



HEALTH & WELLNESS

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November is the month to reflect what we are thankful for, so we ask: What are you thankful for? We are thankful for our health, family, friends, home, and food!

Here are 5 simple tips to help you celebrate Thanksgiving:

- 1) Eat sitting up straight, and not standing up.
- 2) Use a small plate (8-9 inches)
- 3) Add vegetables to your plate (aim for at least half of it)
- 4) Relax, focus your attention on relationships and connections with your loved ones rather than food
- 5) Drink water with meals and remember *all foods can fit in!*



Juicy Roasted Chicken



Ingredients

- * 4-6 pound whole chicken (remove neck and giblets)
- * 2 tablespoons olive oil

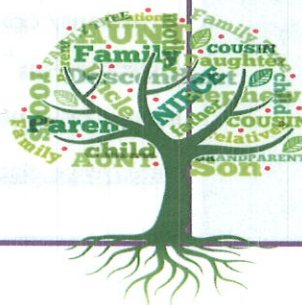
- * 1 1/2 teaspoons kosher salt
- * 1 teaspoon paprika
- * 1 teaspoon black pepper
- * 3/4 teaspoon chicken seasoning
- * 1/2 teaspoon onion powder
- * 1/2 teaspoon chili powder
- * 1/4 teaspoon garlic powder

Directions:

- * Preheat oven to 350 degrees F.
- * Combine olive oil with spices in small bowl and mix well.
- * Rub half of your spice mix under the skin of the breast side and back side. Rub the remaining spices on the outside of your chicken.
- * Bake uncovered 1 hour and 15 minutes in the preheated oven, to a minimum internal temperature of 180 degrees F.
- * Remove from heat. Cover with aluminum foil, and allow to rest about 30 minutes before serving.

Nov 26th is National Family Health History Day

Learning and understanding our family health history is the first step to reduce the chance of developing certain medical conditions.



The most common diseases that can be inherited are:

diabetes, heart disease, and some cancers. Family gatherings are the best time to ask questions about the family health history. Ask your grandparents, parents, brothers/sisters, uncles/aunts, children.

National Healthy Skin Month



Our Skin is the largest organ of the body and its first line of defense. The Skin protects our internal organs from external threats such as environmental pollutants and microorganisms.

How to take care of your skin ?

- ⇒ Drink a lot of water to keep your skin moist
- ⇒ Protect your skin from the sun
- ⇒ Treat your skin gently
- ⇒ Limit long hot showers
- ⇒ Avoid strong soap
- ⇒ Moisturize daily
- ⇒ Eat a healthy diet
- ⇒ Manage stress
- ⇒ Don't smoke



American Diabetes Month

Diabetes is one of the most common diseases in the world. By 2050, it is projected that 1 in 3 U.S. adults will have diabetes.

world diabetes day
14 November

DIABETES

29.1
MILLION

29.1 million people have diabetes



That's about 1 out of every 11 people



1 OUT OF 4 do not know they have diabetes

ANTIBIOTIC

Awareness Week

12-18 November 2018

According to the World Health Organization, antibiotics are medicines used to treat bacterial infection. But the overuse of antibiotics can prevent them from working correctly.

When should I use antibiotics?

Antibiotics treat bacterial infection (strep throat, whooping cough, urinary tract infection), but not viral infections. **You do not need antibiotics to treat viral infections such as :**



- * Cold
- * Flu (influenza)
- * Bronchitis
- * Most coughs
- * Some ear infections
- * Some sinus infections
- * Stomach flu

To learn more about Diabetes call us at (501) 932-3236 or email us at Diabetes@conwayregional.org for any questions/concerns. Take the American Diabetes Association "Type 2 Diabetes Risk Test" to learn more about your risk factor click or copy this link:

<http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/>