

Riverpark

ON THE BRAZOS

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November 2011

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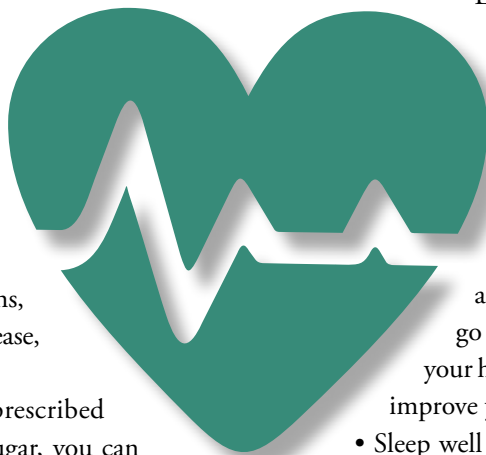
Taking control of your Diabetes

Improving Self-Management

By: Concentra Urgent Care

According to the American Diabetes Association (ADA), approximately 21 million Americans have diabetes, and more people are being diagnosed every year. Diabetes is associated with many health problems, disability and premature death. Knowing how you can improve your lifestyle to better control diabetes is the key to reducing related complications, such as heart disease, stroke, blindness, kidney disease, and amputations. Actions you can take include:

- Monitor your blood sugar and take your prescribed medications: By keeping track of your blood sugar, you can achieve better control of your diabetes. Always take your insulin or oral diabetes pills as prescribed by your health care provider.
- Watch your diet carefully: By eating well-balanced meals in the correct amounts, you can keep your blood glucose level as close to normal as possible. A dietician or books such as the ADA's 101 Nutrition Tips for People with Diabetes can help.



- Lose weight: The ADA stresses that losing even a small amount of weight can reduce your risk of complications from diabetes. A dietician can help you find ways to eat the foods you like while reducing your intake of calories.
- Increase physical activity: A personal health coach can help you become more active. And it doesn't mean that you have to go to the gym; it can mean walking around your house or working in your yard. Exercise helps improve your strength, flexibility, and endurance.
- Sleep well and reduce stress: Getting the appropriate amount of rest and managing your stress will improve diabetes control.

For more information about managing your diabetes, contact your health care provider, your Concentra health specialist, or you can visit the ADA's Web site at: www.diabetes.org

RIVERPARK ON THE BRAZOS

NEWSLETTER INFO

PUBLISHER

Peel, Inc. 1-888-687-6444
Article Submission riverparkonbrazos@peelinc.com
Advertising..... advertising@peelinc.com

ARTICLE SUBMISSIONS

Interested in submitting an article? You can do so by emailing riverparkonbrazos@peelinc.com. All news must be received by the 9th of the month prior to the issue. So if you are involved with a school group, scouts, sports etc – please submit your articles for the Riverpark on the Brazos newsletter. Personal news for the Stork Report, Teenage Job Seekers, special celebrations and military service are also welcome.

ADVERTISING INFO

Please support the advertisers that make the Riverpark on the Brazos newsletter possible. If you would like to support the newsletter by advertising, please contact our sales office at 888-687-6444 or advertising@PEELinc.com. The advertising deadline is the 8th of the month prior to the issue.

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View the current issue of the
Riverpark on the Brazos newsletter
on the 1st day of each month at www.PEELinc.com.

SEND US YOUR *Event Pictures!!*

Do you have a picture of an event that you would like to run in the Riverpark on the Brazos newsletter? Send it to us and we will publish it in the next issue. Email the picture to riverparkonbrazos@peelinc.com. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.



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ADOPTION COALITION

Jaquevius (Nov 2003) & Ny'Asia (Aug 2005)

Jaquevius is a loveable, warm spirited child. Ny'Asia is an endearing child who enjoys being hugged and treated like a princess. Jaquevius enjoys watching cartoons, playing with cars, trucks and things he can "tinker" with. He absolutely loves going to movies. Ny'Asia's favorite things to do are coloring and playing with dolls. Jaquevius and Ny'Asia need a loving, nurturing family who is highly structured and experienced in working with children.

To find out more about Jaquevius and Ny'Asia, Please contact Grace Lindgren, LMSW, at the Adoption Coalition of Texas, (512) 810-0813 or gracelindgren@adopttexas.org.

To learn more about the foster care adoption process, please call the Adoption Coalition of Texas at (512) 301-2825. Email info@adopttexas.org and visit our website at www.adoptioncoalitiontx.org.

Adopting a child from the foster care system requires little or no cost to the adoptive family and funding may be available to help the adoptive family support the child or sibling group.



adoptioncoalitiontx.org

A black and white advertisement for Texas Direct Auto. On the left, a smiling woman with blonde hair is shown from the chest up, wearing a striped tank top. She is holding a small toy car in her right hand. To her right is a simple line drawing of a family (a man, a woman, and three children) standing in front of a house. Above them is a sun and a cloud. The text "DREAMING OF BETTER THINGS?" is written in a large, serif font. Below that, "SELL US YOUR CAR!" is written in a bold, sans-serif font. Further down, in a smaller font, it says "There's an easier way to sell your car. WE PAY MORE. WE PAY TODAY. Fast. Easy. Fun. Yes! It's true. Sell Us Your Car!". At the bottom, there is a logo for Texas Direct Auto, featuring a stylized star and the text "TEXASDIRECTAUTO.COM".

HEALTH BRIEFS - NOVEMBER 2011

POSTMENOPAUSAL BLEEDING COULD BE SIGN OF ENDOMETRIAL CANCER

After a woman goes through menopause, it is not normal for her to start bleeding again, said a gynecologic oncologist at Baylor College of Medicine. Most postmenopausal bleeding is caused by the thinning of the cervix; however, in some cases bleeding is a sign of endometrial cancer and should not be ignored, said Dr. Concepcion R. Diaz-Arrastia, professor of obstetrics and gynecology at BCM.

When caught in the early stages, endometrial cancer can be cured, Diaz-Arrastia said. However, there are few symptoms and no screening methods and often isn't found until later stages. That's why it is so important for women to be conscious of things that may be associated with the disease, like bleeding.

Endometrial cancer is the most common uterine cancer. It occurs in the endometrium or the lining of the uterus. More than 40,000 women are diagnosed with endometrial cancer every year in the United States. Women who are obese and/or have a history of irregular menstrual cycles have an increased chance of developing endometrial cancer, Diaz-Arrastia said. If you notice postmenopausal bleeding, contact your gynecologist and set up an appointment as soon as possible.

SYMPTOMS POINT TO DIABETES

Maintaining a healthy weight, eating a low-fat diet and exercising regularly can help prevent the onset of diabetes and the many side effects of the disease, according to doctors at Baylor College of Medicine. Those with a higher risk of diabetes should also have their blood glucose levels screened regularly.

RISK FACTORS FOR DIABETES INCLUDE:

- Obesity
 - Sedentary lifestyle
 - Unhealthy eating habits
 - Family history and genetics
 - Increased age
 - High blood pressure and high cholesterol
- A fasting glucose level of 70 to 100 mg/dL is considered normal, 100-125 mg/dL is considered pre-diabetes condition and 126 mg/dL or above indicates type 2 diabetes.

SYMPTOMS OF DIABETES INCLUDE:

- Frequent urination
- Excessive thirst
- Increased hunger
- Weight loss
- Fatigue
- Lack of interest and concentration
- Blurred vision
- Vomiting and stomach pain

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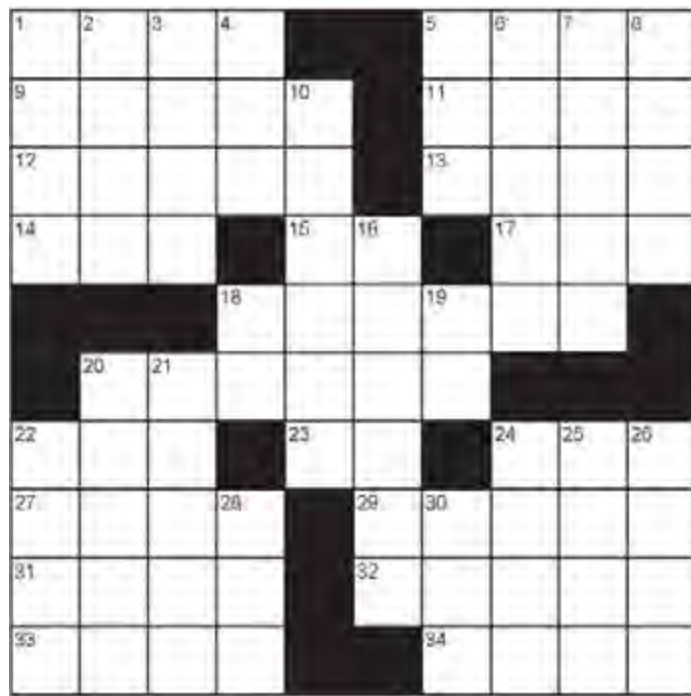
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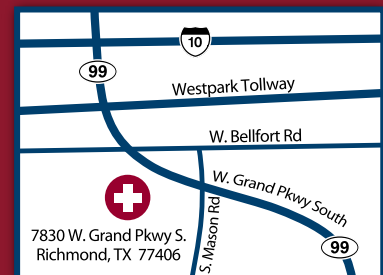

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Recipe of the Month
Chicken Enchilada Soup

SAUTE IN LARGE PAN:

- 1 small onion, chopped
- 1 clove garlic, crushed
- 2 Tbs. vegetable oil

ADD & SIMMER 1 HOUR:

- 1 - 4 oz. can chopped chilis, undrained
- 1 - 14 ½ oz. can beef broth
- 1 - 14 ½ oz. can chicken broth
- 1 - 10 ¾ oz. cream chicken soup
- 1 - 6 ¾ oz. can chicken
- 1 ½ cup water
- 1 Tbs. steak sauce
- 2 tsp. Worcestershire sauce
- 1 tsp. cumin
- 1 tsp. chili powder
- 1/8 tsp. pepper

THEN ADD & SIMMER FOR 10 MORE MINUTES:

- 3 cups shredded cheese
- paprika
- 6 corn tortillas, cut in 1/2" strips

*Serve with tortilla
chips & Enjoy!*



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