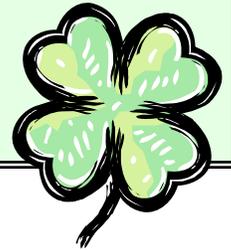


# SC-HCQU View

Facilitate-Educate-Communicate



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## The Hidden Dangers of Sugar

***"I know it has a lot of sugar in it...but it TASTES so GOOD!"*** How many times have you heard that, not just from other people, but within your own head? Americans are consuming more sugar than ever before. The average amount of sugar intake is a whopping 20 teaspoons per day! More and more health experts are spreading the news on TV, in magazines, and newspapers about the health dangers of a diet high in sugar. Because the sugar in food and beverages make them taste so good it is hard to recognize just how dangerous a diet high in sugar can be. Let's consider a few of the ways sugar can affect one's health. Sugar can:

- Alter one's ability to fight infections
- Interfere with the body's absorption of minerals
- Lead to the development of osteoporosis
- Increase cholesterol levels
- Contribute to the development of heart disease
- Damage eyesight
- Create and/or contribute to several GI problems
- Lead to tooth decay and weight gain
- Cause some autoimmune diseases
- Alter hormonal balance including insulin sensitivity
- Contribute to the development of several kinds of cancer

The only way to know if a product contains sugar is to read its food label. Unfortunately though, sugar is often not written as "sugar" on food labels; instead an "alias" may be listed. No matter how they are worded, the following "aliases" are still forms of sugar:

- Words that end in "-ose", e.g., sucrose, fructose, lactose, dextrose, glucose, etc.
- Corn syrup or corn sweetener
- Molasses
- Fruit juice concentrate
- Honey

So, the next time temptation strikes to eat or drink something loaded with sugar, take a moment to consider some of the "hidden" health dangers that may be lurking within! May this information empower you to make wiser, healthier diet decisions for yourself and those you support!

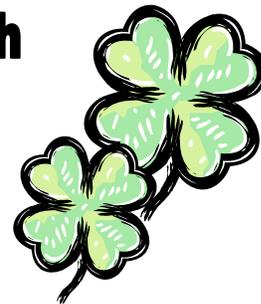
References:

[http://www.mercola.com/article/sugar/dnagers\\_of\\_sugar.htm](http://www.mercola.com/article/sugar/dnagers_of_sugar.htm)  
<http://www.cfsan.fda.gov/~dms/foodlab.html>  
<http://www.nal.usda.gov/fnic/dga/sugar.htm>  
<http://www.cspinet.org/new/sugar.html>

- Cherie Adkins, RN

# March

## National Health Awareness Month



### National Colorectal Cancer Awareness Month

[Andrea.Untrojb@preventcancer.org](mailto:Andrea.Untrojb@preventcancer.org)  
[www.preventcancer.org/colorectal](http://www.preventcancer.org/colorectal)

### National Kidney Month

[info@kidney.org](mailto:info@kidney.org)  
[www.kidney.org](http://www.kidney.org)

### Workplace Eye Health and Safety Month

[info@preventblindness.org](mailto:info@preventblindness.org)  
[www.preventblindness.org](http://www.preventblindness.org)

### National Brain Injury Awareness Month

[publicrelations@biausa.org](mailto:publicrelations@biausa.org)  
[www.biausa.org](http://www.biausa.org)

### National Patient Safety Awareness Week (5-11)

[info@npsf.org](mailto:info@npsf.org)  
[www.npsf.org](http://www.npsf.org)

### National Poison Prevention Week (19-25)

[kdulic@cpsc.gov](mailto:kdulic@cpsc.gov)  
[www.poisonprevention.org](http://www.poisonprevention.org)

### World Tuberculosis Day (24)

[tb@paho.org](mailto:tb@paho.org)  
[www.who.int/gtb/index.htm](http://www.who.int/gtb/index.htm)

### National Eye Donor Month

[info@restoresight.org](mailto:info@restoresight.org)  
[www.restoresight.org](http://www.restoresight.org)

### National Nutrition Month

[nnm@eatright.org](mailto:nnm@eatright.org)  
[www.eatright.org](http://www.eatright.org)

### Save Your Vision Month

[slthomas@aoa.org](mailto:slthomas@aoa.org)  
[www.aoa.org](http://www.aoa.org)

### National Multiple Sclerosis Education and Awareness Month

[toni@msfocus.org](mailto:toni@msfocus.org)  
[www.msfocus.org](http://www.msfocus.org)

### Brain Awareness Week (13-19)

[bawinfo@dana.org](mailto:bawinfo@dana.org)  
[www.dana.org/brainweek](http://www.dana.org/brainweek)

### American Diabetes Alert Day (21)

[askada@diabetes.org](mailto:askada@diabetes.org)  
[www.diabetes.org/communityprograms-and-localevents](http://www.diabetes.org/communityprograms-and-localevents)

### National Sleep Awareness Week (27- April 2)

[nsf@sleepfoundation.org](mailto:nsf@sleepfoundation.org)  
[www.sleepfoundation.org](http://www.sleepfoundation.org)



# Spring Into Action

RNs and LPNs Don't Miss

## "Nurses' Training Day"

Wednesday, April 5, 2006

9:00 am - 2:30 pm

Hershey Church of the Nazarene

986 E. Governor Road

Hershey, PA

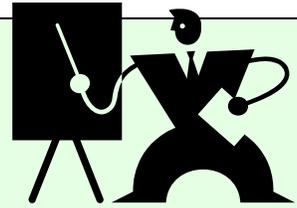
Register Soon!

717-909-3858 or [csadkins@geisinger.edu](mailto:csadkins@geisinger.edu)



## South Central HCQU Regional Trainings

*Trainings are free, but registration is required.*



- **Nurses' Training Day** – April 5, 2006 from 9:00 am - 2:30 pm @ Hershey Church of the Nazarene, 986 E. Governor Road, Hershey – **Registration Deadline: March 20, 2006**
- **Substitute Health Care Decision Making** with Linda and Bob Derr – April 6, 2006 from 9:00 am – 3:30 pm @ Typical Life Corp., North East Plaza, North George Street, Manchester. **This Training is FULL, any names received now will be placed on a waiting list.**
- **Consumer Health Fair** – May 19, 2006 @ Chambersburg Recreation Department, 235 South 3<sup>rd</sup> Street, Chambersburg – look for more information in future editions of *The HCQU View*

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*The following trainings are co-sponsored by the*  
**York/Adams Training Network**

- **Diabetes Mellitus** – March 28, 2006 from 1:00 pm – 3:00 pm @ Bell Socialization Services, 160 South George Street, York – **Registration Deadline: March 21 before 4:00 pm**
- **Communicating with Non-Speaking Individuals** – April 18, 2006 from 1:00 pm – 3:00 pm @ Bell Socialization Services, 160 South George Street, York – **Registration Deadline: April 11 before 4:00 pm**
- **Anatomy and Physiology** – April 27, 2006 from 10:00 am – 12:30 pm @ Bell Socialization Services, 160 South George Street, York – **Registration Deadline: April 20 before 4:00 pm**

***Unfortunately, we are unable to accommodate registrations after the deadline.***

*For more information call Cherie Adkins at 717-909-3858 and  
leave a message re: registration, questions, etc.  
Listen to prompts on this phone line regarding trainings that are full,  
as well as cancellations due to weather.*

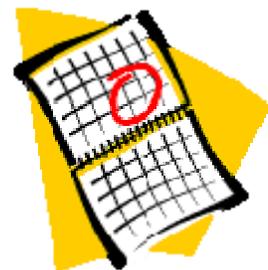
**Mark Your  
Calendar**



### Consumer Health Fair

Friday, May 19, 2006  
9:30 am – 2:00 pm

Chambersburg Rec Center  
235 South 3<sup>rd</sup> Street  
Chambersburg, PA



**There are also training opportunities through  
Riverside Professional Development**

3525 North 6<sup>th</sup> Street ~ Harrisburg, PA 17110 ~ Phone (717)-238-3660 ~ Fax (717)-238-5886

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### Lancaster County MH/MR

provides staff training opportunities covering a variety of topics including those addressing Self-Determination, Community Support Program, and Grammar/Writing. Many (but not all) of these training are free. For more information, please contact Sandi Hampton at [hamptons@co.lancaster.pa.us](mailto:hamptons@co.lancaster.pa.us) or 717-299-8038.

# Who's Who In The View

## Human Achievement Program, Inc.

We're all about people



Human Achievement Program, Inc. (H.A.P.), formed in 1989, is a comprehensive community residential service in Montgomery and Cumberland Counties for individuals who have a primary diagnosis of mental retardation. The premise of H.A.P. is that people with developmental disabilities have the opportunity to live as normal a life as possible, using as normal means as possible, including living in a normal environment. Each H.A.P. home is a small family style design which lends itself well to being part of an established neighborhood.

Human Achievement *Program*, Inc. is a sister company to Human Achievement *Project*, Inc. which was formed in 1987 to assume the contract previously serviced by *Help A Person, Inc.* of Beaver County. Help A Person was formed in 1984 in response to the dispersal of Pennhurst State Center residents into the community. Currently H.A.P. serves thirty-two individuals living in eleven locations.

H.A.P. services are directed toward accepting and supporting individuals in being who they are, while minimizing barriers to integration and pursuing self fulfillment. The specific supports provided are based upon each individual and vary from teaching daily living skills to assisting with obtaining appropriate health care. Some people require minimal assistance with budgeting and food preparation, while others may require extensive assistance with personal hygiene tasks. The goal is that each person be involved in their daily routine to the greatest extent possible with supports in place to insure their success.



For more information contact:

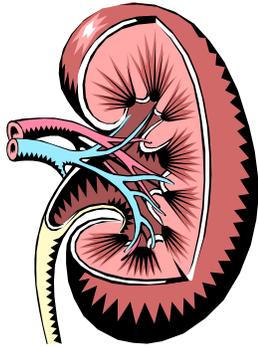
### Montgomery County

Barbara Miodovnik, Executive Director  
H.A.P., Inc.  
P.O. Box 431  
Fairview Village, PA 19409  
Phone: 610-539-8450  
FAX: 610-539-6156

### Cumberland/Perry Counties

Jennifer A. Buzby, Executive Director  
H.A.P., Inc.  
P.O. Box 3090  
Shiremanstown, PA 17011-3090  
Phone: 717-731-8828  
FAX: 717-731-9122





## Kidney Disease in the United States

**K**idney disease is a silent and growing problem in the United States. Approximately 20 million Americans have kidney disease.<sup>1</sup> In 2001, there were about 400,000 people who had kidney *failure*, a figure that doubled in a 10-year period.<sup>1</sup> In 2000, about the same number of people died with kidney failure as with breast cancer and prostate cancer combined.<sup>2</sup>

Early kidney disease has no symptoms, and, if left undetected, can become kidney failure with little or no warning. When patients are not tested and treated early, the disease is usually discovered right before the kidneys fail. Once the kidneys fail, a person must either begin dialysis or get a kidney transplant. The annual cost of public and private spending to treat patients with kidney failure in the United States in 2001 was more than \$22 billion.<sup>1</sup>

### Risk Factors

The main risk factors for kidney disease are:

- ✓ Diabetes
- ✓ Hypertension
- ✓ A family history of kidney failure (mother, father, sister or brother had kidney failure)

Diabetes and high blood pressure account for about 70 percent of new cases.<sup>1</sup>



### Prevention and Treatment

To prevent kidney disease monitor and control blood pressure and diabetes. If you have any of the risk factors above, talk to your doctor about getting tested. Simple blood and urine tests are used to detect kidney disease, and kidney failure can be effectively treated if detected early.<sup>3</sup> ACE (Angiotensin-Converting Enzyme) inhibitors or ARBs (Angiotensin Receptor Blockers) can prevent or slow progression of kidney disease to kidney failure. Monitor and control blood pressure, and careful blood sugar control is important for people with diabetes. Dietary counseling is also useful.

**Take care of your kidneys  
so they can take care of you.**

1. U.S. Renal Data System (2002). National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases, Bethesda, MD.
2. SEER, 2003.
3. Hostetter, T. (2001). Prevention of end-stage renal disease due to type 2 diabetes. *New England Journal of Medicine*, 345(12): 910-912.



# Bulletin Board

## Take note!

To receive our newsletters just send your e-mail address to [mmerdman@geisinger.edu](mailto:mmerdman@geisinger.edu)

You will be placed on our e-mail list and automatically receive *The HCQU View* each month.



## Don't Forget

South Central HCQU continues to collect used cell phones. These phones will be recycled or resold and a portion of the proceeds will benefit the *National Organization On Disability (NOD)*. Just drop off old/unwanted cell phones at the HCQU office or hand them to your regional nurse.

## Remember –

We cannot hold a torch to light another's path without brightening our own.  
~Irish Proverb

## South Central PA Health Care Quality Unit

Presents



# On-Line Training



Visit our web site and check out the SC-HCQU trainings now available on-line!

- ◆ Take a course at your convenience!
- ◆ 3 topics to choose from and more every month
- ◆ Log on at [www.geisinger.org/schcqu](http://www.geisinger.org/schcqu)