

THE HEALTHY CPA

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"Life Is a Journey. Have Some Fun."

“Calm mind brings inner strength and self-confidence, so that’s very important for good health.”

— Dalai Lama

Defeat diabetes

Diabetes affects millions of Americans and their families and friends — and the numbers continue to grow. The good news is individuals can sometimes prevent or control many aspects of the disease through lifestyle changes — even small ones.

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Learn more about thriving in all areas of your life, regardless of whether you have diabetes.

OuterAisleFresh:

Search for “diets” and you’ll end up with millions of results. With so many diets to choose from, you may be wondering which is best. Pg. 2

GetMoving:

To help you manage your diabetes, emphasize exercise — and anything that gets you moving. But how does being active help? Pg. 3

TheWholeYou: Physical Health

Scientists have identified lifestyle factors that appear to increase the risk for developing type 2 diabetes. This means that diabetes is often preventable. Your chance of developing it depends on several risk factors. Pg. 4

TheWholeYou: Emotional/Mental Health

Emotional stress — positive or negative — can raise blood sugar. For those who don’t have diabetes, this is a temporary effect. Since strict blood sugar control is key to diabetes management, stress control is key to that goal. Pg. 5

FiscalFitness:

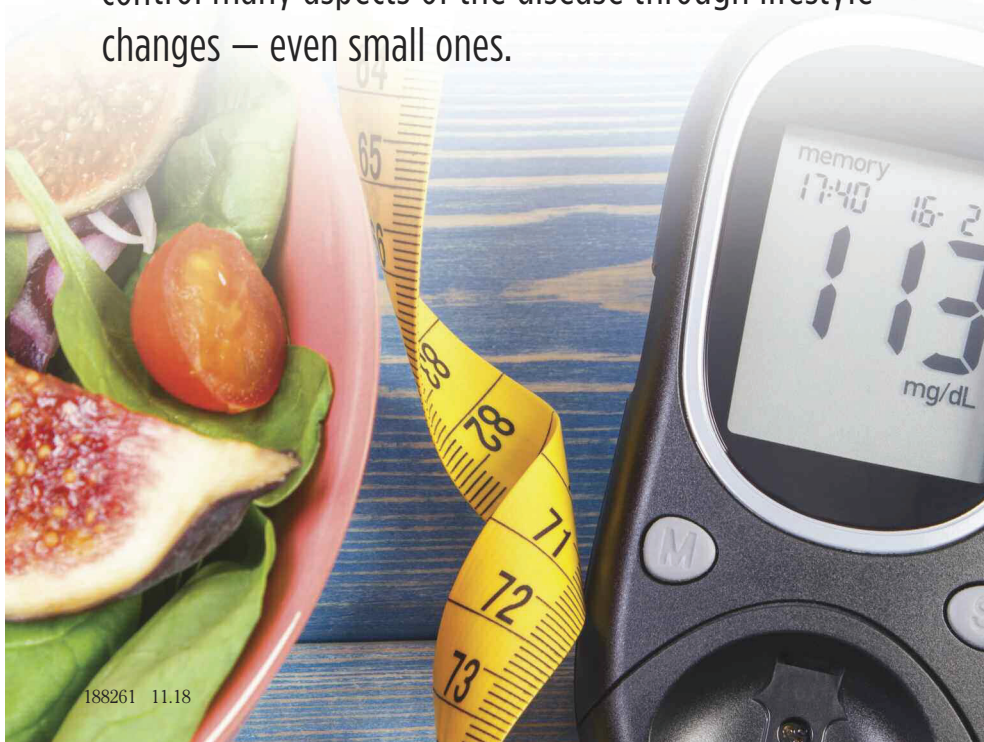
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StockYourToolBox:

Don’t miss our print-and-post flyer, **10 Ways to Stay Well with Diabetes**, plus other resources, at Nov.HopeHealth.com. Pg. 8



Even just a few spices or ethnic condiments that you can keep in your pantry can turn your mundane dishes into a culinary masterpiece.

— Marcus Samuelsson

Leafy greens

Hearty, leafy greens are rich in health-protecting vitamins, minerals and fiber — and suitable for cooking or enjoying raw. Steam or sauté with other produce (see recipe on this page) or add to pasta, soups and omelets. Chard, kale and mustard, as well as turnip, beet and collard greens, can be used almost interchangeably in recipes. Store unwashed greens in moistened paper towels in a plastic bag (with a few pinholes for air), and refrigerate for 2 to 3 days.

— Cara Rosenbloom, RD



OuterAisleFresh: Busting diet myths

By Cara Rosenbloom, RD

Search for “diets” and you’ll end up with millions of results. With so many diets to choose from, you may be wondering which is best.

The answer: The best diet is the one you can stick to in the long term. It’s a plan that contains foods you enjoy, doesn’t cause deprivation and isn’t filled with costly ingredients or supplements.

The key is what works best for you, whether you have certain dietary preferences or must avoid some foods. Choose one that can become a normal part of your life. If you go on a diet, eventually you will go off a diet. Make permanent changes instead, and learn the truth behind these diet myths:

Myth: You’ll gain weight if you eat after 8 p.m.

Fact: A snack between 8 p.m. and bedtime is fine, as long as you’re not grazing all evening. Eating too many treats will lead to weight gain. What matters is what and how much you eat.

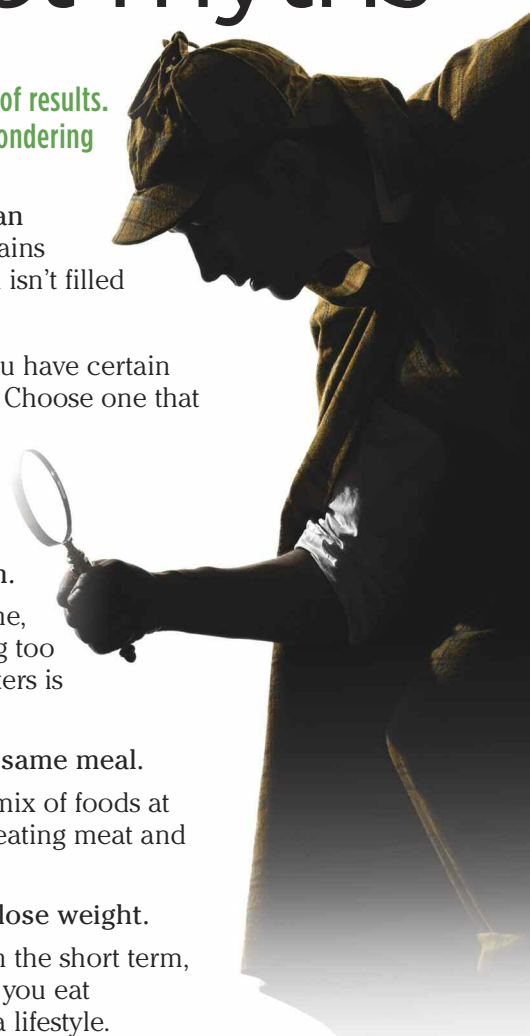
Myth: You can’t eat protein and carbs at the same meal.

Fact: Your digestive tract was built to handle a mix of foods at the same time. There’s no scientific proof that eating meat and bread separately helps with weight loss.

Myth: Going on a diet is not the best way to lose weight.

Fact: If you restrict calories, you’ll lose weight in the short term, but it likely won’t last. Instead, change the way you eat for the long term. Design a diet that becomes a lifestyle.

Source: JAMA



Autumn Kale and Apple Soup

- 1 tbsp olive oil
- 1 small onion, chopped
- 1 clove garlic, chopped
- 6 cups kale, stemmed and chopped
- 4 cups no-salt-added broth
- ¼ tsp salt
- 1 large apple, peeled, cored and chopped
- ¼ cup plain Greek yogurt
- Freshly ground black pepper

Add olive oil to a large pot set over medium heat. **Add** onion and garlic, cook 3 minutes. **Add** kale, broth, salt and apple. **Bring** to a boil and cook 10 minutes. **Use** an immersion blender (or transfer in batches to regular blender) to purée until smooth. **Garnish** with a dollop of yogurt and fresh black pepper.

Makes 4 servings. Per serving: 129 calories | 6g protein | 4g total fat | 0.5g saturated fat | 3g mono fat | 0.5g poly fat | 21g carbohydrate | 8g sugar | 6g fiber | 62mg sodium



“Good nutrition and regular exercise definitely help you cope with life’s dramas.”

— Terri Irwin

Physical therapy: Back to active

Physical therapy uses manual therapy and exercise for healing injuries or improving your ability to move better. Keys to success: Know what to expect from treatment, step by step; ask questions to ensure you do your exercises properly for best results and to avoid injury; stay patient as therapy is often slow and gradual; check with your health care provider to be sure you’re progressing.

Source: ACE Fitness

See page 8 —

StockYourToolBox:



See how you can link to Cool Tools & Resources to learn more about the topics in this issue.

3 ways to stick with exercise

Enjoy your activities: To make exercise a life-long pursuit, vary your options — from tai chi to golf to group aerobics — as you vary other interests in life.

Make it convenient: Lose the hassles or you may lose interest. Choose classes, a gym, pool or walking trail close by. Set up home equipment in a comfortable, inviting area.

Guard your exercise time: The busiest people manage to fit in exercise, and so can you.

Source: Helpguide.org

GetMoving: **Defeat Diabetes** Be active, be well with diabetes

To help you manage your diabetes, emphasize exercise — and anything that gets you moving. But how does being active help?

Exercise and physical activity throughout life help your body cells become more sensitive to the insulin hormone so it works more efficiently. If you have diabetes, consistent exercise may improve your blood glucose and A1C level, which might lead to taking less medicine and insulin.

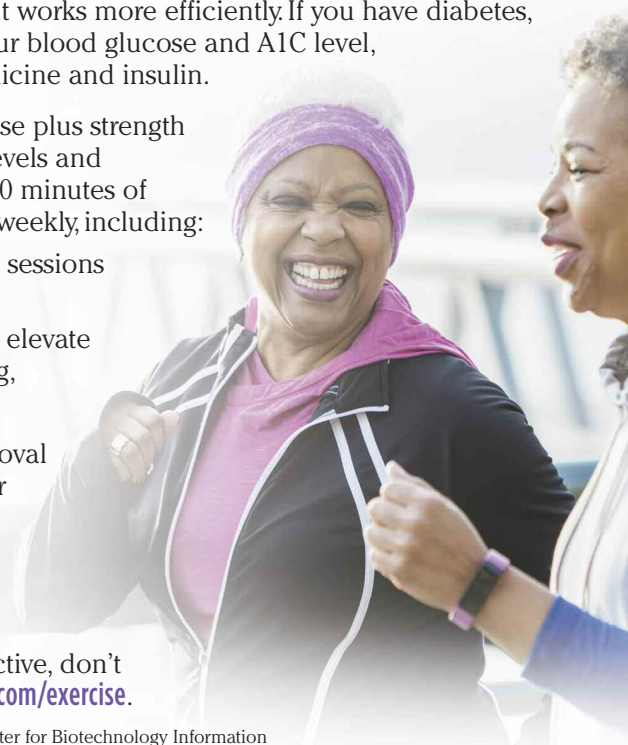
Recommended: Regular aerobic exercise plus strength training may improve blood sugar levels and reduce diabetes risks. Get at least 150 minutes of moderate-intensity physical activity weekly, including:

- 2 or 3 30-minute strength training sessions per week; and
- routine, sustained activities that elevate your heart rate, such as brisk walking, hiking, cycling and group classes.

Get your health care provider’s approval before starting exercise. Discuss your fitness goals. Discuss the potential impact of increased activity on your blood sugar related to eating and medications.

When you have the chance to get active, don’t sit still. Learn more at Nov.HopeHealth.com/exercise.

Sources: American Diabetes Association, National Center for Biotechnology Information



Wheelchair fitness

As a wheelchair user, you likely know the benefits of staying active sitting down. Frequent exercise routines protect your muscle strength, flexibility and comfort as it boosts your cardiovascular and mental health. Here are some basic pursuits:

To build endurance, consider training machines that allow sustained movements while seated (e.g., hand pedaling and arm cycling).

To build muscle and strengthen your spine, include 2 to 3 weekly sessions using a variety of muscle groups. Practice upper-body workouts using dumbbells and resistance bands.

To protect your flexibility, regular stretching can also reduce pain and stiffness. Stretch or practice yoga poses adapted to your personal mobility.

Check out exercise classes, videos or pool-therapy programs designed for wheelchair users and those with limited mobility. Talk to your physical therapist or health care provider. Look for ways to enjoy activity every day.

Source: Helpguide.org



3 Learn more about **GetMoving:** at Nov.HopeHealth.com

Passion is energy.
Feel the power that
comes from focusing on
what excites you.

— Oprah Winfrey

A picture of health

Thanksgiving Day is also Family Health History Day, November 22. Why not spend a few minutes with your family exchanging medical histories? Common diseases that often run in families include diabetes, heart attack, stroke, cancer and sickle cell anemia. Learn more at Nov.HopeHealth.com/family.

Source: FamilyHealthHistory.gov

Diabetes and gum disease

Uncontrolled high blood sugar can raise your risk of plaque formation, cavities, gum disease and other mouth infections. People with diabetes have a higher than average risk of losing teeth. Stopping periodontal gum disease and reducing oral inflammation may also have a positive effect on your diabetes. Practice good dental hygiene, starting with a consultation with your dentist. Learn more at Nov.HopeHealth.com/dental.

Source: American Diabetes Association



The Whole You: PHYSICAL HEALTH

Diabetes: Are you at risk?

Defeat Diabetes

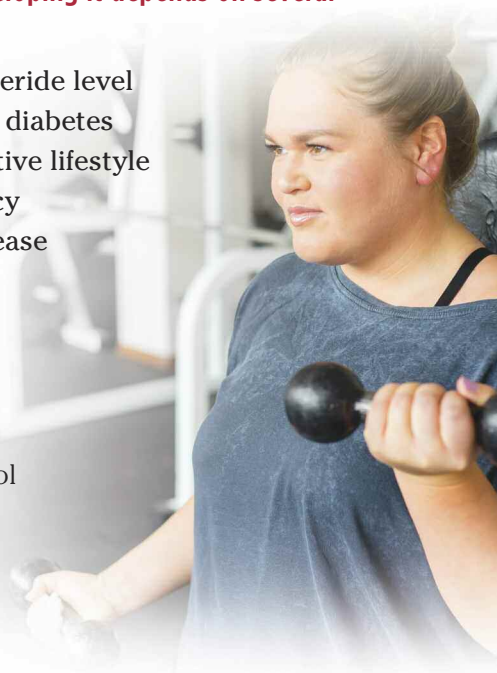
Scientists have identified lifestyle factors that appear to increase the risk for developing type 2 diabetes. This means that diabetes is often preventable. Your chance of developing it depends on several risk factors. Check any that apply to you:

- Low HDL (good) cholesterol or high triglyceride level
- Overweight or obesity
- Family history of diabetes
- High blood pressure
- Depression
- Inactive lifestyle
- Smoking
- History of diabetes in pregnancy
- Having prediabetes
- History of heart disease

Protecting your health in general can help you prevent diabetes. Examples:

1. Losing 5% to 10% of your excess weight is a good first step.
2. Eating a balanced diet and getting regular exercise (150 minutes per week) can help control blood sugar levels and weight.
3. Quitting smoking can improve your body's ability to use insulin properly and reduce spikes in blood sugar.

If you are 45 or older, discuss diabetes with your health care provider, especially if you have risk factors.



Source: MedlinePlus

Get your energy back

Why are you so tired? Aside from getting 7 to 9 hours of sleep per night, here are some easy ways to keep your battery charged during the day:

- Drink water to boost your mental and physical performance. Dehydration is a sign of fatigue.
- Eat small meals and healthy snacks every few hours. Choose foods with a low glycemic index (e.g., high-fiber vegetables, nuts and omega-3 oils and whole grains).
- Have caffeine in sensible amounts (up to 400 milligrams or about 4 cups of coffee are considered safe) to increase alertness.
- Control stress, which consumes energy.
- Lighten your work load, including professional, family and social obligations.
- Exercise to improve the working efficiency of your heart, lungs and muscles. Even a brisk walk is energizing.

Sources: Harvard Healthbeat, Mayo Clinic



4 Learn more about **The Whole You:** at Nov.HopeHealth.com

Knowing that we can be loved exactly as we are gives us all the best opportunity for growing into the healthiest of people.

— Fred Rogers

Keep your focus

Faced with information overload and hectic schedules, you may struggle to focus on the task at hand. Practice reducing distractions and interruptions: Address 1 task only and postpone everything else you possibly can (phone, email, visitors); post do-not-disturb messages. Multi-tasking can lead to working inefficiently and ultimately longer — the opposite of your goal. **Tip:** Regular meditation may improve your focus.

Source: Lifehacker.org

See page 8 —

StockYourToolBox:



See how you can link to Cool Tools & Resources to learn more about the topics in this issue.

Got head pain?

It could be a tension headache. These occur when the neck, shoulder and scalp muscles tense up, causing mild to moderate pain. To prevent or relieve headache: Get regular sleep and don't skip meals. Reduce stress with relaxation techniques (meditation and exercise). Try alternative methods including biofeedback, or medical approaches if non-drug therapies aren't helping. Talk to your health care provider if headaches persist.

Source: Harvard Healthbeat

The Whole You: Emotional/Mental Health Diabetes-stress link

Defeat Diabetes

Emotional stress — positive or negative — can raise blood sugar.

For those who don't have diabetes, this is a temporary effect. For people with diabetes, blood sugar surges and may stay elevated, especially if the cause is long-term emotional stress. Since strict blood sugar control is key to diabetes management, stress control is key to that goal. If you have diabetes:

Monitor your stress: The American Diabetes Association suggests you write down a number rating your emotional stress level on a scale of 1 to 10; then write your glucose level next to it. After 1 to 2 weeks, look for a pattern of high stress with high sugar levels. Review the results with your health care provider.

Put your health first: (1) Resolve long-term stressors (e.g., financial worries or relationships). (2) Work to reverse stressful, unhealthy habits, such as alcohol use, arguing, lack of sleep or doing too much. Replace them with positive efforts, including routine exercise and relaxation methods.

Source: American Diabetes Association



Can exercise help control stress?

Exercise helps reduce stress hormones from the body and boosts chemicals that improve your mood. Becoming more physically fit gives you a sense of accomplishment, and working out may provide a nice break from upsetting emotional situations. It may also develop new brain cells.

Unlike using alcohol or drugs, coping through exercise is a positive, healthy remedy. When you exercise, you physically stress your body intentionally, which can improve your stamina for stress. Routine exercise also helps improve your sleep, energy and concentration, helping to control the symptoms of anxiety and depression.

Exercise can be functional (raking leaves or walking to work), fun (surfing or dancing) or formal (gym class or a morning routine). Whichever you prefer, start moving today and every day and enjoy all of the benefits.

— Eric Endlich, PhD

Sources: Harvard Health Publications, Helpguide.org, Anxiety and Depression Association of America



5 Learn more about **The Whole You:** at Nov.HopeHealth.com

A big part of financial freedom is having your heart and mind free from worry about the what-ifs of life.

— Suze Orman

Clean for le\$\$

Here's an inexpensive cleaning tip. Place a dryer sheet in a pot or a pan with baked-on food, fill with warm water, and let the sheet sit overnight. Then sponge off the residue the next morning. The antistatic agent weakens the bond between the stuck-on food and the surface of the pan, while the fabric softener loosens the hard-to-remove gunk.

— Jamie Lynn Byram, MBA, AFC, MS

Social media scams

Carefully choose the information you put on social media, especially for get-to-know-you quizzes, games and surveys. Many of the questions are the same as the secret questions you use for your financial account: your first job, your mother's maiden name, the city where you were born, first pet, etc. Give fake answers or avoid these social media features altogether.

— Jamie Lynn Byram, MBA, AFC, MS

FiscalFitness: Food shopping online

If you haven't gone grocery shopping on the web, here's a quick primer.

You can use an online-only store and have the groceries shipped to your house, or you can order from a local brick-and-mortar grocer's website for curbside delivery or pick your order up at the physical store.

If you tend to buy impulsively, shopping from your smart device may remove some of the temptation. You can more easily stick to your list and spend less time or money wandering aisles and filling your cart with items you don't need. You won't be tempted by the aromas coming from the bakery. You'll also save on gas and avoid traffic.

Shopping online also lets you take advantage of menu planners, and your account will keep a record of your past purchases. Also, look for coupons for deals on groceries and delivery.

Ask friends and family for recommendations, and try out a few services. Some stores will deliver your first order for free. Keep in mind that for delivery and in-store pickup, someone else will be choosing your produce. If that's a particular concern, you may want to shop for fruits and vegetables yourself.

— Jamie Lynn Byram, MBA, AFC, MS

Go wallet-free with financial apps

In many cases when you head to the mall, you no longer need to carry plastic. Paying with your smartphone, tablet or smartwatch is becoming more common.

There are many apps to choose from; all major banks and merchants offer them. Make sure the app works on your phone and find out where you can use it.

First, download the app and then add your credit card or debit card information to it. You're ready to shop. Just hold your mobile device at the terminal and your information will be transferred for payment.

To shop online, log into the app, select the payment type and complete your purchase. Security is also a must. Make sure the app you are using doesn't show your card number to merchants (most don't) when you make a purchase.

Also, many apps let you disable the service if your card is reported lost or stolen. Regardless of the operating system you use, digital payment is a way to make your device work smarter.

— Jamie Lynn Byram, MBA, AFC, MS

Learn more about **FiscalFitness:** at Nov.HopeHealth.com

The past cannot be changed. The future is yet in your power.

— Mary Pickford

Good news about teens and tobacco

The CDC said the number of teen tobacco users dropped from 4.7 million in 2015 to 3.9 million in 2016. And those using e-cigarettes went from 3 million in 2015 to 2.2 million in 2016. Most smokers want to quit smoking, and they keep trying. The American Cancer Society sponsors phone and app quitline counseling services that show a high rate of quitting success. **Make the Great American Smokeout on November 15 your tobacco quit date.** Learn more at Nov.HopeHealth.com/GASO.

Source: American Cancer Society

See page 8 —

StockYourToolBox:

See how you can link to Cool Tools & Resources to learn more about the topics in this issue.



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The information in the publication is meant to complement the advice of your health care providers, not replace it. Before making any major changes in your medications, diet or exercise, talk to your doctor.

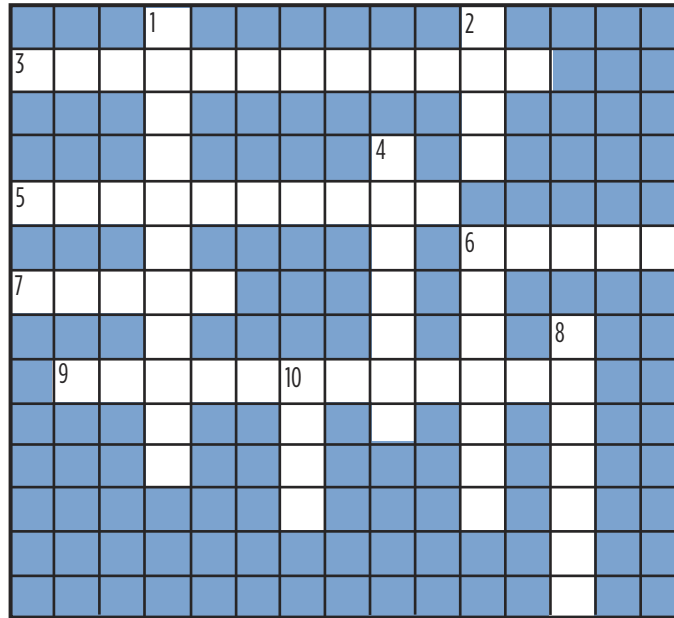
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Please recycle.

HealthyConnections: November Crossword Puzzle

Find out how well you know the topics covered in this issue of the newsletter.



For the crossword puzzle answer key, go to Nov.HopeHealth.com

Down

- To dispose of these, put them in a container with dirt or coffee grounds and throw them in the trash.
- This health observance is on November 22 (acronym).
- Dehydration is a sign of this lack of energy.
- You need at least 150 minutes of this type of exercise.
- It's a type of headache.
- It happens on November 15 this year (acronym).

Across

- Losing 5% to 10% of this can help prevent diabetes (2 words).
- Raking leaves is an example of this type of exercise.
- The fruit in this month's recipe.
- People with diabetes have a higher risk of losing them.
- Consistent exercise may help improve this source of energy and reduce your risk for diabetes.

Safe medication disposal

Do you know what to do with expired, unused or unnecessary medications, needles and inhalers?

Proper disposal of drugs is essential. Otherwise, they might end up in the wrong hands; they can be used improperly and even fuel addiction. They also present a danger to children and pets if not disposed of safely.

Drug take-back programs are the best option. For a list of pharmacies that safely dispose of medications, search by your ZIP code at disposemyeds.org/medicine-disposal-locator. For federal programs, visit takebackday.dea.gov. For local programs, contact your police department or city government.

If a drug take-back program isn't available, the FDA has this advice:

- **Most medicines can be disposed** of in household trash. Mix the drugs with an inedible substance, such as dirt or coffee grounds and place the mixture in a tight container and throw away.
- **A few controlled substances** should never be thrown in trash. Learn more at Nov.HopeHealth.com/FDA.
- **Never puncture inhaler products** used to treat asthma and other breathing problems or throw them into a fire (they can explode). Contact your local waste utility for disposal instructions.
- **Put needles in a disposal container** immediately after use. Check with your public health department for needle collection sites, including medical clinics, hospitals and pharmacies.



Sources: FDA, DEA

7 Learn more about [HealthyConnections:](http://HealthyConnections.com) at Nov.HopeHealth.com

Your Health Matters: Up on the roof

When snow or ice piles up, removing it from rooftops and other elevated surfaces requires extreme caution to avoid falling and serious injuries. Think before you climb to ensure your safety:

1. Avoid going onto the roof if you can — use a sturdy, dry ladder to apply de-icing materials or use a snow rake or drag line to remove snow.
2. Remove snow in small amounts.
3. Operate aerial lifts or ladders properly.
4. Wear footwear with traction.
5. Prevent unbalanced unloading — remove snow uniformly and avoid snow piles on the roof.
6. Use extreme caution when working near power lines or energized wires or conductors.
7. Don't overexert yourself; take breaks and drink plenty of fluids.
8. Avoid frostbite and hypothermia — wear suitable attire that covers delicate extremities.



Source: OSHA



Stock Your Toolbox: Your Source for Cool Tools & Resources

Check out Nov.HopeHealth.com for a ton of useful well-being information. In addition to the links in the newsletter, here's what else you can find online:

10 Ways to Stay Well with Type 2 Diabetes

The most common form of diabetes is type 2, in which the body does not use insulin properly (insulin resistance). Initially, the pancreas creates extra insulin to make up for it. Eventually, however, your pancreas can't make enough insulin to keep your blood glucose (sugar) level normal. When blood sugar remains above a healthy level, it can trigger serious health problems — from head to toe. If you're diagnosed with diabetes, your health care provider can help ensure that you're aware of the potential risk to your health. With careful management of diabetes, you may delay or prevent the onset of its complications, and start feeling good again.

Good diabetes care leads to good health in general. Here's how:

- 1 **First and foremost, watch your blood glucose.** With your provider, create a plan for tracking your blood sugar and keeping it within a healthy range.
- 2 **Protect your blood vessels.** By maintaining your targets for blood glucose, blood pressure and cholesterol levels, you can reduce your risk of heart attack, stroke and kidney failure — illnesses closely linked to diabetes.
- 3 **Follow a fit lifestyle.** Balance calorie input with physical activity and medicine (if prescribed). Along with weight control, daily exercise is shown to significantly improve blood glucose, blood pressure and cholesterol levels.
- 4 **Learn the signs of heart attack and stroke.** Both are common causes of death in people with diabetes. Discuss preventive aspirin therapy with your provider.
- 5 **If you smoke, quit, as 1 of the most health-threatening habits...**

November is Diabetes Awareness Month.



Diabetes and gum disease: Uncontrolled high blood sugar can raise your risk of dental plaque formation, cavities, gum disease and other mouth infections. People with diabetes have a higher-than-average risk of losing teeth.

Stopping periodontal gum disease and reducing oral inflammation can help control blood glucose. Practice good dental hygiene, starting with a consultation with your dentist. **Basics:** Brush your teeth at least twice daily — preferably after meals, too. Floss between teeth and gums daily to reduce plaque formation. Call your dentist if your gums bleed or become red and swollen.



- 6 **Check your feet daily.** High blood sugar can reduce blood flow and damage the nerves in your feet. See your provider promptly if your feet have redness, swelling or sores that don't heal.
- 7 **Have your eyes checked routinely.** Diabetes can damage the eye's small blood vessels (retinopathy). The first symptom is often reduced vision.
- 8 **Schedule regular diabetes checkups.** Be ready to discuss your nutrition and activity level and look for any diabetes-related complications such as signs of severe damage and kidney or heart trouble.
- 9 **Stay current with vaccines.** High blood sugar can weaken your immune system, which may increase your chances for diseases including flu, pneumonia and hepatitis B.
- 10 **Practice stress control.** Stress can raise blood sugar levels.

Answers to the crossword puzzle that covers the topics in this issue of the newsletter.

A print-and-post flyer, **10 Ways to Stay Well with Diabetes.**



Go to Nov.HopeHealth.com to find these resources.

“You can't cross the sea merely by standing and staring at the water.”

— Rabindranath Tagore

“We may encounter many defeats but we must not be defeated.”

— Maya Angelou

“You change the world by being yourself.”

— Yoko Ono

“In every day there are 1,440 minutes. That means we have 1,440 daily opportunities to make a positive impact.”

— Les Brown