



Stay Healthy

Ask the Nurse

Q: Are antibacterial soaps a good thing?
A: A study in the *Annals of Internal Medicine* showed that there was no difference in the bacterial count on the hands of people who used antibacterial soaps than on the hands of people who didn't. In addition, other studies have shown that antibacterial soaps could select bacteria that are resistant to antibiotics, making the medication ineffective. A chemical-free soap is the best choice. However, if you are at high risk from infection – perhaps from undergoing chemotherapy – you should use a fast-acting alcohol-based hand sanitizer.

Are You at Risk for Diabetes?

One of the keys to protecting long-term health is controlling blood sugar levels. Therefore it is important to be aware of the risks of diabetes, a life-long condition. Diabetes results from the fact that either your body doesn't produce enough insulin, a hormone that regulates carbohydrate metabolism by controlling blood glucose (sugar) levels – this is type 1 diabetes – or your body can't use the insulin it produces – this is type 2 diabetes.

Type 1 diabetes usually strikes five-to-ten percent of people before the age of 30. Type 1 can't be prevented but it can be controlled by injecting insulin. While there is no cure for diabetes, however, type 2 can be prevented or postponed by making healthy lifestyles choices. It's never too late to start.

Risks of Diabetes

You are most prone to type 2 diabetes if you are:

- 45 years or older
- overweight with abdominal fat
- sedentary with no physical exercise

- a sibling or child of a diabetic
- Hispanic, Asian, or of African descent
- diagnosed with high blood pressure
- diagnosed with high levels of bad cholesterol (LDL) and triglycerides and low levels of good cholesterol (HDL)

Lowering Your Risk

You can help prevent or postpone type 2 diabetes if you:

- don't smoke
- lose weight and maintain it
- get some physical exercise
- keep your cholesterol and blood fats within a normal range
- maintain a normal blood pressure
- limit your intake of fat and sugar

If you have any of the symptoms of diabetes – fatigue, frequent urination, unusual thirst, and unexplained weight loss – consult your doctor immediately.

If you have a home health care need, CALL: 1-888-VNS-1-CALL (1-888-867-1225) or VISIT OUR WEBSITE: www.VNSNY.org