



## Matters of the Heart

A monthly newsletter about cardiovascular disease prevention and wellness promotion.

**Tri-County Health Network** is a nonprofit entity committed to improving the quality and coordination of health and healthcare services by increasing healthcare access and integrative health services at lower costs.

### November is American Diabetes Awareness Month

More than 29 million Americans are living with diabetes. According to the Centers for Disease Control (CDC), almost one-third of those Americans don't know that they have the disease. Diabetes results in high levels of blood sugar because of problems in how insulin is produced, how insulin works, or both. People with diabetes may develop health problems such as heart

disease, stroke, kidney failure, blindness, and premature death.

Common signs of diabetes are:

- Frequent urination
- Extreme thirst
- Increased hunger
- Weight loss
- Tiredness
- Lack of concentration
- Tingling or numbness in hands or feet
- Blurred vision

If you are experiencing these symptoms, please schedule an appointment for a free health screening. A Community Health Worker will test your blood sugar, cholesterol, and blood pressure to learn your risk for diabetes and other chronic diseases. Screenings take 25-45 minutes. Home visits can be scheduled if transportation is a challenge.

#### **Community Health Workers:**

##### **Norwood, Naturita, Nucla & Paradox**

Deon Tempfer  
970.327.4004

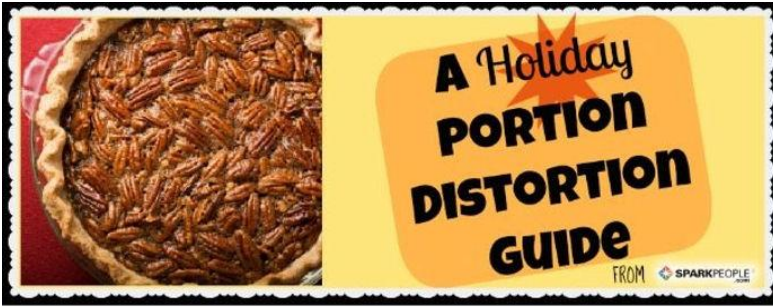
##### **Olathe & Delta**

Darlene Mora  
970.708.4719

##### **Ridgway, Ouray & Telluride**

Nicole Gans  
707.273.7027





Turkey: 3 oz.



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A deck of cards



Casseroles & Stuffing: 1/2 cup



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A billiard ball



Mashed potatoes: 1 cup



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A baseball



Cranberry sauce & Gravy: 1/4 cup



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One egg



Butter: 1 teaspoon



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One die



Pie: ~5 ounces



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~1/6 of an 8" pie



## Put an End to Portion Distortion

If you eat out at restaurants on a regular basis you have probably noticed that food portions have gotten bigger. Fast food restaurants label them "super-sized." Some restaurants provide meals that could feed at least two people. Increased portion sizes have resulted in increased waistlines and risk for chronic health diseases.

As the holidays approach, it's important to remind ourselves what an actual portion size is. A good place to start is with the plates in your cupboard. Since the early 1900s, the size of a normal American dinner plate has become larger. In the 1960s, plates were roughly 9 inches in diameter. By the year 2000, the average dinner plate was 11 inches in diameter, and now, it's not unusual to find dishes that are 12 inches or larger.

Spark People's "Holiday Portion Distortion Guide" is a reminder of what a recommended serving size actually is. Avoid gaining extra weight this holiday season by using portion control. Enjoy your favorite foods in moderation.

**Did you know?** According to the World Heart Federation, if you have diabetes you are **two to four times** more likely to develop heart disease than people without diabetes. Heart disease is the leading cause of death for people with diabetes.

## Tri-County Health Network

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## Added Sugar and Heart Disease

Getting too much added sugar in your diet could significantly increase your risk of dying from heart disease, according to the American Heart Association. Added sugars are sugars and syrups that are added to foods or beverages when they're processed or prepared.

### They include:

- sugar-sweetened beverages,
- grain-based desserts,
- fruit drinks,
- dairy desserts,
- candy,
- ready-to-eat cereals and
- yeast breads,
- but not naturally occurring sugar, such as in fruits and fruit juices.

Added sugars have long been cited for contributing to obesity, high blood pressure and high cholesterol.

"But this is the first study to tie these together and show that too much added sugar could lead to heart disease and kill you", said Rachel K. Johnson, Ph.D., R.D., chair of the American Heart Association's nutrition committee and professor of Nutrition and Medicine at the University of Vermont in Burlington. According to the study, most U. S. adults consume about 22 teaspoons of added sugars a day. Researchers still don't agree on what a "healthy" amount of sugar is for an individual.

According to the American Heart Association (AHA), the maximum amount of added sugars you should eat in a day are:

- Adult Men: 150 calories per day (37.5 grams or 9 teaspoons).
- Adult Women: 100 calories per day (25 grams or 6 teaspoons).

There are some easy ways to reduce the amount of added sugar in your diet.

- **Avoid sweetened drinks, including juices.**
- **Read food labels.** Ingredients are listed according to how much is in a product. If sugar is one of the first ingredients, put the item back on the shelf.
- **Learn other names for sugar.** Food companies will sometimes list different types of sugars (to avoid having sugar listed as the first ingredient!).
- **Buy products that are unsweetened or say "no added sugar."**
- **Use spices instead of sugar.** One example is using cinnamon in your oatmeal instead of sugar.

By reducing your sugar intake, you are taking an important step towards reducing your risk for diabetes, heart disease, and many other chronic conditions!

### Sugar By Any Other Name Is Still Sugar!

It's also called: brown sugar, fructose and crystalline fructose, high-fructose corn syrup, invert sugar, rice/corn/maple/malt/golden/palm syrup, corn sweetener, maltose, sucrose, glucose, molasses, syrup dextrose, honey, and raw sugar.