



November 2021

UNDER THE MICROSCOPE

MEDDAC Bavaria Preventive Medicine Newsletter



**take your
BEST
SHOT!**

Protect yourself
and your loved ones.
Get vaccinated
against COVID-19.
& INFLUENZA

For all current and updated COVID-19
limitations visit:
www.7atc.army.mil and the
[U.S. Army Garrison Bavaria Facebook Page](#)

What is happening in November:

American Diabetes Month
National Healthy Skin Month
National Marrow Awareness Month
Alzheimer's Awareness Month
World Diabetes Day (Nov 14)
Great American Smokeout (Nov 18)

small steps **big**
difference

PREVENTING
DIABETES
IS WITHIN
YOUR REACH



Preventing Type 2 Diabetes

Diabetes can cause serious health problems, such as heart disease, stroke, and eye and foot problems. Prediabetes also can cause health problems. The good news is that type 2 diabetes can be delayed or even prevented. The longer you have diabetes, the more likely you are to develop health problems, so delaying diabetes by even a few years will benefit your health. You can help prevent or delay type 2 diabetes by losing a modest amount of weight by following a reduced-calorie eating plan and being physically active most days of the week.

Here are some things you can change to lower your risk of developing type 2 diabetes:

Lose weight and keep it off. Move more. Eat healthy foods most of the time. Ask your health care professional about what other changes you can make to prevent or delay type 2 diabetes. Most often, your best chance for preventing type 2 diabetes is to make lifestyle changes that work for you long term.

What should I do if my health care professional told me I have prediabetes?

Prediabetes is when your blood glucose, also called blood sugar, levels are higher than normal, but not high enough to be called diabetes. Having prediabetes is serious because it raises your chance of developing type 2 diabetes. Many of the same factors that raise your chance of developing type 2 diabetes put you at risk for prediabetes. About 1 in 3 Americans has prediabetes, according to recent statistics from the Centers for Disease Control and Prevention. You won't know if you have prediabetes unless you are tested. If you have prediabetes, you can lower your chance of developing type 2 diabetes.

Lose weight if you need to, become more physically active, and follow a reduced-calorie eating plan.

If I had gestational diabetes when I was pregnant, how can I lower my chances of developing type 2 diabetes?

Gestational diabetes is a type of diabetes that develops during pregnancy. Most of the time, gestational diabetes goes away after your baby is born. Even if your gestational diabetes goes away, you still have a greater chance of developing type 2 diabetes within 5 to 10 years. Your child may also be more likely to become obese and develop type 2 diabetes later in life. Making healthy choices helps the whole family and may protect your child from becoming obese or developing diabetes.

Here are steps you should take for yourself and your child if you had gestational diabetes:

Get tested for diabetes 6 to 12 weeks after your baby is born. If your blood glucose is still high, you may have type 2 diabetes. If your blood glucose is normal, you should get tested every 3 years to see if you have developed type 2 diabetes. Be more active and make healthy food choices to get back to a healthy weight. Breastfeed your baby. Breastfeeding gives your baby the right balance of nutrients and helps you burn calories.

Sources: www.niddk.nih.gov; www.diabetes.org;

NO DOCTOR VISIT REQUIRED

NO APPOINTMENT NEEDED

YOU DON'T HAVE TO SIGN UP
TO ATTEND CLASSES.

**TOBACCO
FREE
EMPOWERMENT
PROGRAM**

VISIT YOUR LOCAL MTF PHARMACY
TO LEARN MORE AND
START WITH NICOTINE
PATCHES AND GUM TODAY.



The Great American Smokeout November 18th

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. 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.

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 be your day to start your journey toward a smoke-free life. You'll be joining thousands of people who smoke across America in taking an important step toward a healthier life and reducing your cancer risk.

Plus, the Tobacco Free Empowerment Program at your local MTF Pharmacy can help you access the resources and support you need to quit any kind of tobacco.

Sources:

www.cancer.org/healthy/stay-away-from-tobacco





PREVENTING COLD-WEATHER INJURIES

Here's what you can do
to defend against cold-weather threats:

HYPOTHERMIA:

Medical emergency when body temperature drops, and heart, nervous system, and organs can't function normally.

DEFENSES:

- ✓ Move into a warm room or shelter
- ✓ Remove wet clothing
- ✓ Warm chest, neck, and head first
- ✓ Drink warm beverages like tea, hot chocolate, or warm water

FROSTBITE:

Freezing of skin and tissue causing skin to become cold and red, then numb, hard, and pale.

DEFENSES:

- ✓ Seek warm shelter
- ✓ Warm frostbite-affected body parts
- ✓ Immerse affected area in warm water

HEART STRAIN and OVEREXERTION:

Cold weather can cause extra strain on your heart, especially if you have cardiovascular disease.

DEFENSES:

- ✓ Take frequent rest breaks when shoveling snow or performing hard work in cold weather
- ✓ Avoid drinking alcohol before or immediately after shoveling snow or lifting heavy objects
- ✓ Learn the warning signs of a heart attack and how to perform CPR

Visit the TRICARE website to learn more about winter safety and protection: <https://go.usa.gov/xpm4k>



Thanksgiving FOOD SAFETY

Poison centers receive thousands of calls about suspected food poisoning each year. Thanksgiving can be especially risky as people prepare special holiday meals for their loved ones. By taking a few simple food safety precautions, you can help prevent food poisoning and ensure a delicious and safe meal.

PREPARE



Wash your hands, kitchen surfaces, utensils, and cutting boards frequently, especially after handling uncooked food and before touching other foods. Wash produce but not eggs, meat, or poultry, which can spread harmful bacteria.



Use the microwave, cold water, or the refrigerator to defrost your meat or poultry. Do not thaw or marinate these items on the counter, and cook them immediately after thawing.



Keep meat, poultry, seafood, and eggs separate from all other foods at the store, in the refrigerator, and while prepping.

COOK

Use a food thermometer to check if meat is fully cooked and heated high enough to kill harmful bacteria. Cook turkey until it reaches 165° F.



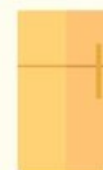
The safest way to cook stuffing is outside of the turkey in a casserole dish. If you cook stuffing inside the turkey, stuff the turkey just before cooking, and make sure the stuffing reaches a minimum internal temperature of 165°F.

The bacteria that cause food poisoning multiply quickest in the 'Danger Zone' - between 40° and 140° Fahrenheit. Keep hot food hot, and cold food cold!



STORE

Refrigerate leftovers promptly - within two hours - at 40° F or below to help reduce the risk of bacterial growth.



Prevent cross-contamination by completely and securely covering foods in the refrigerator.

Consume or freeze leftovers within 3-4 days.



For more information please visit:

www.cdc.gov/foodsafety or www.foodsafety.gov/keep-food-safe



Just a thought (a Preventive Medicine Column) **How to avoid that Thanksgiving Food Coma** (by Emily Shiffer— eatthis.com)

What would Thanksgiving be without the day of feasting? Whether your family serves its meal midday or later in the evening, you're likely expecting the classics: turkey, stuffing, mashed potatoes, buttery rolls, and of course, pie. The only problem? Overeating all this food not only leaves you with a food coma after enjoying it, but it can also leave you feeling groggy and gross.

What is a food coma? There are a few theories as to what exactly causes induction of "food coma", or its scientific term of postprandial somnolence (after meal sleepiness). One of which is the type of meal you eat, others include diversion of blood from other muscles to focus on digestion of the meal that was just consumed.

Here's how it works - the nervous system has two main parts: the **parasympathetic nervous system**, which is known for our "rest and digest" mode and the **sympathetic nervous system**, which is used for stimulation ("fight or flight"). When you consume a meal, especially a large meal, your parasympathetic nervous system function increases. This then *decreases* your sympathetic nervous system response, which equals a tired YOU! Another way to look at it: you've overwhelmed your body with the huge amount of food you just ate.

What can you do to avoid a food coma?

Fill your plate with color - Pace yourself throughout the day - Eat mindfully - Eat slowly - Skip the dessert marathon - Drink plenty of water before and during the meal - Go for a post-meal walk - Stick with one plate.