



Positive Pulse Wellness Newsletter

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"Promote and protect the wellness of our community through education, programs, and services."

National Family Caregivers Month

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Families with Special Needs:

Caregivers typically provide assistance to someone who has a chronic illness or disabling condition. Whether a family member with special needs is a child or an adult, combining personal, caregiving, and everyday needs can be challenging. Below are general caregiving tips and links to information on specific health topics to help you and those you care for stay safe and healthy

Caregiving Tips

Be informed.

- Take time to learn about your family member's condition and special needs requirements.
- Talk to health care providers and other professionals who work with families with special needs.
- Understand the needs of you and your family, and work together to make good choices about housing, schools, health services, and more.

Be aware of signs of emotional or physical abuse. Notice how others care for the person with special needs.

Get support.

- Join a local or online support group.
- Search for local and national groups that provide services, recreation, and information for families with special needs.

Find out about local, state, federal, or other programs that may be available.

Be an advocate.

- Ask questions, and know your rights.
- Become familiar with the Americans with Disabilities Act, the Family Medical Leave Act, and other state and national provisions. Know how and when to apply them to your situation.
- Inform other caregivers of any special conditions or instructions. Always remind dental or medical staff of this information each time you visit.
- Document the medical history and care issues of your family member with special needs, and keep this information current.

Make sure your employer understands your circumstances or limitations. Arrange for flexible scheduling when needed.

Be empowering.

- Focus on what you and your family member with special needs can do.

Recognize appropriate milestones to celebrate. Look for memorable events and achievements to honor family members with special needs.

Take care of yourself.

- Stay healthy for yourself and those you care for.
- Work to maintain your personal interests, hobbies, and friendships. Balance is key.
- Set reasonable expectations about caregiving. This may lower stress and make you a more effective caregiver.

Take a break. Short or long breaks can be helpful.



Diabetes Prevention Month

Diabetes is a chronic (long-lasting) disease that affects how your body turns food into energy.

Most of the food you eat is broken down into sugar (also called glucose) and released into your bloodstream. Your pancreas makes a hormone called insulin, which acts like a key to let the blood sugar into your body's cells for use as energy.

If you have diabetes, your body either doesn't make enough insulin or can't use the insulin it makes as well as it should. When there isn't enough insulin or cells [stop responding to insulin](#), too much blood sugar stays in your bloodstream, which over time can cause serious health problems, such as [heart disease](#), [vision loss](#), and [kidney disease](#).

There isn't a cure yet for diabetes, but healthy lifestyle habits, taking medicine as needed, getting [diabetes self-management education](#), and keeping appointments with your health care team can greatly reduce its impact on your life.

Types of Diabetes

There are three main types of diabetes: [type 1](#), [type 2](#), and [gestational diabetes](#) (diabetes while pregnant).

Type 1 diabetes is caused by an autoimmune reaction (the body attacks itself by mistake) that stops your body from making insulin. About 5% of the people who have diabetes have type 1. Symptoms of type 1 diabetes often develop quickly. It's usually diagnosed in children, teens, and young adults. If you have type 1 diabetes, you'll need to take insulin every day to survive. Currently, no one knows how to prevent

type 1 diabetes.

With **Type 2 diabetes**, your body doesn't use insulin well and is unable to keep blood sugar at normal levels. Most people with diabetes—9 in 10—have type 2 diabetes. It develops over many years and is usually diagnosed in adults (though increasingly in children, teens, and young adults). You may not notice any symptoms, so it's important to get your blood sugar tested if you're at [risk](#). Type 2 diabetes can be prevented or delayed with healthy lifestyle changes, such as losing weight if you're overweight, healthy eating, and getting regular physical activity.

Gestational diabetes develops in pregnant women who have never had diabetes. If you have gestational diabetes, your baby could be at higher risk for health complications. Gestational diabetes usually goes away after your baby is born but increases your risk for type 2 diabetes later in life. Your baby is more likely to become obese as a child or teen, and more likely to develop type 2 diabetes later in life too.

Prediabetes

In the US, 84.1 million adults—more than 1 in 3—have [prediabetes](#), and 90% of them don't know they have it. Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as diabetes. Prediabetes increases your [risk](#) for type 2 diabetes, heart disease, and stroke. But through the CDC-led [National Diabetes Prevention Program](#), you can learn practical, real-life changes that can cut your risk for developing type 2 diabetes by as much as 58% (71% if you're 60 or older).

Symptoms

If you have any of the following diabetes symptoms, see your doctor about getting your blood sugar tested:

- Urinate (pee) a lot, often at night
 - Are very thirsty
 - Lose weight without trying
 - Are very hungry
 - Have blurry vision
 - Have numb or tingling hands or feet
 - Feel very tired
 - Have very dry skin
 - Have sores that heal slowly
- Have more infections than usual

Getting Tested

You'll need to get your blood sugar tested to find out for sure if you have [prediabetes](#) or [type 1](#), [type 2](#), or [gestational](#) diabetes. Testing is simple, and results are usually available quickly. Your doctor will have you take one or more of the following blood tests to confirm the diagnosis:

- ◆ *A1C Test*
- ◆ *Fasting Blood Sugar Test*
- ◆ *Glucose Tolerance Test*
- ◆ *Random Blood Sugar Test*





"Clean Eating" Recipe (www.nhlbi.nih.gov)

TERIYAKI CHICKEN LETTUCE WRAPS

PREP TIME

5 MINS

COOK TIME

15 MINS

TOTAL TIME

20 MINS

20 minute Teriyaki Chicken Lettuce Wraps - makes for a quick, low carb healthy lunch or dinner | Gluten Free + Dairy Free + Soy Free Paleo Option

Servings: 6 -8 wraps

Calories: 151 kcal

INGREDIENTS

Chicken

1 tablespoons coconut oil

1 pound boneless skinless chicken breasts, cut into bite-sized pieces

1/2 teaspoon each salt & pepper

Teriyaki Sauce

1 red chili deseeded and chopped

2 cloves garlic crushed

2 tablespoons freshly grated ginger

3 tablespoons honey

1/4 cup coconut aminos for soy free version or gluten free tamari/soy sauce (if you're using coconut aminos add a teaspoon of salt)

3 tablespoons salted peanuts or cashews for paleo version roughly chopped

2 carrots peeled into thin strips

1 head lettuce washed and leaves separated butter lettuce, gem lettuce or your choice

Optional toppings

sesame seeds

green onion sliced

INSTRUCTIONS

1. Add the coconut oil to a pan or skillet and warm on a medium high heat. When the oil is melted and hot add the chicken and cook for 5-7 minutes until cooked through. Remove the chicken from the pan and set aside for a few minutes as you make the sauce

2. Add the chili, garlic and ginger to the pan and cook for 1 minutes, stirring constantly.

3. Add the honey and coconut aminos or soy sauce. Stir well and bring the sauce to a boil and then reduce the heat down to medium-low or until it's only simmering and let cook for about 5 more minutes. Stir frequently to prevent burning. The sauce should reduce down and turn into a thick glaze. Add the chicken back to the pan and toss. Cook for another minute with the chicken in the sauce then remove from the heat.

4. Add a few spoonful's of the chicken mixture into each lettuce cup and top with shredded carrot, green onions, sesame seeds and peanuts/cashews and serve.