal, but not high enough to be classified as diabetes) and gestational diabetes, which occurs during pregnancy but may resolve after the baby is delivered.

Diabetes symptoms vary depending on how much your blood sugar is elevated. Some people, especially those with pre-diabetes or type 2 diabetes, may not experience symptoms initially. In type 1 diabetes, symptoms tend to come on quickly and be more severe.

Some of the signs and symptoms of type 1 and type 2 diabetes are:

- Increased thirst
- Frequent urination
- Extreme hunger
- Unexplained weight loss
- Presence of ketones in the urine (ketones are a byproduct of the breakdown of muscle and fat that happens when there's not enough available insulin)
- Fatigue
- Irritability
- Blurred vision
- Slow-healing sores
- Frequent infections, such as gums or skin infections and vaginal infections

Although type 1 diabetes can develop at any age, it typically appears during childhood or adolescence. Type 2 diabetes, the more common type, can develop at any age, though it's more common in people older than 40.

**The role of glucose**, it is a source of energy for the cells that make up muscles and other tissues.

- Glucose comes from two major sources: food and your liver.
- Sugar is absorbed into the bloodstream, where it enters cells with the help of insulin.
- Your liver stores and makes glucose.

When your glucose levels are low, such as when you haven't eaten in a while, the liver breaks down stored glycogen into glucose to keep your glucose level within a normal range. To find out more go to Mayo clinic: <http://www.mayoclinic.org/diseases-conditions/diabetes/basics/definition/con-20033091>



### In this Issue:

- Diabetes mellitus
- Wishing you and your families a Happy Thanksgiving
- What is COPD?
- Healthy Eats
- What's In Season
- Stress management



# Wishing you and your families a Happy Thanksgiving!



The traditional cornucopia was a curved goat's horn filled to the brim with fruits and grains. According to Greek legend, Amalthea (a goat) broke one of her horns and offered it to the Greek God Zeus as a sign of reverence. As a sign of gratitude, Zeus later set the goat's image in the sky also known as constellation Capricorn. Cornucopia is the most common symbol of a harvest festival.

A Horn shaped container, it is filled with abundance of the Earth's harvest. It is also known as the 'horn of plenty'.

The cornucopia (from Latin *cornu copiae*) or **horn of plenty** is a symbol of abundance and nourishment, commonly a large **horn**-shaped container overflowing with produce, flowers or nuts.

**Thanksgiving fun fact:** Though many competing claims exist, the most familiar story of the first Thanksgiving took place in Plymouth Colony, in present-day Massachusetts, in 1621. More than 200 years later, President Abraham Lincoln declared the final Thursday in November as a national day of thanksgiving. Congress finally made Thanksgiving Day an official national holiday in 1941.

**Myth:** The pilgrims wore only black and white clothing. They had buckles on their hats, garments, and shoes.

**Fact:** Buckles did not come into fashion until later in the seventeenth century, while black and white were commonly worn only on Sunday and formal occasions. Women typically dressed in red, earthy green, brown, blue, violet, and gray, while men wore clothing in white, beige, black, earthy green, and brown.



**Myth:** The Mayflower was headed for Virginia, but due to a navigational mistake it ended up in Cape Cod Massachusetts.

**Fact:** The Pilgrims were in fact planning to settle in Virginia, but not the modern-day state of Virginia. They were part of the Virginia Company, which had the rights to most of the eastern seaboard of the U.S. The pilgrims had intended to go to the Hudson River region in New York State, which would have been considered "Northern Virginia," but they landed in Cape Cod instead. Treacherous seas prevented them from venturing further south.

# What Is COPD?

**COPD**, or chronic obstructive pulmonary (PULL-mun-ary) disease, is a progressive disease that makes it hard to breathe. "Progressive" means the disease gets worse over time. **COPD** can cause coughing that produces large amounts of mucus (a slimy substance), wheezing, shortness of breath, chest tightness, and other symptoms.

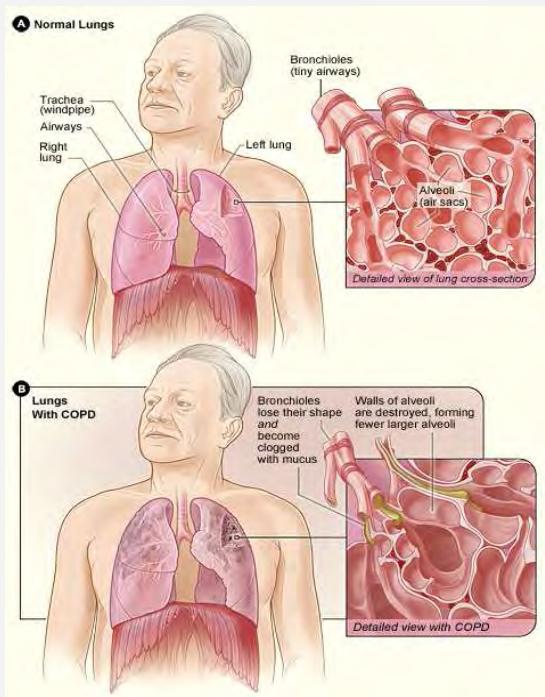
Cigarette smoking is the leading cause of **COPD**. Most people who have **COPD** smoke or used to smoke. Long-term exposure to other lung irritants—such as air pollution, chemical fumes, or dust—also may contribute to COPD.

## Overview

To understand **COPD**, it helps to understand how the lungs work. The air that you breathe goes down your windpipe into tubes in your lungs called bronchial (BRONG-ke-al) tubes or airways. Within the lungs, your bronchial tubes branch into thousands of smaller, thinner tubes called bronchioles (BRONG-ke-ols). These tubes end in bunches of tiny round air sacs called alveoli (al-VEE-uhl-eye).

Small blood vessels called capillaries (KAP-ih-lare-ees) run through the walls of the air sacs. When air reaches the air sacs, oxygen passes through the air sac walls into the blood in the capillaries. At the same time, carbon dioxide (a waste gas) moves from the capillaries into the air sacs. This process is called gas exchange. The airways and air sacs are elastic (stretchy). When you breathe in, each air sac fills up with air like a small balloon. When you breathe out, the air sacs deflate and the air goes out.

## Normal Lungs and Lungs With COPD



In **COPD**, less air flows in and out of the airways because of one or more of the following:

- The airways and air sacs lose their elastic quality.
- The walls between many of the air sacs are destroyed.
- The walls of the airways become thick and inflamed.
- The airways make more mucus than usual, which can clog them.

In the United States, the term "**COPD**" includes two main conditions—emphysema (em-fih-SE-ma) and chronic bronchitis (bron-KI-tis). In emphysema, the walls between many of the air sacs are damaged. As a result, the air sacs lose their shape and become floppy. This damage also can destroy the walls of the air sacs, leading to fewer and larger air sacs instead of many tiny ones. If this happens, the amount of gas exchange in the lungs is reduced. In chronic bronchitis, the lining of the airways is constantly irritated and inflamed. This causes the lining to thicken. Lots of thick mucus forms in the airways, making it hard to breathe. Most

*Figure A shows the location of the lungs and airways in the body. The inset image shows a detailed cross-section of the bronchioles and alveoli. Figure B shows lungs damaged by COPD. The inset image shows a detailed cross-section of the damaged bronchioles and alveolar walls.*

**COPD** is a major cause of disability. **COPD** develops slowly. Symptoms often worsen over time and can limit your ability to do routine activities. Severe **COPD** may prevent you from doing even basic activities like walking, cooking, or taking care of yourself.

**COPD** has no cure yet, and doctors don't know how to reverse the damage to the airways and lungs. However, treatments and lifestyle changes can help you feel better, stay more active, and slow the progress of the disease.

Perfect for the leftover Thanksgiving meal

## Ingredients:

1 tsp olive oil  
1 medium yellow onion, diced  
1 stalk celery, diced  
1 red bell pepper, diced  
2 garlic cloves, minced  
1 (4 oz.) can diced green chiles  
3 cups low-sodium chicken broth  
1¼ cups frozen corn kernels  
½ tsp salt  
¼ tsp ground pepper  
¼ cup all-purpose flour  
2 cups skim milk  
2½ cups shredded cooked turkey (or chicken)  
¾ cup shredded Cheddar cheese  
¼ tsp cayenne pepper  
Green onion, thinly sliced (for garnish)

# Healthy Eats!



## Light Turkey (or Chicken) & Corn Chowder Recipe

Prep time 20 mins , Cook time 25 mins , Total time 45 mins [www.cookincanuck.com](http://www.cookincanuck.com)

### Instructions

Heat the olive oil in a large saucepan set over medium heat. Add the onion, celery, red pepper and garlic and cook until the vegetables are beginning to soften, about 5 minutes.

Add the green chilies and cook for 1 minute.

Pour in the chicken broth, bring the mixture to a boil, then reduce heat and simmer for 10 minutes.

Add the corn and simmer for 3 minutes.

Place the flour in a medium bowl and slowly whisk in the milk until the mixture is smooth.

Slowly whisk the milk mixture into the soup, along with the salt and pepper. Cook, whisking frequently, until the soup is thickened, about 15 minutes.

Stir in the turkey (or chicken), Cheddar cheese and cayenne pepper. Stir until the cheese is melted.

Ladle into soup bowls, garnish with green onions and serve.  
**Serves 6**



### What's in season for November?

Mushroom, avocado, cucumber, bell pepper, tomato squash, sweet corn, radish, eggplant, snap bean, guava, grapefruit, orange, passion fruit, tangerine and peanuts.

Try something new  
or revisit something  
you thought you didn't like.

# Stress Management

By Mayo Clinic Staff



**Exercise in almost any form can act as a stress reliever. Being active can boost your feel-good endorphins and distract you from daily worries.**

You know that exercise does your body good, but you're too busy and stressed to fit it into your routine. Virtually any form of exercise, from aerobics to yoga, can act as a stress reliever. Exercise increases your overall health and your sense of well-being, which puts more pep in your step every day. But exercise also has some direct stress-busting benefits.

- **It pumps up your endorphins;** it helps bump up the production of your brain's feel-good neurotransmitters, called endorphins.
- **It's meditation in motion;** you'll often find that you've forgotten the day's irritations and concentrated only on your body's movements.
- **It improves your mood.** Regular exercise can increase self-confidence, it can relax you, and it can lower the symptoms associated with mild depression and anxiety.
- **Consult with your doctor.** If you haven't exercised for some time and you have health concerns, you may want to talk to your doctor before starting a new exercise routine.
- **Walk before you run.** Build up your fitness level gradually. Excitement about a new program can lead to overdoing it and possibly even injury.
- For most healthy adults, the Department of Health and Human Services recommends getting at least **150 minutes a week** of moderate aerobic activity
- **Do what you love.** Any form of exercise or movement can increase your fitness level while decreasing your stress.
- **Pencil it in.** Carving out some time to move every day helps you make your exercise program an ongoing priority.
- **Find a friend.** Knowing that someone is waiting for you to show up at the gym or the park can be a powerful incentive. Working out with a friend, co-worker or family member often brings a new level of motivation and commitment to your workouts.
- **Change up your routine.** If you've always been a competitive runner, take a look at other less competitive options that may help with stress reduction, such as Pilates or yoga classes. As an added bonus, these kinder, gentler workouts may enhance your running while also decreasing your stress.
- **Exercise in increments.** Even brief bouts of activity offer benefits. For instance, if you can't fit in one 30-minute walk, try three 10-minute walks instead. Interval training, which entails brief (60 to 90 seconds) bursts of intense activity at almost full effort, is being shown to be a safe, effective and efficient way of gaining many of the benefits of longer duration exercise. What's most important is making regular physical activity part of your lifestyle.

Whatever you do, don't think of exercise as just one more thing on your to-do list. Find an activity you enjoy — whether it's an active tennis match or a meditative meander down to a local park and back — and make it part of your regular routine. Any form of physical activity can help you unwind and become an important part of your approach to easing stress.

FDOH-Broward Employee Wellness

Please consult your healthcare provider before starting on any diet or exercise program.



## Walking for Health

Join us in front of the Admin Bldg.  
**12:30 PM** Monday, Wednesday  
 and Thursday starting  
**November 7th.**

## Contact Us:

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