

HEALTHY LIVING

Wellness Newsletter from **AAOA**

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Roasted Curried Squash Soup with Almonds

Ingredients

- 1 large butternut squash
- 1 large acorn squash
- 1 large onion, peeled and cut in half
- 1 whole garlic bulb
- 1/2 tsp olive oil
- 1 cup slivered almonds, toasted, divided
- 5 cups chicken broth, low sodium, fat-free
- 1/2 cup apple juice
- 1 1/2 tsp curry powder
- 1/2 tsp nutmeg
- Salt and pepper to taste
- 1/2 cup fat-free half-and-half
- 6 Tbsp fat-free sour cream or plain yogurt
- 2 Tbsp fresh or dried chives

Preparation

1. Preheat oven to 425 degrees F.
2. Cut each squash in half, scoop out seeds and place cut side down along with onion on a cookie sheet sprayed with cooking spray. Cut top off of garlic bulb, drizzle with 1/2 teaspoon olive oil on cut surface, wrap bulb in aluminum foil and place on sheet with other vegetables. Roast vegetables for approximately 45 minutes or until tender.
3. Scoop flesh from both squash, squeeze out garlic flesh from bulb and place in heavy-bottom pot along with onion, 1/2 cup almonds, chicken stock, apple juice and spices. Cook over medium heat for 10 minutes.
4. Using a hand or traditional blender, purée soup in batches until smooth; return to pot and add fat-free half-and-half and cook until thoroughly heated.
5. Serve immediately with a garnish of fat-free sour cream, remaining almonds and a sprinkle of chives.

Nutrition Facts

Yields 8 Servings

Amount Per Serving

Calories 186g	Sugar 5g
Fat 8g	Protein 8g
Sodium 77mg	Carbohydrates 28g



"You Can't Eat Sugar" and Other Diabetes Myths

Find the truths behind some common diabetes myths here.

Diabetes is a complicated, often misunderstood disease. If you have it or know someone who does, there is a lot for you to learn - including sifting fact from fiction. Below are the truths behind some common diabetes myths.

Myth: People with diabetes can't eat sugar and require special "diabetic" foods.

Fact: If your blood glucose levels are under control, some sugar can be part of your diet. In fact, a diabetes diet is no different than a healthy diet. Just like people without diabetes, you should limit foods high in saturated fat, trans fat, sodium and added sugar. Your diet should be rich in whole grains, fruits, vegetables, low-fat and nonfat dairy and lean proteins.

And you probably don't need to buy special "diabetic" foods. Consider the cost and convenience of these products when making your decision.

Work with a certified diabetes educator or a registered dietician to create a nutrition plan that fits your needs.

Myth: Eating too much sugar causes diabetes.

Fact: Diabetes is not caused by eating sugar. Refined sugar that is found in foods is completely different than "blood sugar."

- Type 1 diabetes occurs when people have little or no insulin in their body.
- Type 2 diabetes occurs when your body cannot properly use the insulin it makes. In time, it is no longer able to make enough insulin to keep up.

Insulin is responsible for moving glucose from the bloodstream to the cells. If you don't have insulin, the glucose stays in the bloodstream. This is why people with diabetes have "high blood sugar."

If you have more questions about diabetes, talk to your doctor. He or she will be able to separate fact from fiction.

A Healthier Mouth for a Healthier Future

Did you know it's a habit that may benefit your health in other ways too?

The Mouth-Body Connection

There's growing evidence that having a healthy mouth — free from gum disease — may be associated with a lower risk of certain health conditions. Those include heart disease, stroke and diabetes.

At this point, all the risks aren't fully understood; but, it's clear that taking good care of your mouth can affect your health in positive ways.

It may give your emotional well-being a nice lift, too. After all, a smashing smile can do wonders for your self-image.

5 Basics to Brush Up On

For healthy teeth and gums follow these best practices:

1. See your dentist regularly. Checkups and cleanings can help prevent or control dental problems, including gum disease and tooth decay. Your dentist can tell you how often you need to be seen.*

2. Brush twice a day. Use fluoride toothpaste and a soft-bristled brush that can reach all areas of your mouth. Take time to do a thorough job. Replace your brush every three to four months — or sooner if the bristles look frayed.

3. Clean between teeth, too. Daily flossing gets rid of food and plaque between teeth, where your toothbrush can't reach. You might also try inter-dental tools, such as special brushes, to get this job done.

4. Chomp on a healthy diet. Choose a variety of fruits, vegetables, whole grains, low-fat dairy products and lean proteins. These foods provide key nutrients that can strengthen your immune system — and help fight gum disease. Calcium-rich foods can help keep teeth strong.

5. Kick tobacco. Cigarettes, cigars, pipe smoking and chewing tobacco can all increase your risk of gum disease — and other problems, including cancer. If you use tobacco, talk with your doctor about how to quit.

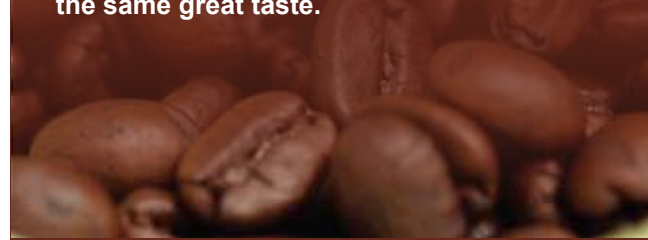
Don't Ignore These Signs

If you notice problems in your mouth — bleeding gums, sores or loose teeth, for example — be sure to let your dentist know. These may indicate gum disease — or another health concern. The sooner you get help, the better.

Tip: Give your mouth a fresh natural brushing during the day by picking up and eating your favorite apple as an afternoon snack.

Morning Coffee

Are you worried that your favorite caffeinated beverage may have more calories in it than you think? Try asking for reduced fat or fat free milk in your coffee next time you visit your favorite coffee house. This will help you reduce fat and caloric intake without sacrificing the same great taste.



Pumpkin Carving Alternative

Scary, spooky, happy or snaggle tooth - carving those glowing grins on pumpkins is one of the most popular Halloween traditions. While pumpkin carving is great fun, it can also be dangerous due to potential knife injuries. A safe alternative is pumpkin painting! From little ones to adults, pumpkin painting allows everyone to take part in this favored pumpkin decorating tradition, without the risk! Get out your paint brushes this Halloween and see what scary or goofy faces you can create!



Raise Your Breast Cancer Awareness

Learn about the risks for breast cancer and the tests used to find breast cancer early.

Simply being a woman and getting older puts you at an increased risk for breast cancer. Experts estimate that one in eight women alive today will get breast cancer. That is a scary figure, but it should not leave you feeling helpless.

Instead, take the time to learn more about breast cancer and the steps you can take to protect yourself.

What can a woman do?

Getting screened for breast cancer is one of the best things you can do for your health. The best way to find cancer is with a mammogram. Other screening tests include a clinical breast exam and self-exam.

- Mammogram - A mammogram is a special x-ray of your breasts, and it is the best way to detect breast cancer early. A mammogram can find breast cancer years before a lump can be felt.
- A clinical breast exam is done by a doctor or nurse. The breast exam gives women a chance to talk with their doctor about any changes in their breasts and their risk factors.
- Self exam. If you notice any changes in your breasts during a self-exam, talk to your doctor right away. Changes may include:
 - A lump or thick area in or near the breast or underarm
 - Nipple pain or tenderness
 - Nipple that turn in (retracts)
 - Fluid (other than milk) leaking from a nipple

They may not mean cancer, but it is best to find out right away.

Ask your doctor what tests are right for you and what age you should begin testing.

Mammograms and Wellness

Long before Healthcare Reform, Washington State implemented a women's healthcare mandate that mammograms must be covered at 100% as a wellness benefit.

Make sure to talk to your physician about your family history and risk factors so you and your doctor can set the frequency of mammograms to keep you healthy.

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OCTOBER WELLNESS TIP



Sheridah Bennett
(AAOA Wellness Champion)

Wellness Tip Get Flossing

While brushing is always extremely important, don't forget to floss too. Flossing helps to clean those problem areas in your mouth that your toothbrush can't always reach.

We want your feed-back about the Wellness Newsletter. Please e-mail us at wellness@aaoamerica.org with any wellness tips or healthy recipe ideas.