



# REACH

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## A Note from Vicki

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Dear REACH Participants,

We are completing the last year of the study. It is hard to believe that we have been following you for 13 years. At age 22, 21% of you were married or living with a partner and 9% of you had children. The average age for marriage is 26 for women and 28 for men in the United States, and the average age of first child is 26. At age 22, about three-quarters of you were employed.

Researchers in the field continue to commend this study. We are so grateful for your persistence through the Teen Health Study, Transition Times Study, and now REACH. We are preparing a final submission to the National Institutes of Health to conduct one final interview with all of you. This would NOT be in person — but be conducted via on-line and phone. We won't know until next Spring whether we receive the funds. In the interim, please let us know if you have moved or have a contact person that we can use to locate you and invite to participate in this final interview.

Regardless of whether we receive these funds, we will continue to update you on our study findings. We will be able to share those findings with you when the study is completed next summer.

Sincerely,

VICKI HELGESON

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## Skin Care Tips for the Winter

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Did you know that having chronic high blood glucose can increase your risk of bacterial and fungal infections? As the weather gets colder, it's important to keep in mind that a healthy inside begins with a healthy outside. Cracks in your skin allow bacteria to enter your body. So follow these helpful skin care tips to keep your skin moisturized this fall.

### Face:

- Wear a facial moisturizer with at least SPF 30 sunscreen every day
- Try Aveeno Positively Radiant Daily Moisturizer SPF 30, \$13.57 (amazon.com)
- Keep lips from becoming dry and chapped using a lip ointment like Eucerin Aquaphor Advanced Therapy Healing Ointment, \$5.00 (amazon.com)

### Body:

- If your skin is itchy, try to avoid scratching, which can break the skin
- Use a fragrance free moisturizer like Gold Bond Ultimate Diabetic Dry Skin Relief Lotion fragrance Free, \$9.79 (Walgreens)
- Take showers in warm water — water that's too hot will dry out and irritate your skin!

### Hands:

- Wear gloves or mittens to protect your hands from the cold and dry air
- Keep several tubes of hand cream around the house and apply frequently
- Try Neutrogena Norwegian Formula Hand Cream Fragrance Free, \$3.59 (Target)

### Feet:

- Avoid getting blisters from your new boots by making sure they fit properly
- Wear breathable socks made out of wool or moisture-wicking fibers
- Try using an antifungal foot powder like Lotrimin Antifungal Powder, \$6.19 (Target)

## Four Cheese Mac and Cheese

### INGREDIENTS

Nonstick cooking spray

1 pound butternut squash, halved and seeded

8 ounces dried whole grain elbow macaroni (about 2 cups)

4 teaspoons butter

2 tablespoons all-purpose flour

1/2 teaspoon salt

1/8 teaspoon ground white pepper

1 cup fat-free milk

2 tablespoons semisoft cheese with garlic and fine herbs

3/4 cup shredded part-skim mozzarella cheese (3 ounces)

3/4 cup shredded reduced-fat sharp cheddar cheese (3 ounces)

2 ounces Muenster cheese, very thinly sliced



### DIRECTIONS

1. Preheat oven to 375 degrees F. Line a 15x10x1-inch baking pan with parchment paper; set aside. Coat a 2-quart square baking dish with cooking spray; set aside.
2. Coat the cut sides of the butternut squash with cooking spray; place squash halves, cut sides down, on the prepared baking sheet. Roast for 40 to 45 minutes or until squash is very tender and cooked through. Remove from oven; let stand until cool enough to handle. Scoop flesh from squash halves; discard skin. Using a potato masher, mash the squash; set aside.
3. Meanwhile, cook pasta according to package directions. Drain well.
4. In a medium saucepan melt butter over medium heat. Whisk in flour, salt, and white pepper until combined. Add milk, whisking until smooth. Cook and stir until thickened and bubbly. Add semisoft cheese; whisk until cheese is melted. Stir in mashed squash. Add cooked pasta; stir until coated.
5. Place half of the pasta mixture in the prepared baking dish. Evenly sprinkle half of the mozzarella cheese and half of the cheddar cheese on top of the pasta. Arrange half of the Muenster cheese over all. Repeat layers. Bake in the 375 degrees F oven about 25 minutes or until cheese is golden brown.

## Exercise Tips for the Cold

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As the weather gets cooler and the days get shorter, it may be tempting to hunker down for a TV show marathon. However, it's important to keep moving, even in the winter months!

You can:

- Join an indoor exercise class at your local gym
- Use exercise videos and body weight exercises in your own home
- Walk laps around the mall
- If exercising outdoors, make sure to stay warm by wearing lots of layers, gloves, and an ear-warmer or hat
- If you're running out of exercise ideas, try downloading a free app like "Sworkit," which offers workout plans that are customizable to your abilities and are accompanied by videos of how to do the exercise

## More Tips for Staying Happy and Healthy This Winter

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- Protect your glucose monitor and insulin pump (if you wear one) by keeping them close to your body so that they stay warm
- Get the flu vaccine; most pharmacies like CVS and Rite Aid offer them for a low cost
- Stay hydrated
- Use a humidifier in your home to keep the air from getting too dry
- Use hand sanitizer and wash your hands more often; follow proper hand-washing techniques:
  - Wet your hands with clean, running water and apply soap
  - Lather by rubbing your hands together and make sure you wash between fingers, under nails, and the backs of hands for at least 20 seconds
  - Rinse off the soap with clean, running water
  - Dry hands using a clean towel or let them air dry