



A monthly newsletter about Galveston County's Community Health Center, **Coastal Health & Wellness**.

A Healthy Lifestyle Can Reduce Risk and Impact of Diabetes



Diabetes is one of the leading causes of disability and death in the United States. According to the Centers for Disease Control and Prevention (CDC), one in 10 Americans have diabetes and another 84 million adults are at high risk of developing type 2 diabetes.

To raise awareness about diabetes and healthy living, Coastal Health & Wellness is proudly participating in National Diabetes Month.

"Although there isn't yet a cure for diabetes, a healthy lifestyle as recom-

mended by your doctor can reduce its impact on your life," said Dr. Philip Keiser, Galveston County Local Health Authority. "Everyday actions like eating a healthy diet, being physically active and taking prescribed medications help you stay on track."

There are three main types of diabetes: type 1, type 2 and gestational. Approximately 90% of people with diabetes have type 2, which can often be delayed or prevented. With type 2 diabetes, your body doesn't use insulin well and is unable to regulate blood sugar.

If you have any of these risk factors, ask your doctor if you should be tested for diabetes.

- Being overweight.
- Being 45 years or older.
- Having a parent, brother or sister with type 2 diabetes.
- Being physically active less than three times a week.
- Ever having gestational diabetes or giving birth to a baby who weighed more than nine pounds.

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Crucial Catch Day with Cancer Society and Houston Texans a Huge Success!

Crucial Catch-Intercept Cancer Day at Coastal Health & Wellness was a success with nearly 200 people attending.

The event was a kick-off celebration of an American Cancer Society, National Football League and Houston Texans grant to fight breast and colorectal cancer in Galveston County.

Houston Texans Cheerleaders, Houston Texans mascot T.O. and Houston Texans Ambassador Danny Clark were on-hand to greet attendees and sign autographs.

Those in attendance were offered valuable educational sessions, games, free food, giveaways and the opportunity to check out vendor booths.

CHW Interim Executive Director Mary McClure accepted the ceremonial grant check on the field at the October 8 Houston Texans game.

Learn more about the grant and see a video recap of the event at www.coastalhw.org.



Recognizing Our Wonderful Physician Assistants and Medical Assistants!



Physician Assistant Week: October 6-12



Medical Assistant Week: October 16-20

Great American Smokeout Perfect Opportunity to Quit

If you're a smoker or tobacco user, setting a date to quit can be an important step in protecting your health and the health of loved ones.

Coastal Health & Wellness encourages tobacco users to take advantage of the Great American Smokeout on November 16 as a starting point to quit the habit.

Sponsored by the American Cancer Society, the Great American Smokeout is an annual effort on the third Thursday of November to encourage the 36.5 million adults in the U.S. who smoke cigarettes to quit.

Quitting smoking is an important step toward feeling better and creating a healthier life. A good plan can help smokers get past the symptoms of withdraw. Take these five steps to improve your success:

1. Set a quit date. Choose the Great American Smokeout or another quit day within the next two weeks.
2. Tell your family and friends about your quit plan. Share your quit date with the important people in your life



and ask for support. A daily phone call, e-mail, or text message can help you stay on course and provide moral support.

3. Be prepared for challenges. The urge to smoke is short—usually only three to five minutes, but those moments can feel intense. Even one puff can feed a craving and make it stronger. Before your quit day, write down healthy ways to cope.

- Drink water.
- Exercise.
- Listen to music or play a game.
- Call/ text a friend.

4. Remove cigarettes and other tobacco from your home, car and workplace. Throw away your cigarettes, matches, lighters and ashtrays. Clean and freshen your car, home and workplace. Old cigarette odors can cause cravings.

5. Talk to your pharmacist or doctor about quit options. Nicotine patches, gum or other approved quit medication can help with cravings.

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Race and ethnicity also matter: African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders and some Asian Americans are at higher risk for type 2 diabetes.

Uncontrolled, diabetes can cause blindness, nerve damage, kidney disease and other health problems.

“The sooner you find out if you have diabetes, the sooner you can start making healthy changes that will benefit you now and in the future,” Keiser continued.

People with diabetes are encouraged to participate in the Galveston County Health District's free support group, Diabetes 101.

The group meets the second Wednesday of every month from noon to 1 p.m. in the Texas City WIC classroom, located in the Mid-County Annex. To register for Diabetes 101, call GCHD Community Health Services at 409-938-2292 or email chs@gchd.org.

To make an appointment to talk to a CHW provider about controlling your diabetes or risk factors for developing it, call 409-938-2234.

Providing high-quality medical, dental, and counseling services to all Galveston County residents.

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Mid-County Annex
9850-C Emmett F. Lowry Expy.
Texas City, TX 77591

GALVESTON CLINIC
Island Community Center
4700 Broadway F100
Galveston, TX 77551

Appointments and Information
(409) 938-2234 or (281) 309-0255
NurseLine
(409) 978-4213