



DIABETES and your HEART

If you have diabetes, you are

2-4 times

More likely to have heart disease or a stroke than if you do not have diabetes.

According to the CDC, up to 20% of deaths from heart attack and 13% of deaths from stroke are related to diabetes or pre-diabetes.

Tips to reduce your risk for heart disease.



Maintain a Healthy Weight



Stay Active



Make Healthy Food Choices

To sign up for the next Diabetes Clinic, please call 646-9333. It runs every Wednesday in four week sessions from 5:30pm-7:00pm. This Diabetes Clinic is free through NetCare Insurance with completion of all four weeks

NEXT DIABETES CLINIC SCHEDULE

- February 17, 2016-March 9, 2016**
- April 13, 2016-May 4, 2016**
- May 18, 2016-June 8, 2016**
- June 22, 2016-July 13, 2016**

Amparos Business Center, 226 C/D Chalan San Antonio, Dr. Horinouchi Wellness Clinic (across from GPO, between Gaylord & KFC) in Tamuning | email: guamwellnessclinic@me.com | (671) 646-9333

Featured Rewards Partners



Looking for a detox program? Visit Horinouchi Wellness Clinic located in the 1st floor of the Amparo Building in Tamuning. Netcare members receive a 10% with full payment for the Genesis detox program. Call them at 646-9333 for more details.

Calling all Nike fans! Visit Nike located in the Guam Premier Outlets to receive a 10% discount storewide. This offer excludes Jordan Retro & certain limited edition products. Call them at 646-5133 for more information.



Stop by California Pizza Kitchen located at the Holiday Resort and Spa, lower lobby to receive 10% off lunch for food & non-alcoholic beverages. Lunch hours are from 11am - 4pm. This offer is good for dine-in and takeout & cannot be combined with other offers. Call 647-4888 for more details.



As a reminder to all members, our office will be closed on February 15th in observance of President's Day. Normal business hours will resume on February 16th.



February is Heart Month

Your heart- that little muscle about the size of your fist – is the hardest working organ in your body. It pumps over 2 gallons of blood thru a complex network of arteries and blood vessels. A lot of work goes into pumping all this blood, and one tiny interruption in a beat or small piece of debris in an artery wall can bring this delicate process to halt. Statistics show that 80 million people in the United States have some type of heart disease. Every 40 seconds, someone experiences a stroke, and every 26 seconds someone suffers a heart attack. What is the secret for a healthy heart?

Risk Factors for Heart Diseases include Age, Gender (Male), Ethnicity, Stress, Obesity, Smoking, High Cholesterol, Physical Inactivity, High Blood Pressure & Diabetes. Some risk factors can be controlled by two major things- diet and lifestyle.

Follow these tips:

- Eat a balanced diet low in fat and high in fiber.
- Exercise at least 30 minutes a day
- Avoid cigarettes and alcohol – Smoking triples your risk of heart disease.

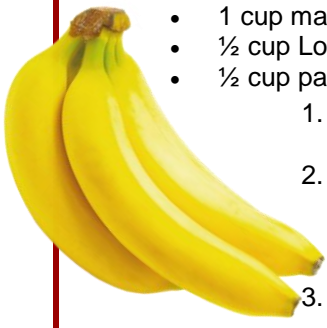
Lastly the best way to know whether or not you are at risk for heart disease is to know your numbers. Your blood pressure should be 120/80 and total cholesterol below 200. If you don't know your numbers or where you stand, see your doctor.



Did you know?

The average American consumes more than 19 tablespoons of sugar a day, mostly from processed foods and drinks! In fact, Americans consume more than 5 billions cans of soda and more than one and a half billion pounds of coffee each year!





Banana-Nut Bread

- 1 cup mashed ripe banana
 - 1/2 cup Low-Fat buttermilk
 - 1/2 cup packed brown sugar
 - 1/4 cup Margarine
 - 1 Egg
 - 2 cups All-purpose Flour
 - 1 tsp Baking Powder
 - 1/2 tsp Baking Soda
 - 1/2 tsp. Salt
 - 1/2 cup Chopped Pecans
1. Preheat oven to 350 degrees F and spray non-stick cooking spray on two 9X5-inch loaf pans.
 2. Stir together mashed bananas and buttermilk; set aside. Cream brown sugar and margarine together until light. Beat in egg. Add banana mixture and beat well. Sift together flour, baking powder, baking soda and salt. Add all at once to liquid ingredients and stir until well blended. Stir in nuts and put in prepared pans.
 3. Bake for 50-55 minutes or until toothpick inserted in center comes out clean. Cool for 5 minutes in pan. Remove from pan and complete cooling on wire rack before slicing.

Healthy Facts About Cherries

1

Cherries help ease arthritis pain. Excess uric acid in the blood is the culprit behind pain that causes swelling, tenderness and inflammation. A USDA study found that uric acid can be reduced by as much as 15 percent by eating 2 cups of Bing cherries.

2

Cherries help you sleep. Tart cherries contain melatonin, a hormone that helps make you feel sleepy. Only two tablespoons of tart cherry juice has been shown to be just as effective as a melatonin supplement.

3

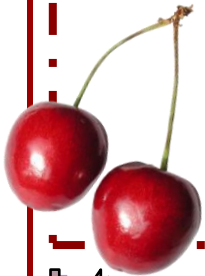
Cherries and blood pressure. Potassium helps lower your blood pressure and what do you know? Cherries are an excellent source of potassium. Cherries help keep potassium and sodium balanced which can prevent hypertension from occurring. One cup of cherries has the same amount of potassium as one banana.

4

Cherries help keep you trim. Eating cherries can help you lose weight and stay trim. One cup of cherries is less than 100 calories and packs in 3 grams of fiber, which keeps you feeling full longer. Cherries are not only healthy but they are also very delicious and versatile. You can add them to just about anything from dairy to pork. It can also be used for sauces or juices.

5

Cherries Help Fight Cancer. The distinctive deep red pigment cherries are known for comes from flavonoids; powerful antioxidants that help fight free radicals in the body. Cyanidin is a flavonoid from the anthocyanin group found in cherries that helps keep cancerous cells from growing out of control. And, for cherries with the most anthocyanins go for sweet cherries with the deepest pigment; crimson-purple rather than bright red.



American Dental Association's Give Kids a Smile!

Taking care of your child's teeth is important! If you start your child's off with good dental habits, your child will find it easier to keep those good habits forever.

- Take your child for a first dental visit within 6 months of the first baby tooth and no later than their 1st birthday.
- Start caring of your child's gums and teeth at birth. Wipe gums with a soft wet cloth after each feeding. When teeth appear, start cleaning them with a soft child's toothbrush twice a day.
- Healthy eating habits lead to healthy teeth. Give your child a variety of foods, but just remember that sweets, starches and sticky foods stay in the mouth longer and can easily cause tooth decay.
- Babies who go to bed with a bottle of milk or juice are more likely to get tooth decay. Put your child to bed with a bottle of plain water instead. Also, try not to let your child walk around using a bottle of milk or juice as a pacifier.



Arabella Moylan

International Prenatal Infection Month

As mommy to be, a lot of us tend to get carried away with wanting what's best for our baby. We become very cautious with the things we do and our surroundings making sure it will not affect our baby's health in any way. Here are some things you want to prevent while pregnant:

- Untreated urinary tract infections
- CMV – Cytomegalovirus
- Toxoplasmosis
- Group B Streptococcus
- Contagious kids with rubella, fifth's disease and other sicknesses

Here are some simple steps you can take to help prevent infections and protect you and your baby.

- Wash your hands regularly with soap and water especially after:
 - Using the bathroom
 - Changing diapers
 - Gardening or handling soil
 - Handling pets
 - Caring for or playing with young children
 - Touching raw meat, raw eggs and unwashed vegetable
 - Being around sick people
- Follow cooking instruction. Cook all meats until they are well done. Reheat hot dogs, delis and luncheon meats until steaming hot.
- Stay away from sick people. You want to try as much as possible to avoid people who have chickenpox or rubella. If you cannot stay away from you sick children, always remember to wash your hands often.
- Skip packaged salad. This is good breeding grounds for bacteria. If you are craving greens, be sure to clean thoroughly.
- Clean surfaces. Be sure to sanitize your children's toys, counter tops and other surfaces with soap and water or disinfectant spray.

