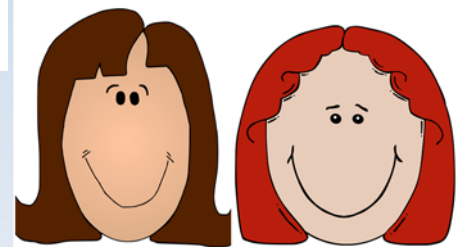




PAULA AND KIM



Health and wellness go hand in hand. To maintain a state of wellness it takes the integration of body , mind and spirit. If one of these three is out of balance, life and health can be out of balance.

In our newsletter we will give information about all of these. We hope you enjoy and if you think we need to add something please do not hesitate to call and leave us a message at the Yukon Flats Health Center 662-7557.

October Diabetes Travel Schedule

October 3-6 Health Fairs in Birch Creek and Beaver

October 11-13 Arctic Village— Paula

October 17-21 Venetie—Kim

October 18-21 Fort Yukon—Paula

October 24-28 Beaver—Kim

October 24-27 Venetie— Paula

P: Hey Kim—Did you know that women are only supposed to have 4-6 teaspoons of sugar a day and men 6-8?

K: there are 4 grams of sugar in each teaspoon so that means a woman should have no more than 16-24 grams and men 24-36 grams.

P: Yep

K: UH OH my soda says it has 36 grams in it so for me that is over one days worth in one soda

YIKES!!!!

Hemoglobin A1c

WHAT IS AN A1C?

The A1C is a blood glucose test that may also be reported as estimated average blood glucose (eAG). It tells you what your average blood glucose levels have been for the past 2 to 3 months. It does this by measuring how much glucose gets attached to red blood cells. Because new red blood cells are always being made to replace old ones, your A1C can change over time as blood glucose levels change.

HOW OFTEN SHOULD I HAVE AN A1C/eAG?

Remind your health care team to measure your A1C at least twice a year. If you're currently changing your medication or making other changes in how you take care of yourself, you may have the test more often.

WHAT IS THE SUGGESTED TARGET FOR THE A1C/eAG?

The Association's general target for A1C is 7% (eAG of 154 mg/dl). Your doctor may recommend a higher or lower level depending on how old you are and other factors. No matter what your number is, the closer you get to a result of less than 7%, the better your chances of preventing or delaying long-term problems such as blindness. Studies have shown that for every one point decrease in A1C levels, you reduce your risk of long-term diabetes complications by up to 40 percent.

WHAT DOES MY A1C/eAG RESULT MEAN?

Usually your A1C will reflect the general trends you see with your day-to-day blood glucose checks. Sometimes, however, your

you expected. That may be because you aren't checking your blood glucose at times when it's very high or very low.

To interpret your result, first find your A1C number on the left. Then read across to learn your average blood glucose for the past 2 to 3 months.

6%	126 mg/dl
6.5%	140 mg/dl
7%	154 mg/dl
7.5%	169 mg/dl
8%	183 mg/dl
8.5%	197mg/dl
9%	212 mg/dl
9.5%	226 mg/dl
10%	240 mg/dl
10.5%	255 mg/dl

If your A1C/eAG is different from what you expect, talk to your health care provider.

DO I STILL NEED TO CHECK MY BLOOD GLUCOSE WITH A METER IF I GET THE A1C/eAG TEST REGULARLY?

Both kinds of checking are important. You'll use your meter results to make day-to-day decisions.



RECIPES

Stuffed Moose/Caribou/Bear Backstrap Rollups

INGREDIENTS

2 TBSP olive oil divided
3 TBSP chopped garlic
2 sweet onions, chopped
2 cups mushrooms, thinly sliced
1/2 tbsp. salt
1/2 tbsp. pepper
2 lbs. flank or backstraps
Salt
Pepper
1 (4oz) package baby spinach
9 slices provolone cheese



PREPARATION

Place meat in milk (does not matter how much) at least 2 hours prior to cooking. Can leave as long as you like it just pulls the blood out. After soaking remove and set on pan at room temp for 30 minutes prior to cooking. Cover with a thin layer of salt and pepper. Heat one tbsp. of oil in pan over medium-high heat. Mix in the garlic, mushrooms, onions , salt and pepper. Cook until onions caramelize, 10-15 minutes. Remove from heat and set aside. Lay flank steak on cutting board (or slice backstrap down the middle so that it is kind of flat—like a hoagie— make sure the backstrap is not too thick) Lay the cheese across the top/middle covering the entire slice. Spoon the onion, mushroom mixture on top and middle spreading evenly,. Lay the spinach on top and press down lightly. Starting at the bottom, roll up the steak tightly (if using backstrap, closed the two sides of the steak and secure with toothpicks) Slice into 6 rolls, Heat remaining oil in pan over medium/high heat. Lay steaks on pan and sear on both sides 81-0 min a peace. Remove toothpicks and enjoy.

NEW STUDY

A new study shows that adults with heart disease who exercise regularly can save an average of \$2500 per year in health care cost. Researchers estimated saving of several billion dollars a year if just 220 percent of inactive heart patients met exercise goals of at least 30 minutes of moderate-intensity aerobic activity five days a week or at least 25 minutes of vigorous aerobic activity three days a week.

(MedlinePlus, September 8, 2016)

EXERCISE

Recommendations are to the left, but if it is hard for you to exercise due to severe arthritis or pain yoga is a good recommendation. Yoga and resistance band exercises. Both of these are on YouTube as well as the internet. Livestrong.com has resistance band exercises for seniors as well. For those who already are exercising, yoga and resistance bands give an alternative to your usual workout and will target areas you don't target already. The diabetes program does have resistance bands in two strengths. Contact our office at 662-7557 to request bands and a handout of exercises.

