



## FIVE THINGS TO KEEP DIABETES FROM GETTING THE BEST OF YOU

BY: WELLWORKS FOR YOU

According to the Centers For Disease Control and Prevention (CDC), the latest statistics demonstrate that upwards of 100 million adults in the United States are currently living with diabetes or prediabetes. Despite the daunting numbers, Type 2 diabetes is actually a modifiable and reversible condition. Find out what you can do to ensure that diabetes doesn't get the best of you.

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### QUICK TIP

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## HOLIDAY FEAST TIP: TAKE 10

Ready for that second plate? Not so fast. It takes a few minutes for the "I'm full" signal to reach your brain, so one of the best holiday eating tips is to go slow, really savor what you're eating, and wait 10 minutes before heading back to the buffet for round two. Chat with a friend, drink some water, then re-evaluate your hunger.

### WHAT CAUSES TYPE 2 DIABETES?

Type 2 diabetes manifests as a result of the body's inability to process insulin or produce enough insulin. Although the reason why this insulin imbalance occurs isn't entirely known, there are some contributing factors that have been identified.

Excess weight, lack of physical activity, genetics, and environmental factors can cause prediabetes, and eventually, diabetes, if preventive action is not taken.

### WHAT ARE SOME OF THE SYMPTOMS OF TYPE 2 DIABETES?

Although symptoms may vary, individuals exhibiting the following potential signs of diabetes should consult with a physician:

- Fatigue
- Increased Thirst
- Increased Hunger
- Frequent Urination
- Resistance to Healing
- Dark Skin Patches

### FIVE THINGS YOU CAN DO TO PROTECT YOURSELF

There are an abundance of strategies and solutions to help prevent diabetes. In fact, the National Institute of Diabetes and Digestive and Kidney Diseases has 50 actionable diabetes prevention suggestions; among them are:

1. Reducing portion sizes
2. Getting 30 minutes of exercise per day
3. Incorporating more veggies into your diet
4. Keeping cured/smoked meat and salt to a minimum
5. Drinking water in place of soda or juice

### DID YOU KNOW?

According to the CDC, approximately one in four adults in the U.S. living with diabetes don't even know they have the condition.

If your workplace and/or primary care physician offers biometric screenings, take advantage. Early detection is key to keeping diabetes from taking over your health and wellness.

*Source: Wellworks For You*

# FEATURED RECIPE:

## SOUTHWESTERN GRILLED SPATCHCOCK TURKEY

Serves: 12

### INGREDIENTS

- 3 tablespoons chili powder
- 1 tablespoon paprika
- 1 tablespoon brown sugar
- 1 tablespoon kosher salt
- 2 teaspoons garlic powder
- 1 teaspoon ground pepper
- 1 (12 to 13 pound) turkey

### DIRECTIONS

- Combine chili powder, paprika, sugar, salt, garlic powder, and pepper in a small bowl.
- Trim any excess fat from the turkey. Using heavy-duty kitchen shears or poultry shears, cut the turkey down one side of the backbone, through the ribs. Make an identical cut on the opposite side to remove the backbone completely; discard or reserve for turkey broth. Place the turkey, cut-side down, on a cutting board and flatten with the heel of your hand (you'll have to press hard). Splay the thighs outward and tuck the wings under. Loosen the skin over the breasts and thighs; rub the spice mixture under the skin.
- Light a chimney starter full of charcoal. When all charcoal is lit, pour the coals to one side of the grill and let it burn down to medium heat (about 400°F). Wearing an oven mitt, carefully place a foil or foil-lined drip pan under the grill rack on the unheated side. Place the turkey, breast-side up, on the rack over the pan.
- Continue cooking, rotating the bird so the side furthest from the heat is now closest to the heat (not flipping) and adding more coals halfway through, until an instant-read thermometer inserted into the thickest part of the breast and thigh registers 165°F, 2 to 2½ hours. Remove from the grill and let rest for 20 minutes before carving.

### NUTRITION

Serving Size: 3 ounces

Per serving: 150 calories; 4 g fat (1 g sat); 1 g fiber; 2 g carbohydrates; 26 g protein; 10 mcg folate; 92 mg cholesterol; 1 g sugars; 1 g added sugars; 496 IU vitamin A; 1 mg vitamin C; 17 mg calcium; 1 mg iron; 276 mg sodium; 239 mg potassium

Source: <http://www.eatingwell.com/recipe/268539/southwestern-grilled-spatchcock-turkey/>



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# HEALTH OBSERVANCE

## GREAT AMERICAN SMOKEOUT NOVEMBER 15

Each year, the American Cancer Society sponsors the Great American Smokeout on the third Thursday of November to encourage smokers to start their journey towards a smoke-free life.

If you are thinking about quitting, or have tried to quit before, then you probably know the standard tips and tricks for how to quit smoking. But the same things don't always work for everyone, so you may want to try some of these more unusual approaches to fighting withdrawal and maintaining your commitment to not smoking.

### HOW TO QUIT SMOKING: A DIFFERENT APPROACH

- Collect Savings:** Find a clear glass jar. Each day that you go without smoking, put the cash that you would have spent on cigarettes into the jar. Watch the savings grow and whenever you feel the urge to smoke, look at that jar as a reminder and an incentive to keep going strong!
- Divert Yourself:** When the cravings hit you and you feel like you have to smoke, do something enjoyable and distracting. Some good options might include taking a hot shower, going for a run, or heading to the gym. Make a list ahead of time of activities to do when you need a distraction.
- Ditch the Coffee:** It might be smart to try to wean yourself off caffeine before you try to quit smoking. Too much caffeine can make you jittery and increase your need to smoke. Also, many people smoke during their coffee break, so it can be a big trigger.

Source: Wellworks For You, American Cancer Society

## MONTHLY DRAWING



Please e-mail [info@wellworksforyou.com](mailto:info@wellworksforyou.com) with your response to be placed in a drawing to possibly win a \$25.00 Wellworks For You Visa Reward Card. If you wish to be placed in the drawing, your answer must be submitted to Wellworks For You by the last day of the month.

What will you do to ensure you stick with your healthy habits during the holiday feast season?

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