



Handshake

January 2012

Alliance Home Health Care, Inc. is pleased to launch a quarterly newsletter designed to provide our friends with health care information coupled with information about our services.

Alliance Home Health Care, Inc. has been striving since 2004 to provide "Quality care with a personal touch". It is our focus to satisfy the individual needs of our clients while extending exceptional customer service.

The employees of Alliance Home Health Care, Inc. are caring professionals who are educated and prepared to deliver quality care. To insure that we maintain the highest level of service, we regularly conduct quality surveys.

This feedback from our clients helps us to monitor the level of care that is being provided, identify areas of improvement, and ensure that the lines of communication between Alliance Home Health Care staff, clients, families, and case managers are always open. We appreciate the opportunity to serve our varied clientele. Whatever your need, now and in the future, you can depend on Alliance Home Health Care, Inc. to meet those needs with innovative, caring solutions.

-William Van Ry

Food Fact



Cranberries – Research shows that cranberries contain significant amounts of antioxidants and other phytonutrients that may help protect against Heart disease, Cancer, Urinary tract infections, Dental plaque, and Kidney stones. Cranberries can be taken as a juice, the whole berry or from an extract.

Memory Game



It is very important to exercise the mind as well as the body. With each edition of our newsletter, we will include a game for you to complete.

Word Game



Can you find 22 or more words in **FIXTURES**?

The list will be published in our next edition.

Mobile Doctors

Mobile Doctors is a group of doctors that specialize in treating elderly and disabled patients who are unable to visit a doctor's office.

Mobile Doctors provides quality medical care in the comfort of the patient's home. The cost of the visit is typically covered by Medicare and many other insurance plans.

All the doctors are fully licensed and credentialed. Primary point verification is done on the doctors' educational background, work references, licensing, medical malpractice history, and insurance.

A Mobile Doctors physician can be your Primary Care Doctor or work with your existing doctor to provide a full range of medical services.

For more information, telephone **816-994-0073**.

Diabetes Myths

There are many myths about diabetes that make it difficult for people to believe some of the hard facts – such as diabetes is a serious and potentially deadly disease. These myths can create a picture of diabetes that is not accurate and full of stereotypes and stigma.

Get the facts about diabetes and learn how you can **stop diabetes** myths and misconceptions.

Myth: Diabetes is not that serious of a disease.

Fact: Diabetes causes more deaths a year than breast cancer and AIDS combined. Two out of three people with diabetes die from heart disease or stroke.

Myth: If you are overweight or obese, you will eventually develop type 2 diabetes.

Fact: Being overweight is a risk factor for developing this disease, but other risk factors such as family history, ethnicity and age also play a role. Unfortunately, too many people disregard the other risk factors for diabetes and think that weight is the only risk factor for type 2 diabetes. Most overweight people never develop type 2 diabetes, and many people with type 2 diabetes are at a normal weight or only moderately overweight.

Myth: Eating too much sugar causes diabetes.

Fact: No, it does not. Type 1 diabetes is caused by genetics and unknown factors that trigger the onset of the disease; type 2 diabetes is caused by genetics and lifestyle factors. Being overweight does increase your risk for developing type 2 diabetes, and a diet high in calories, whether from sugar or from fat, can contribute to weight gain. If you have a history of diabetes in your family, eating a healthy meal plan and regular exercise are recommended to manage your weight.

Myth: People with diabetes should eat special diabetic foods.

Fact: A healthy meal plan for people with diabetes is generally the same as a healthy diet for anyone – low in fat (especially saturated and trans fat), moderate in salt and sugar, with meals based on whole grain foods, vegetables and fruit. Diabetic and "dietetic" foods generally offer no special benefit. Most of them still raise blood glucose levels, are usually more expensive, and can also have a laxative effect if they contain sugar alcohols.

Myth: If you have diabetes, you should only eat small amounts of starchy foods, such as bread, potatoes and pasta.

Fact: Starchy foods are part of a healthy meal plan. What is important is the portion size. Whole grain breads, cereals, pasta, rice and starchy vegetables like potatoes, yams, peas and corn can be included in your meals and snacks. The key is portions. For most people with diabetes, having 3-4 servings of carbohydrate-containing foods is about right. Whole grain starchy foods are also a good source of fiber, which helps keep your gut healthy.

Myth: People with diabetes can't eat sweets or chocolate.

Fact: If eaten as part of a healthy meal plan, or combined with exercise, sweets and desserts can be eaten by people with diabetes. They are no more “off limits” to people with diabetes than they are to people without diabetes.

Myth: If you have type 2 diabetes and your doctor says you need to start using insulin, it means you're failing to take care of your diabetes properly.

Fact: For most people, type 2 diabetes is a progressive disease. When first diagnosed, many people with type 2 diabetes can keep their blood glucose at a healthy level with oral medications. But over time, the body gradually produces less and less of its own insulin, and eventually oral medications may not be enough to keep blood glucose levels normal. Using insulin to get blood glucose levels to a healthy level is a good thing, not a bad one.

Myth: Fruit is a healthy food. Therefore, it is ok to eat as much of it as you wish.

Fact: Fruit is a healthy food. It contains fiber and lots of vitamins and minerals. Because fruits contain carbohydrates, they need to be included in your meal plan. Talk to your dietitian about the amount, frequency and types of fruits you should eat.

Alliance Home Health Care, Inc.

1831 Minnesota Ave.

Kansas City, Kansas 66102

913-233-0160