Welcome & congratulations! We congratulate you because just by receiving this newsletter you have the opportunity to take your health into your own hands. At first it might not seem very exciting, but health has a huge impact on your everyday life. Public & Allied Health department works hard to provide the community with information to ensure optimal health of all individuals.

The Public Allied Health Organization (PAHO) is the student organization for all health promotion majors that advocates for healthy lifestyles on campus and in our community. The officers, members and advisors plan and execute different means to reach out to the student, faculty, and community in different ways. Some of the ways we get involved is by having walks, raising awareness to public health issues, symposiums, monthly newsletters, annual public health week, alumni guest speakers and the collaborations with local agencies & various organizations. We care & our mission is to promote, prevent & protect one community to the next. If you would like to learn more about PAHO & how we stay connected & get involved please come to our next meeting Nov. 17th in Price Building room 103 @ 11am!

November is National Diabetes Month

Upcoming Events

- Nov. 17th PAHO Meeting PB 103, 11-12pm all welcomed
- Nov. 20th Delaware Adolescent Program (DAPI) open house 12pm-2pm. 185 south St. Camden DE
- Nov 19th Diabetes EXPO @Dover Downs 9am-3pm Link: http://www.dediabetescoalition.org/specials.html
- Nov 19th Community Engagement 101 @Buena Vista State Center 9am-2pm New Castle DE
- Dec 1st World AIDS day (HIV presentation@ MLK 7pm-9pm)
A prick away from another day

It’s just an ordinary doctors visit. You and another person of your age are waiting in the same room, sitting in the same chairs & thinking about the same eye exam. While you are concentrated on which eye you want to cover first, the other patient is worried about not having vision at all. Same scenario but a different diagnosis, you are healthy and that patient has diabetes.

Studies show in 2014, 80,900 Delaware adults (18 & up) had diabetes. Diabetes is important because it’s the 7th leading cause of death in the United States. Many complications such as blindness, kidney failure and amputation may arise if this disease is not managed properly. It was estimated by the CDC that nearly 4.1 million people in the United States are blind because of diabetes. Diabetes is metabolic disease that affects the body’s ability to produce any or enough insulin. Insulin is a hormone that regulates the amount of glucose in the blood. A disturbance of insulin regulation causes elevated levels of glucose within the blood. Primarily, there are two types of diabetes; Type 1 and Type 2. Type 1 diabetes is also known as juvenile diabetes, which results when the body loses its ability to produce insulin altogether. This type of diabetes is manageable but not curable. External insulin is needed to help Type 1 diabetics manage their illness. Type 2 diabetes is also known as adult onset diabetes. This is a combination of insulin resistance and insufficient insulin production within the body. This is the most common form of diabetes. Treatment for type 2 diabetes includes regular monitoring of blood sugar levels, diet, exercise, medication, or insulin therapy.

If you have Diabetes: Take Charge

- Follow a healthy eating plan by eating more fruits and vegetables & less sugar & salt
- Get physically active, 10 to 20 minutes a day is better than an hour a week
- Take a diabetes medication as prescribed by your doctor
- Check your blood sugar regularly to understand and track how food, activity, and medicine affect your blood sugar levels

* Don’t forget your ABC’s *
Managing your diabetic ABC’s you can help lower your risk of heart attack, stroke and other complications

A. AIC test, which measures average blood sugar over 2-3 months
B. Blood pressure, the force of blood flow inside blood vessels
C. Cholesterol, a group of blood fats that affect the risk of heart attack or stroke
D. Stop smoking or don’t start!!!
Tell us your story of how you became to be diagnosed with diabetes?

Right before my 50th birthday a vehicle struck me. The vehicle hit me so hard my spleen ruptured & was removed the next day, I had many complications after it was removed and even developed a strain on my pancreas. After these events paired with my bad eating habits, I was diagnosed with Diabetes type 2.

What changed the most in your life after being diagnosed?

My whole life was altered by diabetes, not only was it very expensive for insulin but I had to change my complete diet & learn how to lead a healthy life while not upsetting my diabetic state.

Was diabetes emotionally or financially harder for you & your family?

It was both emotionally and financially difficult. Treatment & insulin was so expensive that it affected my family & I in our finances, which made it emotionally stressful.

Diabetes Educator

Emmanuel Usuah is a Certified Lay Trainer in the Diabetes Self-Management Training Program. He interacts with those who have or are affected by diabetes. Diabetes educators have various roles in the dissemination of information, acquisition of baseline skills and provision of self-management support. He acquired this certification through the American Association of Diabetes Educators. As a Public Health Major Mr. Usuah vocalized the importance of this 3-month certification. Not only does it look good on his resume but also it gives him a chance to give back to the community through education. Please contact Emmanuel for more information eousuah11@students.desu.edu

ALUMNI ALERT

Anna – Kay Davis graduated in Fall 2014. She served as the President of PAHO and won the Best Student Leader award during the 2014 OSLA awards Delaware State University. Anna is currently working as a Disease Intervention Specialist at the Delaware Division of Public Health. As a Disease Intervention Specialist her role is to interview people infected with sexually transmitted diseases and perform investigations to locate contacts that may have acquired the disease.

Contact information: atdavis121@gmail.com

Get Involved & Volunteer!!

http://www.volunteerdelaware.org
This is a great site to help people in your community!
5 fab foods to buy on a college budget (under $5)

- **Low sodium canned veggies**: Long-lasting & can be heated in a microwave
- **Organic or dried fruit**: can be picked up at the local farmers market, supermarket or ethnic markets
- **Any Nuts & All Seeds**: Protein packed, long shelf life & easy on the go
- **Plain or lightly flavored rice cakes and plain crackers**: for the carb cravers to curb your hunger
- **Hummus & peanut butter**: quick dip, easy storage & great protein

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**Bubonic Plague** also known as Black Death, is a bacterial disease carried by rodents and their fleas, according to the CDC. Oregon Health Authorities notified reported that young girl had been infected with the disease. It was likely acquired during a hunting trip near Heppner on Oct. 16, 2015. She became sick five days later and was admitted to the intensive care unit at a Bend hospital.

If detected early, the disease is treatable with antibiotics. Only eight human cases have been diagnosed in the state since 1995, and no deaths have been reported, according to the OHA.

Bubonic plague is endemic in the western US - typically 3-5 cases per year. – S. Gaojia

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**Workout the stress!** 5 moves, 3 rounds, 1 min each

- Jumping jacks
- Butt kickers
- Squat jumps
- Leg lifts
- Modified pushups

Questions or support email: Eliriano13@hotmail.com
IG: SurviveN_Thrive

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**Bye Bye Ebola!**

Sierra Leone has been Ebola free for 42 days as of Saturday Nov. 7th 2015!
Check out the video of the locals celebrating on our Facebook!
https://www.facebook.com/DSUPAH/O/Videos/196172704040683

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*Editorial Enlightenment*

Sometimes I look at the photo on the left & I can't believe that it was me. Back then I not only looked completely different, I also acted & felt different. I was insecure, unmotivated and depressed. My journey started in 2013 when I decided to take charge of my life with the support of my husband & family. I was tired of looking in the mirror and not loving myself as much as others loved me. I knew something had to be done, I couldn't continue living like that. So I changed small things in my life to begin reaching my goals. I didn't take a magic pill or do any fad diets; I simply ate whole balanced meals with NO processed foods and exercised regularly. I know it may sound hard, time consuming or even pricey, but there can't be a limit on what your body needs to be healthy. All you have to do is take that first baby step. Cut out soda, cook homemade meals or take a walk around the block. Trust me once you start, it is even harder to stop and NOTHING can beat the feeling of a sexy, healthy & confident person. – E.Surov