



Naugatuck Valley Health District Newsletter

November 2017

Serving Ansonia, Beacon Falls, Derby, Naugatuck, Seymour, & Shelton

NVHD
98 Bank Street
Seymour, CT
203-881-3255

Immunizations:

Vaccines for adults and children are given at NVHD, by appointment, 203-881-3255, ask for Kristin.

Flu Clinic:

Flu shots will be given at NVHD by appointment, 203-881-3255, ask for Kristin.

Insurance accepted:

Aetna, Cigna, Anthem, Connecticutcare, BC/BS, Medicare Part B

Lead Program for

Children: Children up to age 6 are screened for lead by their doctor. Education, case management, physician referral, environmental investigations are provided for children with high lead levels.

Women, Infants, and Children (WIC):

Supplemental food and nutrition program. Mon., Wed., Thurs., Fri. 8-5, Tuesday 9-6 by appointment, 203-888-1271.

NauVEL:

Grants available to remove lead hazards from your home for eligibility and applications call Carol at 203-881-3255

November is American Diabetes Month

Diabetes is a chronic (long-lasting) disease that affects how your body turns food into energy.

Most of the food you eat is broken down into sugar (also called glucose) and released into your bloodstream. Your pancreas makes a hormone called insulin, which 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, which over time can cause serious health problems, such as heart disease, vision loss, and kidney disease.

There isn't a cure yet for diabetes, but healthy lifestyle habits, taking medicine as needed, getting diabetes self-management education, and keeping appointments with your health care team can greatly reduce its impact on your life.

Types of Diabetes

There are three main types of diabetes: type 1, type 2, and gestational diabetes (diabetes while pregnant).

Type 1 diabetes is caused by an autoimmune reaction (the body attacks itself by mistake) that stops your body from making insulin. About 5% of the people who have diabetes have type 1. Symptoms of type 1 diabetes often develop quickly. It's usually diagnosed in children, teens, and young

adults. If you have type 1 diabetes, you'll need to take insulin every day to survive. Currently, no one knows how to prevent type 1 diabetes.

With **Type 2 diabetes**, your body doesn't use insulin well and is unable to keep blood sugar at normal levels. Most people with diabetes—9 in 10—have **type 2 diabetes**. It develops over many years and is usually diagnosed in adults (though increasingly in children, teens, and young adults). You may not notice any symptoms, so it's important to get your blood sugar tested. Type 2 diabetes can be prevented or delayed with healthy lifestyle changes, such as losing weight if you're overweight, healthy eating, and getting regular physical activity.

Gestational diabetes develops in pregnant women who have never had

diabetes. If you have gestational diabetes, your baby could be at higher risk for health complications. Gestational diabetes usually goes away after your baby is born but increases your risk for type 2 diabetes later in life. Your baby is more likely to become obese as a child or teen, and more likely to develop type 2 diabetes later in life too.

Prediabetes. In the US, 84.1 million adults—more than 1 in 3—have prediabetes, and 90% of them don't know they have it. Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as diabetes. Prediabetes increases your risk for type 2 diabetes, heart disease, and stroke.

For more information visit:

www.cdc.gov (source) and www.diabetes.org





Please complete our survey - we'd like to know how much you know about lead poisoning. Survey can be found at:
<https://www.surveymonkey.com/r/6SNDYP6>

Know your Risk.

Lead Poisoning is the leading cause of environmental illness in children and can cause many permanent health problems. The good news is lead poisoning is 100% preventable.

Get the lead out!

The Naugatuck Valley Health District (NVHD) is committed to ensuring that all housing in the valley is safe from lead and other hazards.

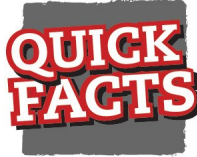
NVHD has grants available to remove lead paint hazards from your pre-1978 home. For links to information about lead poisoning and it's prevention please go to www.nvhd.org/nauvel



Diabetes Risk Factors

You're at risk for developing diabetes if you:

- Are overweight
- Are 45 years or older
- Have a parent, brother, or sister with type 1 or type 2 diabetes
- Are physically active less than 3 times a week
- Have ever had gestational diabetes (diabetes during pregnancy) or given birth to a baby who weighed more than 9 pounds
- Are African American, Hispanic/Latino American, American Indian, or Alaska Native (some Pacific Islanders and Asian Americans are also at higher risk).



Diabetes Quick Facts

More than 30 million people in the United States have diabetes, and 1 in 4 of them don't know they have it.

Diabetes is the 7th leading cause of death in the United States (and may be underreported).

Type 2 diabetes accounts for about 90% to 95% of all diagnosed cases of diabetes; type 1 diabetes accounts for about 5%.

In the last 20 years, the number of adults diagnosed with diabetes has more than tripled as the American population has aged and become more overweight or obese.

source: www.cdc.gov

Gobble Gobble Safely

soap and water, or place them in a dishwasher.

Steps to follow when cooking a turkey:

- Wash hands with warm water and soap for 20 seconds before touching any food to prevent the spread of many types of infection and illness.
- Keep raw turkey separated from all other foods at all times.
- Cook the turkey until it reaches 165 °F, as measured by a food thermometer. Check the turkey's temperature by inserting the thermometer in three places: the thickest part of the breast, the innermost part of the thigh, and the innermost part of the wing.

source: www.foodsafety.gov



- Do not wash the turkey. This only spreads pathogens onto kitchen surfaces. The only way to kill bacteria that causes foodborne illness is to fully cook the turkey.
- Use separate cutting boards, plates, and utensils when handling raw turkey to avoid cross-contamination. Wash items that have touched raw meat with warm