

2016



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**American Diabetes Month**

**You can prevent type 2 diabetes.**

healthfinder.gov

**Diabetes** is one of the leading causes of disability and death in the United States. One in 11 Americans have diabetes — that’s more than 29 million people. In addition, another 86 million adults in the United States are at high risk of developing type 2 diabetes.

If you are overweight, have high blood pressure, or are age 45 or older, you are at higher risk of developing type 2 diabetes. The good news is that making healthy changes can greatly lower your risk. To help prevent type 2 diabetes:

- Watch your weight
- Eat healthy
- Get more physical activity

You are not just a diagnosis.  
 You are more than your disease, disorder or sickness.  
 You are someone with love in their heart,  
 Beauty in their soul,  
 And the power to recover in their hands.  
 Don't let a diagnosis rule you.  
 You're more than that.



*If you are over 50,  
 Schedule your  
 colonoscopy today!  
 It could save your life*

A colonoscopy is an exam used to detect changes or abnormalities in the large intestine (colon) and rectum. During a colonoscopy, a long flexible tube (colonoscope) is inserted into the rectum. A tiny video camera at the tip of the tube, allows the doctor to view the inside of the entire colon.

If necessary, polyps or other types of abnormal tissue can be removed through the scope during a colonoscopy. Tissue samples (biopsies) can be taken during a colonoscopy as well.



**Nutritional Facts**

1 cup: 166 calories, 1g fat (1g saturated fat), 5mg cholesterol, 190mg sodium, 33g carbohydrate (19g sugars, 6g fiber), 7g protein. Diabetic Exchanges: 1-1/2 starch, 1 vegetable, 1/2 fat-free milk.

**Ingredients**

- 2-1/2 cups cubed peeled butternut squash
- 1 large sweet potato, peeled and cubed
- 3 medium carrots, sliced
- 1/4 cup thawed orange juice concentrate
- 3 cups fat-free milk
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 3 tablespoons reduced-fat sour cream
- 2 tablespoons minced chives
- 1 tablespoon sesame seeds, toasted

**Directions**

1. Place the squash, sweet potato and carrots in a steamer basket; place in a large saucepan over 1 in. of water. Bring to a boil; cover and steam for 12-16 minutes or until tender. Cool slightly. Transfer to a food processor; add juice concentrate. Cover and process until smooth.
2. Transfer to a large saucepan; stir in the milk, salt and pepper. Cook and stir over low heat until heated through (do not boil). Top each serving with 1-1/2 teaspoons sour cream, 1 teaspoon chives and 1/2 teaspoon sesame seeds. Yield: 6 servings.

**Pretty Autumn Soup**



As we age, hearing loss can come on gradually and be undetected thus, creating safety and health issues as well as affecting your independence and quality of life. We don't want this to happen to you. If you think you can't hear well, ask us how we can refer you for a FREE Audiometric Evaluation



*Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity.* Melody Beattie

