

November is National Diabetes Awareness Month!

Diabetes or also referred to by doctors as diabetes mellitus, describes a group of metabolic diseases in which the person has high blood glucose (blood sugar). This is caused either because a person has inadequate insulin production or because the body's cells do not respond properly to insulin, or both. The most common symptoms include frequent urination, intense thirst and hunger, weight gain, unusual weight loss, fatigue, cuts and bruises that do not heal, male sexual dysfunction and numbness and tingling in hands and feet.



There are three types of diabetes:

- **Type 1 Diabetes:** The body does not produce insulin. Some people may refer to this type as insulin-dependent diabetes, juvenile diabetes, or early-onset diabetes. People usually develop this type of diabetes before their 40th year, often in early adulthood or teenage years. Patients with type 1 diabetes will need to take insulin injections for the rest of their life.

- **Type 2 Diabetes:** The body does not produce enough insulin for proper function, or the cells in the body do not react to insulin (insulin resistance). Some people may be able to control their type 2 diabetes symptoms by losing weight, following a healthy diet, doing plenty exercise, and monitoring their blood glucose levels.

- **Gestational diabetes:** This type of diabetes affects females during pregnancy. Some women have very high levels of glucose in their blood, and their bodies are unable to produce enough insulin to transport all of the glucose into their cells, resulting in progressively rising levels of glucose. Majority of gestational diabetes patients can control their diabetes with exercise and diet. Undiagnosed or uncontrolled gestational diabetes can raise the risk of complications during childbirth. The baby may be bigger than he or she should be.

Visit <http://www.medicalnewstoday.com/info/diabetes/> for more information and facts on diabetes.

Look For Your New NetCare Member Card!

NetCare members will start receiving new membership cards as their group renews! So what's new? The new card will now be a full shade of blue and includes the "HealthPlus Rewards" as well as the "EuropAssistance" logos.



As a reminder to our members, our office holiday hours will be as follows:

- November 11 : closed
- November 26 : closed
- November 27 : closed
- December 8 : 8am – 3pm
- December 18 : 8am – 12pm
- December 24 : 8am – 12pm
- December 25 : closed
- January 1, 2016 : closed



Turkey Fun Facts!

* Only male turkeys gobble. Female turkeys make chirping sounds.

* Wild turkeys can fly short distances up to 55 mph!

* Because a turkey's eye are on the side of its head, by rotating its head, it can see 360° all the way around!



Affinity dental in the Philippines is now part of Netcare's listing of participating providers! Visit them at these following locations for all your dental needs: Makati City, Bonifacio Global City, Alabang City, Bacolod City and Cebu City.

Featured Rewards partners



Check out Ture' located on Marine Corps Drive and receive 10% off salads and all vegetarian entrees. For more information, please call 479-8873.



10% Multiple Car Discount will be granted to all NetCare planholders who will insure their private vehicles with First Net under the Voluntary Group Master Policy. The discount will be arrived at by applying 10% to their current premium with any other Guam insured (excluding third party liability premiums). Call 477-8613 for more information.



Visit Primo Surf and receive a 10% discount off your purchase. *Offer excludes hard goods like surfboards, stand up boards, kayaks and windsurfers. Contact them at 472-8118 for more information.



Ingredients:

- 15 oz canned pumpkin
- 2 tbsp whipped butter, softened
- 3/4 cup light brown sugar, unpacked
- 1/2 cup fat free milk
- 1 large egg
- 2 large egg whites
- 1/2 teaspoon pumpkin pie spice
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 tsp vanilla extract
- 1 frozen Pillsbury pie crust sheet (thawed to room temperature)

Skinny Pumpkin Pie



<http://www.skinnytaste.com>

Directions:

1. Preheat oven to 350 °F.
2. Lightly dust a large cutting board or flat surface with flour. Roll out a room temperature pie crust sheet, so that it becomes thin enough to cut off about 30%, so that your final crust is 5 oz. Place into a 9-inch pie dish, cutting off excess dough.
3. Place pumpkin puree in a large bowl. Add butter, and mix well. Using an electric mixer, mix in brown sugar, milk, eggs, egg whites, pumpkin pie spice, cinnamon, nutmeg and vanilla. Beat on medium speed until mixture is smooth. Pour filling into unbaked pie crust.
4. Bake about 70 to 75 minutes, or until knife inserted in center comes out clean. Cut into 8 slices and serve with whipped coconut cream or whipped cream if desired.

Don't miss out on your chance to get active! Below are some events scheduled for November.

- November 8: Koko Road Race : 5am – 8am in Tumon
- November 14: Triple J Color Run: 6am – am in Upper Tumon

"Either you run the day or the day runs you."
-Jim Rohn



Pumpkins and Your Health!

You're probably thinking *what could pumpkins possibly do for me?* Pumpkins are known to provide health benefits, if you go easy on the pumpkin pie that is! First and foremost, pumpkins keep your eyesight sharp! A cup of cooked, mashed pumpkin contains more than 200% of your recommended daily intake of vitamin A,

which aids vision, particularly in dim light. Secondly, pumpkins aid weight loss! We all love to drop a few pounds, right? With just 3 grams per one-cup serving and only 49 calories, it can keep you feeling full longer on fewer calories. I bet you didn't know that pumpkin seeds can help your heart. Nuts and seeds, including those of pumpkins, are naturally rich in phytosterols that have been shown to reduce bad cholesterol. Lastly, pumpkins have been known to protect the skin. The free-radical-neutralizing powers of the carotenoids in pumpkins can help keep the skin wrinkle-free!

Visit <http://www.huffingtonpost.com> for more pumpkin health benefits.

Avoid Holiday Weight Gain!

If you're trying to reach your "feel great" weight, Thanksgiving can be a very stressful holiday. With so many delicious food tempting you, it's difficult to keep your healthy habits in check. Take control of the day and jump start your motivation for a healthy and active holiday season. Here are a few tips to help you reach your feel great weight even during the holiday season:

1. Plan a post-meal walk. A brisk walk will help you burn some calories and likely put you in the right mindset to turn down a second piece of pumpkin pie!
2. Plan a workout date the next morning. Instead of feeling bloated and lethargic the day after Thanksgiving, schedule a fitness date with a friend for that morning. Knowing you've committed to burning off those extra calories allows you to splurge without feeling guilty and maybe even keeps you from having too many glasses of wine during dinner.
3. Stop eating when you're full. Instead of seeing how much you can eat, serve yourself a small, golf-ball-size serving of everything you want—no restrictions—but only have enough to satisfy your stomach without overdoing it.
4. Volunteer to help clean up. Instead of picking at the leftovers or helping yourself to a second or third dessert, offer to help the host clean up. Not only will cleaning burn calories, but physically removing yourself from the table will help take your attention away from the food.

Visit <http://www.health.com> for more ways to avoid holiday weight gain.

Alzheimer's Awareness Month 2015



Alzheimer's is a type of dementia that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and then gradually get worse over time. In its early stages, memory loss is mild, but someone who suffers from late-stage Alzheimer's loses the ability to carry on a conversation and respond to his or her environment.

Symptoms:

Just like the rest of our bodies, our brains change as we age. Serious memory loss, confusion and other major changes in the way our minds work may be signs that brain cells are failing.

The most common early symptom of Alzheimer's is difficulty remembering newly learned information. As Alzheimer's advances through the brain, it leads to increasingly severe symptoms, including disorientation, mood and behavior changes, deepening confusion about events, time and place, unfounded suspicions about family, friends and professional caregivers, more serious memory loss and behavior changes, and difficulty speaking, swallowing and walking.

Study these signs and if you recognize them in any of your loved ones, suggest having them see their doctor as soon as possible. Early diagnosis, treatment options and sources of support can improve quality of life for your loved one.



From: Your Netcare Family