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# Sneak Extra Exercise Into Your Life

*Michelle Taylor, Arthritis Today*



Maybe those lost activities of yester-year were not just chores or play. Researchers are now finding that while daily activities cannot replace a regular fitness program, they are good for us. And that's the good news – because it means you don't always have to sweat in a gym to improve your well-being.

Here are some examples of things you probably do on a regular basis that can add up to a real workout.

### On the Road Again

**Hold on tight.** At red lights, when you're driving, take advantage of the time by grabbing your steering wheel and gently pushing back into your seat. This isometric exercise is good for people with arthritis because it doesn't require you to make dramatic joint movement. (People who have rheumatoid arthritis with

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Remember when the paper boy rode a bike on his route? Now the paper boy's a man, drives a van and throws the paper on your lawn from the comfort of the driver's seat. Suburban fathers once spent afternoons mowing the lawn while mom planted pretty flowers. Now they hire a lawn service. And remember when kids played outside for hours – kickball, stickball, hide and go seek? Today the majority of kids spend sunny afternoons inside with Super Nintendo.

Experts continually assert that exercise decreases fatigue, strengthens bones and muscles, and enhances flexibility and stamina. So why were we more physically fit 20, even 10 years ago – especially when everywhere you turn today, devotees of the latest fitness craze are kicking and punching their way across living rooms and gyms nationwide?



Fit for Life

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## Solutions for Better Living: ABC's of Gardening

by Rosanna Scott, *Arthritis Today*, June 2005

**Ask for help.** Examine your to-do list and determine which tasks you can easily do and which tasks you may need assistance with. Consider hiring someone to do the heavy work.

**Be kind to your body.** Occupational therapist Kristan Monroe, St. Rita's Medical Center, Lima, Ohio, suggests gentle stretches to loosen joints and prevent injury. Try this simple stretch: With your arms straight out in front of you, reach forward as far as you can.

**Use joint-friendly tools.** Long-handled tools that allow you to stand, not stoop, and easy-to-grip hand tools are gardeners' friends. Monroe suggests adding attachments that lengthen tool handles to gain leverage. Buy a kneeling pad or even a scooter wagon you can sit on while weeding.

**Practice correct posture.** Let your larger/ stronger joints do the work when possible. Instead of using your fingers to lift an object, try using the flat palm of your hand, your forearms or even your elbows. Keep items close to your body as you carry them. Stand or sit up straight while you work, and change positions often.

**Think "inside" the box.** Instead of a traditional flowerbed, try a flower box or a raised flowerbed to eliminate stooping.

**Take frequent breaks.** Stop and smell the roses and have a glass of lemonade. Well-earned, frequent breaks allow you to appreciate your garden's beauty, plan your next tasks and get more done before fatigue sets in.



Occupational therapist Kristan Monroe, St. Rita's Medical Center, Lima, Ohio, suggests gentle stretches to loosen joints and prevent injury.

## Nationwide Rheumatoid Arthritis (RA) Studies Being Conducted

*Patients needed to participate in clinical research study*

Researchers are now seeking patients to participate in three clinical research studies. Each study will evaluate the safety and effectiveness of an investigational drug, rituximab, in combination with methotrexate, as compared to using methotrexate alone.

The goal of current RA treatments is to maintain normal joint function by alleviating pain, preventing joint damage, and reducing joint swelling and stiffness. During the last decade, a number of new therapies have entered clinical practice for RA, however, many patients still do not respond adequately to the available treatments. There remains a significant unmet need for new, effective therapies for patients with this chronic condition.

To be eligible to participate in the studies, you must meet specific criteria including, but not limited to: have active RA, and be between the ages of 18 and 80. To learn more about the studies, call toll-free 1-888-82-STUDY (78839) or visit [www.StudyRA.com](http://www.StudyRA.com).

## The Idaho Plate Method for Diabetes Management

The Idaho Plate Method is a visual guide for healthy eating with diabetes. All foods can fit into the Idaho Plate Method. It encourages you to eat a variety of different foods and includes servings from all food groups in each meal. The meal plan is designed to provide approximately 1400 calories for the entire day. Each meal has 45 grams of carbohydrate or 3 carbohydrate choices. The foods that provide these carbohydrates are starches, fruits, and dairy.

To eat according to the Idaho Plate Method, begin with a nine-inch plate. This may be considered a small plate by some people's standards, but a nine-inch plate allows for just the right size in food portions. Even if you only have a nine-inch plate, you may be thinking that you can stack a lot of food on that plate. Well, in order to take control of your diabetes, you do not want to go overboard with the food. The Idaho Plate Method suggests that your food should be no greater than one-inch high on the plate.

Below lists what to eat if you want to follow the Idaho Plate Method:

Fill 1/2 of the plate (approximately 1 cup) with non-starchy vegetables:

- Lettuce, cabbage, cucumbers, peppers, mushrooms, onions, garlic, beets, green beans, broccoli, celery, carrots, cauliflower, and/or tomatoes

Fill 1/4 of the plate with high protein foods:

- 3 ounces meat, poultry, fish, or tofu
- 1-2 eggs
- 2 tablespoons peanut butter
- 1/3 cup nuts
- 2 ounces cheese

Fill 1/4 of the plate with starchy foods

- 1 slice of bread
- 1/2 cup cooked or 3/4 cup dry non-sweetened cereal
- 1/3 cup cooked pasta or rice
- 6-inch tortillas
- 1/2 cup dried beans or lentils
- 1/2 cup potatoes, corn, or peas

Add a small serving of fruit:

- A small piece of fruit (similar in size to a tennis ball)
- 1/2 cup fresh, frozen, or canned fruit
- 2 tablespoons dried fruit

Add a serving of dairy:

- 1 cup milk
- 6-8 ounces light yogurt
- 1/2 cup sugar-free pudding

You may be thinking that you will not always want to eat according to the Idaho Plate Method? The Idaho Plate Method is flexible and allows you to substitute one type of carbohydrate for another. For example if you want two starches at one meal, you would then omit the fruit or dairy to make up for the addition. However, eating according to the original method gives you the most variety and nutrition.

What about dessert? Dessert may occasionally be substituted for the fruit serving. However, because desserts often contain a lot of sugar and fat, eat them in moderation. Moderation means eating small portions every once in a while, like one or two times a week.

*Provided by University of Idaho Extension*



## Sneak Exercise

*Continued From Page 1*

hand involvement and those with fibromyalgia should avoid this type of exercise. It puts pressure on one particular muscle without moving the joint, which can cause soreness.)

**Dump the drive-through.** Fast food may not be the healthiest dining option, but parking in the farthest spot from the door and ordering inside can give you the benefits of added activity. Remember to order grilled or low-fat menu items, not fried options. Most places offer healthier choices today.

**Tummy- or butt-tuck.** Try tightening your stomach or buttocks at a stoplight. Hold for 10 seconds and release. Sure, you may not break a sweat, but you are strengthening those muscles.

**Wash your car.** Use large, circular hand motions to wash, dry and wax. Switch hands for an even workout. Make your car shine, enjoy your reflection and increase your range of motion and strength.

### Home "Sweat" Home

**Suck it up.** Vacuuming uses both arm and leg muscles. But don't overdo it. Vacuum one room each week, then graduate to one room each day. (If you experience pain and swelling immediately following an activity, you've overdone it. If the pain continues after two hours, ask your doctor or therapist to suggest some modifications.)

**Roam the aisles.** Walk the grocery aisles before shopping and make a note of everything you need. Then go shopping. Those with severe arthritis can use the cart for support.



**Do the dishes.** Bending down to load or unload the dishwasher can provide a good stretch for back and leg muscles. The old fashioned way – washing them yourself in warm water – can soothe sore joints and also provide a nice stretch for your fingers. If you tire quickly, try doing half and saving the rest for another day.

**Stand on your tippy toes.** You should brush twice a day or after every meal, so why not make it exercise? Strengthen foot and calf muscles by rising onto your toes while brushing.

**Get dressed.** Exaggerate your movements as you get dressed – reach to put on your jacket, bend low to put on shoes and socks. Morning movement can lessen some of the early stiffness common to people with certain types of arthritis, such as rheumatoid arthritis.

**Take a commercial break.** Get up and get a healthy snack, a glass of water or fold laundry during the ads. It may not seem like much, but studies show even small movements can help you burn more calories and contribute to keeping your weight down.

### Career Moves

**Look both ways before you type.** Those times when you're just staring at the computer – say, waiting for a document to open – are a chance to stretch your neck muscles. Turn your head to one side, then the other. Keep your head level. Bend your head down, then back. (Alert your doctor to any symptoms such as dizziness, nausea or blurred vision.)

**Delete your e-mail.** Instead deliver messages to your co-worker in person.

**Shoulder roll.** Gently roll your shoulders in a circle while sitting at your desk. Shoulder pain is the second most frequent reason for orthopaedic surgeon visits (after knee complaints). Lack of exercise for this joint can cause pain, stiffness and eventually limited movement.

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# Refreshingly Cool Melon

*The WEBB Cooks by Robyn Webb, MS, LN*

Reaching for a glass of water on a hot day is an excellent idea. Why not enjoy a little sweet taste too? Melons -- whether honeydew, cantaloupe or everyone's summer favorite, watermelon -- make a satisfying snack for the dog days of summer. Juicy and full of water, melons are also nutritional powerhouses. These delicious fruits provide plenty of vitamin C. Yellow and orange fleshed melons supply beta carotene, while watermelon is an excellent source of lycopene, another carotenoid that may help prevent prostate cancer.



Nutrition aside, melons always make an attractive presentation on your backyard buffet table. Summer is peak season for domestically grown melons, but imported melons are available year round. Cantaloupes and honeydews should have a smooth indentation at the stem end. The skin color should be more yellow gold than green. A honeydew's skin should appear to be very smooth, almost velvety. The netting on a cantaloupe should cover the entire surface of the melon. A watermelon's rind should look dull and waxy, not shiny. Once a melon is picked, it won't get any sweeter. Leaving it out for a few days before eating, though, will make a melon juicier and softer.

Try to purchase all melons in their whole state. While it may be tempting to purchase cut melons, bear in mind the vitamin C content is sacrificed when they are pre-cut. And since cantaloupe can provide a whopping 110% of your daily vitamin C content per cup serving, it is best if you cut them just prior to eating.

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## Falls at Home

Each year, thousands of older Americans fall at home. Many of them are seriously injured, and some are disabled. In 2002, more than 12,800 people over age 65 died and 1.6 million were treated in emergency departments because of falls. Falls are often due to hazards that are easy to overlook but easy to fix. This checklist will help you find and fix those hazards in your home. The checklist asks about hazards found in each room of your home. For each hazard, the checklist tells you how to fix the problem.

### STAIRS AND STEPS:

Look at the stairs you use both inside and outside your home.

Q: Are there papers, shoes, books, or other objects on the stairs? *Pick up things on the stairs. Always keep objects off stairs.*

Q: Are some steps broken or uneven? *Fix loose or uneven steps.*

Q: Are you missing a light over the stairway? *Have an electrician put in an overhead light at the top and bottom of the stairs.*

Q: Do you have only one light switch for your stairs (only at the top or at the bottom of the stairs)? *Have an electrician put in a light switch at the top and bottom of the stairs. You can get light switches that glow.*

# Have Diabetes Will Travel

Heading out of town? Leaving your troubles behind? Off on an important business trip? Whenever you travel, your diabetes comes along with you. And while having diabetes shouldn't stop you from traveling in style, you will have to do some careful planning. Here are some helpful diabetes travel tips from the National Diabetes Education Program.

## Plan ahead. Make sure you:

- Get all your immunizations. Find out what's required for where you're going, and make sure you get the right shots, on time.
- Control your ABCs: A1C, Blood pressure, and Cholesterol. See your health care provider for a check-up four to six weeks before your trip to make sure your ABCs are under control and in a healthy range before you leave.
- Ask your health care provider for a prescription and a letter explaining your diabetes medications, supplies, and any allergies. Carry this with you at all times on your trip. The prescription should be for insulin or diabetes medications and could help in case of an emergency.
- Wear identification that explains you have diabetes. The identification should be written in the languages of the places you are visiting.
- Plan for time zone changes. Make sure you'll always know when to take your diabetes medicine, no matter where you are. Remember: eastward travel means a shorter day. If you inject insulin, less may be needed. Westward travel means a longer day, so more insulin may be needed.
- Find out how long the flight will be and whether meals will be served. However, you should always carry enough food to cover the entire flight time in case of delays or unexpected schedule changes.



## Pack properly.

- Take twice the amount of diabetes medication and supplies that you'd normally need. Better safe than sorry.
- Keep your insulin cool by packing it in an insulated bag with refrigerated gel packs.
- Keep snacks, glucose gel, or tablets with you in case your blood glucose drops.
- If you use insulin, make sure you also pack a glucagon emergency kit.
- Make sure you keep your medical insurance card and emergency phone numbers handy.
- Don't forget to pack a first aid kit with all the essentials.

## Some things to keep in mind if you are flying:

- Plan to carry all your diabetes supplies in your carry-on luggage. Don't risk a lost suitcase.
- Have all syringes and insulin delivery systems (including vials of insulin) clearly marked with the pharmaceutical preprinted label that identifies the medications.
- The FAA recommends that patients travel with their original pharmacy labeled packaging.

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## THANK YOU TO ALL THE SPONSORS OF THE 2006 ARTHRITIS & FIBROMYALGIA EXPO

- Albertsons
- Arthritis Foundation
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- Portneuf Medical Center Physical & Occupational Therapy
- PMC Lifeline
- Randall Family Chiropractic
- Southeastern District Health Department
- Super Save Drug
- The TMJ Center
- Therapeutic Body Work
- Time Laboratories & EIMC
- Walgreens

### LIME GRILLED CHICKEN

#### Ingredients

¼ cup fresh-squeezed lime juice (the juice of approximately 2-3 small limes; do not use lime juice concentrate)

2 tsp corn oil	2 tbl chopped, fresh cilantro leaves
1 clove (or 1 tsp) minced garlic	½ tsp chili powder
2 tsp grated lime peel	
2 four-ounce boneless, skinless chicken breast cutlets (alternatively, pound chicken breast to ¼ inch thickness with meat mallet)	

#### Directions

In a small bowl, whisk together lime juice, oil, cilantro, garlic, and chili powder. Pour into a large, zip-top bag. Add chicken cutlets and shake to coat well. Marinate at least 6 – 8 hours (or overnight) in the refrigerator, gently shaking the bag 2 or 3 times during marinating to recoat chicken. Preheat grill to medium-high heat. Place chicken on grill rack and grill until juices run clear when meat is pierced with a fork, about 15 minutes. Discard remaining marinade. Sprinkle cooked chicken with lime peel. Chicken is tasty topped with salsa and served over rice, wrapped in warm flour tortillas, or sliced over salad greens.

**Preparation time:** 15 minutes

**Marinating time:** at least 6 – 8 hours

**Grilling time:** approximately 15 minutes

**Yield:** 2 chicken cutlets

**Serving Size:** 1 chicken cutlet

**Per serving:** Calories: 155, Carbohydrate: 5 g, ½ other carbohydrates, Protein: 27 g, Carbohydrate choices ½, Fat: 3 g, Saturated fat: 1 g, Cholesterol: 66 mg, Sodium: 77 mg, Fiber: 1 g **Exchanges per serving:** 4 very lean meat

# 12 Ways to ZAP Stress Now

*Since stress can increase arthritis pain here are 12 great tips - one for each month of the year - to help you get started on the road to living a stress free life.*

1. Put a note by the phone that says "No thanks," then say it as needed. Manage your time and schedule so you don't get overbooked - or run out of time to recharge.
2. Acknowledge your limitations. Don't give up what you're doing, just learn to do it differently or delegate. Be flexible when you ask for help: People may not do things just the way you want them to, or as fast as you'd like.
3. Break a big job into chunks and do the simplest part first. Success gives you confidence to go on.
4. Forget counting to 10. Count to 1,000 before you do or say something that could make matters worse.
5. Lower your standards. The world will not end if the lawn doesn't get mowed this weekend. Learn to compromise when it comes to perfection - yours or someone else's.
6. Think positive. For every one thing that goes wrong there are at least 10 times as many blessings. Count 'em.
7. Eliminate destructive phrases such as "I can't" and "I'm too old" from your vocabulary.
8. Get enough sleep. If necessary, set an alarm to remind you to go to bed.
9. Exercise, even if you do range of motion exercises or yoga in a chair. Ask your physician what kind of exercise you can do. Aim for aerobic exercise three times a week. Walking (outside or on a treadmill) or swimming are great. Explore low-impact exercises such as yoga and tai chi, which act as a polar opposites to stress.
10. Contact your local Arthritis Foundation office for tips on stress management and to meet other people with arthritis who can relate. Join a support group or take an Arthritis Foundation Self-Help Course. Learn how others cope.
11. Live one day at a time and do something you really enjoy each day.
12. Talk to the boss. Work can be stressful when your pain doesn't stop between 9 a.m. and 5 p.m. Ask about adjusting your schedule or telecommuting. Or you may decide this is the time to venture out on your own.

*From Arthritis Today*



## Think Like a Pancreas

Visit [thinklikeapancreas.com](http://thinklikeapancreas.com), a new site for teens with type 1 diabetes and their friends. Join your guide, Pierre Pancreas and his swingin' band, the Keytones, as they answer all your questions about being a teen with diabetes.

## Keep it Cool With Hot Weather Advice for Older People

Older people are at high risk for developing heat-related illness because the ability to respond to summer heat can become less efficient with advancing years. Fortunately, the summer can remain safe and enjoyable for everyone who uses good, sound judgment.

Heat stress, heat fatigue, heat syncope (sudden dizziness after exercising in the heat), heat cramps and heat exhaustion are all forms of "hyperthermia," the general name given to a variety of heat-related illnesses. Symptoms may include headache, nausea, muscle spasms and fatigue after exposure to heat. If you suspect someone is suffering from a heat-related illness:

- Get the victim out of the sun and into a cool place, preferably one that is air-conditioned.
- Offer fluids but avoid alcohol and caffeine. Water, fruit and vegetable juices are best.
- Encourage the individual to shower, bathe or sponge off with cool water.
- Urge the person to lie down and rest, preferably in a cool place.

Heat stroke is especially dangerous for older people and requires emergency medical attention. A person with heat stroke has a body temperature above 104 and may have symptoms such as confusion, combativeness, bizarre behavior, faintness, staggering, strong rapid pulse, dry flushed skin, lack of sweating, possible delirium or coma.

The temperature does not have to hit 100 for a person to be at risk for hyperthermia. Both an individual's general health and/or lifestyle may increase the threat of a heat-related illness. Health factors which may increase risk include:

- Age-related changes to the skin such as poor blood circulation and inefficient sweat glands.
- Heart, lung and kidney diseases, as well as any illness that causes general weakness or fever.
- High blood pressure or other conditions that require changes in diet. For example, people on salt restricted diets may increase their risk. However, salt pills should not be used without first consulting a doctor.
- The inability to perspire caused by medications including diuretics, sedatives, tranquilizers and certain heart and blood pressure drugs.
- Taking several drugs for various conditions. It is important, however, to continue to take prescribed medication and discuss possible problems with a physician.
- Being substantially overweight or underweight.
- Drinking alcoholic beverages.

Lifestyle factors also can increase risk, including extremely hot living quarters, lack of transportation, overdressing, visiting overcrowded places and not understanding weather conditions. Older people, particularly those at special risk, should stay indoors on especially hot and humid days, particularly when there is an air pollution alert in effect. People without fans or air conditioners should go to shopping malls, movie houses and libraries. Friends or relatives might be asked to supply transportation on particularly hot days. Many communities, area agencies, religious groups and senior citizen centers also provide such services as cooling centers.

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## Have Diabetes Will Travel

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- Keep your diabetes medications and emergency snacks with you at your seat -- don't store them in an overhead bin.
- If the airline offers a meal for your flight call ahead for a diabetic, low fat, or low cholesterol meal.
- Wait until your food is about to be served before you take your insulin.
- Otherwise, a delay in the meal could lead to low blood glucose.
- If no food is offered on your flight, bring a meal on board yourself.
- If you plan on using the restroom for insulin injections, ask for an aisle seat for easier access.
- Don't be shy about telling the flight attendant that you have diabetes -- especially if you are traveling alone.
- When drawing up your dose of insulin don't inject air into the bottle (the air on your plane will probably be pressurized).
- Because prescription laws may be very different in other countries, write for a list of International Diabetes Federation groups: IDF, 1 rue Defaeqz, B-1000, Belgium or visit [www.idf.org](http://www.idf.org). You may also want to get a list of Englishspeaking foreign doctors in case of an emergency. Contact the American Consulate, American Express, or local medical schools for a list of doctors.
- Insulin in foreign countries comes in different strengths. If you purchase insulin in a foreign country, be sure to use the right syringe for the strength. An incorrect syringe may cause you to take too much or too little insulin.

### Some things to keep in mind on a road trip:

- Don't leave your medications in the trunk, glove compartment, or near a window -- they might overheat. If possible, carry a cooler in the car to keep medications cool.
- Bring extra food with you in the car in case you can't find a restaurant.

### General traveling tips.

- Stay comfortable and reduce your risk for blood clots by moving around every hour or two.
- Always tell at least one person traveling with you about your diabetes.
- Protect your feet. Never go barefoot in the shower or pool.
- Check your blood glucose often. Changes in diet, activity, and time zones can affect your blood glucose in unexpected ways.
- You may not be able to leave your diabetes behind, but you can control it and have a relaxing, safe trip.

To learn more about controlling your your diabetes, visit the National Diabetes Education Program at [www.ndep.nih.gov](http://www.ndep.nih.gov).



## Reasons Why the Arthritis Foundation Wants You to Walk

Walking is the best exercise you can do because walking is good for both the body and the spirit. Walking for just 30 minutes a day can ease joint pain, improve joint mobility and reduce fatigue.

What else can walking do for you?

- Reduce stress
- Build bones
- Boost energy
- Burn calories
- Strengthen the heart and lungs
- Help prevent osteoporosis
- Help control weight
- Nourish joints

Plus, walking is inexpensive, convenient and requires no experience. The best part? Walking is safer and less strenuous on your joints than most other forms of aerobic exercise.

To learn more about walking, get the Arthritis Foundation book, *Walk with Ease*, available at [www.arthritis.org](http://www.arthritis.org) or by calling 1-800-283-7800.

This article is from *Arthritis Today Just Diagnosed*.

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## Sneak Exercise

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### "Fun" - damentals

**Rock the night away.** Sit in a rocking chair while watching TV or reading, and just rock. Rocking relaxing and it can improve strength and flexibility – especially in your knees.

**Play in the Dirt.** Strengthen knees, arms and hands in the garden. If kneeling is difficult, try an elevated garden, or grow a window-box garden. Even if you don't have a green thumb, routine outdoor maintenance such as mowing, raking, sweeping or pulling weeds is just as effective.

**Shop to it.** Some men may disagree that window-shopping is a form of exercise, but here's the good news ... it is. Go to the mall early, before serious shoppers arrive, and walk briskly with your spouse or some friends.

**Play a little tune.** Piano playing is a great exercise for fingers. It's one of few activities in which fingers are individually stretched and strengthened.

**Don't act your age.** Play with your children or grandchildren. Be careful, those bundles of energy don't have the same limitations as you. Avoid activities that stress joints.

**Do a two-step.** Learn to ballroom, salsa or swing dance. Dancing is recommended for people with fibromyalgia – it calls for smooth, dynamic movements rather than tightening of one particular muscle, which can cause soreness.

**Join the circus.** Fairs, festivals, zoos, carnivals – even museums – are set up so you have to walk. Walking is an excellent weight-bearing exercise that strengthens bones and nourishes joints.

## Fit & Fall Proof Class in Your Community

### Pocatello

#### **EXCEL**

Tuesdays & Thursdays  
11:15 a.m.  
Wilson Plaza  
611 Wilson, Suite 8  
233-5093

#### **Portneuf Medical Ctr.**

Tuesdays & Thursdays  
10:00 a.m.  
777 Hospital Way  
239-2435

### Blackfoot

#### **Bingham County Senior Ctr.**

Tuesdays & Thursdays  
9:00 a.m.  
20 East Pacific  
Rhea Miles  
785-4714

#### **Blackfoot Sunset Manor**

Monday & Friday  
10:00 a.m.  
20 East Pacific  
Velma Hansen  
785-3195

### Soda Springs

#### **Caribou County Senior Ctr.**

Wednesday & Friday  
11:00 a.m.  
60 S. Main  
Konnie Peterson  
547-3007

### Preston

For More Information:  
Rachelle Oliverson  
852-4122  
Laura Sant  
852-1097

## Driving with Diabetes

One of the biggest moments in a teen's life is finally getting a driver's license. Teens with diabetes should have no problem getting their license in most states (that is, if you can pass your driving test!). Because of the danger of driving with hypoglycemia, you may be required to submit a written report from your doctor that your diabetes is in relatively good balance.

To avoid driving with low blood glucose, check your blood glucose level before getting in the car (especially for a long trip). If it's low, treat the hypoglycemia and wait until you're at a safer level before driving. Keep your glove compartment stocked with glucose tablets and snacks.

If you feel low while driving, pull over immediately and check your glucose. Treat the hypoglycemia and don't start out again until your glucose rises again.

It's especially important to check before getting in the car if you don't always feel the symptoms of hypoglycemia. You, your parents, and your doctor may want to come to an agreement on what blood glucose levels are safe for driving, as well as if and how often you should pull over and check during a car trip.



## HOT BEAN & CORN, SALSA

### **Ingredients**

1/3 cup fresh-squeezed lime juice (the juice of approximately 2-3 small limes; do not use lime juice concentrate)

1 tsp (or 1 clove) crushed garlic

¼ tsp salt

¼ tsp black pepper

2 ripe avocados

1 can (15 oz) black beans, rinsed & drained

1 can (15 oz) pinto beans, rinsed & drained

1 can (15 ¼ oz) no-salt-added white corn, drained

3 medium tomatoes, seeded and finely chopped

1 can (4 ½ ounces) chopped green chilies, drained

1-2 fresh jalapenos, seeded and very finely minced (more or less to taste)

1 cup loosely packed fresh cilantro leaves, chopped

### **Directions**

In a small bowl, whisk together lime juice, garlic, salt and black pepper. Place remaining ingredients in a large bowl; stir gently to combine. Add dressing from small bowl and toss gently to coat well. Cover and refrigerate at least 1 hour to allow flavors to blend. Stir gently and serve with baked tortilla chips or tortillas or enjoy as a side dish or salad.

**Preparation time:** 30 minutes

**Refrigerating time:** At least 1 hour

**Yields:** 8 cups

**Serving size:** ½ cup

**Per serving:** Calories: 120, Carbohydrate: 17 g, Protein: 4 g, Fat: 4 g, Saturated fat: 1 g, Cholesterol: 0 mg, Sodium: 198 mg, Fiber: 6 g

**Exchanges per serving:** 1 starch, 1 fat, Carbohydrate choices: 1

## Keep it Cool

### *Continued From Page 9*

For a free copy of the National Institute on Aging's AgePage on hyperthermia and other important health information, please contact the NIA Information Center at 1-800-222-2225 or go to <http://www.niapublications.org/agepages/hyperther.asp>. The NIA is part of the Department of Health and Human Services' National Institutes of Health. The NIA is the lead federal agency supporting and conducting biomedical, social, and behavioral research and training related to aging and the diseases and special needs of older people. The National Institutes of Health (NIH) -- "The Nation's Medical Research Agency" -- includes 27 Institutes and Centers and is a component of the U.S. Department of Health and Human Services. It is the primary federal agency for conducting and supporting basic, clinical and translational medical research, and it investigates the causes, treatments, and cures for both common and rare diseases. For more information about NIH and its programs, visit [www.nih.gov](http://www.nih.gov).

# Arthritis Foundation - Physical Activity Program Locations

## Utah/Idaho Chapter

448 East 400 South #103  
Salt Lake City, UT 84111  
801-536-0990 / 800-444-4993  
www.arthritis.org

Physical Activity is very important for individuals with arthritis and fibromyalgia. The Arthritis Foundation offers water and land programs to help you stay physically active!

## Aquatics Program

Sign up for a warm-water exercise program for a fun and safe way to keep your joints moving and improve muscle strength and flexibility! Gentle routines led by certified instructors will help you build stamina. The buoyancy of water helps to reduce stress on your joints. You don't have to be a swimmer to participate and enjoy the benefits.

## Exercise Program

PACE has a new name! In future articles and press releases, it will be referred to as AFEP (Arthritis Foundation Exercise Program). This class is a fun way to strengthen and stretch your muscles and improve your range-of-motion! The activities can be performed either sitting or standing-you choose!

A=Aquatics L=Land Exercises

Classes offered in southeast Idaho

**Portneuf Medical Center (A/L)**  
651 Memorial Drive  
Pocatello 239-1866

**Bingham Memorial Hospital (A)**  
98 Poplar Street  
Blackfoot 785-3883

**Downata Hot Springs (A/L)**  
25900 So. Downata Road  
Downey 897-5645

**Shoshone-Bannock Elderly (L)**  
Nutrition Building  
P.O. Box 306 Pima Drive  
Fort Hall 238-5435

**Apple Athletic Club (A)**  
2030 Jennie Lee Drive  
Idaho Falls 529-8600

**Peak Performance at Mt. View Hospital (A)**  
2323 Coronado  
Idaho Falls 557-2800

For more information contact Arthritis Program Coordinator, Tracy McCulloch at the Southeastern District Health Department at 239-5250.



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# Fit for Life