

From The Merle Boyd Center

Here is a Reason To Come Exercise!

by Anthony Ramirez

Exercise Specialist MBC



Anthony Ramirez

Beginning this month in the Merle W. Boyd Center exercise room, come in and exercise three times a week and receive a duffel bag.

Work out beginning Monday, November 9 through Friday, December 20, three times a week for a half an hour each workout, and you will earn yourself a durable gym bag to hopefully be used for your future visits back to the exercise room here!

If you have any questions please contact:

Anthony.Ramirez@ihs.gov or
918-968-9531 ext 3039

Healthy Eating, Being Active

Lifestyle Balance Program

The Diabetes Prevention Program created the Lifestyle Balance curriculum to help prevent diabetes among those who are at high risk. The program meets once a week for sixteen weeks and focuses on weight loss, healthy eating, and staying active.

Sac and Fox Nation
Special Diabetes Program

Brittany Crawford, RD/LD
Phone: 918-968-9531
E-mail: brittany.crawford@ihs.gov

Tentative meeting times will be Mondays at noon at the Merle W Boyd Center starting in October.

There will be ten spots available, please contact Brittany Crawford by September 30, 2013 if interested in participating.



Don't Forget The November Cooking Classes

November 12

12:00 - 1:00

November 14

11:00-12:00



Brittany Crawford,
Registered Dietitian MBC

Brown Family Reunion

Calling all heirs and descendants of Fryor and Margaret Brown!
We will be having our 2014 family reunion
June 6-8, 2014 at Stroud Lake.

If interested in attending, helping out and for more info, please call:

Glenda (Brown) Fuller @ 405 962-5732,

Ronnie Lauderdale @ 405 765-2700,

Twiggy (Wilson) Gregory, John Soap Jr. @ 405-585-9268,

Sissy Franklin @405 567-9254 and Margaret Franklin @ 405 481-5820

Thanks!

Myths Versus Facts About Diabetes

Submitted by LaDona Johnson, CHR Coordinator



a healthy meal plan, but portion size is the key. Whole grain breads, cereals, pasta, rice and starchy vegetables like potatoes, yams, peas and corn can be included in your meals and snacks. Wondering how much carbohydrate you can have? A place to start is about 45-60 grams of carbohydrate per meal, or 3-4 servings of carbohydrate-containing foods. However, you may need more or less carbohydrate at meals depending on how you manage your diabetes. You and your health care team can figure out the right amount for you. Once you know how much carb to eat at a meal, choose your food and the portion size to match.

Myth: People with diabetes can't eat sweets or chocolate

Fact: If eaten as part of a healthy meal plan, or combined with exercise, sweets and desserts can be eaten by people with diabetes. They are no more "off limits" to people with diabetes than they are to people without diabetes. The key to sweets is to have a very small portion and save them to special occasions so you focus your meal on more healthful foods.

Myth: You can catch diabetes from someone else

Fact: No. Although we don't know exactly why some people develop diabetes, we know diabetes is not contagious. It can't be caught like a cold or flu. There seems to be some genetic link in diabetes, particularly type 2 diabetes. Lifestyle factors also play a part.

Myth: People with diabetes are more likely to get colds and other illnesses

Fact: You are no more likely to get a cold or another illness if you have diabetes. However, people with diabetes are advised to get flu shots. This is because any illness can make diabetes more difficult to control, and people with diabetes who do get the flu are more likely than others to go on to develop serious complications.

Myth: If you have type 2 diabetes and your doctor says you need to start using insulin, it means you're failing to take care of your diabetes properly

Fact: For most people, type 2 diabetes is a progressive disease. When first diagnosed, many people with type 2 diabetes can keep their blood glucose at a healthy level with oral medications. But over time, the body gradually produces less and less of its own insulin, and eventually oral medications may not be enough to keep blood glucose levels normal. Using insulin to get blood glucose levels to a healthy level is a good thing, not a bad one.

Myth: Fruit is a healthy food. Therefore, it is ok to eat as much of it as you wish

Fact: Fruit is a healthy food. It contains fiber and lots of vitamins and minerals. Because fruits contain carbohydrates, they need to be included in your meal plan. Talk your dietitian about the amount, frequency and types of fruits you should eat.

Get the facts about diabetes and learn how you can stop diabetes myths and misconceptions.

Information from American Diabetes Association

Well fall is here and it seems to just get better and better! I just love this time of year!

The leaves are just gorgeous with all the different colors; the Creator seems to have the artist palette out and changing the colors each and every day.

Since this is National Diabetes Month, I thought we'd better devote this article to this disease. I also thought instead of a lot of stats, we would go with Myths and Facts about diabetes.

There are many myths about diabetes that make it difficult for people to believe some of the hard facts—such as diabetes is a serious and potentially deadly disease. These myths can create a picture of diabetes that is not accurate and full of stereotypes and stigma.

Here are a few myths and facts:

Myth: Diabetes is not that serious of a disease

Fact: If you manage your diabetes properly, you can prevent or delay diabetes complications. However, diabetes causes more deaths a year than breast cancer and AIDS combined. Two out of three people with diabetes die from heart disease or stroke.

Myth: If you are overweight or obese, you will eventually develop type 2 diabetes

Fact: Being overweight is a risk factor for developing this disease, but other risk factors such as family history, ethnicity and age also play a role. Unfortunately, too many people disregard the other risk factors for diabetes and think that weight is the only risk factor for type 2 diabetes. Most overweight people never develop type 2 diabetes, and many people with type 2 diabetes are at a normal weight or only moderately overweight.

Myth: Eating too much sugar causes diabetes

Fact: The answer is not so simple. Type 1 diabetes is caused by genetics and unknown factors that trigger the onset of the disease; type 2 diabetes is caused by genetics and lifestyle factors. Being overweight does increase your risk for developing type 2 diabetes, and a diet high in calories from any source contributes to weight gain. Research has shown that drinking sugary drinks is linked to type 2 diabetes.

Myth: People with diabetes should eat special diabetic foods

Fact: A healthy meal plan for people with diabetes is generally the same as a healthy diet for anyone-low in fat (especially saturated and trans fat), moderate in salt and sugar, with meals based on whole grain foods, vegetables and fruit. Diabetic and "dietetic" food generally offer no special benefit. Most of them still raise blood glucose levels, are usually more expensive and can also have a laxative effect if they contain sugar alcohols.

Myth: If you have diabetes, you should only eat small amounts of starchy foods, such as bread, potatoes and pasta

Fact: Starchy foods can be part of

3 STEPS To HEALTHY EATING

You can help your family members eat healthy by taking these 3 steps:

1. Use smaller plates.
2. Divide the plates into 4 equal portions of vegetables, fruits, grains, and meats/poultry/fish.
3. Watch portion sizes by stacking food no higher than 1 to 1½ inches.

To print out *My Native Plate* placemats showing these steps, go to:

www.diabetes.ihs.gov.

Click on *Printable Materials*, *Nutrition*, then *My Native Plate*.



Produced by IHS Division of Diabetes Treatment and Prevention, www.diabetes.ihs.gov

November 2013 Black Hawk Health Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Warm up for winter!
4 11:15 - Lunch Tone 12:15 -exercise dvd Beginner's weight training class 4:45	5 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Low impact aerobics	6 11:15 - Lunch Tone 12:15 -exercise dvd 4:45 Circuit training	7 Closed 12-4:30 for In-service Training 4:45 Cardio/core training	8 Come exercise
11 CLOSED FOR VETERAN'S DAY	12 11:15 - YOGA 12:15 - CIRCUIT TRAIN 12-1 Cooking Demonstration 4:45 Low impact aerobics	13 11:15 - Lunch Tone 12:15 -exercise dvd 4:45 Circuit training	14 11:15 - YOGA 12:15 - CIRCUIT TRAIN 11-12 Cooking Demonstration 4:45 Cardio/core training	15 enjoy your lunch and exercise
18 11:15 - Lunch Tone 12:15 -exercise dvd Beginner's weight training class 4:45	19 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Low impact aerobics	20 11:15 - Lunch Tone 12:15 -exercise dvd 4:45 Circuit training	21 Closed 12-4:30 for In-service Training 4:45 Cardio/core training	22 Lunch Dance Pick a game on the Kinect
25 11:15 - Lunch Tone 12:15 -exercise dvd Beginner's weight training class 4:45	26 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Low impact aerobics	27 11:15 - Lunch Tone 12:15 -exercise dvd 4:45 Circuit training	28 Closed for Thanksgiving	29 Closed for Thanksgiving
<p>11:15 and 12:15 Lunch classes Monday - Thursday 4:45-6 P.M. after work classes. Class vote toning/weight training, low impact aerobics, core/cardio training MONDAY thru Thursday OPEN TIL 6 PM!!</p>				