Understanding your Glucose Results

Let’s admit that it’s frustrating to check your glucose values and then realize that they don’t make sense. Everyone with diabetes experiences this.

Patterns
Start to look for patterns in your numbers. For example, are you always higher than your target range after dinner? Whether you test one or six times each day, use the checklists below to help you determine what made your glucose go up or down.

Up High
The following are things that can make your glucose go up above your target range:

- Eating too much food – specially food or drinks containing carbohydrates
- Snacking too close to a meal
- Physical inactivity
- Forgetting to take diabetes medications
- Not taking enough diabetes medication
- Sickness
- Stress
- Hormone changes (menstrual cycle)
- Some non-diabetes-related medications (for example steroids)

Down Low
This list shows things that can make your glucose go low:

- Not eating enough food- specially food or drinks containing carbohydrates
- Spacing meals or snacks too far apart
- Physical activity
- Diabetes medications
- Drinking alcohol

As a refresher, the general goals for adults from American Diabetes Association are:

- Before meals: 70-130 mg/dl
- 1-2 hours after meals: less than 180mg/dl
- At bedtime: 100-140 mg/dl

Write down your glucose values in a logbook, or use a form that you’ve downloaded. Note in your logbook why you think your glucose is low or high, talk with your healthcare team about what you are noticing. You are in control of your diabetes.

Source: http://health.yahoo.net/

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Common painkillers tied to lower skin cancer risk

In a new study from Denmark, people who had taken aspirin, ibuprofen and related painkillers—especially at high doses and for years at a time—were less likely to get skin cancer, compared to those who rarely used those medications.

The findings add to growing evidence that long-term use of the medications, known as nonsteroidal anti-inflammatory drugs, or NSAIDs, may help protect people against skin cancers, including melanoma the deadliest type.

Still, research has not been unanimous in that finding: one large 2008 report found no link between NSAIDs and melanoma.

The drugs have also been linking to an increased risk of kidney cancer and come with known bleeding risks—so more research is needed to weigh the possible harms and benefits of the drugs outside of pain relief, researchers said.

According to the Centers for Disease Control and Prevention, close to 60,000 people in the U.S. were diagnosed with melanoma in 2008, the most recent year with available date, and just under 9,000 died from the disease.

About two million people nationwide with non-melanoma skin cancers each year, but only about 5,000 people die from squamous cell and basal cell carcinomas combined.

Aspirin and other NSAIDs can be bought over-the-counter in the U.S. for a few cents per pill.

Source: http://health.yahoo.net/news/s/nm

How Brain Training Can Make You Significantly Smarter

As many people hit middle age, they often start to notice that their mental clarity are not what they used to be. We suddenly can’t remember where we put the keys just a moment ago, or an old acquaintance’s name, or the name of an old band we used to love. As the brain fades, we euphemistically refer to those occurrences as “senior moments.”

While seemingly innocent, this loss of mental focus can potentially have a detrimental impact on our professional, social, and personal well-being.

It happens to most of us, but is it inevitable?

Neuroscientists are increasingly showing that there’s actually a lot that can be done. It turns that the brain needs exercise in much the same way our muscles do, and the right mental workouts can significantly improve our basic cognitive functions. Thinking is essentially a process of making neural connections in the brain. To a certain extent, our ability to excel in making the neural connections that drive intelligence is inherited. However, because these connections are made through effort and practice, scientists believe that intelligence can expand and fluctuate according to mental effort.
10 frugal living Tips to happiness on A Tight Budget

1. Keep Track of Your Spending- If you are planning to live on a tight budget; you need to start by keeping track of all your expenses. From car repairs to that cup of coffee you buy every morning, everything must be recorded. It’s easy to lose track of how much you spend in any given week. The next thing you know, you are looking at a credit Card bill that is well outside your means. So, you pay the minimum payment, which is another no-no and the cycle of perpetual debt begins. Keep better track of your spending can help you avoid wasting money on unnecessary things.

2. Change Your Spending Habits –Now that you’re keeping tack what you’re spending your money on, look through your monthly expenses and start trimming the fat. This is where people begin to think that frugal living is a complete downer compared to a lifestyle of superfluous spending. Don’t think about limiting yourself on the things you want, start thinking about cutting out the things you don’t need or waste money on. Avoiding name brand items, buying in bulk and buying used or refurbished items are just a few examples to help you save and change your spending habits.

3. Monitor your Money- Many people are guilty of not knowing how much they are carrying in their pockets or purse on a daily basis. Even worse, many people are guilty of not knowing how much money they have in their bank account. How are you supposed to follow a budget if you don’t even know what you are working with? What if you dropped some cash without even knowing it? Finding random cash in your pocket is the best feeling in the world, but you should be taking better care of your money if you plan on living on budget.

4. Carry a Coin Purse - Start carrying a coin purse and stop treating loose change like it’s the plague. Most people become annoyed with fishing through their pockets for change, so they just pay with large bills and get more loose change that they don’t want. Keep those coins organized.

5. Give Yourself an Allowance - Limit yourself to a set amount of spending cash per week like $100, and only withdraw that amount from your bank account. Giving yourself an allowance will help you develop better spending habits to help save money for when counts.

6. Start Living a Healthier Lifestyle - One of the best frugal living tips anyone can follow is to get in better shape. Those who smoke, consume too much alcohol, have poor eating habits, are out of shape or are overweight tend to spend more money than a person who is living a healthy lifestyle. If you are in shape, you will eat less.

7. Look for Ways to earn on the Side - While you don’t necessarily have to take up a second job or even a part-time job, finding ways to earn money on the side is a tip that will help you reach your goals, or give you more spending money.

8. Stop Impulse Buying - Frugal living requires you to consider all purchases with at least a 24-hour timeframe. If you still feel compelled to have the item in question after 24-hour, then it might be worth buying.

9. Never Buy Anything Full Price. If you find an item, and follow the suggestion in tip #8, make sure that the item you must have is a least on sale. If it’s not, then wait till it goes on sale.

10. Change the Way You Eat - Restaurants tend to offer discounted meal prices during off hours, so try eating earlier or later than usual to save. Scan the appetizer section and see if you can turn an item into entrée.

Source: http://www.candofinance.com/
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1 in 3 is obese – even homeless

Obesity is a widespread epidemic, even in the homeless. While the popularized image of a homeless individual is one of skin and bones, a new study shows the reality is not so. One in three (32.3%) homeless individuals in the United States is obese, highlighting a hunger-obesity paradox. The paradox is that hunger and obesity can exist in the same person. And although a person may be overweight or obese, he or she can lack proper nutrition. Nutrition is a daily challenge for homeless people, as the foods they manage to get are often full of preservatives and high in sodium, fats and sugars. They may not have access to healthier options like fruits and vegetables. The obesity rate in a sample of 5,632 homeless adults seen at the Boston Health Care for the Homeless Program was similar to that seen in the general population. Two out of three homeless individuals were either overweight or obese. The study found that 32.6% were normal weight and that 1.6% was overweight. “Although underweight has been traditionally associated with homelessness, this study suggests that obesity may have replaced underweight as the new malnutrition of the homeless,” the authors wrote. The human body might be hoarding calories, as an adaptive response when people do not consistently have enough to eat. The body’s response could contribute to obesity, by “becoming more efficient at storing more calories as fat,” according to the report. Also, people who are homeless are more likely to suffer from a lack of sleep and high stress, which contribute to obesity.

Source: http://thechart.blogs.com