



**eat crunchier snacks.**

healthy changes  
everything:



**BlueShield**  
of Northeastern New York

# Wellness News

November 2012, Volume 3, Issue 11

## American Diabetes Month

November is American Diabetes Month, and the goal is to increase awareness of diabetes and the life-threatening complications it can lead to, such as heart disease, stroke, high blood pressure, blindness, and kidney disease.

- Currently, 23.6 million children and adults have diabetes
- There are 1.6 million new cases diagnosed every year
- About 5.7 million undiagnosed people are living with diabetes

Life-style factors such as diet and physical activity can help to prevent, control, and even cure diabetes. Go to [diabetes.org](http://diabetes.org) to learn more.

### Did you know?

Diabetes is the leading cause of kidney failure.

### Do one thing.

Get your fasting glucose checked by your doctor.



## COPD Awareness Month



Chronic obstructive pulmonary disease (COPD), also referred to as emphysema and chronic bronchitis, is the fourth leading cause of death in the United States, with more than 12 million Americans diagnosed each year. Smoking is the leading cause of COPD; other factors include exposure to pollution, second-hand smoke, occupational chemicals or dusts, a childhood history of respiratory infections, and heredity.

For more information on COPD visit [lung.org/lung-disease/copd/](http://lung.org/lung-disease/copd/).

### Did you know?

Nearly 85-90 percent of COPD-related deaths are caused by smoking.

### Do one thing.

Stop smoking.

*What information would you like to see in our next newsletter?*

We want to hear from you.

Go to our Facebook page and let us know!

This newsletter is brought to you by the Health Promotion Department at BlueShield of Northeastern New York. For more information about the services we offer, please call 1-518-220-5744.

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## Get Fit – Yoga for wellness

Yoga has been around for thousands of years as a way to connect the mind and body. The benefits of practicing yoga can be experienced by people of all ages, backgrounds, and limitations.

A few of the many benefits are:

- Improved fitness levels
- Weight management
- Improved posture
- Stress relief
- Improved health

### *Did you know?*

Yoga has been shown to significantly improve low back pain and depression symptoms.

### **Do one thing.**

Try a beginner yoga class.

## Eat Fit – Warm up with soup

As the cold air makes its way back for the winter months, home-made soup can be a great way to stay warm without putting on extra winter pounds. Be sure to include plenty of whole grains, lean proteins, and vegetables.

Stock up on:

- Ground turkey, lean beef, and chicken
- Whole grain pasta, brown rice, barley, and beans
- Reduced-sodium chicken, vegetable, and beef stock
- Fresh or frozen vegetables

Find healthy soup recipes at [cookinglight.com](http://cookinglight.com).

### *Did you know?*

Americans eat about 14 billion bowls of soup per year.

### **Do one thing.**

If buying canned soup, choose the reduced-sodium version.

## Live Fit – The Great American Smokeout

The Great American Smokeout is November 15, 2012. Smokers are encouraged to quit smoking for 24 hours and make plans to quit for good. By taking a step toward a healthier lifestyle, smokers can reduce cancer risk.

Benefits of quitting:

- Within 20 minutes of quitting, blood pressure, pulse rate, and hand/feet temperatures return to normal
- Twelve hours after quitting, blood oxygen levels and carbon monoxide levels return to normal
- Within 48 hours, damaged nerve endings begin to regenerate and the sense of taste begins returning to normal
- Within three weeks, blood circulation improves

For more information, go to [nysmokefree.com](http://nysmokefree.com).

### *Did you know?*

Almost 30 percent of adults who smoke live below the poverty level.

### **Do one thing.**

Join a support group to help quit smoking.

