

NOVEMBER 2022

# Your Health Matters

NEWSLETTER



Monthly newsletter brought to you by Brieden Consulting Group

## November is Diabetes Awareness Month



Diabetes is a chronic health condition that affects how your body turns food into energy. Most of the food you eat is broken down into sugar and released into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin. Insulin acts like a key to let the blood sugar into your body's cells for use as energy. If you have diabetes, your body either doesn't make enough insulin or can't use the insulin it makes as well as it should. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream. A little nerve-racking, right?

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:

- **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.

## 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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# Diabetes: Facts vs Fiction



## Diabetes is not that serious of a disease.

The Truth:

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.



## Eating too much sugar causes diabetes.

The Truth:

The answer is not so simple. Type 1 diabetes is caused by genetics and unknown factors that trigger the onset of the disease. Type 2 diabetes is caused by genetics and lifestyle factors. Being overweight does increase your risk for developing type 2 diabetes, and a diet high in calories from any source contributes to weight gain. Research has shown that drinking sugary drinks is linked to type 2 diabetes.



## People with diabetes can't eat sweets or chocolate.

The Truth:

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.

## RECIPE OF THE MONTH

### Bacon-Potato Corn Chowder

#### Directions

In a large skillet, cook bacon over medium heat until crisp. Remove and discard drippings, reserving 1-1/2 tsp in pan. Add onion; cook and stir over medium heat.

Place potatoes in large saucepan; add water to cover and bring to boil. Reduce to medium heat; cook, uncovered, 10-15 min. Drain, reserving 1 cup potato water.

Add corn, milk, salt, pepper, potatoes, and potato water to saucepan; heat through. Stir in bacon and onion.



#### Ingredients

- 1/2 pound bacon strips, chopped
- 1/4 chopped onion
- 1-1/2 pounds Yukon Gold potatoes, peeled & cubed
- 1 can (14-3/4 oz) cream-style corn
- 1 can (12 oz) evaporated milk
- 1/4 tsp salt
- 1/4 tsp pepper