

STEP INTO WELLNESS



Diocese of Palm Beach
2021 Healthiest Employers Award Honoree



November is Diabetes Awareness Month

The diagnosis of prediabetes is like a flashing warning sign – change to a healthier lifestyle now and you may bypass a future of fighting diabetes. Here's what you need to know about prediabetes.

Diabetes is a common health condition that most people have heard of or may be familiar with, but are you familiar with prediabetes? Prediabetes is a serious health condition in which blood sugar levels—similar to diabetes—are higher than normal, but not quite high enough to be diagnosed as type 2 diabetes.

Approximately 84 million Americans—more than 30%—have prediabetes, and of those individuals with prediabetes, 90% don't even know they have it. If you have prediabetes, you have an increased risk of developing type 2 diabetes, heart disease and stroke.

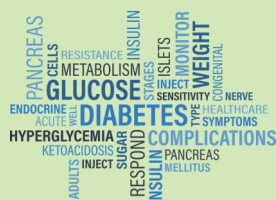
There is some good news, however. If you already have prediabetes, you can still make lifestyle changes that can delay or even prevent type 2 diabetes and other serious health issues.

What Causes Prediabetes?

Your pancreas makes insulin, a hormone that allows blood sugar into cells to use as energy. If you have prediabetes, the cells in your body don't respond as they normally should to insulin. So your pancreas makes more insulin to offset this and try to make the cells respond the way they're supposed to. Eventually, your pancreas isn't able to make enough insulin and your blood sugar rises, setting the stage for prediabetes—and possibly type 2 diabetes later on.

What Are the Symptoms & Risk Factors of Prediabetes?

It's possible to have prediabetes for years and yet have no clear symptoms. So it often goes undetected until a more serious health problem like type 2 diabetes surfaces.



Make sure to talk to your doctor about getting your blood sugar tested if you have any of the following risk factors for prediabetes:

- Are overweight
- Are 45 years or older
- Have a parent, brother, or sister with type 2 diabetes
- Are physically active less than three times a week
- Have ever had gestational diabetes (diabetes during pregnancy) or have given birth to a baby who weighed more than nine pounds
- Have polycystic ovary syndrome
- Are in one of the following higher risk race/ethnic groups:
 - African American
 - Hispanic/Latino American
 - American Indian
 - Pacific Islander
 - Asian American

Getting Tested

Taking a simple blood sugar test will let you know if you have prediabetes. Ask your doctor to see if you should be tested, especially if you have any of the risk factors previously mentioned.

How Can I Prevent Type 2 Diabetes?

If you have prediabetes and are overweight, you can lower your risk of developing type 2 diabetes by losing just a small amount of weight and by getting regular physical exercise— at least 150 minutes a week of brisk walking or a similar activity.

The American Diabetes Association has many excellent resources to help you navigate a diagnosis of Diabetes. For more information visit www.diabetes.org or call 1-800-DIABETES (800-342-2383).

Nov 2021

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Keep Your Lungs Healthy

Your body has a natural defense system designed to protect the lungs, keeping dirt and germs at bay. Here are some ways to keep your lungs healthy.

Don't Smoke

Cigarette smoking is the major cause of lung cancer and chronic obstructive pulmonary disease (COPD), which includes chronic bronchitis and emphysema. Cigarette smoke can narrow the air passages and make breathing more difficult. It causes chronic inflammation, or swelling in the lung, which can lead to chronic bronchitis. Over time cigarette smoke destroys lung tissue and may trigger changes that grow into cancer.

Prevent Infection

Wash your hands often with soap and water. Alcohol-based cleaners are a good substitute if you cannot wash.

Avoids crowds during the cold and flu season.

Good oral hygiene can protect you from the germs in your mouth leading to infections.

<https://www.lung.org>

November is Healthy Skin Month!

Your skin is your body's largest organ, so it's important to take good care of it. How you wash your face can make a difference in your appearance. Follow these tips from dermatologists to help you keep your face looking healthy.

Use a gentle, non-abrasive cleanser that does not contain alcohol. Wet your face with lukewarm water and use your fingertips to apply cleanser. Using a washcloth, mesh sponge, or anything other than your fingertips can irritate your skin. Resist the temptation to scrub your skin because scrubbing irritates the skin.

Rinse with lukewarm water and pat dry with a soft towel. Apply moisturizer if your skin is dry or itchy. Be gentle when applying any cream around your eyes so you do not pull too hard on this delicate skin. Limit washing to twice a day and after sweating.

Wash your face once in the morning and once at night, as well as after sweating heavily. Perspiration, especially when wearing a hat or helmet, irritates the skin. Wash your skin as soon as possible after sweating.

Follow these tips to protect your skin from the sun's damaging ultraviolet rays and reduce your risk of skin cancer:

- Seek shade when appropriate, remembering that the sun's rays are strongest between 10 a.m. and 2 p.m. If your shadow is shorter than you are, seek shade.
- Wear sun-protective clothing, such as a lightweight and long-sleeved shirt, pants, a wide-brimmed hat and sunglasses with UV protection, when possible. For more effective sun protection, select clothing with an ultraviolet protection factor (UPF) label.
- Apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher. Broad-spectrum sunscreen provides protection from both UVA and UVB rays.
 - Use sunscreen whenever you are going to be outside, even on cloudy days.
 - Apply enough sunscreen to cover all skin not covered by clothing. Most adults need about 1 ounce — or enough to fill a shot glass — to fully cover their body.
 - Don't forget to apply to the tops of your feet, your neck, your ears and the top of your head.
 - When outdoors, reapply sunscreen every two hours, or after swimming or sweating.
 - Use extra caution near water, snow, and sand, as they reflect the damaging rays of the sun, which can increase your chance of sunburn.
 - Consider using a self-tanning product if you want to look tan, but continue to use sunscreen with it.

Perform regular skin self-exams to detect skin cancer early, when it's most treatable, and see a board-certified dermatologist if you notice new or suspicious spots on your skin, or anything changing, itching or bleeding.

<https://www.aad.org/public/diseases/skin-cancer/prevent/how>

November Happenings Calendar

Nov 1 - 30	American Diabetes Month
Nov 1 - 30	Diabetic Eye Disease Month
Nov 1 - 30	National Alzheimer's Awareness Month
Nov 1 - 30	Lung Cancer Awareness Month
Nov 1 - 30	National Healthy Skin Month
Nov 25	 Thanksgiving Day

Southwestern Avocado-Bell Pepper Quiche Cups

A fun and healthy treat that's easy to make for young and old alike!

Ingredients:

Cooking spray
 4 large eggs
 ½ cup fat-free, plain Greek yogurt
 2 large egg whites
 2 tablespoons low-sodium taco seasoning (or lowest sodium available)
 1 large avocado, peeled, pitted, and diced into small pieces
 ½ cup shredded low-fat Cheddar Jack cheese
 1 4-ounce can diced or chopped mild green chiles, drained
 4 medium bell peppers (any color), halved, seeds and ribs discarded

Instructions:

Preheat the oven to 375°F. Line a large baking sheet with aluminum foil. Lightly spray with cooking spray.
 In a large bowl, whisk together the eggs, yogurt, egg whites, and taco seasoning until smooth.
 Gently stir in the avocado, Cheddar Jack cheese, and green chiles.
 Place the bell pepper halves with the skin side down on the baking sheet.
 Spoon the egg mixture into the bell pepper halves, filling them to just below the edges (the egg mixture will expand while baking).

Bake for 35 to 40 minutes, or until the egg mixture is just set. Remove from the oven. Let cool slightly, about 5 to 10 minutes, before serving.



Recipe and image courtesy of American Heart Association

Have an idea, suggestion or comment? Contact your Wellness Coordinator, Carol Waring at cwaring@diocesepb.org or 561-775-9572. Have a benefits question? Contact your Benefits Assistant, Sandy Maulden at smaulden@diocesepb.org or 561-775-9574. Be sure to visit the wellness web page at www.diocesepb.org/wellness for helpful links and information.



A NEW BENEFIT IS COMING! September 1st

Active Participants will Receive:

- Free chronic condition generics
- 50% off select brand medications
- Free diabetes meter & test strips

Tria Health's Pharmacy Advocate Program

Have you been diagnosed with a chronic condition and take multiple medications? Tria Health provides you with a pharmacist, your personal medication expert, to help support you and your doctors. Your Tria Health pharmacist will review all your medications, help you reduce or eliminate side effects and find savings opportunities!



Ensure your medications are working and help minimize side effects



Identify opportunities to help you save on your medications



Confirm the dosage of your medication is effectively treating your condition

You Need Tria Health if...

You have any of the following conditions and take multiple medications:

- Diabetes
- Heart Disease
- High Cholesterol
- High Blood Pressure
- Mental Health
- Osteoporosis
- Asthma/COPD
- Migraines

Questions? Call us 1.888.799.8742 or visit www.triahealth.com.

2021 Employee Health, Wellness and Safety Expos!

Below are the locations and dates for the remaining 2021 Employee Health and Wellness Expos. For those who have not attended one of the events in the past, we have professionals from Health Designs who will take your blood pressure, glucose and cholesterol. **The screenings are free! Now is the time to mark your calendars and select your destination for the upcoming 2021 Health, Wellness and Safety Expos coming to a location near you!**

All employees are encouraged to attend and participate as this is a diocesan sponsored event.

Both full time and part time staff are invited.

If there is not an event scheduled at your specific work site, you are warmly invited to attend one that is most convenient for you and your staff members.

Please share these dates with **ALL** of your staff. You do not have to stay for the entire period of time that the Expo is running. If coverage is an issue, plan to rotate in specific blocks of time so everyone at your school or parish have a chance to attend. You can even carpool in groups. [You do not have to be covered by diocesan health insurance to participate.](#)

By taking advantage of one of the Expos and biometric screenings, you will earn a \$50 gift card. All you have to do is attend one of the events and get your biometrics completed (one little finger stick) AND complete the health assessment. You will get your results in a matter of minutes (blood pressure, cholesterol, LDL, glucose, and triglycerides).

To schedule your **biometric screening please** use the online **Pick A Time Scheduler** to select the health fair location and time you wish to select for your screening. **YOU CAN BEGIN SELECTING YOUR TIME NOW!** - the online link is:

<https://pickatime.com/DOPBHealthscreeningschedule>

HEALTH, WELLNESS AND SAFETY EXPO DATES AND LOCATIONS

As we continue to practice safety due to COVID-19, we will follow the same biometric screening process as in 2020. Exhibitors will be limited to reduce exposure.

Entry will only be allowed for those who have made appointments for the biometric screenings. No walk in screenings.

Dec 3* – St. Helen School Gymnasium, 1:00 PM – 3:00 PM 2050 Vero Beach Ave., Vero Beach

- **The original date of October 1 at St. Helen has been changed to December 3. The mammogram bus will not be at the St. Helen Employee Wellness Expo.**

The \$50 gift card will be presented to you at the expo!

The Employee Health and Wellness Expos are for EMPLOYEES ONLY

You do not have to be covered by diocese health insurance to participate!!!

Please only come at your selected appointment time.

CDC Guidelines and recommendations will be followed to maximize safety for all participants.



St. Anastasia Wellness Expo