



New Britain Health Department

“Dedicated to Promoting the Public’s Health”

*New Britain:
A City for All
People*

Volume 1 Issue 1

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Type 2 Diabetes Do You Know If You Are at Risk?

Since 1995, the number of people with diabetes has increased dramatically. About half of these people are 60 or older. About a third of people with diabetes do not even realize they have it. Untreated, diabetes can cause serious health problems.

Most of these people have type 2 diabetes. This type usually starts in adulthood. The onset is generally gradual. This type usually results from a combination of genetics and lifestyle practices. It is treated with life-style changes, oral medication and sometimes insulin. (Type 1 diabetes usually develops before age 30, tends to start suddenly and usually requires treatment with insulin.)

People who are at higher risk of developing type 2 diabetes may:

- Have a body mass index greater than 24.99
- Have a waist larger than 35” (women), or 40” (men)
- Have a family history of diabetes
- Not exercise regularly
- Have ever had a baby larger than 9 pounds, gestational diabetes or have polycystic disease

People *can* take steps and make life-style changes to prevent developing type 2 diabetes.

- Follow a low-calorie, low-fat diet
- Exercise 30 minutes a day
- Loose 15 pounds
- Eat a high-fiber diet
- Quit smoking

Making these changes can lower your risk of developing type 2 diabetes by more than 50%.

New Britain residents who are 60 years old or older can receive free blood sugar screenings at the New Britain Senior Center at 55 Pearl Street on Monday, Tuesday and Friday from 8:30AM to 12Noon.

New Britain Health Department

56 HAWKINS STREET
NEW BRITAIN, CT 06052
TEL: (860) 612-2771
FAX: (860) 826-3475

EUGENE M. CICCONE, M.D.
DIRECTOR OF HEALTH

Hours of Operation
M-F 8:15AM-4:00PM
(860) 612-2771

Immunization Clinic
Monday and Friday
9AM-11AM
Wednesday 1PM-3PM

STD Clinic
Tuesday and Thursday
2PM-3PM

Tuberculosis Clinic
First Wednesday of every
month. For New Britain
residents only. Call for
information.
TB skin tests are
performed during the
immunization clinics.

Senior Happenings

The New Britain Health Department provides city residents age 60+ with the opportunity to visit with a nurse to discuss any health-related issues. The nurse can give blood pressure and glucose checks and information and counseling on diabetes, fall prevention, exercise, stress management, cholesterol, medication concerns and weight management. Visit the nurse at the Senior Center at 55 Pearl Street Monday, Tuesday and Friday between 8:30 and noon.

Stepping on Out.... To Better Health

Ideas for Getting in Extra Steps Every Day

- Park farther away from the store and walk
- Walk while using a cordless or cell phone
- Take 10-minute walking breaks during the day
- Always return your grocery cart to the designated area
- Find a “walking buddy” for daily walks

Regular walking can improve energy, help people feel better and doesn't take much time.

15-Minute Chile

- ¾ lb ground turkey
- 1 15 oz can of kidney or pinto beans, drained & rinsed
- 1 can low-fat, low-sodium chicken broth
- 1 14.5 oz can diced tomatoes, undrained
- 1 6 oz can tomato paste
- 1 Tbsp chili powder
- 1/8 tsp cinnamon
- ¼ tsp cumin
- ½ tsp freshly ground pepper

In a large non-stick saucepan, brown the ground turkey until it is no longer pink. Drain off any excess fat.

Add the remaining ingredients and bring to a boil. Lower the heat and simmer for 10 minutes.

Preparation Time: 15 minutes

Serves: 4

Serving Size: 1 cup

Calories: 260

Calories from fat: 36

Total fat: 4 g

Saturated fat: 0g

Cholesterol: 47 mg

Sodium: 570 mg

Carbohydrate: 30 g

Dietary fiber: 8 g

Protein: 26 g

Servings:*

2 Carbohydrate/starch

3 Very Lean Meat

* Calculated in Accordance with Guidelines from the American Diabetes Association.

American Diabetes Association, from *ExpressLane Diabetic Cooking* by R. Webb. ©

Eating just 100 fewer calories and taking an extra 2,000 steps per day can make important improvements in your health. We'll give you more tips on how to achieve these goals in future issues.

Ways to Cut Calories, Not Taste, From Your Diet:

- Have one less can of soda per day
- Eat low-fat, no sugar yogurt instead of regular
- Eat salsa instead of cheese dip with tortilla chips
- Remove the skin from chicken pieces before you cook them
- Use tuna packed in water instead of oil
- Choose red sauce rather than cream-based sauces on pasta
- Leave the cheese off hamburgers and sandwiches

Would You Recognize a Heart Attack?

Some heart attacks are sudden and intense, but most heart attacks start slowly, with mild pain or discomfort. Here are some signs that can mean a heart attack is happening.

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or the goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** This feeling often comes along with chest discomfort, but it can occur before the chest discomfort.
- **Other signs.** These may include breaking out in a cold sweat, nausea or lightheadedness.

If you or someone you're with has chest discomfort, especially with one or more of the other signs, call 911 and get to a hospital right away.

Information provided by the American Heart Association