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presents ...

Insights

A Health and Wellness Newsletter
for POMCO Enrollees
Fall 2009

Healthcare Reform - What's In It for Me?

As the debate around healthcare escalates, sorting the facts out becomes more and more confusing. CNN.com compiled a list of the top ten frequently asked questions regarding healthcare reform, a few of them are listed below. While healthcare reform will affect everyone in the country, it really boils down to how it affects you, these answers may help you determine that:

Why is health care reform such a hot issue right now?

Fewer and fewer Americans have health insurance, and therefore cannot afford good medical care. Nearly 46 million Americans have no insurance, and 25 million more are underinsured. One major reason for this crisis is that many employers have stopped offering insurance to employees because of the high cost. In the United States, total health care spending was \$2.4 trillion in 2007 -- or \$7,900 per person -- according to an analysis published in the journal *Health Affairs*.

The United States spends 52 percent more per person than the next most costly nation, Norway, according to the Kaiser Family Foundation.

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The Great American Smokeout November 19



The American Cancer Society's Great American Smokeout event grew out of a 1971 event in Randolph, MA, in which Arthur P. Mullaney asked people to give up cigarettes for a day and donate the money they would have spent on cigarettes to a high school scholarship fund. In 1974, Lynn R. Smith, editor of the *Monticello Times* in Minnesota, spearheaded the state's first D-Day, or Don't Smoke Day. The idea caught on, and on Nov. 18, 1976, the California Division of the American Cancer Society succeeded in getting nearly one million smokers to quit for the day. The first national Great American Smokeout was held in 1977. This year's Great American Smokeout is on November 19.

An estimated 46 million adults in the United States currently smoke, and approximately half will die prematurely from smoking. Lung cancer is the leading cause of cancer death for men and women and more than 80% of lung cancers are thought to result from smoking. Smoking causes one in five deaths from all causes.

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Recipe

Turkey Reuben Grilled Sandwiches

As football season heats up try this recipe for a healthy snack that will have you cheering.

Ingredients

4 tablespoons fat-free Thousand Island salad dressing, divided
8 slices dark pumpernickel bread
8 1/2-ounce slices light Swiss cheese
8 ounces turkey breast
3/4 cup sauerkraut
1 teaspoon caraway seeds
Butter-flavored cooking spray



Directions

Spread dressing on one side of each slice of bread.

Top 4 slices of bread with one slice of cheese each.

Top cheese with turkey breast, sauerkraut, caraway seeds, and second piece of cheese. Cover with second piece of bread.

Heat a nonstick skillet to medium-high; lightly coat with cooking spray. Place sandwich in pan. Cook 1 minute.

Spray top side of sandwich, flip, and cook an additional minute until crispy and cheese is melted.

Cool slightly and cut in half.

Makes 4 full sandwiches. Serves 8.

Approximate per serving: 117 calories; 2 grams of fat.

(www.fightcancer.org, username pomcogroup)

Sleep a Cure for the Common Cold?

If we haven't learned anything from the H1N1 virus we have learned many ways to prevent getting sick: washing your hands frequently, using hand sanitizer, sneezing into your arm, staying home when you feel sick. Each of these will certainly limit your chances of catching H1N1 or the cold or flu bug. But did you know that another way to avoid getting sick might be by simply getting more sleep?



Studies have demonstrated that poor sleep and susceptibility to colds go hand in hand, and scientists think it could be a reflection of the role sleep plays in maintaining the body's defenses.

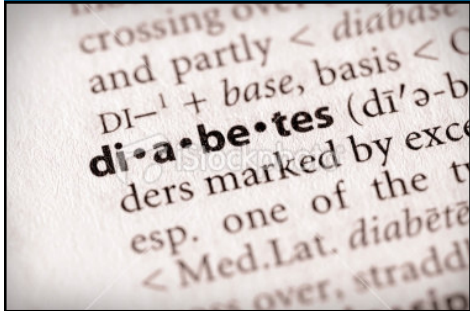
In a recent study for *The Archives of Internal Medicine*, scientists followed 153 men and women for two weeks, keeping track of their quality and duration of sleep. Then, during a five-day period, they quarantined the subjects and exposed them to cold viruses. Those who slept an average of fewer than seven hours a night, it turned out, were three times as likely to get sick as those who averaged at least eight hours.

Sleep and immunity, it seems, are tightly linked. Studies have found that mammals that require the most sleep also produce greater levels of disease-fighting white blood cells — but not red blood cells, even though both are produced in bone marrow and stem from the same precursor. And researchers at the Max Planck Institute for Evolutionary Anthropology have shown that species that sleep more have greater resistance against pathogens. “Species that have evolved longer sleep durations,” the Planck scientists wrote, “appear to be able to increase investment in their immune systems and be better protected.”

The bottom line: Research suggests that poor sleep can increase susceptibility to colds.

(www.nytimes.com/2009/09/22/health)

Diabetes Unveiled



With some 23.6 million people in the world living with diabetes, chances are you know someone with the disease or you may have the disease yourself. If you don't currently have diabetes, that doesn't mean you won't ever be diagnosed with the disease and the more you know about diabetes, the greater your ability to put into place some measures of prevention.

Diabetes Defined

Type 1 diabetes develops when the body's immune system destroys pancreatic beta cells, the only cells in the body that make the hormone insulin that regulates blood glucose. To survive, people with Type 1 diabetes must have insulin delivered by

injection or a pump.

Type 2 diabetes accounts for about 90% to 95% of all diagnosed cases of diabetes. It usually begins as insulin resistance, a disorder in which the cells do not use insulin properly. As the need for insulin rises, the pancreas gradually loses its ability to produce it. Type 2 diabetes is associated with older age, obesity, family history of diabetes, history of gestational diabetes, impaired glucose metabolism, physical inactivity and race/ethnicity.

Gestational diabetes is a form glucose intolerance diagnosed during pregnancy.

Even when people know the differences between the types of diabetes there can be confusion steeped in decades of misinformation regarding the disease. Here are a few mythbusters that will help you further define what's true and false about diabetes:

People with diabetes can't eat sweets or chocolate.

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.

Eating too much sugar causes diabetes.

No. Diabetes is caused by a combination of genetic and lifestyle factors. However, being overweight does increase your risk for developing type 2 diabetes. If you have a history of diabetes in your family, eating a healthy meal plan and regular exercise are recommended to manage your weight.

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Smokeout con't from front ...

Even with the success of the Great American Smokeout and the increased awareness most individuals have about the dangers of smoking, so many people still smoke because it's hard to quit. As you prepare for November 19 here are some tips to help you quit on that day and forever:

- Don't drink alcohol, coffee, and other drinks you associate with smoking. Try drinking a variety of other drinks instead. Try different types of waters or fruit juices. This may be the time to indulge in some interesting teas you have never. If you miss the feeling of having a cigarette in your hand, hold something else

-- a pencil, a paper clip, a coin, or a marble, for example.

- If you miss the feeling of having something in your mouth, try toothpicks, cinnamon sticks, sugarless gum, or celery.

- Take 10 deep breaths, and hold the last one while lighting a match. Exhale slowly and blow out the match. Pretend it is a cigarette and put it out in an ashtray.

- Take a shower or bath.

- Tell yourself "no." Say it out loud. Practice doing this a few times, and listen to yourself. Some other things you can say to yourself might be, "I'm too strong to give in to smoking," "I'm a non-smoker now," or "I don't want to let my friends and family down."

- Never allow yourself to think that "one cigarette won't hurt," because it may.
- Wear a rubber band around your wrist. Whenever you have a thought about smoking, snap it against your wrist to remind yourself of all the unpleasant reasons that made you want to quit in the first place. Then remember that you will not always need a rubber band to help you stay in line with your plans to quit. Smile, then go get an apple or walk outside and breathe in the fresh air. Or talk with your co-worker or neighbor about something that has nothing to do with you.

These tips provided to you by fight-cancer.org, user name pomcogroup.

Belly Busters

It seems like everybody wants a flatter belly. Whether you have a little or a lot to lose, there are various ways to get it toned up and trimmed down. Read below to find a few ways to attack your belly bump.

Crunch it out ...

Bigger tummy - Do 3 sets of 15 bicycle crunches 2–3 times a week, plus 30–45 minutes' worth of run-walk intervals (2 minutes each) 4–5 times a week. You'll notice big results in just 4 weeks.

Little tummy - Do 3 sets of 12–15 crunches on a stability ball 2–3 times a week to sculpt your belly in 3 weeks.

Snack it out ...

Bigger tummy - Cut or burn 500 calories and drink 2 cups of green tea daily: Green tea alone helped exercisers drop ab fat in 12 weeks.

Little tummy - Eat snacks with belly-busting monounsaturated fatty acids (MUFAs) daily: 23 almonds, 6 olives, or 2 squares dark chocolate. MUFAs can reduce ab fat in a month.

(www.health.com)

Con't from front...

There's little debate that health care reform is necessary -- President Obama, Republican and Democratic members of Congress, the American Medical Association and America's Health Insurance Plans, which represents the insurance industry, all have agreed the system needs to be changed, although they disagree on how to do it.

I'm happy with the insurance I receive from my employer. What would health care reform mean for me?

If you receive high-quality health insurance from your employer, Obama said, his plan won't change that, and you can still keep your insurance and your doctors. Republicans, however, said that if Obama gets his way, there's a good chance your employer will stop buying the private insurance you have now and instead opt for the less-expensive government plan.

I have a pre-existing condition and can't get health insurance. Will health care reform help me?

You have a terrible problem and you're in good company. Millions of people who don't get insurance through their employer try to get insurance on their own and are turned down because they have a pre-existing condition. Obama said at the Green Bay town hall meeting that under his reforms, no insurance plan "would be able to deny coverage on the basis of pre-existing conditions," but he didn't explain how he would force insurance companies to insure people with pre-existing health problems. Similarly, Boehner wrote [on his blog](#) that "quality health coverage must exist for every American, regardless of pre-existing health conditions," but did not explain how he would pay to insure people with pre-existing conditions.

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People with diabetes are more likely to get colds and other illnesses.

No. You are no more likely to get a cold or another illness if you have diabetes. However, people with diabetes are advised to get flu shots. This is because any infection interferes with your blood glucose management, putting you at risk of high blood glucose levels and, for those with type 1 diabetes, an increased risk of ketoacidosis.

People with diabetes can eat as much fruit as they want.

Fruit is a healthy food. It contains fiber and lots of vitamins and minerals. Because fruit contains carbohydrates, it needs to be included in your meal plan. Talk to your dietitian about the amount, frequency and types of fruits you should eat.

If you have diabetes, you should only eat small amounts of starchy foods, such as bread, potatoes and pasta.

Starchy foods are part of a healthy meal plan. What is important is the

portion size. Whole grain breads, cereals, pasta, rice and starchy vegetables like potatoes, yams, peas and corn can be included in your meals and snacks. The key is portions. For most people with diabetes, having 3–4 servings of carbohydrate-containing foods is about right. Whole grain starchy foods are also a good source of fiber, which helps keep your gut healthy.

(www.diabetes.org/diabetes-myths.jsp)