Diabetes Awareness Month—Ways to Prevent it

Prediabetes is a condition that raises the risk of developing type 2 diabetes, heart disease, stroke and eye disease. People with prediabetes have impaired fasting glucose (IFG), impaired glucose tolerance (IGT), or both—conditions where blood glucose levels are higher than normal but not high enough to be classified as diabetes. Progression to diabetes among those with prediabetes is not inevitable. Recent studies have shown that people at high risk for type 2 diabetes can prevent or delay the onset of the disease by losing 5 to 7 percent of their body weight. You can do it by eating healthier and getting 30 minutes of exercise 5 days a week.

Photo and Source: http://www.cdc.gov/Features/LivingWithDiabetes/
Dementia is a brain disorder that affects a person's ability to carry out daily activities. The most common form of dementia among older people is Alzheimer's disease (AD), which initially involves the parts of the brain that control thought, memory, and language. Scientists do not know what causes AD; there is no cure.

As many as 4.5 million Americans suffer from AD. The disease usually begins after age 60, and risk goes up with age. While younger people also may get AD, it is much less common. About 5 percent of men and women ages 65 to 74 have AD, and nearly half of those age 85 and older may have the disease. It is important to note, however, that AD is not a normal part of aging.

AD is named after Dr. Alois Alzheimer, a German doctor. In 1906, Dr. Alzheimer noticed changes in the brain tissue of a woman who had died of an unusual mental illness. He found abnormal clumps (now called amyloid plaques) and tangled bundles of fibers (now called neurofibrillary tangles). Today, these plaques and tangles in the brain are considered signs of AD.

Scientists have found other brain changes in people with AD. Nerve cells die in areas of the brain that are vital to memory and connections between nerve cells are disrupted. There also are lower levels of some of the chemicals in the brain that carry messages back and forth between nerve cells. AD may impair thinking and memory by disrupting these messages.

What Causes AD?

Scientists do not yet fully understand what causes AD. There probably is not one single cause, but several factors that affect each person differently. Age is the most important known risk factor for AD. The number of people with the disease doubles every 5 years beyond age 65.

Family history is another risk factor. Scientists believe that genetics may play a role in many AD cases. For example, early-onset familial AD, a rare form of AD that usually occurs between the ages of 30 and 60, is inherited. The more common form of AD is known as late-onset. It occurs later in life, and no obvious inheritance pattern is seen in most families. However, several risk factor genes may interact with each other and with non-genetic factors to cause the disease. The only risk factor gene identified so far for late-onset AD is a gene that makes one form of a protein called apolipoprotein E (ApoE). Everyone has ApoE, which helps carry cholesterol in the blood. Only about 15 percent of people have the form that increases the risk of AD.

Scientists still need to learn a lot more about what causes AD. In addition to genetics and ApoE, they are studying education, diet, and environment to learn what role they might play in the development of this disease. Scientists are finding increasing evidence that some of the risk factors for heart disease and stroke, such as high blood pressure, high cholesterol, and low levels of the vitamin folate, may also increase the risk of AD. Evidence for physical, mental, and social activities as protective factors against AD is also increasing.
What Are the Symptoms of AD? AD begins slowly. At first, the only symptom may be mild forgetfulness, which can be confused with age-related memory change. In the early stage of AD, people may have trouble remembering recent events or the names of familiar people. They may not be able to solve simple math problems. Such difficulties may be bothersome, but usually not serious enough to cause alarm. As the disease goes on, symptoms are more easily noticed and become serious enough to cause people with AD or their family members to seek medical help. Forgetfulness begins to interfere with daily activities. People in the middle stages of AD may forget how to do simple tasks like brushing their teeth or combing their hair. They can no longer think clearly. They can fail to recognize familiar people. They have problems speaking, understanding, reading, or writing. Later they may become anxious or aggressive, or wander away. Eventually, they need total care.

How is AD Diagnosed? An early, accurate diagnosis of AD helps patients and their families plan for the future. It gives them time to discuss care while the patient can still take part in making decisions. Early diagnosis will also offer the best chance to treat the symptoms of the disease. Today, the only definite way to diagnose AD is to find out whether there are plaques and tangles in brain tissue. To look at brain tissue, doctors usually must wait until they do an autopsy. They can only make a diagnosis of “probable” AD while the person is still alive. At some centers, doctors can diagnose AD correctly 90 percent of the time using several diagnostic tools including:

- questions general health, past medical problems, and ability to carry out daily activities,
- tests of memory, problem solving, attention, counting, and language,
- medical tests—such as tests of blood, urine, or spinal fluid, and
- brain scans.

Sometimes tests point to thyroid problems, drug reactions, depression, brain tumors, and blood vessel disease causing AD-like symptoms. These conditions can be treated successfully.

How is AD Treated?
AD is a slow disease, starting with mild memory problems and ending with severe brain damage. The course the disease takes and how fast changes occur vary from person to person. On average, AD patients live from 8 to 10 years after they are diagnosed, though some people may live with AD for as many as 20 years. No treatment can stop AD. In the early and middle stages of the disease, some drugs may help prevent symptoms from becoming worse for a limited time. Other drugs have been approved to treat moderate to severe AD. Some medicines may help control behavioral symptoms of AD such as sleeplessness, agitation, wandering, anxiety, and depression. Treating these symptoms often makes patients more comfortable and makes their care easier for caregivers.

Source: National Institute on Aging, Alzheimer’s Disease Education & Referral Center
Most of us are aware that healthy eating is good for us and can reduce the risk of diseases such as heart disease, stroke and diabetes. But did you know that these health problems also increase your risk of developing Alzheimer's disease? Healthy food choices not only improve your general health, they are also beneficial to brain health. Scientific evidence indicates that long-term healthy dietary choices help maintain brain function, slow memory decline and may help reduce your risk for Alzheimer's disease.

Source: Alzheimer Society

What You Need To Know About™ Lung Cancer

This National Cancer Institute booklet is about cancer that begins in the lung. It tells about diagnosis, staging, treatment, and comfort care. Learning about the medical care for people with lung cancer can help you take an active part in making choices about your own care. This booklet has lists of questions that you may want to ask your doctor. Many people find it helpful to take a list of questions to a doctor visit. To help remember what your doctor says, you can take notes or ask whether you may use a tape recorder. You may also want to have a family member or friend with you when you talk with the doctor - to take part in the discussion, to take notes, or just to listen. For more information about lung cancer, visit their Web site at: http://www.cancer.gov/cancertopics/types/lung.

CAN YOU DEFINE HEALTHY SKIN?
Healthy skin protects us from the external environment, keeps us watertight, and prevents germs from getting in. At any age, healthy skin feels smooth, is comfortable to wear, doesn't sting, and has even coloration. One threat to healthy skin is damage to its barrier function. Lipids, or fats, make up about a third of the outer layer of skin. Wash these away with soaps or solvents and you leave the skin flaky, irritated, and less able to withstand environmental insults. People who have chapped or eroded skin are more likely to get secondary infections. Maintain your skin's barrier function by using a cream at night that contains squalane, cholesterol, lecithin, and/or shea butter.

Source: Consumer Reports Health.org
Photo: Amy Newburger, M.D. author of "Looking Good at Any Age" (Doubleday, 2000)
This website helps to plot your walk over mountains (view elevation), through the woods (topo maps), and on any trail with just a few mouse clicks. Once your walking map is complete you can quickly view it in 3D, satellite maps, or share it with friends. By logging on you can also find preexisting routes mapped by others.

Annual Great American Smoke-out
November 20

The American Cancer Society has scheduled the Great American Smoke-out (GASO) for Nov. 20, 2008, to encourage smokers to quit for a day in the hope they may quit for good.

Culinary Café

Hospitality Management Students

invite you to enjoy a wide variety of student specials, soups, sandwiches, burgers, pizza, desserts, beverages.

Open Wednesday, October 22nd. Closing Thursday, November 18th. Open Monday - Thursday 10:30a.m. to 12:30 p.m. Jacobetti Center Commons Area

Seasonal Flu Information for Workplaces & Employees

The single best way to prevent seasonal flu is to get vaccinated each fall, but good health habits and antiviral medications are other measures that can help protect against the flu.

To help educate workplaces and their employees on these strategies for preventing flu, CDC provides flyers, posters, and other materials to post and distribute in the workplace. These are available at: http://www.cdc.gov/flu/workplace
Healthy Diet—Fresh Cranberry and Wild Rice Stuffing

**Ingredients:**
- 1/2 cup wild rice, uncooked
- 1 cup water
- 1/4 cup raisins, dark or golden
- 5 scallions, chopped
- 1 tablespoon canola oil
- 1/2 cup celery, or fennel bulb, chopped
- 1 cup fresh cranberries
- 1 tablespoon orange rind-grated
- 1/2 teaspoon dried thyme

*Source:* http://diabeticgourmet.com

**Directions:** Put the wild rice in a saucepan. Add the water, raisins and cook over medium heat for 1 hr. Drain. Saute the onions and celery (or fennel bulb) in the oil until tender. Add the cranberries, orange rind, thyme and rice.

*Calories:* 135
*Sodium:* 111 mg
*Cholesterol:* 1 mg
*Fat:* 2 g
*Carbohydrates:* 26 g
*Exchanges:* 2 Starch/Bread

*Photo:* www.the-eclecticcafe.com/holiday

---

**Evening Primrose Oil**

Evening primrose oil has been used since the 1930s for eczema (a condition in which the skin becomes inflamed, itchy, or scaly because of allergies or other irritation). More recently it has been used for other conditions involving inflammation, such as rheumatoid arthritis. Evening primrose oil is used for conditions affecting women’s health, such as breast pain associated with the menstrual cycle, menopausal symptoms, and pre-menstrual syndrome. Other conditions for which evening primrose oil is used include cancer and diabetes.

**What the Science Says:**

Evening primrose oil may have modest benefits for eczema, and it may be useful for rheumatoid arthritis and breast pain. However, study results are mixed, and most studies have been small and not well designed.


---

**Celebrate Wellness**

**Winners:**

- **Week 1:** Margarete Salinger and JoDee Larsh
- **Week 2:** Lindsey Butorac and April Bertucci
- **Week 3:** Della Cheney and Judy Marra
- **Week 4:** Bob Ryan and Gail Praznik

**Websites for Wellness**

- Diabetic Gourmet, [http://www.diabeticgourmet.com](http://www.diabeticgourmet.com)
- Alzheimer’s Association, [http://www.alz.org](http://www.alz.org)
- American Cancer Society, [http://www.cancer.org](http://www.cancer.org)
- American Lung Association, [http://www.lungusa.org](http://www.lungusa.org)

*Photo:* Jean Paquette, Worth the Walk: The View From Marquette Mountain