

# SAFETY ADVISOR

NOVEMBER 2014

Happy Thanksgiving

## “National Diabetes Awareness Month”

### About Diabetes

- Nearly 30 million children and adults in the United States have diabetes.
- Another 86 million Americans have pre-diabetes and are at risk for developing type 2 diabetes.
- Recent estimates project that as many as one in three American adults will have diabetes in 2050 unless we take steps to stop diabetes.

### The Toll on Health

- People with diabetes are nearly twice as likely to be hospitalized for a heart attack or stroke.
- Diabetes causes nearly 50% of all cases of kidney failure.

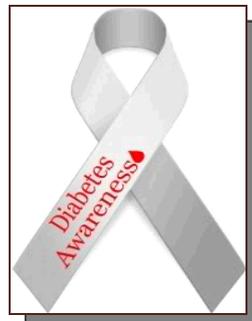
- More than half of all amputations in adults occur in people with diabetes.
- More than half a million American adults have advanced diabetic retinopathy, greatly increasing their risk for severe vision loss.
- About 60-70 percent of people with diabetes have mild to severe forms of nerve damage that could result in pain in the feet or hands, slowed digestion, sexual dysfunction and other nerve problems.

### Cost of Diabetes

- The American Diabetes Association estimates that the total national cost of diagnosed diabetes

in the United States is \$245 billion.

- Direct medical costs reach \$176 billion and the average medical expenditure among people with diabetes is 2.3 times higher than those without the disease.
- Indirect costs amount to \$69 billion (disability, work loss, premature mortality).
- One in 10 health care dollars is spent treating diabetes and its complications.
- One in five health care dollars is spent caring for people with diabetes.



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*HONOR ★ COURAGE ★ LOYALTY*



*VETERANS DAY 2014*

HONORING ALL WHO SERVED

NOVEMBER 11, 2014



[WWW.VA.GOV](http://WWW.VA.GOV)

## Some Facts And Myths

### Regarding Diabetes

Many presumed "facts" are thrown about in the paper press, magazines and on the internet regarding diabetes; some of them are, in fact, myths. It is important that people with diabetes, pre-diabetes, their loved ones, employers and schools have an accurate picture of the disease. Below are some diabetes myths:

- **People with diabetes should not exercise.** NOT TRUE!! Exercise is important for people with diabetes, as it is for everybody else. Exercise helps manage body weight, improves cardiovascular health, improves mood, helps blood sugar control, and relieves stress. Patients should discuss exercise with their doctor first.
- **Fat people always develop type 2 diabetes eventually.** This is not true. Being overweight or obese raises the risk of becoming diabetic. They are risk factors, but do not mean that an obese person will definitely become diabetic. Many people with type 2 diabetes were never overweight. The majority of overweight people do not develop type 2 diabetes.
- **Diabetes is a nuisance, but not serious.** Two thirds of diabetes patients die prematurely from stroke or heart disease. The life expectancy of a

person with diabetes is five to ten years shorter than others. Diabetes is a serious disease.

- **Children can outgrow diabetes.** This is not true. Nearly all children with diabetes have type 1; insulin-producing beta cells in the pancreas have been destroyed. These never come back. Children with type 1 diabetes will need to take insulin for the rest of their lives, unless a cure is found one day.
- **Don't eat too much sugar, you will become diabetic.** This is not true. A person with diabetes type 1 developed the disease because their immune system destroyed the insulin-producing beta cells. A diet high in calories, which can make people overweight/obese, raises the risk of developing type 2 diabetes, especially if there is a history of this disease in the family.
- **I know when my blood sugar levels are high or low.** Very high or low blood sugar levels may cause some symptoms, such as weakness, fatigue and extreme thirst. However, levels need to be fluctuating a lot for symptoms to be felt. The only way to be sure about your blood sugar levels is to test them regularly. Researchers from the University of Copenhagen, Denmark showed that even very slight rises in blood-glucose levels significantly raise the risk of ischemic heart disease.

- **Diabetic's diets are different from other people's.** The diet doctors and specialized nutritionists recommend for diabetes patients are healthy ones; healthy for everybody, including people without the disease. Meals should contain plenty of vegetables, fruit, whole grains, and they should be low in salt and sugar, and saturated or trans fat. Experts say that there is no need to buy special diabetic foods because they offer no special benefit, compared to the healthy things we can buy in most shops.
- **High blood sugar levels are fine for some, while for others they are a sign of diabetes.** High blood sugar levels are never normal for anybody. Some illnesses, mental stress and steroids can cause temporary hikes in blood sugar levels in people without diabetes. Anybody with higher-than-normal blood sugar levels or sugar in their urine should be checked for diabetes by a health care professional.
- **Diabetics cannot eat bread, potatoes or pasta.** People with diabetes can eat starchy foods. However, they must keep an eye on the size of the portions. Whole grain starchy foods are better, as is the case for people without diabetes.
- **One person can transmit diabetes to another person.** NOT TRUE. Just like a broken leg is not infectious or contagious. A parent may pass on, through their genes to their offspring a higher

susceptibility to developing the disease.

- **Only older people develop type 2 diabetes.** Things are changing. A growing number of children and teenagers are developing type 2 diabetes. Experts say that this is linked to the explosion in childhood obesity rates, poor diet, and physical inactivity.
- **I have to go on insulin, this must mean my diabetes is severe.** People take insulin when diet alone or diet with oral or non-insulin injectable diabetes drugs do not provide sufficient diabetes control. Insulin helps diabetes control. It does not usually have anything to do with the severity of the disease.
- **If you have diabetes you cannot eat chocolates or sweets.** People with diabetes can eat chocolates and sweets if they combine them with exercise or eat them as part of a healthy meal.
- **Diabetes patients are more susceptible to colds and illnesses in general.** A person with diabetes with good diabetes control is no more likely to become ill with a cold or something else than other people. However, when a diabetic catches a cold, their diabetes becomes harder to control, so they have a higher risk of complications.



<http://www.medicalnewstoday.com/info/diabetes/>

The National Highway Transportation Safety Administration (NHTSA) urges owners of certain Toyota, Honda, Mazda, BMW, Nissan, Mitsubishi, Subaru, Chrysler, Ford and General Motors vehicles to act immediately on recall notices to replace defective Takata airbags.

**Vehicle owners can call the NHTSA Safety Hotline:**  
**1-888-327-4236**

**BMW:** 627,615 total number of potentially affected vehicles

- 2000 – 2005 3 Series Sedan
- 2000 – 2006 3 Series Coupe
- 2000 – 2005 3 Series Sports Wagon
- 2000 – 2006 3 Series Convertible
- 2001 – 2006 M3 Coupe
- 2001 – 2006 M3 Convertible

**Chrysler:** 371,309 total number of potentially affected vehicles

- 2003 – 2008 Dodge Ram 1500
- 2005 – 2008 Dodge Ram 2500
- 2006 – 2008 Dodge Ram 3500
- 2006 – 2008 Dodge Ram 4500
- 2008 – Dodge Ram 5500
- 2005 – 2008 Dodge Durango
- 2005 – 2008 Dodge Dakota
- 2005 – 2008 Chrysler 300
- 2007 – 2008 Chrysler Aspen

**Ford:** 58,669 total number of potentially affected vehicles

- 2004 – Ranger
- 2005 – 2006 GT
- 2005 – 2007 Mustang

**General Motors:** undetermined total number of potentially affected vehicles

- 2003 – 2005 Pontiac Vibe
- 2005 – Saab 9-2X

**Honda:** 5,051,364 total number of potentially affected vehicles

- 2001 – 2007 Honda Accord)
- 2001 – 2002 Honda Accord
- 2001 – 2005 Honda Civic
- 2002 – 2006 Honda CR-V
- 2003 – 2011 Honda Element
- 2002 – 2004 Honda Odyssey

**Honda continued:**

- 2003 – 2007 Honda Pilot
- 2006 – Honda Ridgeline
- 2003 – 2006 Acura MDX
- 2002 – 2003 Acura TL/CL
- 2005 – Acura RL

**Nissan:** 694,626 total number of potentially affected vehicles

- 2001 – 2003 Nissan Maxima
- 2001 – 2003 Nissan Pathfinder
- 2002 – 2003 Nissan Sentra
- 2001 – 2003 Infiniti I30/I35
- 2002 – 2003 Infiniti QX4
- 2003 – Infiniti FX

**Mazda:** 64,872 total number of potentially affected vehicles

- 2003 – 2007 Mazda6
- 2006 – 2007 MazdaSpeed6
- 2004 – 2008 Mazda RX-8
- 2004 – 2005 MPV
- 2004 – B-Series Truck

**Mitsubishi:** 11,985 total number of potentially affected vehicles

- 2004 – 2005 Lancer
- 2006 – 2007 Raider

**Nissan:** 694,626 total number of potentially affected vehicles

- 2001 – 2003 Nissan Maxima
- 2001 – 2004 Nissan Pathfinder
- 2002 – 2004 Nissan Sentra
- 2001 – 2004 Infiniti I30/I35
- 2002 – 2003 Infiniti QX4
- 2003 – 2005 Infiniti FX35/FX45

**Subaru:** 17,516 total number of potentially affected vehicles

- 2003 – 2005 Baja
- 2003 – 2005 Legacy
- 2003 – 2005 Outback
- 2004 – 2005 Impreza

**Toyota:** 877,000 total number of potentially affected vehicles

- 2002 – 2005 Lexus SC
- 2002 – 2005 Toyota Corolla
- 2003 – 2005 Toyota Corolla Matrix
- 2002 – 2005 Toyota Sequoia
- 2003 – 2005 Toyota Tundra

<http://www.nhtsa.gov/>

## Thanksgiving Safety

The kitchen is the heart of the home, especially at Thanksgiving. Kids love to be involved in holiday preparations. Safety in the kitchen is important, especially on Thanksgiving Day when there is a lot of activity and people at home. Thanksgiving is the leading day for home-cooking fires.

### **Safety tips**

- Be sure to keep a fire extinguisher in the kitchen in case of emergency, and teach your family how to use it.
  - Be cautious when using turkey fryers as they pose a number of distinct safety concerns, including burn and fire hazards.
  - Never wear loose fitting clothing when cooking. Long, open sleeves could ignite and catch fire from a gas flame or a hot burner. Wear short, close fitting or tightly rolled sleeves when cooking.
  - Stay in the kitchen when you are cooking on the stovetop so you can keep an eye on the food.
  - Stay in the home when cooking your turkey and check on it frequently.
  - Keep children away from the stove. The stove will be hot and kids should stay at least 3 feet away.
- Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.
  - Keep matches and utility lighters out of the reach of children.
  - Make sure your smoke alarms are working by pushing the test button. Test them annually as per the National Fire Protection Association (NFPA).
  - Keep the floor clear so you don't trip over toys, pocketbooks, or bags.
  - Keep knives out of the reach of children.
  - Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
  - Never leave children alone in room with a lit a candle

Utilize these Thanksgiving safety tips this holiday season, and be thankful for your home and family's safety.



<http://www.nfpa.org/safety-information/for-consumers/holidays/thanksgiving-safety>

## November Fun Facts

### Daylight Saving Time

The first Sunday in November marks the end of Daylight Saving Time (DST) in the US. On this day clocks are set back 1 hour except for Hawaii and parts of Arizona which do not observe DST.

### **Facts about Daylight Saving Time**

- The dates for DST to begin and end were set forth by the US Congress in the Energy Act of 2005.
- Arizona, Hawaii, and four US territories (Guam, American Samoa, Puerto Rico and the U.S. Virgin Islands) do not observe Daylight Savings Time.
- Research suggest that daylight saving time is related to a rise in heart attacks, while the end of daylight saving time saw a slight decrease the first three days after the time change.

### **Reminders About Daylight Saving Time**

- Replace the batteries on smoke and carbon dioxide detectors.
- Put the emergency winter kit back in the vehicle.
- Begin preparing for the coming holidays.
- Make sure outdoor lights are in working order.
- Put lights and reflectors on bikes so that vehicles can more easily see you as it gets dark earlier.



### Great American Smokeout History

The Great American Smokeout is an informal holiday promoted by the American Cancer Society on the third Thursday of November each year. Smokers are encouraged to make a plan to quit, even if for one day.

### **Great American Smokeout Facts & Quotes**

- The root of the “Smokeout” can be traced to an event in 1970, when a man in Massachusetts asked people to give up smoking for one day, and donate the money saved to the local high school scholarship fund.
- Smoking is responsible for 1 in 3 cancer-related deaths, and 1 in 5 deaths from any cause. Worldwide, tobacco use causes more than 5 million deaths per year. (Source: CDC)
- Life expectancy for smokers is 10 years less than that of non-smokers. (Source: CDC)
- A middle-aged man who smokes, triples his risk of dying from some type of heart disease. (Source: CDC)

### **Great American Smokeout Top Events and Things to Do**

- Organize an event as a way to have fun and otherwise help smokers take their minds off of smoking.
- Talk to someone you know who smokes and challenge them to quit for the day.
- Give out sugarless gum to as friendly gesture to promote an alternative.

<http://www.cdc.gov>

# Word Search Puzzle



AIRBAGS  
AIR FORCE  
AMERICANS  
APPLES  
ARMY  
AWARENESS  
BATTERIES  
BLOOD  
CHRYSANTHEMUM  
COASTGUARD

DIABETES  
ELECTION DAY  
EXTINGUISHER  
FACTS  
GLUCOSE  
HEALTH  
HOLIDAYS  
INSULIN  
LUNG CANCER  
MARINES

MYTHS  
NAVY  
NOVEMBER  
SAFETY  
SMOKEOUT  
SUGAR  
THANKSGIVING  
TOPAZ  
TURKEY  
VETERANS DAY

**The Safety Advisor puzzle is generated from the  
<http://school.discoveryeducation.com/puzzle maker>.  
Omissions or errors are possible and are the sole responsibility of the program  
and not the producers of this Newsletter.**

# SAFETY SLOGANS

THEY'LL  
SEE YOU  
BEFORE  
YOU SEE  
THEM.

DON'T DRINK & DRIVE.



“Always avoid the possible sorrow,  
Safety at work today and tomorrow !”

Thomas LaPointe

*Contract Compliance Specialist Broward Region*

“THANK A VETERAN EVERYDAY!!!!!!”



This monthly newsletter is produced in the State Safety Office by Mark Eacker,. For content information, please call or email the editor, Mark Eacker, at:

850-414-4176 / [mark.eacker@dot.state.fl.us](mailto:mark.eacker@dot.state.fl.us)

Our internet address is: [www.dot.state.fl.us/safety](http://www.dot.state.fl.us/safety)

Our intranet address is: [Infonet.dot.state.fl.us/safetyoffice/](http://Infonet.dot.state.fl.us/safetyoffice/)



**Safety Advisor Customer Satisfaction Survey**

**We are interested in your opinion. In order to better serve your needs, please take a moment to fill out this brief questionnaire. Send to:**

**Local Fax: 850 414 4221**

**Via US Postal Service (or inter-office mail) to the address shown below:**

**Attention: Industrial Safety  
Florida Department of Transportation  
605 Suwannee Street, MS 53  
Tallahassee, Florida 32399-0450**

Survey Questions	Yes	No
Are the Safety Advisor topics relevant to your day to day job?		
Do you use the Safety Advisor in any manner other than read it?		

What would you suggest to improve the suitability of the Safety Advisor to your needs or to improve the overall quality? (Please be specific)

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Do you have any questions regarding Industrial Safety programs and/or operations? Please feel free to include your questions or comments.

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**Safety Slogan of the Month Entry Form**

**You are encouraged to submit safety slogans at any time**

**Slogans are judged on originality**

**You may also email your slogans to [mark.eacker@dot.state.fl.us](mailto:mark.eacker@dot.state.fl.us)  
In the subject line of your email please write "Safety Slogan Entry"**

Please Print  
Safety Slogan

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Name: \_\_\_\_\_ Location/Office: \_\_\_\_\_  
District: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	31 PAY DAY	1
2  Daylight Saving Time Ends	3	4  Election Day	5	6	7	8
9	10 Jason L. Dunham Birthday 1981	11  VETERANS DAY	12	13	14 PAY DAY	15
16	17	18	19	20  Great American Smokeout	21	22
23 30	24	25	26	27  Thanksgiving Day	28 PAY DAY	29

### THE MONTH OF NOVEMBER

November 2014 is Observed as	American Diabetes Month; Lung Cancer Awareness Month; Native American Indian Heritage; and National Family Caregivers Month.
Birthstone	Topaz and Citrine.
Fruit & Veggies for the Month	Apples; Plantains; Collard Greens; Mustard Greens; Kale; Swiss Chard; and Broccoli Rabe.
November Flower	Chrysanthemum.
Astrological Signs	Scorpio (till 21th) & Sagittarius (22nd→).
Other November Dates & Events	<b>State Holidays are the 11th, 27th, and 28th.</b>