



Southwestern Oklahoma State University  
SWOSU Digital Commons

---

SWOSU BULLDOG WELLNESS

Newsletters

---

11-1-2019

## November 2019

SWOSU Bulldog Wellness Committee

Follow this and additional works at: <https://dc.swosu.edu/wellness>



Part of the [Dietetics and Clinical Nutrition Commons](#), [Health and Medical Administration Commons](#), [Health Information Technology Commons](#), and the [Medical Education Commons](#)

---

### Recommended Citation

SWOSU Bulldog Wellness Committee, "November 2019" (2019). *SWOSU BULLDOG WELLNESS*. 35.  
<https://dc.swosu.edu/wellness/35>

This Book is brought to you for free and open access by the Newsletters at SWOSU Digital Commons. It has been accepted for inclusion in SWOSU BULLDOG WELLNESS by an authorized administrator of SWOSU Digital Commons. An ADA compliant document is available upon request. For more information, please contact [phillip.fitzsimmons@swosu.edu](mailto:phillip.fitzsimmons@swosu.edu).



# SWOSU

## Wellness Newsletter

November 2019

### National Diabetes Awareness Month

Diabetes is one of the leading causes of disability and death in the United States. One in 10 Americans have diabetes — that's more than 30 million people. There are also 84 million adults in the United States are at high risk of developing type 2 diabetes.

Depending on your age, weight, and other factors, you may be at higher risk of developing type 2 diabetes. The good news is that making healthy changes can greatly lower your risk. To help prevent type 2 diabetes:

- Watch your weight
- Eat healthy
- Get more physical activity

Diabetes management is about how lifestyle, daily routine and technology can affect blood glucose levels of someone with Type 1 or Type 2 diabetes. Keeping blood glucose levels in range greatly improves the health of someone with diabetes and prevents long-term complications or short-term risks that come with blood sugars out of range.

Diabetes can affect every part of the body and blood sugar control is dependent on many varying factors such as environment, stress and hormones. There is no one formula that works for everyone and so through trial and error, along with the application of new technology, those with Type 1 or Type 2 can have improved diabetes management.

Make sure to check out SWOSU'S resources on diabetes awareness provided by the Rural Health Center at this link <https://www.swosu.edu/academics/pharmacy/rhn/diabetes-education-services.aspx>.

### World Diabetes Day

To raise awareness about diabetes and healthy living, SWOSU is proudly participating in World Diabetes Day on **November 14<sup>th</sup> with a live food demonstration in the Student Union at 12:00 PM**. The demonstration will be put on by a Registered Dietician and Certified Diabetes Educator who is going to be making buffalo chili. Come enjoy some free food and gain insight into diabetes awareness!

## Catapult Testing

Catapult Health will be on campus November 4<sup>th</sup>, 5<sup>th</sup> and 21<sup>st</sup> in the North Lobby of the Pioneer Cellular Event Center to perform free on-site health check-ups. These lab-accurate results are produced in minutes and reviewed with a board certified Nurse Practitioner via virtual consultation. Tests will be ran from 7:00AM- 2:00PM so be sure to sign up at this link <http://www.timeconfirm.com/SWOSU> to reserve your spot!



**Included in Each Checkup**

- Total Cholesterol
- Weight
- HDL
- Body Mass Index
- LDL
- Comprehensive Personal Health Report
- Triglycerides
- Glucose
- Personal Action Plan
- A1c for known diabetics
- History of Past Results
- One-on-One Consult with Nurse Practitioner
- ALT and AST (Liver Tests)

## Fall into Fitness T-shirts



If you weren't able to participate in our Fall into Fitness 5k last month you can still purchase a t-shirt!

They are \$10 apiece and can be bought by contacting Sarah Yount at (580) 774-6042 or [sarah.yount@swosu.edu](mailto:sarah.yount@swosu.edu)

## App of the Month: **MySugr**



Ranked the Top Diabetes App by Healthline also featured in Forbes, TechCrunch, and The Washington Post.

MySugr is your loyal and free diabetes logbook which keeps your diabetes data under control: with this one app you'll have a blood sugar tracker, carb logger, bolus calculator and your estimated HbA1c all at a glance! MySugr is clean, intuitive and has a customizable dashboard interface with the ability to sync to your glucose monitor. Features include reminders that ping you to follow-up with more data (like blood sugar levels after a workout) and data charts that are easy to send to your doctor.

## Stay Connected

Visit the link below to see upcoming programs and classes offered by the Wellness Committee. You can also explore additional information regarding health and wellness provided by SWOSU in the tabs on the left hand side.

<https://www.swosu.edu/bulldog-wellness/index.aspx>