



Your Health Matters

Monthly newsletter brought to you by Brieden Consulting Group

November 2021

NOVEMBER

National Diabetes Month

November is National Diabetes Month, a time when communities across the country team up to bring attention to diabetes. This year's focus is on prediabetes and preventing diabetes.

Prediabetes is a serious health condition where your blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. **According to the CDC, more than 1 in 3 U.S. adults have prediabetes – that's 88 million people – but the majority of people don't know they have it.**

The good news is that by making small healthy lifestyle changes, it is possible to prevent type 2 diabetes and even reverse your prediabetes. Here are some tips to help manage prediabetes and prevent diabetes:

- **Take small steps.** Making changes to your lifestyle and daily habits can be hard, but you don't have to change everything at once. It is okay to start small. Remember that setbacks are normal and do not mean you have failed – the key is to get back on track as soon as you can.
- **Move more.** Limit time spent sitting and try to get at least 30 minutes of physical activity, 5 days a week. Start slowly by breaking it up throughout the day.
- **Choose healthier foods and drinks most of the time.** Pick foods that are high in fiber and low in fat and sugar. Build a plate that includes a balance of vegetables, protein, and carbohydrates. Drink water instead of sweetened drinks.
- **Lose weight, track it, and keep it off.** You may be able to prevent or delay diabetes by losing 5-7% of your starting weight.
- **Seek support.** It is possible to reverse prediabetes. Making a plan, tracking your progress, and getting support for your health care professional and loved ones can help you make the necessary lifestyle changes.

About Us

We believe that living a healthy lifestyle is a key component to everyday life. We want to be able to provide you with useful updates and alerts to help you maintain good health for your body and mind.

The health plan through Brieden Consulting Group offers great coverage that is affordable to help you maintain your health and the health of your entire family.

Please keep an eye out for the "Your Health Matters" monthly newsletters that will be distributed to all employees.

Our Benefits Broker

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Common Myths & Facts of Diabetes

Education is a critical part of both diabetes prevention and treatment. Below, the [American Diabetes Association](#) dispels some common myths to help you and your loved ones stay knowledgeable about diabetes.

Myth: *Diabetes is not that serious of a disease.*

Fact: Diabetes causes more deaths each year than breast cancer and AIDS combined. Having diabetes nearly doubles your chance of having a heart attack. The good news is that proper diabetes control can reduce your risk for diabetes complications.

Myth: *People with diabetes can't eat sweets or chocolate.*

Fact: If eaten as part of a healthy meal plan or combined with exercise, sweets and desserts can be eaten by people with diabetes. They are no more "off limits" to people with diabetes than they are to people without diabetes. The key to sweets is to eat a small portion and save them for special occasions, in order to focus on healthier foods.

For more information and additional facts, please visit <https://www.uabmedicine.org/-/november-is-national-diabetes-awareness-month>.

Recipe of the Month

Apple Cheddar Quesadillas

Instructions

1. Spread 4 tablespoons mustard evenly over tortillas. Top half of each tortilla with 3 tablespoons cheese and a heaping $\frac{1}{4}$ cup sliced apples. Fold tortillas in half.
2. Heat 1 tablespoon oil in a large non-stick skillet over medium. Add quesadillas: cook, flipping once, until golden brown, for 2-3 minutes per side.
3. For salad: Whisk lemon juice, salt, and remaining mustard into large bowl. Gradually whisk in remaining oil until dressing is made. Add spinach, avocados, and pumpkin seeds as needed. Enjoy!

[Full recipe here!](#)



Ingredients

- 5 tablespoons honey mustard
- 8 6-inch flour tortillas
- 6 ounces sharp cheddar cheese, shredded (about $1\frac{1}{2}$ cups)
- 2 honeycrisp apples, thinly sliced ($2\frac{1}{2}$ cups)
- 5 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- $\frac{1}{4}$ teaspoon kosher salt
- 1 5oz. package fresh baby spinach
- 2 avocados, sliced (2 cups)
- $\frac{1}{4}$ cup roasted, salted pumpkin seeds