

# Summer Awareness



## AWARENESS IN JULY/ AUGUST

- Juvenile Arthritis
- Hemochromatosis Screening and Awareness
- National Cleft and Craniofacial Awareness
- National Immunization Awareness
- Psoriasis Awareness
- Eye Injury Prevention
- UV Safety
- Summer Sun Safety

### Super Foods

1. Water instead of sweetened soda
2. Whole grains: brown rice, quinoa, whole wheat, oats, rye
3. Vegetables, fresh and steamed, the least processed the better
4. Fruits: with so many varieties out there, just remember to wash the skin well before slicing or biting into it
5. Fish instead of red meat, the fewer servings of red meat, the better

## Check ups are important!

As a new season is upon us, its time to look over your wellness routines. Are you doing the most you can for you and your family's health? One of those things is getting a check up.

- ⇒ **Eye exam:** Once a year, should be dilated if you have diabetes.
- ⇒ **Dental check up:** Twice a year, a check up and teeth cleaned. Poor oral health has been attributed to these conditions: endocarditis, (an infection of the inner lining of the heart) which is typically caused when bacteria enters the body from a different location and travels to the heart. Premature birth weight: Periodontitis has been linked to premature birth and low birth weight. Diabetes: persons with diabetes need to take extra care of their teeth. Diabetes reduces the body's resistance to infection, putting the gums at risk. Research shows that diabetics with gum disease are also having trouble controlling their blood sugars.
- ⇒ **Up to date with your immunizations:** Have you had your tetanus booster? Summer is the time for camping, climbing and bike riding, and oftentimes, going barefoot. The bacteria, *Clostridium tetani*, can be found in the soil. Infection is often caused by a deep puncture wound, but can also occur through burns or animal bites. The bacteria lead to spasms in the muscles, with the first muscle affected being the jaw., thus the name Lockjaw. Infection can be prevented by vaccination. The tetanus vaccine is given as part of the DTaP vaccine for children and then should be received every 10 years after that. If you don't know when you last received your tetanus vaccine, don't wait until an accident to find out. Ask your doctor or your area Health Department or wherever you received your vaccines in the past. If its been greater than 10 years, its time to vaccinate!
- ⇒ **Colonoscopy if you are over the age of 50 then every 10 years if nothing was found:** Colorectal cancer almost always develops from precancerous polyps (abnormal growths) in the colon or rectum. Screening tests can find precancerous polyps, so that they can be removed before they turn into cancer. Screening tests can also find colorectal cancer early, when treatment works best. You should begin screening for colorectal cancer soon after turning 50, then continue getting screened at regular intervals. However, you may need to be tested earlier than 50 or more often than other people if: You or a close relative have had colorectal polyps or colorectal cancer, you have , you have genetic syndromes such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer. Speak with your doctor about when you should begin screening and how often you should be tested.

*Keeping You Healthy is our  
Number One Priority!*

## METABOLIC SYNDROME

**What is metabolic syndrome?** Metabolic syndrome is the name for a group of risk factors that raises your risk for heart disease and other health problems, such as diabetes and stroke.

The term "metabolic" refers to the processes involved in the body's normal functioning. Risk factors are traits, conditions, or habits that increase your chance of developing a disease. Metabolic syndrome increases your risk for developing coronary heart disease or CHD, when waxy substances called plaque build up inside the arteries inside the heart.

### Metabolic Risk Factors

The five conditions described below are metabolic risk factors. You can have any one of these risk factors by itself, but they tend to occur together. You must have at least three metabolic risk factors to be diagnosed with metabolic syndrome.

- A large waistline. This also is called abdominal obesity or "having an apple shape." Excess fat in the stomach area is a greater risk factor for heart disease than excess fat in other parts of the body, such as on the hips.
- A high triglyceride level (or you're on medicine to treat high triglycerides). Triglycerides are a type of fat found in the blood.
- A low HDL cholesterol level (or you're on medicine to treat low HDL cholesterol). HDL sometimes is called "good" cholesterol. This is because it helps remove cholesterol from your arteries. A low HDL cholesterol level raises your risk for heart disease.
- High blood pressure (or you're on medicine to treat high blood pressure). Blood pressure is the force of blood pushing against the walls of your arteries as your heart pumps blood. If this pressure rises and stays high over time, it can damage your heart and lead to plaque buildup.
- High fasting blood sugar (or you're on medicine to treat high blood sugar). Mildly high blood sugar may be an early sign of diabetes.

Your risk for heart disease, diabetes, and stroke increases with the number of metabolic risk factors you have. In general, a person who has metabolic syndrome is twice as likely to develop heart disease and five times as likely to develop diabetes as someone who doesn't have metabolic syndrome.

The risk of having metabolic syndrome is closely linked to overweight and obesity and a lack of physical activity. Insulin resistance also may increase your risk for metabolic syndrome. Insulin resistance is a condition in which the body can't use its insulin properly. Insulin is a hormone that helps move blood sugar into cells where it's used for energy. Insulin resistance can lead to high blood sugar levels, and it's closely linked to overweight and obesity.

Metabolic syndrome is becoming more common due to a rise in obesity rates among adults. In the future, metabolic syndrome may overtake smoking as the leading risk factor for heart disease.

It is possible to prevent or delay metabolic syndrome, mainly with lifestyle changes. A healthy lifestyle is a lifelong commitment. Successfully controlling metabolic syndrome requires long-term effort and teamwork with your health care providers.

#### REDUCE YOUR RISK!

1. LOSE WEIGHT, EVEN 5-10 POUNDS
2. FOLLOW A HEART HEALTHY DIET, WHOLE GRAINS, FRESH PRODUCE, FRUITS AND VEGETABLES
3. PREPARE FOODS WITH LITTLE SALT
4. REDUCE THE AMOUNT OF FAST FOOD, CANNED FOOD AND RESTAURANT FOODS
5. LOW FAT OR FAT FREE DAIRY

#### KNOW YOUR NUMBERS!

**ITS IMPORTANT TO KNOW WHERE YOU STAND IN YOUR RISK OF METABOLIC SYNDROME AND HEART DISEASE.**

WAIST MEASUREMENT  
WEIGHT  
BLOOD PRESSURE  
TOTAL CHOLESTEROL NUMBERS  
HEMOGLOBIN A1c