



FOR IMMEDIATE RELEASE: June 28, 2011

**CONTACT: Emilie Owens, MPH, LSW
Emergency Coordinator, 419.725.6996
eowens@areaofficeonaging.com**

Summer has finally arrived! Taking precautions to protect yourself from the heat is important for everyone, especially if you have Type I or Type II Diabetes. Diabetes inhibits your ability to sweat, making it harder for your body to cool itself.

Follow these guidelines whenever the heat index (temperature plus humidity) is 80 or above to prevent complications from heat exposure.

- Store your medications and blood glucose testing supplies at the correct temperatures.
- Heat can affect your blood glucose levels, so you may want to check your blood glucose more frequently than usual.
- Limit outside exercise or activities to morning or late evening hours. An indoor facility with air-conditioning is best during hotter parts of the day.
- If you don't have air conditioning, do not rely on a fan to keep you from overheating! Try to spend part of your day in an air conditioned facility, such as a senior center, library, or mall.
- Be sure to stay hydrated by drinking lots of water throughout the day!

With these things in mind, you can have a safe, healthy summer!

Resolve To Be Healthy 2011!

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FOR IMMEDIATE RELEASE: April 25, 2011

**CONTACT: Emilie Owens, MPH, LSW
Emergency Coordinator, 419.725.6996
eowens@areaofficeonaging.com**

How are your driving skills? Are they the same, when performing the following common task(s)?

- Eating or drinking
- Changing the radio station or music CD
- Reaching for something that dropped on the floor
- Putting on make-up or checking your appearance in your mirror
- Talking or texting on your cell phone

Many drivers believe tasks like these do not impair their driving. However, that is far from the truth! Driving while distracted is equivalent to drunk driving. In fact, distracted drivers account for nearly 4 out of 5 vehicle accidents in the U. S. and 1 in 6 fatal collisions are due to distracted driving. In our fast-paced, technology driven society, we think that multi-tasking is essential. **Distracted driving is a serious, life-threatening practice. It is unsafe, irresponsible and in a split second, its consequences can be devastating.** Whatever your distraction, think twice before multi-tasking the next time you are behind the wheel!

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FOR IMMEDIATE RELEASE: March 22, 2011

**CONTACT: Emilie Owens, MPH, LSW
Emergency Coordinator, 419.725.6996
eowens@areaofficeonaging.com**

There may be a silent situation lurking inside, which if left untreated could lead to a heart attack, stroke, blindness, kidney disease, amputation, and death...Diabetes. Today is Diabetic Alert Day.

- 1 in 4 people with diabetes do not know they have the disease
- Another 35% of the US population over 20 years of age have pre-diabetes, meaning blood glucose levels are higher than normal but not high enough for a diagnosis of diabetes

Some risk factors for diabetes include:

- Age 45 years or over
- Being overweight or obese
- A parent or sibling with diabetes
- Being African American, Asian American/Pacific Islander, Hispanic/Latino or Native American
- Given birth to a baby weighing more than 9 pounds

If you have some of these risk factors you should discuss diabetes with your doctor. A simple blood test, (covered by Medicare and many private health insurance plans) can help your doctor diagnose if you have diabetes.

We offer a Diabetes Self-Management Program through the Area Office on Aging of Northwestern Ohio, Inc. If you are age 55 or over, have been diagnosed with diabetes, and you are interested in a free, 6-week class to help you manage your diabetes, please call 419-382-0624 ext. 2227 for more information.

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FOR IMMEDIATE RELEASE: February 10, 2011

**CONTACT: Emilie Owens, MPH, LSW
Emergency Coordinator, 419.725.6996
eowens@areaofficeonaging.com**

Heart Disease is the leading cause of death among both men and women. However, it is preventable. The following are some simple steps you can implement to take care of your heart:

- **Learn your numbers.** High LDL "bad" cholesterol, high Total Cholesterol, High Triglyceride levels, low HDL "good" cholesterol, Body Mass Index (overweight/obese), high Blood Glucose levels and high Blood Pressure increase your risk for heart disease.
- **Eat a healthy diet.** Decrease your saturated and trans fat consumption, while increasing fiber, by choosing whole grains, fish, lean meats, fruits and vegetables. Flavor foods with herbs rather than salt. Information about the D.A.S.H (blood pressure lowering) and the TLC (cholesterol lowering) diets may be found at the National Heart Lung and Blood Institute website or by contacting your physician/dietitian.
- **Exercise regularly.** At least 30-minutes of physical activity most days, such as walking, is recommended. Exercise can help you regulate blood glucose and blood pressure, maintain healthy body weight, and raise good cholesterol.
- **Stop smoking and limit alcohol consumption.**
- **Know the warning signs of a heart attack and seek immediate medical attention.**
 - Chest discomfort.
 - Pain in other areas of the upper body; jaw, neck, stomach, back, one or both arms.
 - Shortness of breath.
 - Cold sweat.
 - Nausea and/or fatigue.

On February 14, while giving hearts to loved ones --- Remember to take care of your own!

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FOR IMMEDIATE RELEASE: January 20, 2011

**CONTACT: Emilie Owens, MPH, LSW
Emergency Coordinator, 419.725.6996
eowens@areaofficeonaging.com**

Throughout 2010, through our *Resolve To Be Ready Campaign*, the Area Office on Aging of Northwestern Ohio provided tips to help older adults prepare for emergencies. Our new campaign *Resolve To Be Healthy 2011* centers on wellness. Once or twice per month, we'll send you information to help boost your health. It doesn't have to be hard work. Start with small changes in your routine and build from there. Of course, if you have special health conditions, check with your physician.

How would you like to curb your cravings, control appetite, reduce stress and perhaps even lose some weight? We're not trying to sell you magic pills, just letting you know that these are all possible simply by walking! How much? Even a little extra movement will be beneficial but, the more, the merrier with a goal of 10,000 or more steps each day. What about this cold, snowy weather? Steps count no matter where you take them. March or walk in place while watching TV, listening to music, talking on the phone. Squeeze walking in whenever possible; walk around the block when you go outside to get the mail, make trips up and down the stairs to do laundry and other household chores, park a little farther away from your destination, put your grocery cart back in the store after you unload your groceries. The newest information reveals 10,000 or more steps per day can even prevent diabetes. Walking is fun, free and easy for most! Let's get moving!

Resolve To Be Healthy 2011!

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