



Family and Consumer Sciences

Strengthening Oklahoma Families

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November Is American Diabetes Month®

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Many Americans are diagnosed with diabetes each year. Currently nearly 30 million children and adults across the country are living with that diagnosis. This figure represents more than 9 percent of the population of the United States.

There are another 86 million Americans who have prediabetes and are at risk for developing type 2 diabetes, said Janice Hermann, Oklahoma State University Cooperative Extension nutrition specialist.

“With the costs of treatment skyrocketing – it’s estimated the national costs of diagnosed cases in the United States is \$245 billion annually – The American Diabetes Association is working hard to raise awareness about this disease,” Hermann said. “It’s estimated as many as one in three American adults will have diabetes by the year 2050.”

What exactly is diabetes? It is the inability to control blood sugar levels. The pancreas creates a hormone called insulin in response to the amount of glucose in your blood. If the glucose level is high, your body makes insulin. Insulin tells your body cells to take in the glucose and convert it into energy the cells can use. If you are diabetic, your cells fail to do so, either because your body does not make enough insulin or because the body is not responding to the insulin. In type 1 diabetes, your body attacks the pancreas, preventing it from making insulin. In type 2 diabetes, which is the most common, your pancreas does not make enough insulin or your body cells do not respond to the insulin made.

Hermann said symptoms of diabetes include feeling extremely thirsty; frequent urination, particularly at night; feeling tired;

cuts or wounds that heal slowly; blurred vision; and loss of muscle bulk.

“In type 1 diabetes, these symptoms appear rather quickly. However, with type 2 diabetes, the symptoms develop slowly, mostly unnoticed, over time. The disease worsens the longer it’s left untreated,” she said.

For a number of years, the American Diabetes Association has declared November as American Diabetes Month® and this year’s theme is America Gets Cooking to Stop Diabetes. This initiative is designed to engage and inspire people to live a more active and healthier lifestyle.

“The effects of diabetes can be devastating and it takes a serious toll on a person’s health,” she said. “People with diabetes are nearly twice as likely to be hospitalized for a heart attack or stroke. In addition, diabetes causes almost half of all cases of kidney failure. In addition, more than half of all amputations in adults occur in people with diabetes.”

More than half a million American adults have advanced diabetic retinopathy, greatly increasing their risk for severe vision loss. About 60 percent to 70 percent of people with diabetes have mild to severe forms of nerve damage that can result in pain in the feet or hands, slowed digestion and other nerve problems.

“Diabetes remains the seventh leading cause of death in the United States. This is why it’s so important to really focus on making lasting changes in your eating and exercise habits in an effort to combat this disease,” Hermann said. “Also, visit your primary care physician at the first sign of symptoms.”



What is Inflammation?

Inflammation is the body's response to infection, injury or irritant. The body responds by sending an army of inflammatory cells to remove the stimulus and initiate healing process.

- Acute inflammation is a short-term response that can last minutes to days. The chemical mediators responsible for the vascular and cellular changes allow the flow of white blood cells and plasma to the site of injury. This can cause intense but temporary inflammation.
- Prolonged (a.k.a. chronic) inflammation occurs when the cause of inflammation persists. This results in constant low levels of inflammation and can lead to serious health problems. These problems can include the buildup of fatty deposits in the inner lining of the arteries, which increases the risk for a stroke or heart attack.

Although inflammation is a healthy and necessary part of your autoimmune response system, persistent inflammation that serves no purpose damages the body and causes illness.

What are the Risk Factors for Chronic Inflammation?

High blood pressure, stress, lack of exercise, genetic predisposition, cigarette smoking, high blood glucose levels, poor eating, and obesity all contribute to inflammatory conditions.

How Does Your Diet Affect Inflammation?

The average American diet includes far too many processed and fast foods. We also don't eat enough foods that are rich in omega-3 fatty acids that is all found in cold-water fish, nuts and

seeds or enough fruits and vegetables. These foods have vital anti-inflammatory properties.

Foods such as french fries, pasta, cheeseburgers, fried chicken and bread all provoke an excessive inflammatory response within your body. Other foods, such as salmon, spinach, walnuts, carrots, berries, brown rice, and olive oil, all fight bodily inflammation. If you eat an abundance of foods that provoke chronic inflammation, then you will be more likely to develop chronic illnesses.



5 REASONS LIFE IS PASSING YOU BY



Tomorrow is not promised...enjoy today. Are you getting the most out of life? It comes

and goes in a flash. Here are five habits that may be keeping you from living it to the fullest.

1. **Over-committing:** Stop giving your life away through constantly pleasing others. Agreeing to commitments you're not truly interested in steals precious time away from doing things you actually enjoy. Be vigilant in guarding your time and don't be afraid to say no.
2. **Resentment:** Building up strife in your heart interrupts the flow of joy. Forgive, forget and let go on any bitterness keeping you from maximizing the here and now.
3. **Jealousy:** Trying to keep up with The Jones' will always cause trouble. Comparing your life with others creates an unthankful heart. Celebrate and show genuine happiness for others. It will only open more doors for blessings.
4. **Chasing \$\$Money\$\$:** Never being satisfied financially will cause you to take jobs that never
5. **Not Savoring The Small Things:** Soaking in small pleasures are little things we miss out on when we're too busy. Let enhancing quality of life mean more than quantity. In the end, these will be moments that matter most.

feed your heart. It's okay to have ambition, but when making more and more money its all you live for.....it makes for a terrible life coach.

Pittsburg County OHCE Newsletter

CRANBERRIES 101

Source: University of Nebraska Extension



Cranberries can add color, refreshing taste and nutrients to foods and

beverages. Available in many convenient forms, from fresh or dried to juices and sauces, cranberries are an ingredient you can use throughout the year. You can add fresh cranberries to breakfast breads, toss dried cranberries into a salad, or mix up a refreshing beverage with one of the many forms of cranberry juice.

Cranberries are fat-free, cholesterol-free, sodium-free and a good source of Vitamin C and fiber. Cranberries are though to provide health benefits because

of their flavonoid and phytonutrient content. These naturally occurring compounds have antioxidant and antimicrobial benefits. They have also been shown to promote cardiovascular health by reducing low-density lipoprotein-oxidation (*bad cholesterol*), maintaining or improving high-density lipoprotein levels (*good cholesterol*), and improving vascular function.

Selection and Storage Tips:

Choose fresh cranberries that full, plump, firm and dark red or yellowish-red. Avoid cranberries that are soft, shriveled, or have brown

spots. Fresh cranberries should be stored in the refrigerator, preferably in a crisper for about three to four weeks.

Cranberries freeze very well, either whole or sliced. When sealed in an airtight container, frozen cranberries will keep for up to nine months.

Cooking with cranberries:

Shortly before use, rinse fresh or frozen cranberries and throw out any that are shriveled or bruised. Cranberries are good for both cooking and eating raw. If raw cranberries are too tart, cook them before eating. One method is to cook them in a pot of water for 10 minutes on medium heat or until the cranberries pop. If cooked longer, they will taste bitter.

THINK HAPPY THIS FALL

Here are some ways to have fun, de-stress and enjoy the beauty of Fall Season.

◆ **Seasonal Outdoors**

Activities: Go to an orchard and pick apples or pumpkins, go on a hayride, or lose yourself in a corn maze. Go camping and enjoy nature.

◆ **Outdoors Relaxation:**

Fall is a wonderful time to take your relaxation rituals outside. Take a

hike, go walking and pay special attention to your Fall surrounding.

- ◆ **Act Silly:** Go ahead...jump in a pile of leaves—play flag football, or make some gooey caramel apples.

- ◆ **Fall Smells & Tastes:** Bake or heat up some apple or pumpkin pie, create a squash soup, or drink a hot, spiced cup of cider. The warmth & scents have a

soothing effect that can help you relax & sleep better.

- ◆ **Have Gratitude:** Think about all the things for which you are thankful. Write thankful things down and then share at Thanksgiving.



Chunky Cranberry Spread

1 8 oz. low fat cream cheese 1-2 TBS low fat milk
1/2 cup chopped dried cranberries
1/4 cup chopped blanched almonds or other nut
1/2 tsp fresh orange zest

Place cream cheese in a medium bowl and allow to soften. Mash & work with a fork until texture is light enough to combine easily with other ingredients. Add just enough milk so cheese becomes soft and easy to spread. Mix in remaining ingredients.

Cover & refrigerate up to 2 days ahead. Flavors will blend & mellow if this recipe is made ahead of time & allowed to refrigerate at least a few hours before serving. Spread on slices of a whole-grain bread.

Cranberry BBQ Sauce

1 TBS. vegetable oil 1 cup minced yellow onions
1 TBS. minced garlic 1 tsp. dry mustard
1 tsp. chili powder 1 1/2 TBS tomato paste
1 1/2 cups cranberry sauce 1/4 cup cider vinegar
1 TBS dark molasses 1/4-1/2 cup water if needed

In a sauce pan, heat oil over medium-high heat; add onions and sauté 2 minutes. Mix in garlic, mustard & chili powder & continue cooking 1 minute. Stir in tomato paste & cook 1 more minute. Add cranberry sauce, vinegar & molasses & bring to a simmer, whisking often until mixture becomes smooth. Lower heat & simmer 15-20 minutes or until mixture reduces & thickens. Add water to mixture if it gets to thick. Remove from heat & cool to room temperature. Place in covered container & refrigerate until ready to use. Reheat before using.

LaDell Emmons

LaDell's Professional Schedule for November

- Nov 6** 4-County Extension Café in Stigler. We will leave 8 a.m. from OSU parking lot.
NOTE: Date changed from Nov 13th to Nov 6th
- Nov 11** Veterans Day—Office Closed
- Nov 14** Diabetes Walk
- Nov 17** Healthy Holiday Cooking
(Dining with Diabetes)
Wellness Center 7 p.m.
- Nov 18-19** SE District FCS In-Service
- Nov 26 -28th** OSU Extension
Thanksgiving Holiday—
starting at noon 11.26



Thank you all so much for helping at the Pittsburg County Fair—it could not have been a success if not for your dedicated help.

Diann Hunter



Kind words are short to speak, but their echoes are endless.

LaDell Emmons

FCS Newsline Editor.....

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