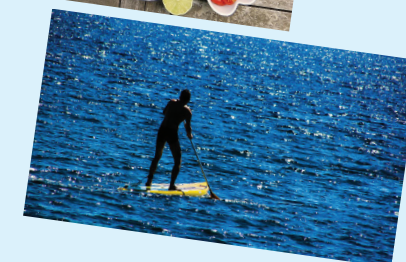




# Olakino Newsletter

## DIABETES AWARENESS, PREVENTION, & CARE



### LOOK INSIDE FOR:


Diabetes Risk Test & Hawai'i Facts

Thanksgiving Recipes

Hui Mālama Ola Nā 'Ōiwi free class schedule

Men's Health: Movember, Prostate Cancer

One Man's Story of His Cancer Journey

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>BULLETIN</b> <b>EXERCISE &amp; FITNESS LOCATION</b> KEAUKAHA - Malia Puka O Kalani Church Gym 326 Desha Avenue Hilo, HI 96720 <b>CLASS SIGN-UP</b> Diabetes, Healthy Hāpai, & La'au Lapa'au class participants must signup in advance. Please call today! 969-9220. Mahalo!					
6 5PM La'au Lapa'au Beginners Class-Hilo  5:30PM Zumba -Keaukaha, Hilo 6PM Diabetes Class -Ka'u	7 10:30AM BS&SEC -Hilo  1PM-2:30PM Cancer Support Group-Hilo 5PM Yoga-Keaukaha, Hilo	1 2PM Healthy Hāpai Class-Hilo  5PM Diabetes Class -Hilo  5:30PM Zumba w/ Keanne -Keaukaha, Hilo	2 10:30AM BS&SEC -Keaukaha, Hilo  5PM Yoga-Keaukaha, Hilo	3 10AM Zumba -Hilo Office  <b>BS&amp;SEC</b> Basic Stretch & Strengthening Exercise Class	4 9AM Discovery Harbour Health Fair -Discovery Harbour Community Hall Na'alehu  10AM Ho'okupu Hula Na Ka'u Cultural Festival Pahala Community Center
13 5PM La'au Lapa'au Beginners Class-Hilo  5:30PM Zumba -Keaukaha, Hilo 6PM Diabetes Class -Ka'u	14 10AM Diabetes Class -Waimea  10:30AM BS&SEC -Keaukaha, Hilo 5PM Yoga-Keaukaha, Hilo	15 2PM Healthy Hāpai Class-Hilo  5PM Diabetes Class -Hilo  5:30PM Zumba -Keaukaha, Hilo	16 10:30AM BS&SEC -Keaukaha, Hilo  5PM Yoga-Keaukaha, Hilo	17 10AM Zumba -Hilo Office	18 9AM-12AM Micronesian Health/Wellness Fair -Hilo High School  10AM-2PM Hamakua Health/Wellness Fair -Honoka'a Gym 10AM-2PM Na'alehu Elementary Friend-Raiser -Na'alehu Elementary
20 5PM La'au Lapa'au Beginners Class-Hilo  5:30PM Zumba -Keaukaha, Hilo 6PM Diabetes Class -Ka'u	21 10AM Diabetes Class -Waimea  10:30AM BS&SEC -Keaukaha, Hilo 5PM Yoga-Keaukaha, Hilo 6:30PM-8PM Cancer Support Group-Hilo	22 2PM Healthy Hāpai Class-Hilo  5PM Diabetes Class -Neighborhood Place of Puna 5:30PM Zumba -Keaukaha, Hilo	23 OFFICE CLOSED THANKSGIVING  	24 OFFICE CLOSED	25
27 5PM La'au Lapa'au Beginners Class-Hilo  5:30PM Zumba -Keaukaha, Hilo	28 10AM Diabetes Class -Waimea  10:30AM BS&SEC -Keaukaha, Hilo 5PM Yoga-Keaukaha, Hilo	29 2PM Healthy Hāpai Class-Hilo  5PM Diabetes Class -Neighborhood Place of Puna 5:30PM Zumba -Keaukaha, Hilo	30 10:30AM BS&SEC -Keaukaha, Hilo  5PM Yoga-Keaukaha, Hilo	<div> <b>Live Longer &amp; Feel Better, Together!</b>  <b>JOIN US TODAY</b>            Visit our office or call to learn more.  <b>1438 Kilauea Ave, Hilo</b>  <b>(808) 969-9220</b>  <i>Events and classes subject to change. Visit <b>HMONO.org</b> for additional events and updates.</i> </div>	

Want to sync events with your calendar?  
Visit [HMONO.ORG/EVENTS](http://HMONO.ORG/EVENTS)

# A message from our Board of Directors



Aloha kākou,

November is Diabetes Awareness Month. Diabetes is a serious disease and one of the leading causes of death. It is very important to visit your doctor for regular check-ups and have your blood glucose level checked. If undiagnosed and uncontrolled, diabetes can cause serious health complications. Visit us at Hui Mālama Ola Nā 'Ōiwi to learn about diabetes risk factors, prevention, and important screenings. With the holidays upon us, we encourage all to take good care of your health. We also want to take this time to thank our veterans for our freedom. Veterans Day will be upon us November 11... the 11th day, and the 11th hour. Take some time that day to thank a veteran for our freedom.

*Mahalo! Mabel De Silva - Chair*

# A message from our Executive Director



Aloha mai kakou,

Diabetes is a scary word for many of us. When I hear diabetes, I think of a disease that has caused much pain and hardship for our Hawai'i community. I have too many memories of friends and family who have passed away from diabetes complications. While these stories are hard to relive, it is important to share that diabetes is a real health risk with 1 in 9 people affected in Hawai'i. It is crucial that we assess our risk, and that we understand how what we eat or how often we're physically active impacts our chances of developing Type II diabetes. We need to know our blood sugar level and if we have diabetes or are at risk. We need to pay attention to our family health history, our nutrition choices, and our life habits. There is much we can do as a community to help reduce our diabetes risk, and more we can do to manage our lives with diabetes. When managed properly, those of us with diabetes can live long, healthy lives. I share with sincere concern that each of you are aware of what you can do to be healthy. Come see us at Hui Mālama Ola Nā 'Ōiwi. We're here to help our community learn how to live the healthiest life we can.

*Mahalo nui loa, Louis Hao - Executive Director*



**Hui Mālama Ola Nā 'Ōiwi**  
Community Health Education Services  
Live Longer & Feel Better, Together.

## Board of Directors

Mabel De Silva, Chair  
Robert Shimamoto, Vice Chair  
Robert Yamada II, Treasurer  
Kamuela Bannister, Secretary  
C. Noelani Ho'opai, Director  
Micah Alameda, Director  
Moana "Ulu" Ching, Director

Editor-In-Chief  
Jasmine LeFever  
jasmine@HMONO.org

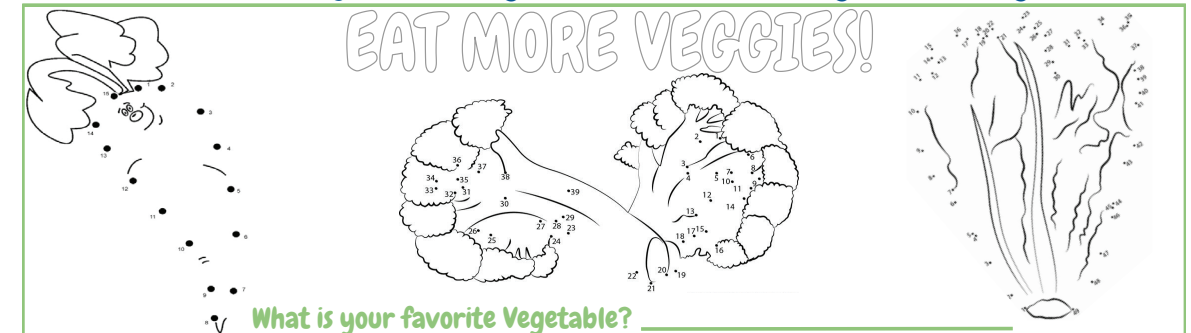
Website: HMONO.org  
Phone: (808) 969-9220  
Address: 1438 Kilauea  
Ave. Hilo, HI 96720  
Facebook: /HMONO.org

Become a member today!  
Take advantage of Hui  
Mālama Ola Nā 'Ōiwi's  
free health services.  
Just visit:  
HMONO.org/connect



# KEIKI'S COLORING CORNER

**Did you know that you can lower your risk of Type 2 diabetes?**  
**Learn how by connecting the dots and coloring in the images:**



**Don't forget to involve the family!**  
**After your Thanksgiving meal, take a walk around the block with your entire family!**





# Hui Mālama Ola Nā 'Ōiwi Immunization Program

Vaccines protect our keiki from getting sick with preventable diseases.



Does your child turn 3 years old between August 2017 & July 2018?



Has he or she completed all 19 vaccinations?

Submit a copy of your child's vaccination records to the Hui Mālama Ola Nā 'Ōiwi office and you can choose a **FREE backpack** or **sleeping bag** for your child!

For more information on vital vaccines, please contact us! 969-9220

## Immunization - VZV vaccine

VZV is an acronym for the varicella zoster virus which causes chickenpox. While chickenpox is usually a mild childhood disease, it can be serious in young infants and adults. This is why it is important for children to receive their first dose of the VZV vaccine between twelve to fifteen months of age and their second dose between four to six years of age.

*Do you know if your child has received all recommended immunizations? Hui Malama can help! Call (808) 969-9220 for information on vital vaccines.*



## What's Happening Around Hawai'i Island? Join Hui Mālama today and let's Live Longer & Feel Better, Together!



**La'au Lapa'au Beginners Level Classes**  
Mondays 5pm-7pm starting November 6 in Hilo. Call today to sign-up! 969-9220.

**Diabetes Support Group**  
(read more on page 8)

**Cancer Support Group**  
(read more on page 11)

## Mākau Kino - Exercise & Fitness

### Zumba with Keanne!

Mondays & Wednesdays, 5:30-6:30pm  
Malia Puka O Kalani Church Gym  
326 Desha Ave, Hilo

### Zumba with Rhonda!

2nd & 4th Friday  
10-11am  
Hui Mālama Hilo office  
1438 Kilauea Ave

### Yoga

Tuesdays & Thursdays  
5-6pm  
Malia Puka O Kalani Church

### Basic Stretch & Strengthening

Tuesdays & Thursdays  
10:30-11:30am  
Malia Puka O Kalani Church



## Hui Mālama Ola Nā 'Ōiwi

### SCHEDULE OF CLASSES



**DIABETES &  
HELE MAI'AI NUTRITION**

Schedule subject to change.  
Please call us to reserve a seat today! (808) 969-9220

	NOV	DEC
HILO		
DIABETES	11/1 - 11/15 Wednesdays	
HELE MAI'AI		12/6 - 12/20 Wednesdays
PUNA		
DIABETES	11/22 - 12/6 Wednesdays	
HELE MAI'AI		12/4 - 12/18 Mondays
WAIMEA		
DIABETES	11/14 - 11/28 Tuesdays	
HELE MAI'AI		12/4 - 12/18 Mondays
KONA		
DIABETES		12/5 - 12/19 Tuesdays
KAU		
DIABETES	11/6 - 11/20 Mondays	
HELE MAI'AI		12/4 - 12/18 Mondays



### Healthy Hāpai Prenatal Program

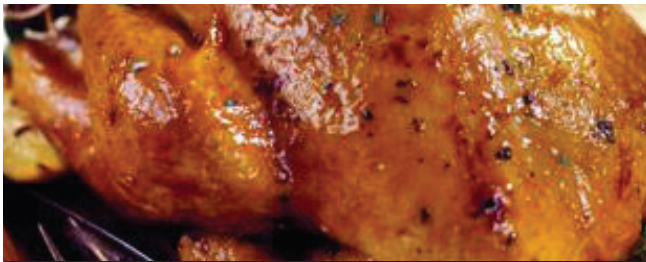
Free prenatal classes and a chance to win an infant car seat and breastfeeding pillow!  
(read more on page 12)

Visit our website for information on more services! [HMONO.org](http://HMONO.org)



# Eating Our Healthy Way Through the Holidays

## Diabetes-Friendly Thanksgiving Recipes



### Maple-Glazed Grilled Turkey

Makes 16-18 servings  
Nutrition Facts Per Serving: 272 Calories, 8g fat, 141mg cholesterol, 127mg sodium, 9g carbohydrates, 6g sugar, 38g protein

**Ingredients:**

1 clove garlic, minced	1/2 cup maple syrup
1 tablespoon snipped fresh marjoram or 1 teaspoon dried marjoram, crushed	1 teaspoon finely shredded orange peel
1/4 teaspoon salt	One 8 to 10 pound whole turkey
1/4 teaspoon pepper	2 tablespoons butter, melted
3/4 cup orange juice	
1 tablespoon cornstarch	

**Instructions:**

Remove the neck and giblets from the turkey. Skewer the neck skin to the back. Twist the wing tips under the back. Tuck the drumsticks under the band of skin across the tail or tie legs to tail with 100-percent-cotton string. Place the turkey, breast side up, on a rack in a roasting pan. Insert a meat thermometer into the center of an inside thigh muscle without the thermometer touching the bone.

In a small bowl combine garlic, marjoram, salt, and pepper; set aside. For glaze, in a small saucepan stir together the orange juice and cornstarch; add half of the seasoning mixture. Cook and stir over medium heat until thickened and bubbly. Cook and stir 1 minute more. Stir in maple syrup and orange peel; set aside. Brush the turkey with melted butter and rub with remaining seasoning mixture. Insert a meat thermometer near the center of the roast.

On a gas grill, grill for 2 1/2 to 3 hours or until thermometer registers 180°F. Brush with glaze the last 30 minutes of grilling. Bring any remaining glaze to boil; pass with turkey. Cover with foil; let stand for 15 minutes before carving. (The meat's temperature will rise 5° during standing) Bring any remaining glaze to boiling; pass with turkey. Makes 16 to 18 servings. (Source: *diabeticliving - Diabetic Living*)



### Fresh Green Bean Casserole

Serves 12  
Serving Size: 1/2 cup  
Nutrition Facts Per Serving: 87 Calories, 3g fat, 6mg cholesterol, 162mg sodium, 12g carbohydrates, 5g sugar, 3g protein, 2g dietary fiber.

**Ingredients:**

1 1/2 pounds fresh green beans, trimmed	1 tablespoon canola oil
2 tablespoons butter	2 large onions, halved and sliced (2 cups)
3 tablespoons all-purpose flour	4 cloves garlic, minced
1 tablespoon dry ranch salad dressing mix	1 1/2 cups sliced fresh mushrooms
1/4 teaspoon salt	1 cup soft whole wheat or white bread crumbs (1 1/2 slices bread)
1/4 teaspoon pepper	
1 1/2 cups fat-free milk	

**Instructions:**

Preheat oven to 375°F. In a large saucepan, cook green beans in lightly salted boiling water for 10 minutes; drain and place in a 2-quart rectangular baking dish; set aside.

In a medium saucepan heat butter over medium heat. Stir in flour, dry dressing mix, salt, and pepper until combined. Whisk in milk. Cook and stir over medium heat until thickened and bubbly; remove from heat.

In a large skillet heat oil over medium heat. Add onions and garlic; cook and stir for 4 to 5 minutes or until tender and starting to brown. Remove 1/2 cup of the onion mixture; set aside.

Add mushrooms to skillet and cook about 5 minutes or until tender. Stir into sauce mixture. Pour over beans in dish; toss with tongs to coat.

In a small bowl, stir together reserved onion mixture and bread crumbs. Sprinkle bread crumb mixture over bean mixture in casserole. Bake, uncovered, for 25 to 30 minutes or until heated through.

(Source: *diabeticliving.com - Diabetic Living*)

## Join Hui Mālama Ola Nā ‘Ōiwi for its newly launched Healthy Hāpai prenatal program!

The prenatal program offers classes for mothers in their first and second trimesters to learn about prenatal health, pregnancy do's & don'ts, and how to care for mom and baby before and after birth.

The Healthy Hāpai program consists of five sessions and two support groups, all of which are free and open to the community. Mothers who attend all sessions and support groups will be eligible to win an infant car seat OR a breastfeeding pillow. Those who are interested in participating in the Healthy Hāpai program must sign-up for classes by calling (808) 969-9220 or visiting our Hilo office today!

## Aunty's Health Message

*Aloha mai kakou*

I am Aunty Edna and today I want to focus on Diabetes. November is Diabetes Awareness Month. How many of you are aware of the fact that in Hawaii, 155,000 adults and keiki are affected by diabetes. An estimated 460,000 people have prediabetes and 90% of them do not know.

Diabetes or high blood sugar levels can lead to serious health problems. Early detection and treatment is very important to decrease the risk of complications. Therefore, doing your annual physical exam, which includes a

blood glucose test, is critical. Developing a healthy eating lifestyle is also critical to preventing diabetes or to managing your blood sugar numbers if you already have diabetes. Limiting sugars, carbohydrates, and processed foods can help keep your blood sugar at a healthy level. We can be healthy together. We have nutrition and diabetes education classes, and also free yoga, zumba, and stretch classes to support important physical activity.

Together we can make a difference and be healthy. Just remember.... we can live longer and feel better together!

Come see us at Hui Mālama Ola Nā ‘Ōiwi, working over 25 years to help our Hawaii Island be a healthy and happy place. We are in the book and on the web. Call us at 969-9220.



*Hele mai, come see us.....and tell them Aunty Edna sent you!*

### Hui Mālama Ola Nā ‘Ōiwi

Community Health Education Services

## Healthy Hāpai

The **FREE** program offers prenatal education to mothers in their first & second trimester.

- Meet with Hui Mālama health educators!
- Hands-on learning!
- Maternity health & wellness practices!
- Sign-up for the chance to **win an infant car-seat OR a breastfeeding pillow!**

The program is offered in five locations across the island. Call **Hui Mālama Ola Nā ‘Ōiwi** today to learn more and sign-up!

**Healthy Hapai program is offered in Hilo and Puna October through November 2017. Call us for more dates & locations.**

**FREE PRENATAL EDUCATION!**  
**HEALTHY HĀPAI PRENATAL PROGRAM**

**Join us today. ☎ (808) 969-9220 | HMONO.org**  
*Live Longer & Feel Better, Together*



**KBIG BREAST DAYS EVER!**

October 7, 2017 - Kona, HPM Building Supply  
October 14, 2017 - Hilo, HPM Building Supply  
9:00am-12:00pm



Cancer survivors and supporters from all around Hawai'i Island gathered to celebrate in KBIG's 4th Annual Breast Days Ever events. KBIG hosts the event each October in honor of Breast Cancer Awareness Month, increasing awareness and raising funds toward breast cancer efforts.

The family-fun events offered zumba, taiko drumming, keiki crafts, spin the prize wheel (like the Price is Right!), a dazzling photo booth, and the event's signature Beautiful Bra Contest! The crowd was a sea of pink - pink the chosen color to raise awareness and show support for breast cancer survivors. Lorraine Godoy, a breast cancer survivor, spoke at each event, sharing her journey and insight on approaching life after cancer. Hui Mālama Ola Nā 'Ōiwi was present to provide breast cancer education and share about Hui Mālama services.

KBIG partnered with HPM Building Supply to host the events at their Kona and Hilo stores. The events were sponsored in part by Kona Community Hospital, HFS Federal Credit Union, and Creative Arts Hawaii.

This year, Hui Mālama Ola Nā 'Ōiwi was selected to receive the proceeds from the events. All proceeds go toward breast cancer awareness, prevention, education, and patient support here on Hawai'i Island. Hui Mālama Ola Nā 'Ōiwi expresses our sincere gratitude to HPM Building Supply, KBIG, the Pacific Media Group, and all attendees for the support of our efforts to make Hawai'i Island a healthier place.

**Hui Mālama Ola Nā 'Ōiwi Cancer Program**

**Ho'okele I Ke Ola: Cancer Patient Navigation**  
Hui Mālama Ola Nā 'Ōiwi is a resource for those who are challenged by cancer. Navigators trained under the 'Imi Hale Patient Navigator model help clients and their families overcome barriers to cancer care by providing resources to patients, survivors, and families. The six certified Cancer Patient Navigators serve island-wide.

**Cancer Support Group**  
Hui Mālama's Cancer Support Group provides current cancer patients and survivors of cancer with support needed for anyone going through cancer. The group meets twice a month in Hilo, first and third Tuesdays. A current initiative is to establish cancer support groups in each of Hui Mālama's rural sites across the island, building a island-wide cancer support network.

**Awareness & Prevention**  
Hui Mālama aims to raise awareness and promote prevention by sharing cancer education across the island throughout the year. Past efforts by Hui Mālama staff have included distribution of bead kits that simulate lump sizes and feel, teaching women what to look for and aiming to increase early detection. Informational cards from the 'Imi Hale Native Hawaiian Cancer Network were also distributed, providing directions on how to conduct breast self-exams and education on when to start recommended screenings.

**Classes and Other Services**  
Hui Mālama also offers nutrition classes, exercise program, and La'au Lapa'au workshops that aid in cancer patient education and experience.



**Mana'o from Uncle:**

*"With the rise of diabetes in the local and Native Hawaiian population, it is important to reflect on some of the remedies that our ancestors used in order to live a healthy life. To treat certain symptoms of diabetes, native indigenous Hawaiians boiled the young shoots from the kaukama (bitter melon) plant to brew a tea. They would also make mamaki or koolau tea to help alleviate their diabetic symptoms."*

Want to learn more about la'au lapa'au? Call (808) 969-9220 to sign up for upcoming classes!



Mamaki



Kaukama



**Hui Mālama Ola Nā 'Ōiwi**



**La'au Lapa'au Beginner Level Classes**

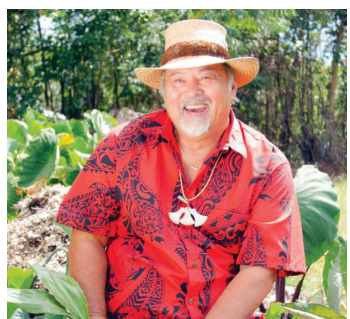
*Shared by Po'okela Ikaika Dombrigues*

**Where: Hui Mālama Hilo Office  
1438 Kilauea Avenue**

**When: November 6, 13, 20, & 27**

**Time: 5:00pm-7:00pm**

**Free and open to the community.  
Space is limited. Sign-up today!**



Po'okela Ikaika Dombrigues

Call us at (808) 969-9220 and ask for the Traditional Health team to sign-up for this class.

Join us today. ☎ (808) 969-9220 | HMONO.org



# Hui Mālama Ola Nā ‘Ōiwi provides diabetes education to our Hawai‘i Island community.

We offer classes island-wide throughout the year for those with a diabetes diagnosis. We also offer a diabetes support group for those diagnosed with diabetes, caregivers, and those seeking to learn more to reduce their diabetes risk. Hui Mālama works with local agencies to provide screening tests, educational information, and referrals to needed resources.

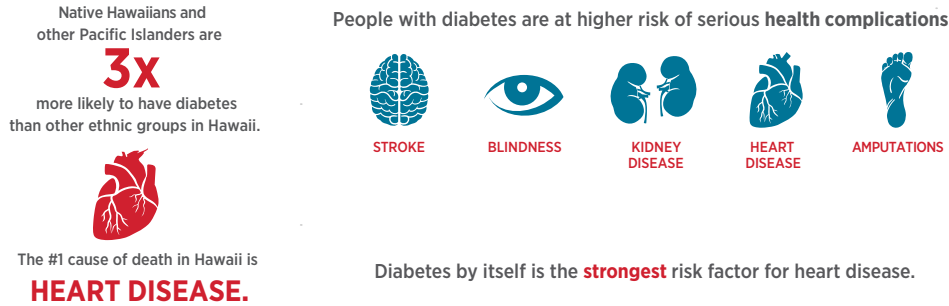
The American Diabetes Association (ADA) has provided the following information on pages 5 and 6 to share with Hawai‘i Island. Both the ADA and Hui Mālama encourage the completion of the risk test on page 6. If you have a higher score, speak with your doctor and come see us at Hui Mālama Ola Nā ‘Ōiwi to learn how to reduce your risk of developing diabetes. If you do have a diabetes diagnosis, we can help you learn how to better manage the disease. Let’s live longer & feel better, together!

## The Diabetes Burden in Hawaii

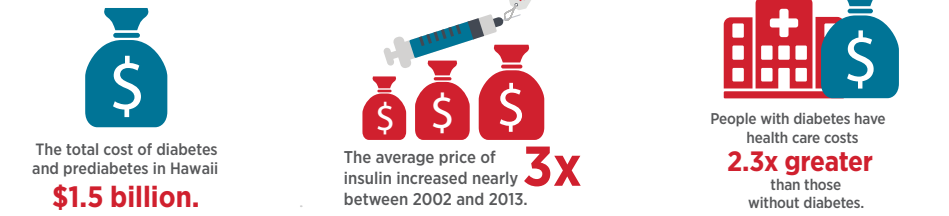
### GROWING EPIDEMIC



### HUMAN COSTS



### ECONOMIC COSTS



Learn more at [diabetes.org/hawaii](http://diabetes.org/hawaii) or call (808) 947-5979.



### TREATMENT OPTIONS

Back in 2009, there were basically three options for men less than age 70: (1) “watchful waiting” (continued monitoring, also known as “active surveillance”); (2) radiation therapy, a five week procedure; and (3) surgery. Elderly men are offered (4) hormone therapy, to reduce the hormones which feed the cancer. Today, newer options are available. Speak with your urologist to learn more.

### A FAMILY DECISION

During the midst of my many tests and doctor appointments, I received word that my father was gravely ill. I was living in New Jersey at the time. I delayed my return home until after my biopsy and consultation. As soon as I received my diagnosis, I flew back to Hilo. A day after I arrived, he died. At home that evening, mother pulled me aside. She wanted to talk with me about my cancer: “Back when your father had prostate cancer, he chose radiation treatment. He suffered – I know, I had to take care of him. I don’t want you to suffer like Dad did. Tell the doctor to take it out!” Before returning to NJ, I got a second opinion from a doctor in our family. I told him that I was leaning toward robotic laparoscopic surgery. After inquiring about my test results, Gleason score, and other information, the doctor concurred: “Da Vinci robotic surgery is the ‘gold standard’. In your case, I’d recommend it.”

### SURGERY

The Da Vinci robotic prostatectomy is “minimally invasive”, entering through tiny incisions along the waist and belly button. The surgeon controls the robot from a console several feet away from the patient. One of the advantages of Da Vinci robotic surgery is its stereoscopic cameras and view scope. The surgeon sees a magnified 3D view

of the nerves, muscles and blood vessels. The surgeon carefully maneuvers to avoid damaging the nerves which control erections, urination, and bowel movements. My five hour surgery was successful. My cancer was determined to be Type 1 – fully contained within the prostate. It had not spread.

### POST-SURGERY

The hospital stay is usually one or two days. The hospital nurse warned me about a pain that is “worse than the surgery itself: gas pain”. She was right. On the second day following surgery, my internal organs turned back on and generated a lot of gas. It wasn’t relieved until the gas exited over the next couple of days.

### SIDE EFFECTS

The surgery removes more than the cancer. Along with the prostate, the seminal vesicles, and one of two urinary sphincter muscles may be removed. With much of my plumbing gone, there were three frustrating side effects:

### Incontinence.

You leave the hospital with a catheter tube in your penis and a urine bag strapped to your leg. It is left in place for two or three weeks while your insides heal. After the catheter and urine bag are removed, the one remaining urination sphincter muscle has to learn to do the work of two muscles. The incontinence may be temporary or permanent (if nerves were damaged or cut). Lack of bladder control keeps many men homebound following surgery. To help me return to my normal routines and get out of the house, I used an external catheter kit for several months. It is a condom-like roll-on which connects to the urination hose and bag. With it, you can urinate anytime, anywhere. Just drain it during your next toilet stop. No one knows you’re wearing it under your pants – except for TSA security guards at the airport!

### Erectile dysfunction (ED).

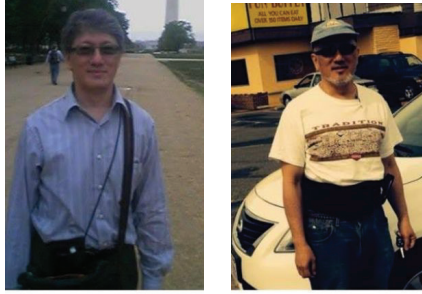
It may take a while for erections to return to normal. Normal function could return as quickly as two weeks or as long as two years. Your urologist will likely put you on “physical therapy”: daily Kegel exercises, manual stimulation, vibrators and pumps, and pills for ED.

### Sterility.

Surgery removes most of your reproductive plumbing. Unless the cancer has spread, the testicles remain but the tubes are cut.

### PREVENTION

Prostate cancer is increasingly detected in men in their 30s and 40s. There are no standard protocols yet for screening men under 50, but if you have a family history or are at higher risk, speak with your doctor about earlier screening options. Studies indicate that only 5% of prostate cancers are hereditary. The rest are considered “environmental”. I asked, “What does the environmental mean?” It’s (mostly) what you eat, what you use, and what’s around you. Prevention involves getting rid of the cancer-causing chemicals in your foods, bathrooms, kitchens, laundry rooms, garages, and workplaces. I like the Blue Cure Foundation’s motto: “Cancer prevention begins when men are boys and women are girls.” To prevent prostate cancer in their later years, teens and young men need to change what they eat and live active lifestyles.



May 2009

May 2014



# MEN'S HEALTH

Did you know?...  
Prostate Cancer is the leading cancer in men, second only to skin cancer.

And did you know?...  
Testicular Cancer is the most common cancer in young men aged 15-34.

Men's health is NOT often the topic of discussion, but it is important especially in regards to cancer detection. Early detection can mean the difference between life and death. When detected early, prostate cancer survival rates are better than 98%. When found late, those survival rates drop below 26%.

Hui Mālama Ola Nā 'Ōiwi encourages everyone to learn more about prostate cancer and ensure the men of our community are getting their regular cancer screenings.



**What is Movember?**  
November is the month of mustaches. Each start of November, men across the nation shave their facial hair and let it grow through the end of the month to raise awareness of men's health issues, such as prostate cancer, testicular cancer and men's suicide.

**Help Spread the Word!**  
Shave your facial hair and let it grow! When asked about your new look, share your mission to increase awareness about men's health! Encourage your fathers, sons, brothers, uncles, and friends to learn more about prostate and testicular cancer.

## My Men's Cancer Journey

by Miles Matsumura

**PROSTATE CANCER: WHAT TO KNOW**  
In Hawai'i County, the death rate for prostate cancer is higher than the death rate for breast cancer. Nationally, the death rates for both cancers are nearly identical. (Source: "How cancer hits Hawaii County", Hawai'i Tribune-Herald, 2/08/2016)  
Surprised? Prostate cancer is the cancer that no one talks about!

**What is a prostate?**  
The prostate is a walnut-sized gland which sits at the base of men's bladders. It produces the fluid which nourishes and carries sperm, and acts as traffic controller for both urine and semen. Two sphincter muscles adjoin the prostate to control urination: one at the top of the prostate, and the other at the bottom.

**DIAGNOSIS, THE BEGINNING**  
"I am a cancer VICTOR!" At the five year mark after surgery, I celebrated! My cancer journey began seven years earlier...

**Screening**  
Beginning at age 50, men are routinely screened for prostate cancer by (1) a PSA blood test, and (2) a digital (finger) rectal exam. The blood test looks for the presence of a protein associated with the cancer, and the finger test is to find lumps.  
[Note: The PSA test is controversial for its high rate of false positives. Today, two new prostate screening tests with improved accuracy are now available: the MiPS blood test and the PCA3 urine test. Your urologist might order these if initial and repeat blood tests reveal a high PSA number, or if biopsy results are inconclusive.]

**Monitoring**  
My doctor referred me to a urologist, who retook the blood test just in case the first result was a "false positive". The second result was lower BUT still higher than normal for my age. We decided to monitor the situation by retaking the blood test every six months.

**Weight Loss**  
Over the next couple of years, I experienced weight loss of about 20 pounds. I didn't think about it at the time, but it was likely due to the anxiety of not knowing whether or not I had cancer.

**Biopsy**  
After eighteen months of monitoring, my PSA numbers did not come down. My urologist recommended a prostate biopsy. The test results came back a week later: "You have prostate cancer."

## Are you at risk for type 2 diabetes?

**ALERT! DAY**  
TYPE 2 DIABETES AWARENESS

WRITE YOUR SCORE IN THE BOX.

1. How old are you?

Less than 40 years (0 points)

40-49 years (1 point)

50-59 years (2 points)

60 years or older (3 points)

2. Are you a man or a woman?

Man (1 point)

Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

Yes (1 point)

No (0 points)

4. Do you have a mother, father, sister or brother with diabetes?

Yes (1 point)

No (0 points)

5. Have you ever been diagnosed with high blood pressure?

Yes (1 point)

No (0 points)

6. Are you physically active?

Yes (0 points)

No (1 point)

7. What is your weight category?

See chart at right.

ADD UP YOUR SCORE.

Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+

1 point

2 points


3 points

If you weigh less than the amount in the left column: 0 points

**If you scored 5 or higher:**  
You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes, a condition in which blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes. Talk to your doctor to see if additional testing is needed.


Type 2 diabetes is more common in African Americans, Hispanics/Latinos, Native Americans, Asian Americans, and Native Hawaiians and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weight than the rest of the general public (about 15 pounds lower).

  
**The good news is you can manage your risk for type 2 diabetes. Small steps make a big difference in helping you live a longer, healthier life.**

For more information, visit us at [diabetes.org/alertday](https://diabetes.org/alertday) or call **1-800-DIABETES (800-342-2383)**.

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009.  
Original algorithm was validated without gestational diabetes as part of the model.

 American Diabetes Association®

9

6



## What is Diabetes?

Diabetes is the failure of one of the body's regulatory systems to produce insulin. Those who have Type I diabetes are unable to produce insulin. Insulin's main role is to tell the body when to store glucose and when to use it for energy, which is why those with Type I diabetes tend to store an overabundance of glucose. This may cause many health problems with the kidneys, eyes, and nerves. People with Type II diabetes are able to produce some of their own insulin, but it is often not enough to keep up with regulating the intake of glucose.

Or, for some, the body has built a resistance to insulin. This still results in an overabundance of glucose in the body which can lead to a myriad of health issues.

### Nutrition

Nutrition is important for people with diabetes because they have to be extra diligent about their nutritional intake in relation to their "blood sugar" level. Remember, eating a balanced meal is important and myplate.gov is a great resource to refer to if you're not sure where to start. Did you know there are three main types of carbohydrates including: Starch,

Sugar, and Fiber. The quantity of carbohydrates you consume during each meal can make a big difference in your blood sugar levels. A helpful hint is to drink less beverages such as soda, whole milk, sports drinks, and juice. Instead, make the better choice and consume beverages that contain very few or no calories and carbs, such as water, seltzer water, skim (fat free) milk, and unsweetened tea. Speak with your physician about what your healthy meal plan will look like.

### Weight

Maintaining a healthy weight is also important in managing diabetes. Diabetes and obesity are shown to be intrinsically linked. Some great benefits of a healthy weight can include:

- better blood circulation throughout the body
- lower risk of heart disease
- lowered blood pressure
- improved insulin effect

To reach your healthy weight goal, a couple of things you can do are going for a walk daily and creating a meal plan. Make sure that your physical activity and nutrition plan are right for you.

### Active lifestyle

Keeping your body moving in an active lifestyle is important in maintaining or getting your "blood sugar" level to a manageable and healthy range. The American Diabetes Association suggests that we get 30 minutes of moderate exercise five times a week to stay healthy.

(Sources: Cornerstones4Care.com, Diabetes Research Institute Foundation, diabetesresearch.org, and American Diabetes Association diabetes.org)

## Diabetes Support Group

Hui Mālama Ola Nā 'Ōiwi offers support groups as a space for participants to share about their journey, build 'ohana, receive educational information presented by health-care professionals, and get answers to their health questions.

The Hui Mālama Ola Nā 'Ōiwi Diabetes Support Group meets twice a month. Health topics range from medication management to foot care to nutrition. Learn how to properly manage your life with diabetes by joining our support group today!

### Dates

2nd and 4th Thursday of each month

### Times

2nd Thursday meets 1:00-2:30pm.

4th Thursday meets 6:30-8:00pm.

### Location

1438 Kilauea Avenue, Hilo

