



Peak Performance

Can Type 2 Diabetes Be Reversed

Type 2 diabetes (formerly known as adult-onset or non-insulin-dependent diabetes) can be a life-long, chronic disease in which the body either does not produce enough insulin or the cells in our body doesn't respond to insulin correctly. Because of these two problems, there isn't enough insulin to move the glucose from the blood into the cells. When glucose builds up in the blood instead of going into cells, the body's cells can't function properly.

According to recent research, type 2 diabetes cannot be cured, but individuals can have glucose levels that return to non-diabetes range, (complete remission) or pre-diabetes glucose level (partial remission) The primary means by which people with type 2 diabetes achieve remission is by losing significant amounts of weight.

We talk of remission and not a cure because it isn't permanent. The beta cells have been damaged and the underlying genetic factors contributing to the person's susceptibility to diabetes remain intact. Over time the disease process reasserts itself and continued destruction of the beta cells ensues. An environmental insult such as weight gain can bring back the symptomatic glucose intolerance.

The key to losing weight is finding a meal plan and an activity regimen that will best suit one's lifestyle. The best meal plan is one that will help you to make healthy food choices that you can follow for a lifetime. Don't worry -a meal plan isn't a strict diet where you can no longer eat and enjoy your favorite foods-it's all about giving you guidance to shape your eating pattern.

Through these significant lifestyle changes you could be well on your way to managing your diabetes. Don't get discouraged if you slip back to your old habits – it is common for many people.

Joslin Diabetes Center



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■ **Fall 2024 Wellness Challenge is coming soon!!! Starting date to be announced . Anticipated Focus to be on step count and weight loss challenge.**

■ **Look for particulars in the August Health and Wellness Newsletter.**

The Easy Way to Eat Healthy

A healthy eating pattern is about smart choices. The American Heart Association suggests these daily amounts.*

- Vegetables – canned, dried, fresh & frozen; 5 servings
 - Fruits – canned, dried, fresh & frozen; 4 servings
 - Whole grains – barley, brown rice, millet, oatmeal, popcorn and whole wheat bread, crackers & pasta; 3-6 servings
 - Dairy – low fat (1%) and fat-free; 3 servings
 - Proteins - eggs, fish, lean meat, legumes, nuts, poultry & seeds; 1-2 servings
 - Oils – polyunsaturated and monounsaturated canola, olive, peanut, safflower & sesame oil; 3 Tbsp
- Food should give you energy– not weigh you down!

With a few simple changes, you can make eating healthy your easiest habit.

- Limit – sugary drinks, sweets, fatty meats, and salty or highly processed foods
- Avoid – partially hydrogenated oils, tropical oils, and excessive calories
- Replace – highly processed foods with homemade or less-processed options
- Enjoy – a variety of nutritious foods from all the food groups, especially fruits & veggies
- Keep – healthy habits even when you eat from home

*Servings are based on AHA's Healthy US-Style Eating Pattern for 2,000 calories/day. Your calories needs may be different. Servings equivalent may depend on form of food. More info on serving sizes is at heart.org/servings.

American Heart Assoc.

Walking for Health

The simple activity of walking has so many powerful health benefits. Done correctly, it can be the key to losing weight, lowering blood pressure and cholesterol, and boosting your memory, as well as reducing your risk for heart disease, diabetes, cancer and more.

Walking for 2.5 hours a week—that's just 21 minutes a day—can cut your risk of heart disease by 30%. In addition, this do-anywhere, no-equipment-required activity has also been shown to reduce the risk of diabetes and cancer, lower blood pressure and cholesterol, and keep you mentally sharp.

Harvard Health Publishing



CONGRATULATIONS PEAK PERFORMERS

Name:	Agency	METS
Jena Forbes	P & P	19.3
Joseph Decker	DMV	16.1
Jesse Tschetter	Forestry	19.2
Gregory Prestipino	NHP	16.9
Andrew Wintersteen	P & P	16.1
Joseph Albano	NHP	16.1
Iris Salgado	SNAMHS	16.1
Chad Grape	Wildlife	16.4
Steve Morris	NHP	16.1

How To Stay Hydrated: 7 Tips For An Active Summer

Not only is water an essential nutrient, it makes up your entire being. We're 40 to 70% water, depending on fitness level and age. And while staying hydrated is always important, it may become more challenging as the weather heats up. Hard-working muscles generate more heat when they're surrounded by hot air, making it harder for your body to maintain a normal temperature.

Even a 1 to 2% loss of body weight from water can compromise your performance and impact your body's ability to cool itself. The heart pumps harder, circulation slows and muscles fatigue more quickly. If the loss creeps up to 3 or 4%, you'll be at increased risk of developing heat-related illness and injury, including cramps, heat exhaustion and heat stroke.

Even when you're not active, your body loses more than a quart of water every day through urine, perspiration, sweat and breath, according to the National Institutes of Health. And most days, it's more than 2.5 quarts. The goal, of course, is to replace what's lost. And with a little planning and preparation, you can during any outdoor activity, no matter what the thermometer says. Here's how:

- **Drink before you're thirsty.** Need to quench your thirst? Chances are you're already **dehydrated**. Your best defense against dehydration is drinking water on a consistent basis so you never reach the point of thirst.
- **Take frequent water breaks.** While you might not want to disrupt your workout for a water break, taking time out for some much-needed liquid nourishment will pay off in the long run. Drink 8 to 10 ounces of water (about one full glass) before starting any activity. Once the games begin, drink another 7 to 10 ounces every 20 to 30 minutes.
- **Track your intake.** Many people don't know how much water they should drink daily—or even how much water they're typically downing. If you're sipping on a 16-ounce bottle, drink 8 of them each day—and even more if you're exercising heavily.
- **Consider an electrolyte drink.** Working out for more than an hour? Consider sipping a sports drink—or nibbling on some pretzels or a banana to restore lost electrolytes (minerals in the blood that regulate bodily systems). Your body loses important electrolytes like sodium, potassium and chloride when you sweat. A good sports drink can help you replenish them. Coconut water is a great choice, but there are a slew of healthy, low-sugar options on the market.
- **Munch on water-rich produce.** Water-packed snacks, including melon, berries, bell peppers and grapes, are all good options. A bonus: All of these foods boast a decent hit of electrolytes, too!
- **Step on the scale.** Weigh yourself before and **after a workout**. If the scale shows a loss, replenish it with water (gulp 20 to 24 ounces of water for every pound lost). If you've lost 3% or more of your body weight, chances are you're severely dehydrated.
- **Watch your urine stream.** It may seem gross, but checking your pee is probably the best way to determine whether you're dehydrated. If it looks like watered down, colored lemonade, you're probably in the clear. But if it's a deep yellow or light orange, you're probably not drinking enough fluids.

Keep in mind that heat exhaustion happens quickly—especially during **summer activities**. It can easily turn into heat stroke, a dangerous condition that can lead to organ damage, seizures, coma and even death. If you feel dehydrated, dizzy or overheated, get out of the sun, sip some water (slowly) and apply cooling compresses to your head, neck and chest. If your symptoms don't improve quickly, get to a doctor or call 9-1-1.

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Heart Attack Symptoms in Women

If you have any of these signs, call 911 and get to a hospital right away.

1. Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath with or without chest discomfort.
4. Other signs such as breaking out in a cold sweat, nausea or lightheadedness.
5. As with men, women's most common heart attack symptom is chest pain or discomfort. But women may experience other symptoms that are typically less associated with heart attack, such as shortness of breath, nausea/vomiting and back or jaw pain.

We've all seen the movie scenes where a man gasps, clutches his chest and falls to the ground. In reality, a heart attack victim could easily be a woman, and the scene may not be that dramatic.

Even when the signs are subtle, the consequences can be deadly, especially if the person doesn't get help right away.

Even though heart disease is the No. 1 killer of women in the United States, women often chalk up the symptoms to less life-threatening conditions such as acid reflux, the flu or normal aging.

A heart attack strikes someone about every 40 seconds. It occurs when blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely. This happens because the arteries that supply the heart with blood can slowly narrow from a buildup of fat, cholesterol and other substances (plaque).

Many women think the signs of a heart attack are unmistakable — but they can be subtler and sometimes confusing.

Some women experiencing a heart attack describe upper back pressure that feels like squeezing or a rope being tied around them. Dizziness, lightheadedness or fainting are other symptoms.

Take care of yourself

Heart disease can be mostly preventable. So be sure to:

- Schedule an appointment with your health care professional to learn your risk for heart disease.
- Quit smoking. Just one year after you quit, you'll cut your risk of coronary heart disease by 50%.
- Aim for at least 150 minutes a week of moderate-intensity aerobic activity (such as brisk walking) or 75 minutes of vigorous aerobic activity (such as jogging), or a combination of both, preferably spread throughout the week. It's also good to include moderate- to high-intensity muscle-strengthening activity (such as resistance or weight training) at least twice a week.
- Modify your family's diet if needed. Learn smart substitutions, healthy snacking ideas and better prep methods.

American Heart Assoc.

We will continue to keep you informed on topics ranging from the Heart-Lung Program, to diet, exercise and nutritional advice. We are always looking for contributors to relate personal accomplishments and success stories. We encourage you to drop Risk Management a note at 201 S. Roop St, Ste 201, Carson City, NV 89701, or call Marlene Foley at (775) 687-1757 or email her at mfoley@admin.nv.gov. You can also contact the State Health and Wellness Coordinator, Laura Streeper, at (775) 291-7881 or email Laura.Streeper@WTWco.com for a consultation in regard to addressing your risk factor(s) or request information on wellness and a heart-healthy lifestyle.