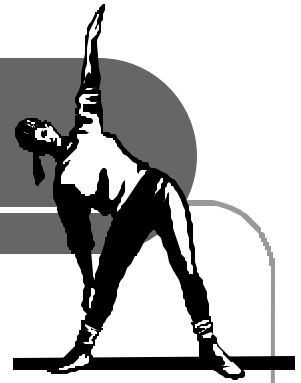


HEALTH & FITNESS



CITY OF MICHIGAN CITY

Diabetes: The Silent Killer

If you are 45 years old or older, if you have a family history of diabetes, are overweight, have high blood pressure, or are inactive...you may be at risk for diabetes. If you are Native American, African American, Asian American or Pacific Islander, you may be at risk. If you have a history of diabetes during pregnancy or are a woman who has had a baby weighing more than nine pounds at birth, you, too, may be at risk of this silent killer.

Diabetes is a disease caused by the body's inability to produce or properly use insulin. Insulin is a hormone that maintains the proper level of sugar in your blood. There are several types of diabetes:

Type 1 diabetes is often diagnosed in children and young adults. The body's immune system attacks and destroys the ability of the pancreas to make insulin, so those with Type 1 must eat a special diet, get regular exercise, check their blood sugar levels and give themselves shots of insulin.

90-95% of people with diabetes have **Type 2**. It's usually diagnosed in older adults, although it can affect overweight children. It is caused by the pancreas not making enough insulin or the body not using it well. Many people are unaware they have the disease, so regular screenings are important—especially if you are age 45 or older.

3-5% of pregnant women develop **gestational diabetes**. If you are pregnant, talk with your health care provider about screening and the risks associated with this type of diabetes.

Some symptoms of diabetes:

- Constant thirst and hunger
- Weight loss
- Frequent urination
- Sudden vision changes
- Extreme fatigue
- Slow healing of sores
- In women, frequent yeast infections; in men and women, frequent athlete's foot infections



Left untreated, diabetes can be fatal. It can seriously affect your love life and your kidneys. Have a blood sugar test done regularly. It's simple, affordable, and can save your life.

Need a Healthy Fast-Food Breakfast?



Busy life? No time to eat breakfast at home? Watched "Super-Size Me!"?

According to the *Journal of the American Dietetic Association*, the breakfast food choices in the table to the right are your best choice for fast-food breakfast on the go.

37% of adults and 42% of children told Pennington Biomedical Research Center reps that they ate fast-food breakfasts at least once during a two-day survey.

Fast food is here to stay...it's our responsibility to choose wisely amongst the offerings.

| Breakfast Item | Calories | Total Fat | Saturated Fat |
|--|----------|-----------|---------------|
| Starbucks 12-grain bran muffin | 360 | 12 | 1.5 |
| Starbucks low-fat cranberry apple muffin | 250 | 2 | 0 |
| Starbucks low-fat oat fruit scone | 300 | 3 | 1.5 |
| Starbucks whole-wheat carrot log | 330 | 10 | 1 |
| McDonald's Egg McMuffin | 300 | 12 | 4.5 |
| McDonald's Fruit & Walnut Salad | 310 | 13 | 2 |
| Wendy's Yogurt with Granola | 250 | 6 | 1.5 |
| Subway's Western Egg | 300 | 12 | 3.5 |

McDonald's Deluxe Breakfast has 1,200 calories, 61 grams of fat and 17 grams of saturated fat.

Burger King's Enormous Omelet Sandwich has 740 calories, 46 grams of fat, and 16 grams of saturated fat.



Nutrition 101: Carbohydrates, Vitamins, Water, and What Makes A Diet Healthy.

Carbohydrates

Function: Your body's fuel

Your body uses carbohydrates as fuel to function. The carbohydrates you get in your food eventually turn into glucose in your blood stream. Glucose is the primary source of energy for everything you do. Whether it's thinking, lifting your finger, or running a marathon, your body uses glucose in your bloodstream to help fuel the activity.

Sources

Most carbohydrates come from plant-based sources. Typical sources of carbohydrates include breads, grains, fruits, vegetables, and legumes (beans and peas). Some animal foods, such as milk and other dairy products, also contain a significant amount of carbohydrate.

How to include carbohydrates in your diet

Most health professionals agree that approximately 50 to 60 percent of the calories in your diet should come from carbohydrates. You can easily get this amount of carbohydrate in your diet because most foods are significant carbohydrate sources. However, all carbohydrates are not equal in their nutritional value. Be selective about the types of carbohydrates you to include in your diet.

The carbohydrate containing foods that are good for your body and provide abundant sources of other good nutrients are:

- fruits
- vegetables and starchy vegetables
- high-fiber whole grains (such as whole wheat

bread, oatmeal, brown rice, whole wheat pasta, whole-grain cereals and other products made with whole grain flours versus refined or "white" flour)

- legumes
- low-fat and non-fat milk

While all balanced diets can certainly include treats, you should avoid taking in significant amounts of calories from the following carbohydrate-based food sources because they provide very few other good nutrients:

- table sugar
- desserts
- sweets
- sodas
- white bread
- processed sugary cereals
- white rice
- asta (from refined
- flours)

Protein

Function: Protein is vital to life.

If your body runs short on glucose (from carbohydrate), it can use protein or fat to produce glucose. Similarly, if your body runs short on fatty acids (from fats), it can use protein or carbohydrates to make fatty acids. However, neither fat nor carbohydrate can make protein. Carbohydrates and fats consist of only carbon, hydrogen, and oxygen. Protein contains these elements too, but it also contains the super element, nitrogen. It is nitrogen that builds bonds in our tissues, makes our muscles grow (if we work them), boosts our immunity, and helps to regulate many of the body's hormones. Protein, therefore, is vital because of the nitrogen it contains, and it must come from our diet.

Sources

Protein is in animal and plant foods. Rich sources of protein include:

- Meats
- Fish
- seafood
- milk
- cheese
- yogurt
- eggs
- tofu and soy product
- legumes
- nuts and seeds

How to include protein in your diet

In the past few years, there has emerged a prevalent, but false belief that we don't eat enough protein. This is especially not true in countries where food is prevalent and obesity is a problem. We get more than our fair share of nutrients, especially protein. The body requires a very modest amount of protein to perform its functions properly, and eating excessive amounts of protein can cause our body to lose calcium and can even overstress the kidneys.

The Recommended Daily Allowance (RDA) for protein is .8 grams per kilogram of body weight. To find your weight in kilograms, divide your weight in pounds by 2.2. For example, 154 pounds is 70 kilograms. Multiply your weight in kilograms times .8 to get the number of grams of protein you need each day (for a 70 kilogram person this would be 56 grams of protein). You don't need more than the RDA for protein unless you are pregnant, a very serious athlete, a frequent strength trainer, or if you have certain chronic medical conditions (e.g. cancer, AIDS, infectious diseases).

**** Keep in mind that your

body can turn any food eaten in excess of the calories you need each day into fat. It's a common misconception that eating lots of protein will not lead to a body fat problem. If you need 2000 calories a day to maintain your weight, and you eat 2500 calories in a day, then your body converts those 500 extra calories to fat, and stores them as fat. It does not matter if the source of the calories is 100% protein, fat, or carbohydrate. Calories, not the source of them, are what matters when it comes to taking off weight.

Vitamins and Minerals

There are 13 vitamins and 22 minerals that are essential for good health. You need vitamins and minerals in small amounts to perform essential biochemical functions. Because they are required only in small amounts, vitamins and minerals are known as micronutrients. But make no mistake about it, they're every bit as important as the nutrients we discussed earlier. Your body can't make vitamins and minerals so they must come from food or supplements.

Lack of a vitamin or a mineral for a prolonged period of time will cause a specific disease or condition. For example, vitamin C deficiency causes a disease called scurvy. Vitamin and mineral deficiency diseases are rare in most modernized countries. However, some studies suggest that an *optimal* intake of a vitamin or mineral is not necessarily

Nutrition 101 (continued)

just the amount needed to prevent its deficiency disease. If our diets are poor in nutrient rich foods such as whole grains, fruits, and vegetables, we might not get the amounts of vitamins and minerals that make our bodies perform optimally, or keep us as healthy as we could be. It is unlikely, however, that our diets are so poor that we will suffer from a vitamin or mineral deficiency disease.

You should strive to get all your nutrients from your food since food provides a more balanced source of vitamins and minerals than a supplemental pill. You might consider taking a supplemental pill, however, if you generally do not eat according to the following guide:

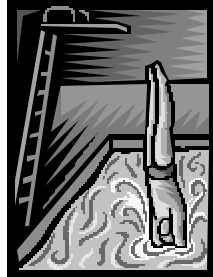
- Have 6 grain servings each day
- Have 3 vegetable servings each day
- Have 2 fruit servings each day
- Have 2 dairy servings each day
- Have 2 meat/protein servings each day

You usually don't need to choose a supplement that exceeds 100% of the USRDA for vitamins and minerals. You also don't need to purchase expensive brand names over generic supplements, as more expensive brands do not necessarily guarantee better quality.

Water

You could survive for months without many of the nutrients we've discussed, but if you run short on water for more than a few days, death is imminent. We recommend at least eight glasses a day. And no, your coffee, tea, and sodas don't count - the caffeine and carbonation in these products can actually dehydrate you. To be sure you hydrate properly, your urine should be clear-colored to a very light yellow. If your urine is dark yellow or amber, then you are likely dehydrated, and need to drink more water. Water is an essential nutrient

Get Into the SWIM of Things!



Are you ready to take the plunge and try a new fitness activity? How about water exercise?

Also known as aquatics, water exercise is one of the best non-impact fitness

activities around and just about anybody can participate. Pregnant women, the elderly or overweight, individuals with arthritis or those recovering from an injury can all benefit from the wide variety of aquatics classes currently available.

Get into the swim of things

Here are the facts: The buoyancy of water reduces the "weight" of a person by about 90 percent. This means that the stress on weight-bearing joints, bones and muscles is similarly reduced.

For this reason, it is unlikely that a water workout will result in injury or leave you with sore muscles. That's why the pool is such a great place for people with arthritis or back problems to exercise, and for those who are new to exercise.

But don't get the idea that just because it doesn't hurt, you can't get a great workout in the pool. Water exercise can encompass all of the components of fitness: cardiovascular fitness, muscular strength and endurance, and flexibility. And, when done regularly, water exercise can help reduce body fat.

Water works your heart

Aerobic workouts in the pool are perfect for those who find the same movements on land too jarring or painful: running, striding, kicking, leaping and even dancing.

Keep in mind that in the water, heart rate will be reduced by as much as 17 beats per minute when compared to land exercise. That's why it's so important to pay attention to how you feel. Your heart rate might indicate that your intensity is too low when you are actually exercising quite strenuously.

Water adds resistance

The resistance of water is perfect for a strength-training workout - instead of weights, the water itself provides the resistance. One of the easiest ways to create resistance in the water is to cup your hands and push or pull the water away from you.

Other devices, such as hand-held paddles and water chutes can increase the resistance to provide a more intense workout.

The flexible benefits of water

One of the greatest benefits of water exercise is its effect on flexibility. Water is a welcome environment for performing stretches that might otherwise be difficult on land.

Because the effects of gravity are lessened, you can move your joints through a wider range of motion and achieve long-term flexibility.

Aquatics 101

Once you've decided to take the plunge, it's simply a matter of finding the right class for you. Check with your health club or YMCA to see if they offer aquatics classes and drop in on one or two to see if they are right for your fitness level.

A good class should include a good warm up, a period of cardiovascular and muscle conditioning that gradually increases and then decreases in intensity, and a cool down. The cool down should include plenty of flexibility exercises for the entire body.

If you have a preference for music, find a class that suits your taste. Don't be afraid to ask about instructor qualifications and safety precautions. Your instructor should be certified and may also have special training in aquatic exercise.

The pool is a fun place to feel like a kid again and get a great workout. In fact, instead of feeling out of breath or exhausted, a water class can leave you feeling surprisingly calm, yet energetic. So, even if you're a dip-your-toe-in-the-water type of person, don't be afraid to take the plunge into water fitness.



Living Well is our goal as a community.

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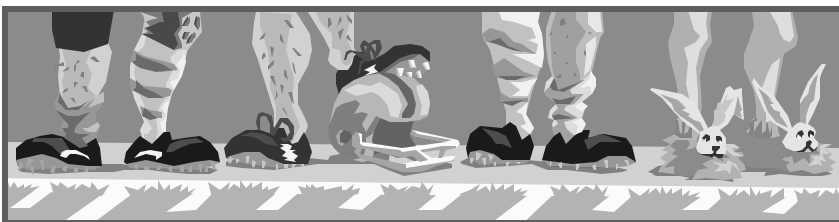
This quarterly newsletter addresses a variety of health, fitness, and quality of life issues.

Good Sources of Information:

- Insurance: Shelley Dunleavy shelleyd@emichigancity.com
- St. Anthony Memorial Hospital www.samhc.org
- WebMD www.webmd.com
- President's Council on Physical Fitness www.fitness.gov
- American Council on Fitness www.acefitness.org
- Foot Health www.foot.com
- Healthy Living www.healthyliving.com

So...how do your FEET feel?

You use your feet every day; many City employees are on their feet for more than six hours every day. But you probably don't spend much time thinking about them. Yet, if your feet aren't healthy, your whole daily routine could be affected.

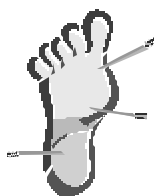


Don't let minor foot pain turn into a major health issue. Ask yourself the following questions to find out if you might need to see a doctor to nip foot pain in the bud.

Quick Foot Check

- Do you often experience **pain** in your **feet, toes, or ankles**?
- Has **pain** in your feet, toes, or ankles caused you to **alter** your **gait**?
- Have you noticed **changes** in the shape, color, or texture of your **toe-nails**?
- Have you noticed **changes** in the texture or appearance of the **skin** on your feet, such as redness, swelling, flakiness, unusually soft skin that sheds, growths, and protrusions?
- Do you have **trouble cutting** your **toenails**?
- Are your **daily activities limited**, or made more difficult, because of pain or discomfort in your feet, toes, or ankles?

If you answered yes to any of the above questions, it may be time to schedule an appointment. Early diagnosis and treatment of



foot problems can help prevent them from turning into serious conditions that limit your lifestyle or cause a change in gait, balance problems, or falls.

People with diabetes should pay special attention to their feet. Many complications can be associated with diabetes. Diabetes disrupts the vascular system, affecting many areas of the body such as the eyes, kidneys, legs, and feet.

Of the sixteen million Americans with diabetes, 25% will develop foot problems related to the disease. Diabetic foot conditions develop from a combination of causes including poor circulation and neuropathy. Diabetic Neuropathy can cause insensitivity or a loss of ability to feel pain, heat, and cold. Diabetics suffering from neuropathy can develop minor cuts, scrapes, blisters, or pressure sores that they may not be aware of due to the insensitivity.

Diabetes often leads to peripheral vascular disease that inhibits a person's blood circulation. With this condition, there is a narrowing of the arteries that frequently leads to significantly decreased circulation in the lower part of the legs and the

feet. Poor circulation contributes to diabetic foot problems by reducing the amount of oxygen and nutrition supplied to the skin and other tissue, causing injuries to heal poorly. Poor circulation can also lead to swelling and dryness of the foot. Preventing foot complications is more critical for the diabetic patient because poor circulation impairs the healing process and can lead to ulcers, infection, and other serious foot conditions.

If you do have a foot condition that requires medical care, the good news is that there are many effective treatments for **foot-related pain, nail problems, and skin conditions**. Treatment options may range from over-the-counter medications that you can use on your own, to prescription medications or surgical procedures. See your healthcare provider today to get started on the road to the right treatment for you.

