

# HEALTH AND COMMUNITY NEWS

## Insulin Resistance

Are you suffering from one of the most common diseases of the modern age? No, not a deadly new virus. Not cancer. Not heart disease.

It's a disease caused by the body's inability to make the most of the foods we eat. As many as one in three people suffer from it. Insulin Resistance, also called Syndrome X, and Metabolic syndrome.

If these names don't ring a bell, the symptoms might. Are you tired after you eat, and at times when you shouldn't be? Gaining a pound here and there - and having difficulty losing them? Is your blood pressure going up year after year, and your cholesterol too?

Insulin resistance is the main cause of type 2 diabetes, which affects an estimated 30 million Americans. It also sets the stage for obesity and coronary heart disease - even if you're not diabetic.

Insulin resistance is caused in large part by eating refined carbohydrates, like white breads, enriched pastas, and sugary foods. Eating too much animal fat and omega-6 fatty acids from vegetable oils and foods fried in them.

Normally, after you eat a meal, your body breaks down carbohydrates into glucose, blood sugar.

When a person eats a lot of refined carbohydrates year after year, a dangerous cycle sets in. Insulin levels remain chronically high, and cells become less responsive



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resistant - to the insulin. Consequently, relatively little glucose gets burned, and blood glucose levels remain high. With chronically high glucose levels, insulin resistance becomes diabetes.

New research tells us that elevated glucose is a major source of dangerous free radicals. Glucose is a highly energetic compound and the primary source of energy for the body, and will spontaneously oxidize itself and spin off large numbers of free radicals, which reacts badly with normal molecules in the body, and also oxidizes cholesterol in the blood, setting the stage for coronary heart disease. This is not a good thing.

### What To Do?

Being overweight increases your risk of developing insulin resistance. But being a thin couch potato is just as unhealthy as being overweight, in terms of the metabolism. So get active. Regular

exercise, a daily walk, taking the stairs, any consistent activity helps stimulate insulin receptor cells. To get the energy you need for exercise; your body uses insulin to move sugar and fat into cells, where they're burned as fuel. Change your eating habits. If you're insulin resistant - high blood pressure and high cholesterol are clues - the worst thing you can eat are refined and enriched carbohydrates, such as white breads, white pastas, cookies, donuts, and any thing made with refined flour, and candies, chips and other junk foods. Eat more fresh fruits and veggies. Cut down on the animal fat. Also, I suggest eating smaller, more frequent meals, no more large meals that trigger the release of a lot of insulin. When you get insulin resistance under control, you'll look better feel better, and be better. You'll have more energy, lose the cravings, and your weight will normalize.

Getting the right nutritional supplements for you, will be a great help. If you feel you can't get your health concerns under control yourself, Health Restoration 101 has a plan for you, which has been extremely successful, and can change your life.

**Carolyn Guilford**  
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## Chatham and Effingham Health Departments Expand Target Groups for H1N1 Vaccination

The Chatham and Effingham County Health Departments are now offering the 2009 H1N1 flu vaccine to additional target groups as outlined by the Centers for Disease Control and Prevention. The Health Departments are currently targeting the following groups for vaccination:

- o Pregnant women because they are at higher risk of complications and can potentially provide protection to infants who cannot be vaccinated.
- o Household contacts and caregivers for children younger than 6 months of age because younger infants are at higher risk of influenza-related complications and cannot be vaccinated.

Vaccination of those in close contact with infants less than 6 months old might help protect infants by "cocooning" them from the virus.

Healthcare and emergency medical services personnel because infections among healthcare workers have been reported and this can be a potential source of infection for vulnerable patients. Also, increased absenteeism in this population could reduce healthcare system capacity. All people from 6 months through 24 years of age; children from 6 months through 18 years of age because we have seen many cases of H1N1 influenza in children and they are in close contact with each other in school and day care set-

tings, which increases the likelihood of disease spread, and; young adults 19 through 24 years of age because we have seen many cases of

H1N1 influenza in these healthy young adults and they often live, work, and study in close proximity, and they are a frequently mobile population.

"We will continue to prioritize the targeted groups for vaccination based on the amount of vaccine we have available," said Dr. Diane Weems, Chief Medical Officer for the Coastal Health District.

The vaccine will be provided at no cost; however, Medicaid, Medicare and some private insurance can be billed for a nominal administration fee.

### Federal Lifeline Notice



Verizon Wireless customers may be eligible to receive reduced-rate telecommunications service under the Federal Lifeline and Link Up programs. Qualifying customers will save at least \$8.25 per month. Service activation fees may also be waived if you qualify for Link Up assistance. Additional discounts are available for eligible residents of Tribal lands. You may be eligible for Lifeline and Link Up assistance if you currently participate in a qualifying public assistance program or otherwise satisfy the federal income requirements. These requirements vary by state. To receive further information about the Lifeline and Link Up program, call Verizon Wireless at 800-924-0585 or go to [verizonwireless.com/lifeline](http://verizonwireless.com/lifeline). Verizon Wireless only offers Lifeline/Link Up assistance in areas where the company has been designated as an Eligible Telecommunications Carrier.

All Verizon Wireless plans in the designated areas include the following: voice grade access to the PSTN, local usage, dual tone multi-frequency signaling or functional equivalent, single-party service, access to emergency services, operator services, interexchange service and directory assistance, toll included. Taxes, surcharges and fees, such as E911 and gross receipts charges, vary by market, & could add between 7% & 27% to your bill; 92¢ Administrative/line/mo. is not tax & subject to change; (details: 1-888-684-1888). IMPORTANT CONSUMER INFORMATION: Subject to Month to Month Customer Agreement and Calling Plan, 45¢/min after allowance. Customers eligible for Link Up assistance will receive a 50% discount on the Activation Fee, and Verizon Wireless will waive the remainder of the Activation Fee. Limited time offer. Offer not available in all areas. Restrictions may apply. Network details at [verizonwireless.com](http://verizonwireless.com). Unresolved complaints concerning Lifeline Linkup service availability can be directed to the Georgia Public Service Commission's Consumer Affairs Unit at 404-656-4501. © 2009 Verizon Wireless LIFG

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## DBHDD to Celebrate \$2.4 Million Grant Award

The Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD) and Savannah Chatham County Area will celebrate receiving a \$480,000 grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) with Mayor Otis Johnson and the community.

The grant will be awarded for five years totaling \$2.4 million and will fund the Healthy Transitions Initiative that is designed to support youth and young adults with serious mental health challenges. The celebration will be held from 8:30 - 10:00 a.m. on Tuesday, November 17, 2009 at the Chatham County Department of Family Child Services (DFCS) located at 761 Wheaton Street, Savannah, GA 31401.

"The Savannah/Chatham community has developed a system of care that is ready to go to the next step; the inclusion of young adults and the development of services for this unique population," said Lorr Elias, Regional Service Administrator, DBHDD Savannah Regional Office. "We are proud that our community was recognized at the national level and are excited about celebrating this award and bringing more community partners to the table."

The Georgia Healthy Transitions Initiative Youth to Adult (YTA) project will help improve outcomes for youth and young adults ages 16 to 24 with serious mental health conditions and transition them to adulthood in areas such as education, employment, housing and other services designed to enhance their well being.

The YTA program will provide individual service planning and pair young people with "coaches". The coaches, along with project staff members, will support each young person by identifying his or her transition goals and coordinate community supports and resources to help them meet their needs.

A family liaison will also be there to help support

family members in understanding the transition process. Continuation of these funds will be determined by availability of funds and progress achieved by awardees.

For additional information about the SAMHSA grant award visit [www.dbhdd.georgia.gov](http://www.dbhdd.georgia.gov) or go to <http://www.samhsa.gov/grants/>

### INVITATION TO BID

Sealed bids/proposals will be received by the Board of Education for the City of Savannah and County of Chatham at the Purchasing Department, 208 Bull Street, Room 213, Savannah, Georgia 31401.

- 10-34 Autograph Software Licenses  
Closing Date: 11/19/09 @ 2 PM
- 10-49 Elevator Inspection & Maintenance Services (Annual Contract)  
Closing Date: 11/24/09 @ 3 PM
- RFP 10-51 Online Pre-paid School Meals- School Nutrition Program  
Closing Date: 11/24/09 @ 3 PM
- 10-55 Copy Paper-Quarterly Bid  
Closing Date: 12/01/09 @ 11 AM
- RFP 10-56 Moving Services (Annual Contract)  
Pre-bid meeting will be held at Savannah Chatham Country Board of Education, 208 Bull St. RM. 103, Savannah, GA 31401 on 11/16/09 @ 10 AM  
Closing Date: 12/01/09 @ 2 PM

At the time and place noted above, bids will be publicly opened. No extension of the bidding period will be made unless indicated by written addendum. The Board reserves the right to reject any and all bids and to waive any irregularities or technicalities in proposals received whenever such rejection or waiver is in the best interest of the Board. The Board has the right to disqualify a bid of any bidder deemed non-responsive to the Board. Bidding documents may be obtained from the Purchasing Department, 208 Bull Street, Room 213, Savannah, Georgia 31401 or they may be downloaded from the District's web site, [www.savannah.chatham.k12.ga.us](http://www.savannah.chatham.k12.ga.us).

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## United Properties and Century Investors

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OUR OFFICE FOR DETAILS  
1805 M. L. King, Jr. Blvd.  
Savannah, GA  
912-236-7563

### RENTALS AVAILABLE

- 411 W. 34<sup>th</sup> St. (2 Bedrooms)..... \$485
- 409 W. 33<sup>rd</sup> St. (3 Bedrooms)..... \$550
- 515 W. 33<sup>rd</sup> St. (3 Bedrooms)..... \$550
- 508 W. 33<sup>rd</sup> St. (3 Bedrooms)..... \$550
- 520 W. 33<sup>rd</sup> St. (3 Bedrooms)..... \$550
- 520 W. 34<sup>th</sup> St. (3 Bedrooms)..... \$550
- 415 W. 33<sup>rd</sup> St. (3 Bedrooms)..... \$550
- 410 W. 34<sup>th</sup> St. (3 Bedrooms)..... \$550
- 518 W. 34<sup>th</sup> St. (3 Bedrooms)..... \$550
- 402 W. 33<sup>rd</sup> St. (2 bedrooms)..... \$485
- 421 W. 34<sup>th</sup> St. (2 Bedrooms)..... \$485
- 129 Millen St. (2 Bedrooms)..... \$400
- 27 1/2 Wright St. (2 Bedrooms)..... \$350
- 105 Wright St. (2 Bedrooms)..... \$400
- 605 W Anderson St. (2 Bedrooms)... \$525
- 1418 Church St. (3 Bedrooms)..... \$650

