

## Diabetes Powerfully Associated with Premature Coronary Heart Disease in Women

Researchers are expecting to see more heart attacks in younger and younger people. When a younger person has a cardiovascular crisis, it will ultimately affect their quality of life, productivity, and contributions to society. The researchers in a new study discussed how prevention is better than a cure and how many risk factors for heart disease are preventable. The study shows the impact of lifestyle on heart health in women of all ages.

Researchers analyzed approximately 50 biomarkers associated with cardiovascular health. Commonly used metrics like low-density lipoprotein (LDL) cholesterol (or "bad" cholesterol) and hemoglobin A1C (a measure of blood sugar levels) had much weaker associations with CHD onset in women younger than 55 years than LPIR, a newer metric for insulin resistance. LPIR uses a weighted combination of six lipoprotein measures and is analyzed through specialized laboratory testing. Whereas LDL cholesterol was only associated with a 40% increase in risk of CHD onset in women under 55, LPIR demonstrated a 600% increase.

"In otherwise healthy women, insulin resistance, type-2 diabetes, and its sister diagnosis, metabolic syndrome, were major contributors to premature coronary events," said corresponding author Samia Mora, MD, MHS, of the Brigham's Center for Lipid Metabolomics in the Division of Preventive Medicine and an associate professor at Harvard Medical School. "Women under 55 who have obesity had about a fourfold increased risk for coronary events, as did women in that age group who smoked or had hypertension. Physical inactivity and family history are all part of the picture as well."

"Diabetes is mostly preventable, but it's a systems-wide problem, and we urgently need further research into new strategies to address it," Mora said. "These could be innovative lifestyle-based strategies, like community efforts, greater public health efforts, ways to medically target metabolic pathways, or new surgical approaches."

With the prevalence of diabetes and its associated risk factors increasing dramatically, and affecting more women than men, the researchers emphasize the urgency of developing effective interventions.

We need new strategies to improve outcomes in these younger individuals and address the risk of diabetes, because we're only seeing the beginning of this epidemic now," said Mora.

# Mental Health Moment

## Dealing with Personal Stressors at Work

Everyone's personal life gets a bit hectic at times. These stressful times can cause headaches, upset stomach, back pain, sleeping disturbances, and difficulty concentrating. Stress also makes it harder for your body to defend against illness and can make any current health problems worse.

Stress also affects your work life and responsibilities. When personal stressors—divorce, death of a family member or friend, money troubles, problems with children, or taking care of an elderly relative—affect your personal life, they can have negative effects on your work life, too.

To manage your stress and mitigate its effects on your life, consider these recommendations

- **Keep a stress journal** and write down exactly what is making you stressed. Then, record how you react to these stressors and analyze effective alternatives.
- **Eliminate activities in your life that are unnecessary**, especially when going through personal stress. Focus your time on your health, your work, and getting past the stressful situation.
- **Work on letting go of things** that you cannot change.
- **Take care of yourself.** That means getting plenty of sleep, eating well, and getting regular exercise.
- **Ask for assistance** from family members or friends.
- **Talk, laugh, and cry about your stressors.** This will help you feel some relief from these burdens by releasing your emotions.



## 6 Tips for Diabetes Prevention

1. **Know your Risks:** Talk to your doctor about your family history and other warning signs of diabetes.
2. **Manage Your Weight:** Obesity plays a major factor in the development of the disease. Reducing body weight by 5% can cut your chances of developing diabetes by more than half.
3. **Get More Exercise:** Regular exercise helps manage body weight, promote heart health, and manage blood sugar levels.
4. **Choose Whole Grains:** Choosing whole grains may lower the risk of Type 2 Diabetes because their nutrients release slowly into the blood stream to naturally manage blood sugar levels.
5. **Monitor Carbohydrate Intake:** Carbohydrates raise blood sugar levels and high blood sugar levels can increase risk of diabetes.
6. **Stick to a Healthy Diet:** Control portion sizes and eat a balanced diet of leafy greens, fruit, fish, and lean meats.



## Low Carb Green Smoothie



## Quiz - Diabetes

*Diabetes Powerfully Associated with Premature Coronary Heart Disease in Women*

1. What are the side effects of a cardiovascular crisis in a younger person?
  - a. Decreased quality of life
  - b. Lower productivity levels
  - c. Fewer contributions to society
  - d. All of the above
2. What is the best strategy to prevent diabetes according to the article?
  - a. Lifestyle strategies like community efforts, public health efforts, and medically targeting metabolic pathways and surgical approaches
  - b. Diabetes Prevention Programs focusing on diet and exercise
  - c. Individual strategies - developing a system best for yourself
  - d. Starting diabetes education at younger ages

### Ingredients:

- 1 Tbsp. almond butter
- 2 C spinach
- ¼ C protein powder
- 1 tsp. vanilla extract
- A few drops Stevia sweetener
- ½ C frozen avocado
- 1 C almond milk (unsweetened)
- 1 C ice cubes

### Directions:

Add all the ingredients to the blender except for the ice cubes and blend until smooth. Add the ice cubes to the blender, then blend again until completely smooth.

Amount Per (1) Smoothie:

Calories: 185, Carbohydrates: 6.6g, Protein: 16.4g, Fat: 10.3g, Saturated Fat: 1.4g, Cholesterol: 5mg, Sodium: 238mg, Fiber: 4.4g, Sugar: 0.9g, Potassium: 682mg

"Low Carb Green Smoothie." Diabetic Foodie, March 5, 2013. <https://www.diabeticfoodie.com/green-smoothie/>. (accessed April 16<sup>th</sup>, 2021)

*Six Tips for Diabetes Prevention*

3. Which of the options below is not one of the tips to prevent diabetes?
  - a. Know your Risks
  - b. Stick to a Healthy Diet
  - c. Address Mental Illnesses
  - d. Get More Exercise
4. Choosing whole grains helps reduce the risk of what?

*Mental Health Moment*

5. Which of the following are suggested recommendations for reducing stress?
  - a. Read a good book
  - b. Talk, laugh, and cry about stressors
  - c. Work long hours on a project
  - d. Make a gratitude list



# Healthy Habits Calendar

## May 2021 - Diabetes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 This month's challenge is to Decrease Your Sweets!
2 <b>Self-Care Sunday</b> Make time to journal today to change your perspective.	3	4 <b>Tuesday's Tips:</b> Start your day with a 5-minute meditation.	5 <b>Wellness Wednesday:</b> Schedule a preventive care visit with your doctor.	6 <b>Challenge Check-In</b> Set some small goals for decreasing your sweets this week.	7	8
9	10 <b>Motivation Monday</b> Listen to a podcast on a topic that interests you.	11	12 <b>Wellness Wednesday:</b> Make a list of 10 things you're grateful for.	13	14 <b>Fitness Friday</b> Go for a long walk today to reduce stress and risk of disease.	15 <b>Saturday Service:</b> Send a handwritten thank you note.
16 <b>Self-Care Sunday</b> Turn off your phone for a few hours and enjoy being disconnected.	17	18 <b>Tuesday's Tips:</b> Drink a full glass of water before every meal.	19 <b>Wellness Wednesday:</b> Try this month's featured recipe: Low-Carb Green Smoothie.	20 <b>Challenge Check-In</b> Make plans to replace sweets with healthier alternatives this week.	21	22
23	24 <b>Motivation Monday</b> Set a summer fitness or wellness goal.	25	26 <b>Wellness Wednesday:</b> Schedule time this week to play a team sport with friends.	27	28 <b>Fitness Friday</b> Use AllTrails to find a new trail to explore near you.	29 <b>Saturday Service:</b> Offer to help a neighbor with yard work.
30 <b>Self-Care Sunday</b> Meal prep one meal for the week.	31					

**Answers to Quiz:**

- Q1 : a. All of the above | Q2: a. Lifestyle strategies like community efforts, public health efforts, and medically targeting metabolic pathways and surgical approaches | Q3: c. Address Mental Illnesses | Q4: Type II Diabetes | Q5: b. Talk, laugh, and cry about stressors

Employee Name \_\_\_\_\_

Date (m-d-yyyy) \_\_\_\_\_

# 30 Day Challenge:

## Decrease Your Sweets



The goal is to eliminate sweet treats at least 4 days out of the week. At first this may sound intimidating, but once you break the habit for a few days the challenge gets easier! There are numerous benefits when you eat less sugar, such as losing weight, sleeping better, and feeling more energized.

Week 1	
Weekday	What sweet treat did you eliminate?
1.	
2.	
3.	
4.	

Week 2	
Weekday	What sweet treat did you eliminate?
1.	
2.	
3.	
4.	

Week 3	
Weekday	What sweet treat did you eliminate?
1.	
2.	
3.	
4.	

Week 4	
Weekday	What sweet treat did you eliminate?
1.	
2.	
3.	
4.	