



Inside this Issue...

New Website on Controlling Your Weight as You Quit Smoking.....1

Diabetes and Tobacco – Don't Put Them Together.....1

Diabetes & Oral Health Problems.....2

Enjoy the Holidays Without Gaining Weight.....3

Fitness Programs: 10 Tips for Staying Motivated.....4

Tips for Dealing with Holiday Stress.....5

New Website on Controlling Your Weight as You Quit Smoking

Do you want to quit smoking? Are you worried about gaining weight? If so, the information on the following website may help you:

<http://win.niddk.nih.gov/publications/smoking.htm>



Diabetes and Tobacco – Don't Put Them Together!

November marks American Diabetes Month, as well as a national favorite – Great American Smokeout Day on November 20th. Now is the perfect time to talk about the link between tobacco use and managing diabetes.....

- People with diabetes who smoke are 11 times more likely to have a heart attack or stroke than individuals who don't have diabetes and don't smoke.
- Every day in the US, more than 220 people with diabetes have a leg or foot amputated; 95% of them are smokers.
- Smoking triples the risk of getting kidney disease, makes vision problems worse and raises the risk of getting gum disease.

For people with diabetes, using tobacco raises glucose levels thereby making it difficult to control diabetes. To get a free flyer on the links between tobacco use and diabetes complications, please visit:

www.michigan.gov/documents/mdch/Diabetes_Smoking_and_Your_Health_w_web_address_242820_7.pdf

Diabetes & Oral Health Problems

If you have diabetes, you have a greater risk for dental problems

If your blood sugar levels are not controlled, you are more likely to develop gum disease. You may also lose teeth more easily than someone without diabetes. Having gum disease and diabetes may cause your blood sugar to rise. This can make your diabetes harder to control. Smoking also drastically increases your risk for gum disease.

Research shows that the relationship between diabetes and serious gum disease is a two-way street. People with diabetes are more likely to get gum disease. In turn, serious gum disease can affect blood sugar levels and contribute to the progression of diabetes.



Common Problems

- Tooth Decay (Cavities)
- Periodontal (Gum) Disease
- Salivary Gland Dysfunction
- Infection and Delayed Healing
- Decreased Taste
- Thrush (Fungal infection)
- Dry Mouth

Symptoms of Gum Disease

- Red, Swollen Gums
- Bleeding while brushing or flossing
- Receding Gums
- Bad Breath
- Pus between Teeth & Gums

To have healthy teeth and gums, it's important to brush after each meal, floss daily, and visit your dentist every 6 months for regular check-ups!!

Enjoy the Holidays Without Gaining Weight



The holiday season is undoubtedly a time for rejoicing. Unfortunately, the average adult does a little too much celebrating during this time of year, which leads to extra baggage when the New Year rings in. Festivities that include indulging in extra helpings, snacking on seasonal treats, and little to no workout time all contribute to the increase in dieters in January.

So this holiday season buck the trends and avoid the Season Seven (the average weight most of us will gain between Thanksgiving and the New Year). That's one trend you don't want to participate in.

Moderation is the word of the season...it's the secret to achieving a fun but also healthy holiday time. With a moderate approach to both what you eat (or don't eat) and how much exercise you do (or don't do), you can avoid packing on weight and also enjoy all the fun of this time of year.

Here are some tips to help you during those hectic holiday weeks:

Before the holidays sneak up on you, create a plan for incorporating fitness and good nutrition into your daily routine. Evaluate your holiday schedule and then determine how much time you will realistically have available to devote to working out.

If you work in an office setting, be prepared for the holiday treats your co-workers and other business associates will graciously want to share. Stash your own healthy snacks in your desk so you won't be tempted to overindulge in the holiday goodies.

Avoid putting your fitness goals on hold until the New Year. If you can't exercise as often during this time period as you normally do, adjust appropriately. Don't use the excuse that since you don't have time for your full workout you just won't workout at all. Instead accept your limited availability and simply reduce the frequency and/or duration of your exercise. It's much better to cut your fitness time in half than to completely eliminate it.

When attending a holiday function, try to eat ahead of time to lessen your hunger.

Schedule your workouts. Mark them on the calendar and set aside time to complete them. Consider them as important as any other appointment or event you have marked on your calendar.

At holiday dinners, skip the gravy, dressings, and high-calorie condiments.

When at a party, scout out healthy food options rather than doing a grab and run on the unhealthy sections.

Avoid wasting calories on alcoholic beverages. The average alcoholic drink contains 150-200 calories per glass.

When running errands or shopping, be sure to pack some healthy snacks to have on hand. Then after you work up a big appetite, you won't be tempted to grab something at the mall food court or the fast food restaurant on the way home.

Avoid lingering at the buffet or in the kitchen.

Focus on socializing. Remember one of the great things about the holidays is spending time with friends and family. During get-togethers, spend the majority of time sharing conversation instead of sharing desserts.

Fitness Programs: 10 Tips for Staying Motivated

Have you ever started a fitness program and then quit? If you answered yes, you're not alone. Many people start fitness programs but stop when they get bored or results come too slowly. Here are 10 tips to help you stay motivated.

1. **Set goals.** Start with simple goals and then progress to longer range goals. Remember to make your goals realistic and achievable. It's easy to get frustrated and give up if your goals are too ambitious. If you haven't exercised in a while, a short-term goal might be to walk five minutes once or twice a day. An intermediate goal might be to walk 20 minutes three or four times a week. A long-term goal might be to complete a 5K walk.
2. **Start slowly.** If you push yourself too hard at first, you may be forced to abandon your program because of pain or injury. It's better to start slowly and progress gradually.
3. **Think variety.** Vary your activities to keep boredom at bay. Alternate walking or biking with swimming or a low-impact aerobics class. When the weather cooperates, do your flexibility or stretching exercises outside. Play soccer with your kids. Join a health club or martial arts center to broaden your access to different forms of exercise.
4. **Have fun.** You're more likely to stick with an exercise program if you're having fun. If you're not enjoying your workouts, try something different. Join a volleyball or softball league. Take a ballroom dancing class. Trade your running shoes for a swimsuit. Remember, exercise doesn't have to be drudgery.
5. **Make physical activity part of your daily routine.** If it's hard to find time for exercise, don't fall back on excuses. Schedule workouts as you would any other important activity. You can also slip in physical activity throughout the day. Be creative! Take a walk during your child's music lesson. Take the stairs instead of the elevator at work. Pedal a stationary bike or do strength training exercises with resistance tubing while you watch TV at night.
6. **Put it on paper.** Are you hoping to lose weight? Boost your energy? Sleep better? Manage a chronic condition? Write it down! Seeing the benefits of regular exercise on paper may help you stay motivated.
7. **Seek support.** You're not in this alone. Invite a friend or co-worker to join you when you exercise. Work out with your spouse or your kids. Take a class at a local fitness center.
8. **Track your progress.** It may help to keep an exercise diary. Record what you did during each exercise session, how long you exercised and how you felt afterward. Recording your efforts can help you work toward your goals — and remind you that you're making progress.
9. **Reward yourself.** After each exercise session, take a few minutes to sit down and relax. Reflect on what you've just accomplished. Savor the good feelings that exercise gives you. This type of internal reward can help you make a long-term commitment to regular exercise. External rewards can help, too. When you reach a longer range goal, treat yourself to a new pair of walking shoes or new tunes to enjoy while you exercise.
10. **Be flexible.** If you're too busy to work out or simply don't feel up to it, take a day or two off. Be gentle with yourself if you need a break. The important thing is to get back on track as soon as you can.

Tips for Dealing with Holiday Stress

The holidays can be a time of both great joy and great stress. Attempting to create the perfect holiday season can be fun, but it can also be exhausting. Keeping a few of these tips in mind may help in dealing with the health, relationship, or financial issues that are often present during the holiday season.



It's a Family Affair

- Don't try to solve a year's worth of family problems during one holiday get-together.
- You can't please everyone, so don't try.
- If visits are stressful, keep them short whenever possible.
- If it's too stressful to attend family holiday events, plan to visit another time.



Eat, Drink, and Be Sorry?

- When shopping, bring along fruit to snack. Avoid high-calorie fast foods.
- Prepare nutritious, low-fat meals. This can balance out the inevitable holiday goodies.
- If you decide to drink alcohol, limit yourself to a moderate amount.
- Don't drink and drive.



Take Care of Yourself

- Get enough sleep. The holidays can be exhausting.
- Exercise for an energy boost, to burn extra calories and keep stress in check.
- Don't skip meals when you're on the run.
- Set realistic expectations for the holidays. Leave the guilt behind.



Spend Sensibly

- Don't shop impulsively. Follow a budget.
- Limit your gift giving to those closest to you.
- Make homemade gifts such as cookies or crafts.
- Give coupons for your services such as baby-sitting or yard work.



Focus on Meaning

- Remind yourself of the cultural or spiritual meaning of the holidays.
- Try to value the time you spend with friends and loved ones.
- Decide what you enjoy doing most this time of year. Then do it!