Is a flu shot really important?
Yes. Recently, a panel of health experts, hosted by the National Foundation for Infectious Diseases (NFID) at the National Press Club, urged flu vaccination for everyone six months and older. Here are key points from the panel:

- “Influenza vaccines are safe, and they’re the first and most important step in flu prevention,” advised experts, including Dr. Tom Frieden, director of the Centers for Disease Control and Prevention (CDC). “The 2013-2014 flu season was a bad one,” Frieden said. “Seniors hospitalized for flu reached the highest rates ever recorded (starting a decade ago), and 145 deaths were documented among children.”

- “This new season’s vaccine is expected to provide better coverage,” said Dr. William Schaffner, medical director for NFID and professor of preventive medicine at Vanderbilt University School of Medicine. “The updated vaccine is a closer match with predominant flu strains this season so far, including the H3N2 strain.”

- If you have diabetes and get influenza, your blood glucose rises and your recovery time is generally longer. And people with diabetes are about three times more likely to die from the flu and pneumonia than the general population.

Remember to Get a Flu Shot!
Fall is a time for raking leaves, picking apples, and going to corn mazes and pumpkin patches. But don’t forget that fall is also the time to get your flu shot. And if you are living with diabetes, a flu shot is especially important. As a PacificSource medical plan member, you’re covered! (Vaccination is covered for kids 17 and younger, but adult coverage can vary depending on your plan.) For information about your flu shot and vaccine coverage, please visit PacificSource.com/flu.

Does the vaccine offer complete protection?
No. The vaccine offers protection for only the most common strains of flu. It’s still important to take precautions, such as washing your hands often, getting enough sleep, and eating a nutritious diet. If you do get the flu, despite getting the flu shot, the vaccine will reduce the severity of flu symptoms.
Turkey and Bean Chili

This time of year, when the weather becomes cooler and sunny days are shorter, a nice, hearty bowl of chili made with healthy ingredients can really taste great!

Ingredients
2 stalks celery, thinly sliced
2 medium carrots, thinly sliced
1 medium onion, finely chopped
3 cloves garlic, minced
2 tablespoons chili powder
1 tablespoon olive oil
2 teaspoons ground cumin
1/2 teaspoon salt
1/2 teaspoon ground black pepper
2 cans (15 ounce each) dark red kidney beans, rinsed and drained
1 pound uncooked ground turkey breast
5 cans (14-1/2 ounce each) no-salt-added diced tomatoes, undrained
1 can (4 ounce) diced green chile peppers (optional)
1/2 cup reduced-fat shredded cheddar cheese (optional)

Directions
1. In an airtight storage container or resealable plastic bag, combine celery, carrots, onion, garlic, chili powder, oil, cumin, salt, and pepper. Cover or seal, and chill for up to 24 hours. Place beans in a separate airtight storage container or resealable plastic bag. Cover or seal, and chill for up to 24 hours.
2. In a 6- to 8-quart Dutch oven, combine vegetable mixture and turkey. Cook until turkey is no longer pink and vegetables are tender, stirring occasionally to break up turkey. Stir in beans, undrained tomatoes, and, if desired, chile peppers. Bring to boiling; reduce heat. Cover and simmer for 20 minutes, stirring occasionally.
3. If desired, sprinkle individual servings with cheese.

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The prospect of gaining weight can lead some people with diabetes down a dangerous path. As many as forty percent of girls and women with type 1 diabetes have or will develop an eating disorder—manipulating or losing weight at the expense of their health.

Eating disorders in type 1 diabetes, such as “diabulimia,” represent some of the most complex problems. People with eating disorders and diabetes typically struggle with symptoms similar to others with eating disorders, but exhibit a very dangerous symptom—insulin restriction. This might be because diabetes management already creates a fierce focus on food, numbers, and control, which can escalate into an eating disorder in some patients, according to Marcia Meier, registered nurse and program manager of patient services at the International Diabetes Center at Park Nicollet in St. Louis Park, Minnesota. This condition is characterized by weight and body-image concerns that lead to the mismanagement of diabetes.

What’s so bad about wanting to lose weight?
Limiting your insulin or losing too much weight can seriously hurt your health, especially if you have diabetes. The medical risks associated with eating disorders and diabetes include:

- higher A1C levels
- higher risk of developing infections
- more frequent episodes of DKA
- more frequent hospital and emergency room visits
- higher rates and earlier onset of diabetes complications — nerve damage, eye disease, kidney disease, and possible heart disease

A cycle of diabulimia has been identified. It is a cycle of negative feelings about body image, shape, and weight; chronically elevated blood glucose levels; depression, anxiety, fatigue and shame; and poor diabetes self-care, and insulin restriction. Many young people, especially women, get so concerned about their body size and shape that the threat of complications does nothing to keep them from withholding insulin. Their blood glucose climbs, hyperglycemia comes next, and DKA and hospitalization follow.

For more information about diabulimia, visit the We Are Diabetes website at WeAreDiabetes.org.
Halloween Treats

Enjoy some fun and nutritious Halloween treats! Have fun making these lower carb snacks. They are all fast and easy to make, and most of all, fun! Ask an adult to help with cutting.

Boo-Nanas

**Ingredients**
Bananas, mini chocolate chips, large chocolate chips.

**Directions**
1. Cut peeled bananas in half.
2. With the pointed end down, push two mini chips in for eyes and a large chip for the mouth.

Witches’ Brooms

**Ingredients**
Pretzel sticks, string cheese.

**Directions**
1. Cut string cheese in half to make two short sticks.
2. Make cuts or pull apart one end to form the broom shape.
3. Insert the pretzel stick in the other end to make the broom handle.

Mini Party Pumpkins

**Ingredients**
Tangerines, celery.

**Directions**
1. Peel tangerines.
2. Cut celery in strips, and then into pieces about 3 inches long.
3. Insert into tangerines.

For more fun and healthy food ideas visit A Healthy Slice of Life at [ahealthysliceoflife.com/healthy-halloween-goodies-for-kids](http://ahealthysliceoflife.com/healthy-halloween-goodies-for-kids).

Holiday Food Hoedown

What is your favorite holiday to prepare for? Do you like making holiday-themed foods and treats?

Pick three special foods to invite to your holiday food hoedown. Draw a picture for each in the boxes below.