

# ***MCCS/USNH Health & Wellness Corner***

## NOVEMBER HEALTH OBSERVANCES

### American Diabetes Month

Diabetes is growing at epidemic rates! Your two best weapons in the fight against type 2 diabetes are maintaining a healthy weight and a consistent exercise routine. **The chief risk factor is obesity**—80%-90% of people with type 2 diabetes are overweight. **Signs to watch for:** frequent thirst or urination; blurry vision; unusual fatigue; increased appetite; unexplained weight loss; dry, itchy skin; frequent infections; and slow healing of wounds or sores. **Early diagnosis** is important because the longer diabetes goes untreated, the greater the damage and risk for disability and early death.

### Healthy Skin Month

Protection is the best route to healthy skin! In addition to sun exposure, some other causes of skin damage or irritation include overuse of certain types of soap, antiperspirants, perfumes, dehydration, smoking, stress and an unhealthy diet. The National Institute of Aging (NIA) offers useful tips to improve the health of your skin, such as using sunscreen year-round, wearing protective clothing and avoiding midday sun, and checking your skin often for changes in the size, shape, color or feel of birthmarks, moles or spots.

### Great American Smokeout

Millions of people quit smoking for a day or longer during the Great American Smokeout—held on the Third Thursday of November. This nationally recognized event challenges people to stop using tobacco and raises awareness around the many effective ways to quit for good. Research shows that smokers are most successful in kicking the habit permanently when they have some means of support such as nicotine replacement therapy, classes & support groups, and the encouragement of friends, co-workers, and family members.

### November Health Promotion Schedule of Events

- ◆ **Tobacco Cessation: 5-week class starting on Thurs, Nov 6<sup>th</sup> at 1700. Class will meet at the USNH Galley. Quit Day is conveniently scheduled for the Great American Smokeout! Call 645-2620 to register for this class or for information on upcoming classes at other locations. Ready...Set...QUIT!**
- ◆ **Lose Weight the Easy Way! Class meets Nov 13<sup>th</sup> & 20<sup>th</sup> at 1600. Learn how to eat and exercise to lose weight successfully. Call 645-2620 to register.**
- ◆ **Healthy Heart Class: Class meets on Nov 19<sup>th</sup> at 1600. Learn how to lower your blood pressure and cholesterol. Call 645-2620 to register.**
- ◆ **BALANCE: (Weight Management Support Group) Meeting will be held on Nov 20<sup>th</sup> at 1730. Location is the Lester Chapel.**
- ◆ **Great American Smokeout—Nov 20<sup>th</sup>. Be Smart & Quit for the Day!**
- ◆ **Happy Thanksgiving—Nov 27<sup>th</sup>. Practice portion control and moderation. Don't forget to maintain your exercise routine.**

**For more information about any of the topics covered in this newsletter, please contact the MCCS Wellness Director at 645-3910.**

**Great American Smokeout Hotline!** Starting Nov. 12-Nov 30<sup>th</sup>, USNH Health Promotion will offer a Great American Smokeout Hotline for anyone interested in quitting or CUTTING DOWN on their tobacco habit. The Hotline number is 645-2620. You can also use e-mail at [healthprom@oki10.med.navy.mil](mailto:healthprom@oki10.med.navy.mil).

## Breast Cancer Run/Walk to Torii

Approximately 225 participants, including 6 breast cancer survivors, made the 9.2 kilometer trek to Torii Beach from Camp Lester on October 25<sup>th</sup>, making it the largest turnout ever for a Pacific Wellness Association sponsored run/walk. Thanks to the Foster Commissary and the American Women's Welfare Association for their generous donations. Special thanks to all those volunteers who helped out!

## Running/Multi sport Events

Contact USNH Health Promotion at 645-2620 for a schedule of upcoming events!

## Interval Training

Looking to improve your PRT time or just want to run faster, then come out to the track next to JUSCO for interval training. The group meets every Wednesday at 1730.

## Holidays are Fast Approaching!

Make this holiday season the best one ever. Be safe, stay fit, eat healthy, work on cutting back on your tobacco habit, and don't let stress get you down. Don't wait until New Year's for your healthy lifestyle makeover. Start working on it now!