

HEALTHY FUTURES NEWSLETTER

WASSAJA MEMORIAL HEALTH CENTER

OCTOBER HEALTH AWARENESS

OCTOBER 2016
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Breast Cancer is the most common cancer among women in the United States and is the third leading cause of cancer death in Native American women. Millions of women are surviving the disease thanks to early detection and improvements in treatment.

It is important to know the risk factors of breast cancer. As with many diseases some of these

factors cannot be changed, but there are several that can be changed. Come join us for our combined event to promote Breast Cancer and Domestic Violence Awareness October 20, 2016 at the We-Ko-Pa Conference Center, from 10am to 2pm. Learn about Breast Cancer, risk factors and prevention from the Wassaja Memorial Health Center staff along

with Domestic Violence information.



PERFECTLY PAMPERED EVENT TO PROMOTE BREAST HEALTH & DOMESTIC VIOLENCE AWARENESS

10AM TO 2PM AT THE WE-KO-PA CONFERENCE CENTER

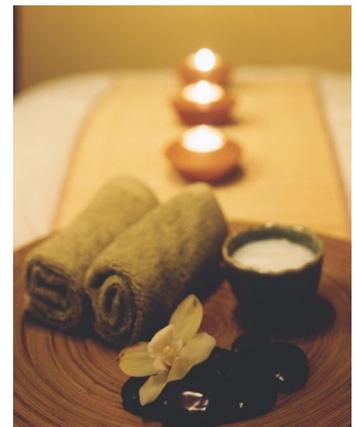
Mobile Onsite Mammography from 8AM-5PM

(call 480-967-3767 or 1-800-285-0272 to schedule an appointment!)

Women's' Wellness Education

Lunch and Learn about Breast Health and Domestic Violence Awareness

Manicures, Massages, Giveaways





**When is an
apple not an
apple?—**

**When it's a
pineapple!**

My Plate Corner-Fruits

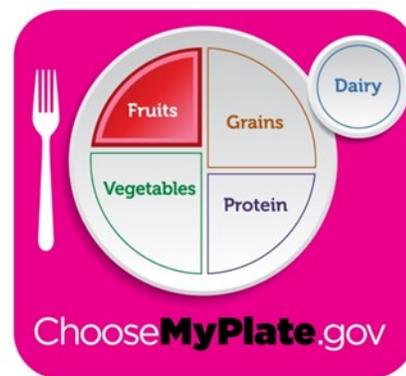
Why is it important to eat fruit? Eating fruit provides health benefits that reduced the risk of some chronic diseases such as heart disease and stroke, certain types of cancer, obesity and type 2 diabetes. Fruits provide nutrients vital for health and maintenance of your body.

TIPS TO HELP YOU EAT FRUIT:

- Keep whole fruit in a bowl on the table or counter
- Refrigerate cut up fruit to store for later
- Buy fresh fruit that are in season when they are less expensive and at their peak flavor
- Choose whole or cut-up fruit rather than juice, for the benefits of dietary fiber
- When choosing canned fruits, select fruit canned in 100% fruit juice or water rather than syrup

KEEP IT SAFE:

- Rinse fruits before preparing or eating them, under clean running water, rub fruits briskly with your hands to remove dirt and surface microorganisms
- Dry with a clean cloth or paper towel after rinsing



- A serving of fruit:
- 1/2 cup canned fruit
 - 1 cup fresh fruit
 - 1/4 cup dried fruit
 - 1/2 cup 100% fruit juice

Making Sense of Fiber

Fiber provides many health benefits. While maintaining the health of the digestive tract, it also reduces your risk of certain types of cancers, heart disease, diabetes and helps to prevent constipation. Fiber also helps to control your appetite and blood sugar levels which helps keep your weight and diabetes in check. Below is a shortlist of fiber sources.



Did you know there are two types of fiber and they are both good for your health?

Soluble fiber, dissolves in water and can help lower blood sugar and cholesterol levels.

Insoluble fiber, does not dissolve in water and helps food move through your digestive system to promote regularity and prevent constipation.

Tip for increasing fiber: Eat whole fruits instead of drinking fruit juice.

Sources of Fiber

Soluble	Insoluble
Oatmeal	Wheat & whole grains
Nuts	Brown rice
Beans	Legumes
Lentils	Carrots
Apples	Cucumbers
Beans	Tomatoes





HALLOWEEN SAFETY TIPS

Happy and Healthy Halloween

It's October, that means pumpkins, costumes and trick-or-treating. Your kids probably have their costumes picked out and are counting down the days till October 31st! Halloween is an exciting time of the year for your kids, we want to help ensure you have a fun, safe and healthy holiday.

Costume tips:

- Plan costumes that are bright and reflective
- Choose make and face paint whenever possible, masks tend to obstruct a child's vision
- Choose the right size costume to prevent trips and falls
- Carry glow sticks or flashlights to help see and be seen by drivers

On the Trick-Or –Treat trail:

- Trick or Treat with an adult
- Only go to homes with a porch light on and never go inside a home or car for a treat
- Stay in a group

Healthy Halloween:

- Eat a good meal before going out to prevent from filling up on treats
- Wait until you are home to sort and check out your treats. A responsible adult should closely examine all treats
- Use a small bag to collect your candy, this will limit leftover candy
- Keep enough candy for 1 piece a day for 2 weeks, dispose after that
- Be physically active, walk while trick or treating if the neighborhood is safe

Home Safety:

- Keep homes safe for trick-or-treaters, remove objects children may trip over
- Check outdoor lights and make sure they are not burned out
- Restrain pets so they do not jump on or bite trick-or-treaters



Tips for Healthy Winter Skin

Our skin is our largest organ, it acts as a buffer to the warm and cold air. Whether you have diabetes or not it's important to protect your skin. Dry skin can crack and open the door for harmful germs that can enter your body. The key to maintain healthy skin is staying well moisturized by using gentle products.



FACE: Use a moisturizer with sun screen to protect your skin. The sun's rays are just as likely to burn you and lead to sun damage during the winter as they are in the summer. Look for moisturizer with SPF 30 or higher before you go outside.

HANDS & FINGERS: The best way to protect hands in the cold weather is to cover them. Invest in gloves or mittens for warmth and protection. Creams generally work better than lotions in the winter time. For your finger protection if you have diabetes use fragrance free hand creams to prevent inaccurate readings. Avoid using alcohol pads, simply wash and dry your hands before pricking.

BODY: Keep your skin hydrated with moisturizing body washes and after shower moisturizer. Skip the piping hot shower. Too much heat dries out and irritates the skin. Opt for warm water instead.

LIPS: Lips are especially prone to drying and cracking. To prevent irritation and keep them from getting chapped use products such as petroleum jelly, mineral oil or shea butter. Avoid products with herbal ingredients or chemicals which can irritate lips.

FEET & TOES: Make sure your shoes and socks fit well. Choose breathable fabrics such as wool or moisture-wicking materials to help with sweating. Don't moisturize between the toes.



Darkly Delicious Apples

Ingredients: 4 apples, sticks, 1 cup of dark chocolate chips, parchment paper

Directions: Remove the apple stems and insert the sticks into the top of the apples. Melt the dark chocolate baking discs or chips in a double boiler (or just insert metal bowl into a pot of boiling water). When the chocolate has melted, slowly rotate each apple until all sides are covered in chocolate. Place on a tray lined with parchment or wax paper and set in the fridge to cool.



**For more diabetes, nutrition and health education & information visit us at
Healthy Futures Program
Wassaja Memorial Health Center
480-789-7890**