

# YOUR HEALTH MATTERS!



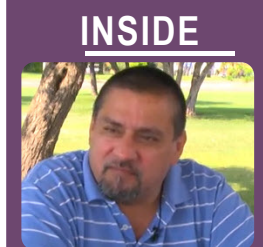
## Diabetes Awareness

**WHAT IS PREDIABETES?**  
 Prediabetes is a condition that can lead to type 2 diabetes and heart disease. This is when your blood glucose (sugar) levels are higher than normal but not high enough to be considered diabetes.  
 You can take steps to PREVENT or DELAY type 2 diabetes!

**Your chances of having prediabetes increase if you:**

- Have a parent, brother, or sister with diabetes
- Had diabetes during pregnancy
- Are overweight
- Have low HDL cholesterol and/or high triglycerides
- Are physically inactive
- Have high blood pressure or take medicine for high blood pressure

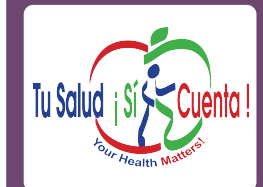
Source: American Diabetes Association  
 Graphics: Vecteezy



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Role Model



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Healthy Recipe



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Exercise Classes



## Free Exercise Classes

November 2016

<p><b>Los Indios</b></p> <p>Location: Los Indios Community Bldg. 309 Heywood St.                  Contact: Denise (956) 399 -4255</p>	<p><b>Abundant Life Church</b></p> <p>Location: 101 N. O St.                  Date(s) &amp; Time(s): Tues. &amp; Thurs. 11:30 a.m. - 12:30 p.m.                  Contact: Teresita (956) 551 -2704</p>	<p><b>Community Center</b></p> <p>Location: 213 Yturria St.                  Date(s) &amp; Time(s): Zumba Mon, Tue, Wed, Thurs. 6:00 p.m. - 7:00 p.m.                  Contact: Cecilia (956) 266 -2231</p>	<p><b>Memorial Park</b></p> <p>Location: 900 N. Arroyo Blvd                  Date(s) &amp; Time(s): Mon., Tue., Wed., Thurs., Fri. 8:30 a.m. - 9:30 a.m.                  Tue., Wed., Thurs. 6:00 p.m. - 7:00 p.m.</p>	<p><b>Civic Center</b></p> <p>Location: 121 Arroyo Blvd.                  Date(s) &amp; Time(s): Zumba Mon. 5:30 p.m. - 6:30 p.m.                  Bootcamp Tue. 6:00 p.m. - 7:00 p.m.</p>	<p><b>Community Bldg.</b></p> <p>Location: 210 E. Heywood                  Date(s) &amp; Time(s): Tue. &amp; Thurs. 8:00 a.m. - 9:00 a.m.                  Contact: Carolina (956) 346 -9005</p>	<p><b>Community Bldg.</b></p> <p>Location: 210 Heywood St.                  Date(s) &amp; Time(s): Zumba Mon. &amp; Wed. 5:30 p.m. - 6:30 p.m. Wed. &amp; Fri. 8:00 a.m. - 9:00 a.m.                  Contact: Letty (956) 357 -4564</p>
<p><b>Combes</b></p> <p>Location: Community Center 21646 Hand Rd.                  Date(s) &amp; Time: HIIT/Bootcamp Mon., Tue., Wed., Thurs. 5:30 p.m. - 6:30 p.m.                  Dance Fitness Mon. &amp; Wed. 10:00 a.m. - 11:00 a.m.                  Contact: Ashley (956) 425 -3905</p>	<p><b>Laguna Vista</b></p> <p>Location: Roloff Park 122 Fernandez St.                  Date(s) &amp; Time: Zumba Mon., Tue., Wed., Thurs., Fri. 8:30 a.m. - 9:30 a.m.                  Contact: Martha (956) 353 -1882</p>	<p><b>La Feria</b></p> <p>Location: Scott Sloane Memorial Park, 1121 E Lilac Ave.                  Date(s) &amp; Time: Tue. &amp; Thurs. 10:00 a.m. - 11:00 a.m.                  Contact: Ashley (956) 425 -3905</p>	<p><b>Basketball</b></p> <p>Location: Mon., Tue., Wed., Thurs. 6:30 p.m. - 9:00 p.m.                  Contact: Christine (956) 407 -3348</p>	<p><b>Rio Hondo Park</b></p> <p>Location: 1005 S. Reynolds                  Date(s) &amp; Time(s): Zumba Wed. 6:15 p.m. - 7:15 p.m.                  Contact: Miranda (956) 238 -0027</p>	<p><b>San Ignacio de Loyola Parish Hall</b></p> <p>Location: 24380 W. US Hwy 281                  Date(s) &amp; Time: Mon., Wed, Fri. 8:30 a.m. - 9:30 a.m.                  Contact: Alba or Nina (956) 755 -0612 or (956) 755 -0609</p>	

### Brownsville

<p><b>Location:</b> San Felipe de Jesus Church 2215 Rancho Viejo Ave.                  Date(s) &amp; Time(s): Mon. - Fri. 8:00 a.m. - 9:00 a.m. Mon. - Thurs. 5:30 p.m. - 6:30 p.m.</p>	<p><b>Location:</b> Gonzales Park 34 Tony Gonzalez Drive                  Date(s) &amp; Time(s): Mon., Wed. &amp; Fri. 5:30 p.m. - 6:30 p.m.                  Contact: Belinda (956) 459 -8431</p>	<p><b>Location:</b> Monumenta del Cordero Church 10333 N. Minnesota (in the gym)                  Date(s) &amp; Time(s): Mon., Wed. &amp; Fri. 9:00 a.m. - 10:00 a.m. *Low impact class**</p>	<p><b>Location:</b> BISD Gym* (wellness center ) 708 Palm Blvd.                  Date(s) &amp; Time(s): *For parents of children in BISD Mon. - Thurs. 12:00 p.m. - 1:00 p.m.</p>	<p><b>Location:</b> Olivera Park 104 E. El Paso Rd.                  Date(s) &amp; Time(s): Mon. - Thurs. 8:30 a.m. - 9:30 a.m.</p>	<p><b>Location:</b> Buen Pastor Church 2645 Tulipan St.                  Date(s) &amp; Time(s): Mon. - Thurs. 9:00 a.m. - 10:00 a.m.</p>
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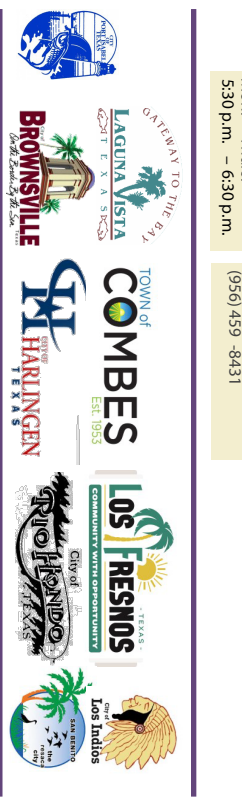
**Connect with us!**

ON TELEVISION: Be sure to catch our segments on the Buenos Dias Program 8:00 a.m. Channel 7, Valleyvision

ONLINE: www.tusaludsi cuenta.info

CONTACT US: (956) 755-0680

UTHealth logo and Facebook link.





**Gilbert Rodriguez** began experiencing pain and a tingling sensation in his feet but dismissed it as regular aches from working so long. It wasn't until he was taken to the emergency room that he discovered he had extremely high sugar levels and had diabetes.

"I lost my younger brother and my mother to diabetes," Gilbert explained. "I thought since I worked hard – I played football, softball, basketball – I thought 'not me.' I'm healthy. I'm always working, always moving around."

Although he was physically active, Gilbert admits that he did not eat healthy and would indulge in excess tortillas, sweet bread and large meal portions. "It's something that I've learned now that I can't do and need to get under control," Gilbert said.

Gilbert expressed it was difficult to change his lifestyle after being diagnosed with diabetes. He said portion control is very important and always watch how much food is on your plate. "You need to be strict," he said, describing his new eating habits. "You need to train your body and slowly adapt to it."

His message the younger generations is to begin taking care of their health by exercising regularly, avoiding unhealthy foods and always watching meal portions. "We need to help every family member to not go through this," Gilbert said.

## Diabetes Symptoms

There are no specific symptoms of prediabetes, so you may have it and not know it. Some people with prediabetes might have some of these typical symptoms of diabetes.



- Urinating often
- Feeling very thirsty
- Feeling very hungry – even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss – even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)



## HEALTHY RECIPE: STACKED TACO SALAD

### INGREDIENTS:



Source: American Diabetes Association

- 1 pound ground turkey
- 1 package (1-1/4 ounces) dry taco seasoning mix
- 1 head of green leafy lettuce or spinach, chopped (about 8 cups)
- 1 cup (4 ounces) shredded cheddar cheese
- 1 can (16 ounces) black beans, rinsed and drained
- 2 large tomatoes, diced (about 2 cups)
- 1 bag (8 ounces) baked tortilla chips, crushed
- 8 oz. of picante sauce

### PREPARATION:

- 1) In a medium skillet, brown the ground turkey with the taco seasoning mix, stirring to break up the meat; drain and cool.
- 2) In a large dish or serving bowl, layer half of the lettuce or spinach, then half of the cheese, black beans, ground turkey, and tomatoes. Repeat the layers then top with the crushed tortilla chips. Just before serving, drizzle with the picante sauce and toss to coat the ingredients well.

**Reduce Portion Sizes:** Serve your meal on a smaller plate.

**Snack on Veggies:** Buy a variety of vegetables when grocery shopping.

**Go to your doctor regularly:** take advantage of health fairs or services where they may offer free glucose screenings (blood sugar).

**Rethink Your Drink:** Drink water instead of juice or soda.

**Keep Track:** Keep a food journal of what you eat to keep track of when you might overeat or eat foods high in fat or calories

**Read the Label:** compare food labels on packages and choose foods lower in saturated fats, trans fats, cholesterol, calories, salt and added sugars

## Steps to Prevent or Delay Diabetes

**Eat Slowly:** It takes 20 minutes for your stomach to signal to your brain that you are full

REMEMBER, TYPE 2 DIABETES CAN BE PREVENTED OR DELAYED! EVEN THOUGH THE GENES YOU INHERIT PLAY A ROLE IN THE DEVELOPMENT OF TYPE 2 DIABETES, THEY TAKE A BACK SEAT TO YOUR EATING AND HEALTHY LIVING HABITS.