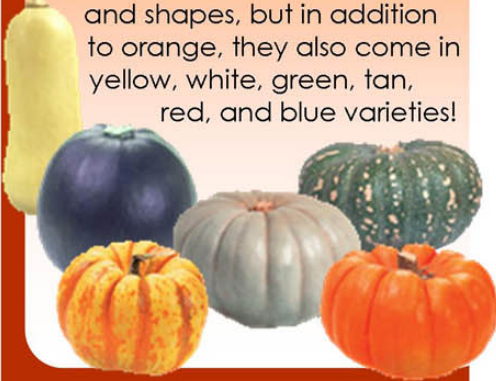


Did You Know?

A pumpkin is not a vegetable but really a member of the "Cucurbita" family and is closely related to squash and cucumbers.

Pumpkins come in many sizes and shapes, but in addition to orange, they also come in yellow, white, green, tan, red, and blue varieties!



Questions? Comments?

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The Global Initiative for Lung Disease

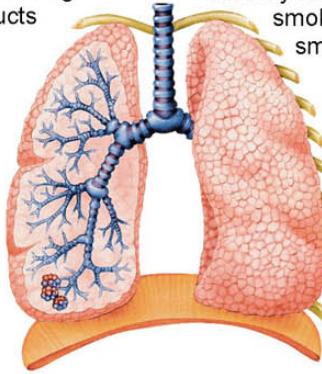
Chronic Obstructive Pulmonary Disease, or COPD, is a common lung disease that obstructs the airways and causes breathing difficulties.

- **Chronic** means it won't go away
- **Obstructive** means partly blocked
- **Pulmonary** means in the lungs
- **Disease** means sickness

COPD is not a contagious illness. You may have COPD if you have trouble breathing or if you have a persistent cough that doesn't go away. Most people who do have COPD don't know that they do. Here are a few questions to ask yourself to see if you may be suffering from COPD:

1. Do you cough several times on most days?
2. Do you bring up phlegm or mucus on most days?
3. Do you get out of breath more easily than others your age?

4. Are you older than 40 years of age?
5. Are you a current smoker or ex-smoker?



If you answered yes to 3 or more of these questions, there is a possibility that you may have COPD. Talk to your doctor

and request a simple spirometry test and to learn ways to prevent or treat the disease.

Worldwide, cigarette smoking is the most common risk factor for COPD, although it can also be caused by the inhalation of other substances such as occupational dust, fumes, and chemicals, or other air pollutants.

Once an individual has COPD, the disease can be treated but it can never be cured. Here's what you and your family can do to

prevent against this debilitating lung disease or to properly manage:

- Stop smoking, or never start. If you are a smoker, be courteous and remember that secondhand smoke can still affect others
- Keep the air clean at home. Stay away from things like smoke and harsh chemicals that make breathing difficult
- If you work with chemicals, be sure to use the proper face masks or breathing equipment
- Keep your body strong. Walk, exercise regularly, and eat healthy, well-balanced meals.
- If you already have COPD, follow your medication instructions and take them as directed. Visit your doctor at least twice a year.
- Go to the hospital or to your doctor right away if your breathing becomes bad
- If your COPD is severe, make life at home as easy as possible.



Things You Didn't Know About Cinnamon

1. Cinnamon (*Cinnamomum verum*) is a tree belonging to the Lauraceae family. The **bark of the tree** is actually what is used as a spice!
2. Most powdered cinnamon sold in the U.S. is **not real cinnamon** but rather **Cassia**, a related spice, known as "Indonesian cinnamon" or "Chinese cinnamon!"
3. Cinnamon gets its scent and flavor from a chemical compound called **cinnamaldehyde!**
4. In ancient Egypt, cinnamon was used in the **embalming process!** The

Egyptians also used it medicinally & as a **flavoring** in food & beverages!

5. Cinnamon was used on funeral pyres in Ancient Rome. In 65 AD, Nero burned a **year's supply of cinnamon** at his wife Poppea Sabina's funeral in order to show the depth of his grief!
6. In the middle ages, a person's **social rank** was determined by what spices they could afford. Only the **wealthy elite** had cinnamon!
7. **Hypocras**, a famous centuries-old spiced wine, is named after Greek



physician **Hippocrates**. It is believed he invented it in the 5th century BC using cinnamon!

8. Cinnamon has many health benefits, and has shown promise in the treatment of **diabetes, arthritis, high cholesterol, memory function, and even leukemia and lymphoma!**
9. When added to food, cinnamon **inhibits bacterial growth and food spoilage**, making it a **natural preservative** in food!
10. Studies also show that smelling cinnamon can **boost memory and cognitive function!**



November is: Diabetic Eye Disease Awareness Month

Diabetes is the leading cause of blindness in working-age Americans. Approximately 29 million people in our country have diabetes, but almost one-third **do not know** that they have it and are at risk for vision loss and other health problems. If you have been diagnosed with diabetes, schedule a complete dilated eye exam with an ophthalmologist at least once a year.



Cataracts

A cataract is a clouding that develops in the lens of the eye. As a cataract becomes more "milky," clear vision is compromised and contours, shadows, and colors are less vivid. Cataracts can be removed through surgery, but are potentially blinding if left untreated.



Glaucoma

Glaucoma is a disease that affects the optic nerve, resulting in the loss of peripheral vision and/or a reduced clarity of colors. The loss of vision occurs gradually over time and is not often noticed until it has progressed significantly. Once lost, the damaged visual field cannot be recovered.



Diabetic Retinopathy

Diabetic retinopathy refers to the damage of blood vessels in the retina caused by complications of diabetes. Blood vessels may swell and leak fluid or grow abnormally, causing blurred or obstructed vision. In some cases, diabetic retinopathy can cause vision loss in as little as two days.

Did You Know?

Pumpkins have had many uses throughout history aside from being a food staple. Native Americans flattened strips of pumpkins, dried them, and used them as mats!

Pumpkins have also been used for many medicinal reasons. They were once touted as a cure for freckles and acne, a remedy for snake bites, an aid for all sorts of stomach and gastrointestinal ailments, and the seeds are believed to help avoid against prostate cancer!



Health & Wellness

Frequently Asked Questions

Q: I've heard that animal protein might be a cause of chronic illness, so if I can't eat protein, and I can't eat fat, and I can't eat carbs, what CAN I eat?

A: First of all, you CAN eat protein and fat and carbs, but just the right kinds and in the right amounts. Our diets provide us with way more protein than we need, so stick to lean cuts of meat, and don't forget that beans, nuts, and legumes are also good sources.

When it comes to carbs, focus on whole grains: brown rice, whole wheat breads and pastas, and veggies, veggies, veggies!

Lastly, the less fat in your diet, the better. But just remember that we do need some, so stick to vegetable fats like canola and vegetable oils, and limit your saturated and trans fat intakes.



Pumpkin and Coconut Tart



CRUST:

- 1 1/4 cups whole-wheat flour
- 1/2 cup slivered almonds, toasted
- 1 Tbs. sugar
- 1/2 tsp. salt
- 4 Tbs. cold, unsalted butter cut into small pieces
- 4 Tbs. cold reduced-fat cream cheese

FILLING:

- 1 1/2 cups canned unseasoned pumpkin puree
- 3/4 cup sugar
- 2 Tbs. dark rum
- 1 tsp. ground cinnamon
- 1/4 tsp. ground ginger
- 1/4 tsp. ground cloves
- 3 large eggs
- 1 cup "lite" coconut milk
- 1/3 cup flaked coconut



Preheat oven to 350F. Coat removable-bottom tart pan with cooking spray.

For crust: combine flour, almonds, sugar & salt in food processor until almonds are finely ground. Add butter one piece at a time & cream cheese one Tbs. at a time until incorporated. Turn dough out into prepared pan; spread evenly & press firmly into bottom & up sides to form crust. Bake crust until set but not browned, about 15 mins. Let cool.

For filling: Beat pumpkin, sugar, rum, cinnamon, ginger, & cloves with mixer on low speed until blended. Beat in eggs one at a time until combined. Beat in coconut milk. Place tart pan on baking sheet & pour in filling.

Bake until filling is set, about 45-50 mins. Cool to room temp. on wire rack. Remove pan sides before slicing. Garnish with coconut flakes.

Nutrition Facts

- Calories: 260
- Fat: 12g
- Saturated Fat: 6g
- Cholesterol: 80mg
- Sodium: 168mg
- Carbohydrate: 33g
- Fiber: 3g
- Protein: 6g