



## DID YOU KNOW...

- ONE IN FOUR AMERICANS HAVE DIABETES AND DO NOT KNOW IT?
- IN THE NEXT 24 HOURS, 4,320 NEW CASES OF DIABETES WILL BE DIAGNOSED?
- DIABETES IS THE #1 CAUSE OF BLINDNESS IN ADULTS?
- IN 2002, DIABETES WAS THE SIXTH LEADING CAUSE OF DEATH IN THE UNITED STATES?

## INSIDE THIS ISSUE:

Understanding DIABETES	1
Color Your Plate	2
Top 20 Antioxidant Rich Foods	2
John's Tip to Unwind	2
Financial Stress	3
Wellness Incentive Reminder	3
What Exactly is That?	3
Here's What's Cooking	3
Live a Happier Life	4

# LIVE WELL

Better Health, Greater Opportunity

A Newsletter dedicated to the Health and Wellness of the Iron Workers of Western Pennsylvania and their families.

## Understanding DIABETES

Diabetes is a metabolic disorder in which the pancreas is unable to produce adequate insulin. Insulin is what helps your body to break down sugars and starches into glucose, and glucose is needed to fuel the body. **Left untreated, diabetes can lead to heart disease, kidney disease, blindness, damage to the nervous system and amputation.** There are three different types of diabetes, Type 1, Type 2 and Gestational.

**Type 1:** Typically diagnosed in childhood, this type is caused by the body's inability to produce enough insulin and accounts for 5-10% of diagnosed diabetes in the U.S. Symptoms include frequent urination, extreme hunger and thirst, weight loss, excessive fatigue and irritability. **Treatment** requires daily insulin injections balanced with meals and physical activity. People with Type 1 also need to closely monitor their blood sugar.

**Type 2:** This is the most common form of diabetes in the U.S. Previously

referred to as "adult onset diabetes" or noninsulin-dependent, this type of diabetes is when the pancreas does not produce enough insulin or the body is unable to effectively use the insulin that is produced. The symptoms are the same as Type 1, along with frequent infections, blurred vision, slow healing of cuts and bruises, tingling or numbness in the hands and feet and recurring infections of the gum, skin or bladder. **Treatment** includes changes in diet, exercise and blood glucose testing, with or without the use of medications.

**Gestational Diabetes:** Develops in some women who are pregnant and experience elevated blood

sugars that meet the clinical parameters of diabetes. The blood glucose levels return to normal once the pregnancy has ended. Women who are diagnosed with gestational diabetes are at a higher risk for developing Type 2 diabetes later in life. **If you need help managing your diabetes or want to learn more about this disease, Highmark offers a Community Program called DIABETES Awareness & Prevention. Call 1-800-879-2217 to find a location near you. This program also qualifies as one of the Wellness Incentives where eligible participants can earn \$50 in their Value Bank upon completion.**

**For Better Management and Prevention, You Need To:**

- Improve your eating habits
- Increase your physical activity
- Lose weight
- Manage your stress

## Top 20

### Antioxidant-Rich Foods

1. Small red beans (dried)
2. Red kidney beans
3. Pinto beans
4. Blueberries (wild)
5. Cranberries
6. Artichokes (cooked)
7. Blackberries
8. Prunes
9. Raspberries
10. Strawberries
11. Red Delicious Apples
12. Granny Smith Apples
13. Pecans
14. Sweet Cherries
15. Black Plums
16. Russet Potatoes (cooked)
17. Black beans (dried)
18. Plums
19. Gala apples
20. Blueberries (cultivated)

(www.nowfoods.com)

## COLOR...your plate

By filling your plate with **color**, you will be adding all the benefits that fruits and vegetables have to offer. You can reduce your risk of stroke, high blood pressure, heart disease and certain cancers by adding plenty of fruits and vegetables to your diet. Challenge yourself to add as much **color** to your next meal as possible. It is recommended that you get 9 servings of fruits and vegetables a day.

**C**

Red peppers, tomatoes, cherries, marinara sauce, apples, berries, kidney beans

**O**

Leafy greens, green peppers, broccoli, green beans, peas, grapes, kiwi, honeydew

**L**

Eggplant, grapes, plums, raisins, blueberries, purple figs

**O**

Mushrooms, cauliflower, onions, garlic, bananas, shallots

**R**

Carrots, sweet potatoes, oranges, butternut and winter squash, peaches, cantaloupe, yellow and orange peppers

Colorful foods are good sources of disease-fighting compounds known as antioxidants. Antioxidants give foods their bright colors and fight to keep cells healthy. For a “Power Salad,” mix leafy greens, dried cranberries or blueberries, red beans and chopped pecans. Add olive oil and balsamic vinegar and enjoy.

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### John's Tip To Unwind

How nice would it be long gone. be to lay your head on your pillow and *just fall asleep*? Millions of Americans have reported having trouble falling or staying asleep. If you are one of them, try **John's Tip**, and your sleepless nights will

•Avoid caffeine, nicotine and alcohol six hours before going to bed.  
•De-clutter your bedroom.  
•Paint your bedroom in blues, greens and purples, because they are the most relaxing colors.

•Establish a set time for going to bed and waking up, and make it a habit. If you stick to these tips, you will get the shut-eye that you need. The days when you look like *this* guy will be no longer!



## Financial Stress

If you feel like you are all alone dealing with stress related to finances, you are not. There is help out there. You just have to take advantage of it. If you can answer yes to any of these questions, call the MAP, and get the help you deserve.

- Is financial stress creating havoc in your life?
- Are you receiving shut off notices for your utilities?
- Are you dealing with creditors calling you each day?
- Are you feeling like you are in over your head with nowhere to turn?

Call 888-877-8997 or visit the website [www.lytleap.com](http://www.lytleap.com)

## Wellness Incentive Reminder

By completing a Wellness Incentive, you not only are beginning a healthier way of life but also earning money! Refer to your Wellness Kit or call the Plan Office for a complete list of Wellness Incentives. When you complete an incentive, send the Plan Office your Value Bank Incentive Request form, along with proper proof of completion, and \$50 will be added to your Value Bank. You can go to our website and print copies of the Value Bank Incentive Request form or call, and we will mail one to you.



## What *Exactly* Is That?

Reading the Ingredient list on food labels can be very confusing, yet it is just as important as the Nutrition Facts label. The first ingredient is the most plentiful, and the last ingredient on the list has the least amount of it in the food. Below are *just some* other names for common foods. You can learn more by attending the Diabetes Awareness & Prevention Community Program offered through Highmark BCBS.

### **SUGAR**

- Brown Sugar
- High Fructose Corn Syrup
- Glucose
- Crystalline Fructose
- Dextrose
- Molasses
- Fruit Juices

### **SALT**

- Baking Soda
- Sodium
- MSG
- Baking Powder

### **FAT-Mainly Unsaturated**

- Canola Oil
- Corn Oil
- Diglycerides
- Monoglycerides
- Nut Oil
- Olive Oil
- Peanut Oil
- Safflower Oil
- Sesame Oil
- Sunflower Oil
- Soy Oil

*You should choose these fats and oils in limited amounts, and they should be listed at the bottom of the ingredient list.*

### **FAT-Mainly Saturated**

- Beef Fat/Tallow
- Butter
- Chicken Fat
- Coconut Oil
- Cream
- Hydrogenated Oils
- Partially Hydrogenated Oils
- Palm Oil
- Mayonnaise
- Shortening
- Whole Milk
- Egg yolks

*You should limit or omit these fats and oils as much as possible.*

## Here's What's Cooking...

Try this recipe when you are strapped for time. It only takes 35 minutes from start to finish!

### Healthified Crispy Coated Chicken

What you will need:

- Nonstick cooking spray
- 1 cup of finely crushed multigrain tortilla chips
- 1/2 tsp of dried oregano

- 1/4 tsp of ground cumin
- 1/4 tsp of freshly ground black pepper
- 1 egg
- 4 skinless, boneless chicken breast halves

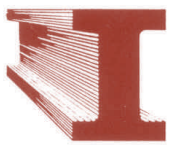
*Optional: shredded romaine, salsa, avocado slices*

Preheat oven to 375° and coat a 15x10x1 inch baking pan with

nonstick cooking spray, and set aside. In a shallow dish, combine tortilla chips, oregano, cumin and pepper. Place egg in another shallow dish, beat lightly. Dip the chicken in the egg, then coat with tortilla chip mixture. Arrange chicken in the prepared baking pan, and bake for about 25 minutes or until chicken is no longer pink. If desired, serve the chicken



on a bed of shredded romaine with salsa and avocado. This recipe and other "Healthified" recipes can be found at [eatbetteramerica.com](http://eatbetteramerica.com)



## Iron Workers of Western Pennsylvania Benefit Plans

2201 Liberty Avenue  
Room 203  
Pittsburgh, Pennsylvania 15222

Phone: 412-227-6740

Toll Free: 1-800-927-3199

Fax: 412-261-3816

E-mail: [ironben@ironben.com](mailto:ironben@ironben.com)

Website: [www.ironben.com](http://www.ironben.com)

Look for your next  
issue in June!

# LIVE WELL

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## Live a Happier Life



Being happy is sometimes easier said than done. Happiness is partially determined by genetics, but we also have the power to become happier. Research shows that you can improve your happiness by doing these five things:

1. **Be Grateful:** Write a letter of gratitude to someone who has helped you at some point in your life.

2. **Be Optimistic:** Visualize your ideal future, and describe the image in a journal entry.

3. **Count Your Blessings:** Each week, write three good things that have happened to you. Focusing on the positive will give you reasons to be glad.

4. **Use Your Strengths:** Identify your strengths, and try using them in new ways.

5. **Commit Acts of Kindness:** Helping others also helps you! Donate your time or money to a charity or assist someone in need.