



Winning@Wellness

November is American Diabetes Month

EVERYDAY REALITY

This year's theme for American Diabetes Month is "Everyday Reality".

For those who've been diagnosed, diabetes impacts nearly every decision they make daily—from what they'll eat, wear, do and how they'll take care of themselves. Yet the 24/7 burden of diabetes management is often misunderstood. This campaign is intended to demonstrate the everyday reality of diabetes from the point of view of people living with diabetes or caring for someone with diabetes.

<http://www.diabetes.org/in-my-community/american-diabetes-month/>

Gut Health

Your gut is a host to trillions of microbes called the **MICROBIOME**

They outnumber your body's cells by **10 to 1**

BENEFICIAL MICROBES PROMOTE GOOD HEALTH
What you eat influences your microbiome, which may have a significant influence on your health to reduce inflammation, cholesterol, weight gain, and the risk of diabetes and auto-immune disorders.

Eat more high fiber plant foods and get enough exercise

Lower consumption of sugar, saturated fat, and alcohol

Source: National Institutes of Health, Human Microbiome Project, American Gut Project

credit: iStockphoto.com

**Gratitude makes sense of our
past, brings peace for today, and
creates a vision for tomorrow.**

Melody Beattie



The Great American Smokeout®

*Quitting smoking isn't easy. It takes time, and a plan. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout event on **November 15** be your day to start your journey toward a smoke-free life. You'll be joining thousands of smokers across the country in taking an important step toward a healthier life and reducing your cancer risk. The American Cancer Society can help you access the resources and support you need to quit.*

Quitting is hard, but you can increase your chances of success with help. The Missouri Tobacco Quitline can tell you about the steps you can take to quit smoking and provide quit-smoking programs, resources, and support that can increase your chances of quitting successfully. To learn about the Missouri Tobacco Quitline call 1-800-784-8669.

Source: <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html#>

How your body recovers after quitting smoking...

20 minutes: Your heart rate and blood pressure drop.

12 hours: The carbon monoxide level in your blood drops to normal.

2 weeks to 3 months: Your circulation improves, and your lung function increases.

1 – 9 months: Coughing and shortness of breath decrease; cilia start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

1 year: The excess risk of coronary heart disease is half that of someone who continues to smoke. Your heart attack risk drops dramatically.

5 years: The risk of cancer of the mouth, throat, esophagus, and bladder is cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.

10 years: The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx (voice box) and pancreas decreases.

15 years: The risk of coronary heart disease is that of a non-smoker's.

Source: <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html#>

Potato Loaf

Ingredients:

- 2 Yukon gold potatoes, rinsed and sliced thin
- 1 onion, peeled and sliced thin
- 2 carrots, peeled and sliced thin
- Seasonings: garlic powder, black pepper, onion powder
- Filling: 1 cup of heated low-fat milk or fat-free half and half
- Topping: 2 tablespoons shaved Parmesan cheese
- Optional garnish: fresh chopped rosemary

Directions: Layer the potatoes, carrots, and onions in thin, repeating layers in a lightly oiled baking pan. Season them as you layer them and on top, too. Bake for 50 minutes at 350 or until a knife inserted in the center goes in fairly easily indicating they are cooked until soft and tender. It is best to bake this dish in the middle of the oven so you do not burn the bottom. Heat milk or fat-free half and half in the microwave for one minute. Pour into the baking pan and then top with the Parmesan cheese. Continue baking for about 10 minute's. Allow the potato loaf to cool for 10 minutes. Slice and serve immediately or refrigerate for later use.

Source: <https://foodandhealth.com/potato-loaf/>

