



Your Health Matters

**CCMHG – Your Town, County, District, Authority
Working together for your health**

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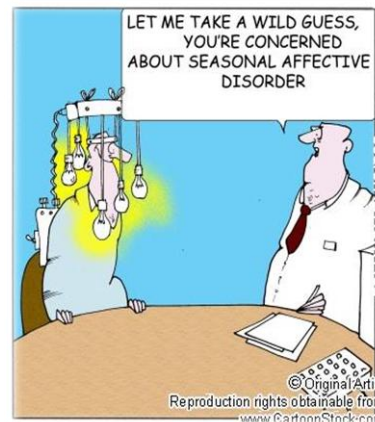
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Are you SAD??

Summer has ended, school is back in session, the days are shorter, and the nights are longer. Is the lack of sunshine in your life having an impact on your health? **Seasonal affective disorder (SAD)** is a type of depression that occurs at the same time every year. If you're like most people with SAD, your symptoms start in the fall and may continue into the winter months, sapping your energy and making you feel moody. On the Cape, we are prime targets as our daylight hours are cut dramatically short during the winter months. Experts are not sure what causes SAD, but they think it may be caused by a lack of sunlight. Lack of light may upset your sleep-wake cycle and other rhythms. And it may cause problems with a brain chemical called serotonin that affects mood. What are the symptoms?



- ✓ Feeling sad, grumpy, moody, or anxious.
- ✓ Lose interest in your usual activities.
- ✓ Eat more and crave carbs, such as bread and pasta.
- ✓ Gain weight.
- ✓ Sleep more and feel drowsy during the daytime.

Remember - It's normal to have some days when you feel down. But if you feel down for days at a time and you can't seem to get motivated to do activities you normally enjoy, see your doctor.

Sources: webmd.com; mayoclinic.com



Ready, set, engage!

Good oral health habits need to start at an early age. Brushing and flossing should be an integral part of your child's everyday routine. But when your 2-year-old has the attention span of well, a 2-year-old, it can be hard to engage them in the important task at hand! The key is finding a method that works for your child. Here are a few ideas to help get your child excited about fighting cavities!

Start by letting your child pick out his or her own toothbrush. With all the fun colors and characters available, your child is sure to find one to his or her liking. Also, keeping a few different flavors of children's toothpaste around will enable your child to choose, thus encouraging involvement.



Children often mimic the actions of their parents or older siblings. So when you are in the bathroom brushing and flossing your own teeth, invite your child to watch. Be sure to portray brushing as a fun and exciting thing to do rather than a chore.

You can also try playing your child's favorite music and having him or her brush for the duration of a favorite song (three to four minutes).

If your child needs a visual aid to demonstrate the importance of brushing, there are a number of products that stain or discolor the plaque build-up on your child's teeth with a florescent color. This makes it easily visible and empowers more active brushing. Explain to your child the importance of getting rid of the bacteria by brushing and flossing every day.

Delta Dental offers fun games and interactive online activities that teach children about the importance of taking good care of their smile. Visit www.smilesquadhq.com and join the fun!

What are the symptoms of flu?



The flu causes a fever, body aches, a headache, a dry cough, and a sore or dry throat. You will probably feel tired and less hungry than usual. The symptoms usually are the worst for the first 3 or 4 days. But it can take 1 to 2 weeks to get completely better. It usually takes 1 to 4 days to get symptoms of the flu after you have been around someone who has the virus. For more information and tips to prevent the flu visit our [member services website](#).

Stay Healthy This Flu Season: 2011-2012



membercentral everything you're looking for.

The flu season is here and we want to make sure that you're up-to-date on your flu facts. When you're informed and aware, you're more likely to avoid illness. Read our recommendations for staying healthy this flu season and understanding your coverage related to the flu at our [member central website](#).

Wellness News



Are you thinking about quitting smoking but not sure you're ready to take the plunge? Maybe the Great American Smokeout is for you. It's an opportunity to join with literally millions of other smokers in saying "no thanks" to cigarettes for 24 hours.

This year the Smokeout is November 17th!!

I am currently in the process of planning our January program on the lower Cape. If you or your spouse would like to kick the habit in the New Year please call or email me at dldesroches@comcast.net! Remember 6 weeks/1x/week and 11 monthly support group meetings! Here is an email I received from a member that participated:

Hi Deanna,

*I participated in the Kick Butts program last year, through the Town of ***** (I did the Barnstable program) but was not successful, for various reasons, none having to do with your program. I missed too many classes due to work related situations. Your program is great and I can tell you that I noticed a big difference in the personalities of the people that I was participating with – they were much more upbeat and positive about a lot of thing by the middle of the program – another plus. Keep up the good work.*

In the meantime I did quit smoking on January 3rd and haven't smoked since. A hospital scare of pneumonia did the trick for me, and I know I will never touch another cigarette. I wanted you to know and to thank you for all the effort you and your team put in for this important issue.

Sincerely,

MDS

Biometric Screenings are underway across the Cape!

Our program is up and running and we look forward to seeing you! The program screenings are cholesterol (non-fasting – we don't give you LDL's), blood sugar, blood pressure, weight, waist measurement, body mass index, hearing, ultraviolet facial skin assessments. We also are able to bring you a healthy cooking demonstration and a quick Heart Age Assessment! If you are interested, please call or email me but do remember these are **screenings and not diagnostic** – for diagnostic testing you need to see your Doctor! Dates are filling up! Screenings scheduled through January 15th are:

- | | |
|--|---|
| ☺ Barnstable Police Department, October 26 th | ☺ Eastham Town Hall, November 15 th |
| ☺ Dennis Water District, September 17 th | ☺ Mashpee Town Hall, November 30 th |
| ☺ Teaticket Elementary, November 1st | ☺ North Falmouth Elementary, January 12 th |
| ☺ Barnstable Town Hall, November 3 rd | |

HEALTH IMPROVEMENT PROGRAM

We have a great class of approximately 20 members participating in HIP at the Eastham Town Hall. This program is absolutely fantastic with information, tips and health on a variety of health related issues from lowering cholesterol, reversing high blood pressure, attaining your goal weight and reducing your risk of heart disease.

Unfortunately due to the lower interest in this fabulous program we are only able to offer one per fiscal year. If you would like more information please check out the CCMHG website or contact me directly.

And then some

The Burden of Obesity in Massachusetts

Massachusetts' estimated 2007 total population is 6.5 million, with approximately 5 million adults. Of those adults, 37% are considered overweight and another 22% are considered obese, according to 2007 Behavioral Risk Factor Surveillance System data. Problems are also seen in factors related to obesity and other chronic diseases.

- Approximately one-in-five Massachusetts adults report no leisure time physical activity in the past month.
- Only 28% percent of adults report eating fruits and vegetables at least five times a day.

The problem is not limited to adults alone. Fifteen percent of Massachusetts youth (9th–12th grades) are considered overweight and another 11% are considered obese, according to 2007 Youth Risk Behavior Survey data.

- Only two-in-five youth in these grade levels are meeting current physical activity recommendation levels.
- One quarter of Massachusetts youth drink at least one non-diet soda each day.
- Twenty-eight percent watch three or more hours of television each day.

Obesity also affects the state's economy. In Massachusetts, the medical costs associated with adult obesity were \$1.8 billion in 2003 dollars.

Source: [Center for Disease Control](#)

Good Health Gateway®

FREE Diabetic Medications/Supplies!

Take Charge of your Diabetes!

We offer a simple diabetes management program that allows you to receive diabetes medications and most of your diabetic supplies with waived co-pays/co-insurance – that means at **NO** cost to you! Participation is **FREE** and absolutely **confidential and voluntary**. To find out more, register on the *Good Health Gateway®* website developed specifically for you at: www.GoodHealthGateway.com or call the Good Health Gateway HelpLine at 800-643-8028.

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Learn to use medications safely and effectively!
Get the most out of your pharmacy benefit!
Save money on select prescription medications!
Improve communications with your health care provider!
Visit www.myMedicationAdvisor.com or call the My Medication Advisor HelpLine at 877-467-3113.

October Sessions:

October 24 @ 6:30 pm EST
October 26 @ 10:00 am EST
October 26 @ 6:30 pm EST

FREE Telephone Support Group!

For members with Type 1 and Type 2 Diabetes; *led by Laura Simpson, RN,BSN,MA,CDE*
Support one another, ask questions and learn tips for staying healthy from our Certified Diabetes Educator.

You must register by calling our HelpLine at **(800) 643-8028**.

We will provide you with a toll-free number and pass code to join the call.

Private and confidential – only first names are used

Hot Topics

230,480

Expected number of new cases of invasive breast cancer that will be diagnosed among women in 2011. About 2,140 cases of breast cancer are expected to occur among men in 2011.

Source: cancer.org



CDC Says "Take 3" Actions To Fight The Flu

Flu is a serious contagious disease that can lead to hospitalization and even death.

1. Take time to get a Flu Vaccine!
2. Take everyday preventive measures to stop the spread of germs!
3. Take Flu Anti-viral drugs if your doctor prescribes them!

For more detailed information visit the CDC Website

How can I lower my risk of the flu if I decided not to get a shot?

With or without a flu shot, you can take steps to help protect yourself from the flu and other viruses. Good hygiene remains your primary defense against contagious illnesses.

- Wash your hands often and thoroughly with soap and water.
- Use an alcohol-based sanitizer on your hands.
- Avoid touching your eyes, nose or mouth whenever possible.
- Avoid crowds when the flu is most prevalent in your area.

Source: mayoclinic.com

QUICK FACT: Bad Golf Swing Can Be Rough on the Body

Many amateurs have swings that can land more than their golf balls in the rough, according to a biomechanical study of 10 professional golfers and five amateurs. Those flawed golf swings can also cause low back pain and elbow problems.

"The study examined which factors were most highly consistent among the professional golfers and what contributed the most to hitting the ball hard and there were some factors that varied and some that were indistinguishable among pros. The factors that didn't differ were the motions that we thought essential to a proper swing", according to Stanford U researcher Jessica Rose, PhD.

To find out those factors and read the entire article go to: webmd.com



Study Shows Sleep-Deprived Teens More Likely to Drink, Smoke, or Get Into Fights

A new CDC study shows high school students who sleep less than eight hours on school nights are more likely to drink alcohol, smoke cigarettes, seriously consider suicide, and engage in a variety of other risky behaviors. In the study, researchers surveyed 12,154 high school students as part of the 2007 national Youth Risk Behavior Survey. The results showed 68.9% of high school students reported insufficient sleep. Students who did not get enough sleep were more likely to engage in different risky health behaviors including using marijuana, sexual activity, and getting into physical fights on a regular basis.

For more information on this study go to: teens.webmd.com

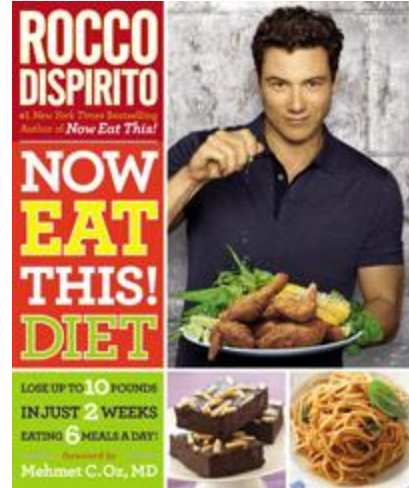
Food for thought.....

With the holidays quickly approaching I thought I'd dedicate this entire page to focus on a "complete dinner" recipe. Chef and best-selling author Rocco DiSpirito shares his recipe on eating healthy without losing the flavor this recipe is taken from his "Now Eat This! Diet" book.

Rocco's Recipe: Turkey Dinner with all the Trimmings

INGREDIENTS

4 cups low-fat, low-sodium chicken broth
 1 pound fresh or completely thawed boneless, skinless turkey breast, trimmed of all visible fat
 1 tablespoon extra-virgin olive oil
 1/4 cup chopped onions
 1/4 cup chopped celery
 Salt
 Freshly ground black pepper
 1 1/2 teaspoons poultry seasoning, such as Spice Hunter
 4 ounces cubed stale 100% whole wheat bread
 1 tablespoon chopped fresh flat-leaf parsley
 4 1/2 teaspoons cornstarch
 1/2 cup no-sugar-added cranberry sauce, such as Steel's Gourmet Agave



METHOD

1. In a medium pot with a candy or deep-fry thermometer attached, heat the broth. When the liquid reaches 165 degrees Fahrenheit, with barely any bubbles reaching the surface, add the turkey. Adjust the heat, if necessary, to keep the temperature at 165 degrees Fahrenheit. Using foil, cover the pot around the thermometer and poach the turkey until the internal temperature of the turkey reaches 150 degrees Fahrenheit, about 30 or 40 minutes. Turn off the heat and let the turkey rest in the poaching liquid for an additional 15 or 20 minutes.
2. Meanwhile, heat a large nonstick pan over medium heat. When hot, add the olive oil. Add the onions and celery and cook until the vegetables are soft, about 5 minutes. Season with salt and pepper to taste. Add the poultry seasoning and bread. Stir and combine. Lower the heat to low and add the poaching liquid, 1/2 cup at a time (about 1 cup total), to the pan to moisten the bread. Stir well, and then cover. Cook until the bread is moist and hot, about 5 minutes. Stir in the parsley and season with salt and pepper to taste. Set aside.
3. Remove the turkey from the poaching liquid, and tent with foil to keep warm.
4. Remove the thermometer from the pot and bring the poaching liquid up to a simmer. In a small bowl, add the cornstarch. Whisk in about 1/2 cup of the poaching liquid, and then pour the mixture back into the pot. Turn up the heat so that the liquid boils. Turn down the heat and simmer until the liquid thickens and reduces in volume by a third, about 10 minutes. If the liquid is too thin, mix more cornstarch with some liquid from the pot and stir it back into the simmering gravy. Season with salt and pepper to taste.
5. Slice the turkey breast as thinly as possible. Serve with the stuffing, gravy, and cranberry sauce.

Per serving: 323 calories; 7g fat (1g sat/ 3.7g mono/ 1g poly); 45mg cholesterol; 345mg sodium; 30g carbohydrate; 4g fiber; 38g protein (calorie saver: omit the cranberry sauce and save 30 calories per serving).

Yoga Therapy

All Yoga should be therapeutic to some degree; it helps to make those who practice it generally fitter and more relaxed. Jacqueline Corso offers something a little more as a psychologist with a Master's in Rehabilitation Counseling. In her practice as a psychotherapist and yoga teacher she increasingly found that more students were asking to talk about problems and her clients were asking if they could practice Yoga for relaxation. She decided to combine the two.

The Last Word

In Jackie's practice she offers special sessions for people suffering from **Seasonal Affective Disorder** during the winter months. She is a former sufferer of this and shares her story with her clients. Ironically, she never had SAD until she moved to the Cape in late 2001. She has since developed a preventive approach for herself and has learned how to prepare for it and deal with it as it arises. She does the same for her clients ---specifically for their situation.

Some recommendations that she would like to offer those of us that are affected by SAD are to engage in:

- yoga emphasizing lightness, breath, and openness as folks feel heavy
- meditation journaling exercises for some
- guided imagery
- purchasing lights for light therapy
- sitting in the sun as much as possible
- indoor pool (preferably with sun) is ideal (there are plenty of reasonably priced in off season!!)
- indoor group activity that involves some movement--exercise, dance, walking
- breathing exercises

Integrating Psychotherapy & Yoga



Corso Yoga Therapy is a unique practice which not only works with SAD patients but also offers workshops on coping with anxiety, couples & intimacy, and relationship with food & hunger to name just a few. You cannot feel the same after a yoga (or meditation session) it is impossible, the energy has been shifted! Check out Jackie's website for more detailed information!

Source: Jacqueline Corso, MS PD, CorsoYogaTherapy.com



Remember to wash those hands!

It sounds simple, but washing your hands is one of the most effective ways to stop the spread of germs during cold and flu season. In fact, a 2009 study found that both traditional soap-and-water and alcohol-based hand rubs were effective at killing the H1N1 virus on the hands of health care workers. To better prevent colds, wash your hands for a minimum of 15 seconds. Teach your kids to sing a round of "Happy Birthday" to make sure they wash their hands long enough.

Source: everydayhealth.com

Your Health Matters is a quarterly publication for municipal employees and family members of the Cape Cod Municipal Health Group.

All questions and correspondence should be directed to Deanna L. Desroches at dldesroches@comcast.net or 508-362-6106.