

Lakewood GROVE

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DIABETES PREVENTION: FOUR STEPS ON THE ROAD TO HEALTH

November is Diabetes Awareness Month

The old adage is true that every journey begins with a single step. On the road to improving your health, small lifestyle changes can lead to dramatic results, especially for people at risk of developing Type 2 diabetes.

"It's never too late to make lifestyle changes and reduce your risk of developing Type 2 diabetes," says Dr. Valerie Espinosa, an endocrinologist with Texas Diabetes and Endocrinology.

Diabetes comes in two forms: Type 1, which mainly affects children and is not currently preventable, and Type 2, which is usually diagnosed later in life and is often preventable. Most people who develop Type 2 diabetes go through a phase called pre-diabetes in which their blood sugar is slightly elevated. But some simple steps can help people with pre-diabetes avoid the progression to Type 2 diabetes.

Step 1: Get More Physical Activity.

Exercise can help people to lose weight, lower blood sugar, and boost the body's sensitivity to insulin, which helps the body regulate sugar.

"While aerobic exercise is important for overall good health," says Dr. Espinosa, "resistance training to build up muscle mass is especially important for someone with pre-diabetes."

Step 2: Eat More Vegetables, Beans, Nuts, Whole Grains.

Adding more fiber and whole grains to your diet can reduce your risk of progressing from pre-diabetes to Type 2 diabetes.

When shopping for breads, pasta products, and cereals, look for the words "whole grain" on the label. Aim for making at least half of the grains you eat whole grains.

Step 3: Lose a Few Pounds.

Small weight loss goals can have remarkable results

in lowering blood glucose levels in people with pre-diabetes. A weight loss of five to seven percent in someone who is overweight can significantly improve their health.

"Someone who is 200-pounds and overweight can set a goal to lose 10 pounds," says Dr. Espinosa.

Step 4: Make Healthier Choices.

Eliminate the temptation to eat foods that you know will raise your blood sugar level, like cookies, potato chips, and sugary drinks, by making healthier choices in the grocery store.

"If you don't have potato chips at home, you won't be tempted to eat them," says Dr. Espinosa.

According to the American Diabetes Association's 2011 statistics, a whopping 79 million adults have pre-diabetes. Small, healthy steps can help keep people with pre-diabetes from joining the 25.8 million adults in the United States who have full-blown Type 2 diabetes. Both pre-diabetes and diabetes can be diagnosed with a simple blood test.



IMPORTANT NUMBERS

PROPERTY MANAGEMENT COMPANY

SCS Property Management

Alicia Newby 281-500-7128

Important: Please refer all questions/comments to SCS Property Management and then SCS will send the Board members information they need to respond to. This will save everyone time and effort.

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..... hsliva3630@aol.com

Security Coordinator Keri Clayborn, 832-309-9296

..... KClayborn@earthlink.net

Recreation Center/Pool Rental Coordinator 480-635-6548

Tiffany Heath tiffanyandchris@msn.com

Website..... www.lakewoodgrove.com

NEIGHBORHOOD EVENTS

End of School Party..... 215-776-6679

Garage Sale Stephanie Valdes, 832-594-0443

Santa Ride Henry Silva, 215-776-6679

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House Decorating Contest Henry Silva, 215-776-6679

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Animal Control 281-999-3191

Dead Animal Pick Up 281-353-8424

Emergency 911

CyCreek Volunteer Fire Department 281-894-0151

Constable Precinct 4 281-376-3472

Medical

Cy Creek EMS Ambulance..... 281-440-4300

Cy Fair Hospital 281-890-4285

Methodist Willowbrook 281-477-1000

Northwest Hospital 281-440-1000

Tomball Hospital..... 281-401-7500

Veterans Hospital..... 713-795-4411

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Utilities

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Centerpoint..... 800-332-7143

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6						8	9	
		7			3		6	4
1			2				3	
		1	5		2		4	
	8							1
				7				
								7
5	4	9						
	3		4			9	5	

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

ACC Application

Before making any improvements/repairs or additions to your home, please request a copy of the ACC Application from SCS Services or the application can be obtained by downloading from the SCS website (<http://www.scsmgmt.com>).

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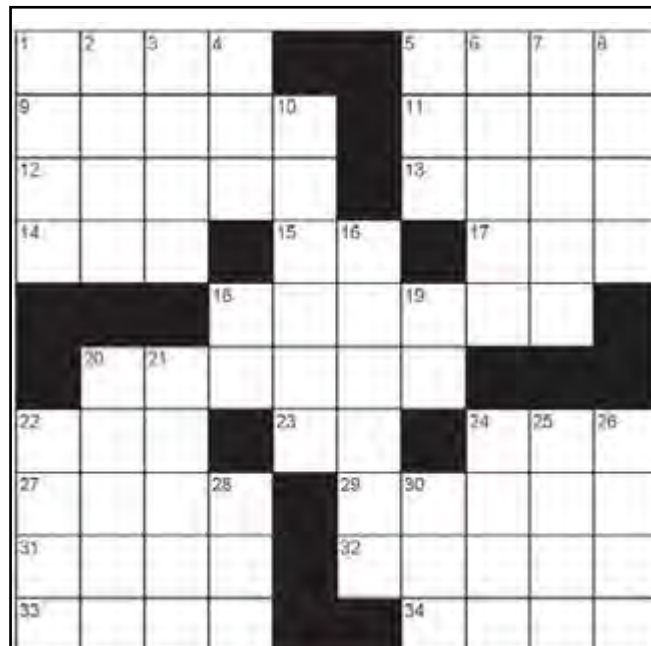
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ACROSS

1. Swiss-like cheese
5. Black
9. Confuse
11. Dog food brand
12. Flat
13. Sticky black substances
14. Mr.
15. Advertisement
17. No
18. Make better
20. Pre-Nissan
22. Electric spark
23. Miss lang
24. Tire
27. Saloons
29. Immense
31. Shine
32. Santa's helpers
33. Madam
34. Ribald

DOWN

1. Tides
2. Cafe
3. Far away
4. Day of wk.
5. Sup
6. Mont _
7. Ms. Winfrey
8. Curious
10. City
16. Toil
18. Movie alien
19. Fashionable
20. Play
21. Smoky
22. Cain killed him
24. Skimp
25. Afresh
26. Posttraumatic stress disorder
28. Pigpen
30. Unwell

View answers online at www.peelinc.com

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If you would like to include an advertisement in the newsletter you need to contact Peel, Inc. directly at advertising@PEELinc.com or by phone at 888-687-6444.

Please remember that all submissions must be compiled, forwarded and approved by the board and then sent to Peel for printing. Submissions received after the deadline of the fifth of the preceding month, will be included only if time and space allow. For any questions or submissions, please email me at vanessacraige@gmail.com. Thanks!

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Birchview (south)	NEED			Lakewood Crossing Dr.	NEED		
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Broad Oak Ct.	NEED			Lakewood Field Dr.	NEED		
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Brush Canyon Dr.	11927	Kellie Greenberg	281-251-8340 klgreen999@pobox.com	Lakewood Trail	NEED		
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Avg. Price	\$250,550	\$262,450	\$237,223	\$238,531
Avg. PSF	79.16	94.85	78.94	77.90
Avg. DOM	59	24	50	49
High PSF			96.15	96.15
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