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Waniyetu Wi Clinic Schedule:

SUN	MON	TUE 1	WED 2	THU 3	FRI 4	SAT 5
6	7	8	9	10 USMC Birthday	11 Veteran's Day Clinic Closed	12
13	14	15	16	17 Great American Smoke Out	18	19
20	21	22	23	24 Thanksgiving Clinic Closed	25	26
27	28	29	30			

Clinic Phone Numbers

Main 473-5526	Option #
Appointments	1
Pharmacy	2
Nursing	3
PRC Manager	4
PRC (Contract Health)	5
Med Records	6
PHN Nurse	7
Health Ed	8
Additional Options	9

Flu and Covid Boosters Available:

We have flu vaccine for all ages 6 months and up. We now have the bivalent Covid booster available for ages 12 and up (Pfizer) and ages 18 and up (Moderna). Adults age 18 and up can choose either one, 12-17 only Pfizer is available.



BY KEEPING TOBACCO SACRED

Join National Native Network on November 17th (Great American Smokeout Day) to remind those around us that traditional tobacco is not commercial tobacco. Use the hashtag #IKeptSacred and tell us what you do instead of using commercial tobacco. The goal is to bring awareness to the staggering rates of commercial tobacco use among AI/AN and the adverse health risks associated with it.



What Is Prediabetes?

Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Approximately 96 million American adults—more than 1 in 3—have prediabetes. Of those with prediabetes, more than 80% don't know they have it. Prediabetes puts you at increased risk of developing type 2 diabetes, heart disease, and stroke.

The good news is that if you have prediabetes, you can make lifestyle changes to prevent or delay type 2 diabetes and other serious health problems.

What Causes Prediabetes?

Insulin is a hormone made by your pancreas that acts like a key to let blood sugar into cells for use as energy. If you have prediabetes, the cells in your body don't respond normally to insulin. Your pancreas makes more insulin to try to get cells to respond. Eventually your pancreas can't keep up, and your blood sugar rises, setting the stage for prediabetes—and type 2 diabetes down the road.

Signs & Symptoms

You can have prediabetes for years but have no clear symptoms, so it often goes undetected until serious health problems such as type 2 diabetes show up. It's important to talk to your doctor about getting your blood sugar tested if you have any of the risk factors for prediabetes, which include:

- Being overweight
- Being 45 years or older
- Having a parent, brother, or sister with type 2 diabetes
- Being physically active less than 3 times a week
- Ever having gestational diabetes (diabetes during pregnancy) or giving birth to a baby who weighed more than 9 pounds
- Having polycystic ovary syndrome

Race and ethnicity are also a factor: African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders, and some Asian Americans are at higher risk.

Simple Blood Sugar Test

You can get a simple blood sugar test to find out if you have prediabetes. Ask your doctor if you should be tested.

Preventing Type 2 Diabetes

If you have prediabetes, losing a small amount of weight if you're overweight and getting regular physical activity can lower your risk for developing type 2 diabetes. A small amount of weight loss means around 5% to 7% of your body weight, just 10 to 14 pounds for a 200-pound person. Regular physical activity means getting at least 150 minutes a week of brisk walking or a similar activity.

That's just 30 minutes a day, five days a week.

A lifestyle change program offered through the CDC-led National Diabetes Prevention Program can help you make those changes—and make them stick. Through the program, you can lower your risk of developing type 2 diabetes by as much as 58% (71% if you're over age 60).

Highlights include:

- Working with a trained coach to make realistic, lasting lifestyle changes.
- Discovering how to eat healthy and add more physical activity into your day.
- Finding out how to manage stress, stay motivated, and solve problems that can slow your progress.
- Getting support from people with similar goals and challenges.

Ask your doctor or nurse if there's a CDC-recognized National Diabetes Prevention Program offered in your community or find one here. The best time to prevent type 2 diabetes is **now**.

Great American Smoke Out: November 17th

Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout event on the third Thursday in November be your day to start your journey toward a smoke-free life. You'll be joining thousands of people who smoke across the country in taking an important step toward a healthier life and reducing your cancer risk. Plus, the American Cancer Society can help you access the resources and support you need to quit.

About 34 million American adults still smoke cigarettes, and smoking remains the single largest preventable cause of death and illness in the world. Smoking causes an estimated 480,000 deaths every year, or about 1 in 5 deaths.

While the rates of cigarette smoking have declined over the past several decades, from 42% in 1965 to 14% in 2019, the gains have been inconsistent.

Some groups smoke more

heavily or at higher rates and suffer disproportionately from smoking-related cancer and other diseases. These populations tend to be those who experience inequities in multiple areas of their lives, including those at lower socioeconomic levels, those without college degrees, American Indians/Alaska natives, African American/Black communities, LGBTQ communities, those in the military, those with behavioral health conditions, and



(Continued on page 3)

others.

No matter your age or how long you've been smoking, quitting improves health both immediately and over the long term. Giving up smoking is a journey, and it can be hard, but you can increase your chances of success with a good plan and support. Getting help through counseling and medications doubles or even triples your chances of quitting successfully.



COPD Awareness Month 5 Steps for Women to Reduce Their Risk of COPD

If you're a woman who tries to stay healthy, you may exercise several times per week, watch what you eat and get 7-9 hours of sleep each night. But are you listening to your lungs?

Chronic obstructive pulmonary disease (COPD), a leading cause of disability and death in the United States, takes an especially heavy toll on women. You may think problems like shortness of breath, frequent coughs or wheezing are just signs of getting older, but it's important to pay attention to these symptoms and discuss them with your doctor.

COPD is a serious lung disease that causes breathing problems and worsens over time. It has often been considered a man's disease. Yet more U.S. women than men have been diagnosed with COPD in the past decade, and over the past 20 years more women have died from it, according to the U.S. Centers for Disease Control and Prevention.

Women tend to develop COPD earlier in life than men and are more likely to have severe symptoms and be hospitalized with the disease. The good news? According to the National Heart, Lung, and Blood Institute, there are steps you can take to reduce your risk for COPD.

Don't Smoke

You probably already know cigarette smoking is harmful – but did you know that women may be more vulnerable to the effects of smoking? Women who smoke tend to get COPD at younger ages and with less cigarettes smoked

than men. COPD is the leading cause of death among U.S. women smokers.

If you do smoke, it's never too late to quit.

If you thought vaping was a healthy alternative to smoking, think again. Researchers are still learning about the long-term health effects of e-cigarettes, but they may contain as many, if not more, harmful chemicals than tobacco cigarettes.

Avoid Pollutants

Among people with COPD who have never smoked, most are women. Women may be more vulnerable to indoor and outdoor air pollution. Women's smaller lungs and airways mean the same amount of inhaled pollutants may cause more damage.

Working in places like nail salons, hair salons or dry cleaners can expose you to harmful chemicals. If you're exposed to chemical fumes at your job, talk to your employer about ways to limit exposure. Better ventilation and wearing a mask can help.

Stay Current on Vaccines

People at risk for COPD are more likely to have serious problems resulting from some vaccine-preventable diseases. Ask a health care provider about getting vaccinated against the flu, pneumococcal disease and COVID-19.

Talk to Your Doctor About COPD

Women with COPD tend to be diagnosed later than men when the disease is more severe and treatments are less effective. If you think you could be at risk, or you are having symptoms, bring it up with your health care provider. Treatment can ease symptoms and improve your ability to exercise.

Learn More to Breathe Better

Find more information on COPD from NHLBI's *Learn More Breathe Better*[®] program at copd.nhlbi.nih.gov.





IT TAKES A TEAM

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It can lead to health problems related to your eyes, kidneys, nerves, and heart, and is linked to some types of cancer.

Working with health care professionals can help you get the diabetes care you need to improve your health. But while it takes a team to manage diabetes, remember that **you are the most important participant in your diabetes care.**

Here are some tips to help you manage diabetes and build your diabetes health care team.



**MANAGE YOUR A1C, BLOOD
PRESSURE, &
CHOLESTEROL LEVELS**

Ask your health care team what your goals should be and how you can reach them.



**PREPARE FOR VISITS
WITH YOUR TEAM**

Before your appointment, write down a list of questions, review your diabetes self-care plan, and record your blood glucose results.



**SEEK ADDITIONAL
SUPPORT FOR YOUR
SPECIFIC NEEDS**

A team of health care professionals—such as an eye doctor or pharmacist—can help tailor your diabetes self-care routine.



**MAKE PHYSICAL ACTIVITY
PART OF YOUR ROUTINE**

Set a fitness goal and encourage your family members to exercise with you.



**FOLLOW A DIABETES
MEAL PLAN**

Choose fruits and vegetables, whole grains, lean meats, beans, nuts or seeds, and non-fat or low-fat milk and cheese.



**STAY ON TOP OF YOUR
VACCINATIONS**

Ask your health care team about the vaccines you should get to reduce your risk of getting sick.

FOR MORE INFORMATION ON MANAGING DIABETES, VISIT [NIDDK.NIH.GOV](https://niddk.nih.gov).

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