

# hapitimes



## Diabetes Update

### What Is the “Dawn Phenomenon”?

All people have the “dawn phenomenon” whether they have diabetes or not. The dawn phenomenon is a surge of hormones that the body produces daily between about 2:00 and 8:00 a.m. People with diabetes don’t have normal insulin responses to adjust for this, and may see their fasting glucose go up.

Some researchers believe the natural overnight release of the so-called counter-regulatory hormones — including growth hormones, cortisol, glucagon and epinephrine — increases insulin resistance, causing blood sugar to rise. This is why high fasting blood glucose levels are common in people with type 2 diabetes.

Steps that may help:

- Eat dinner earlier in the evening.

- Do something active after dinner (such as going for a walk).

If your fasting glucose continues to be high, your healthcare provider may prescribe medication.

— Sources: *American Diabetes Association; Mayo Clinic*



## Men’s Health Update

### Schedule That Physical

International Men’s Health Week is June 13–19. What a great reminder (hint, hint!) to schedule a physical with your doctor. All men should have regular physicals, even if they are healthy. Your doctor will tell you how often, based on your age and health history. The purpose of these visits is to:

- Screen for diseases.
- Assess risk of future medical problems
- Encourage a healthy lifestyle
- Update vaccinations

- Maintain a relationship with a healthcare provider in case of an illness

Call today to schedule your physical. It’s an investment in your healthy future!

— Source: *National Institutes of Health*

## Hapi Meals

### Breakfast Banana Split

#### Ingredients:

1 medium banana, peeled and cut in half lengthwise

1/2 cup(s) Greek yogurt

1/4 cup(s) blueberries or sliced strawberries

1 tbsp. chocolate chips

1/4 cup granola and/or nuts

#### Instructions:

Place bananas in a bowl.

Place yogurt on top.

Top with strawberries and/or blueberries, chocolate chips, and granola and/or nuts.

Enjoy.

*Recipe adapted from H-E-B; [www.heb.com/recipe](http://www.heb.com/recipe) for more recipes*



## Inside The Landmark

### Garden Time

With the help of local gardening expert Bill Miller and our wonderful Hapi staff, the kids from Landmark's after-school program have planted the seeds in our Landmark Apartment community garden!

We look forward to having you join us at our next garden gathering on June 18 at 9:00 AM, as we celebrate, share, and maintain our community's fresh herbs and vegetables together! For any questions, please contact Michael Cook at 832-514-9862.



## Health Facts

Swimming keeps us cool during summer. The activity is also a great way to get and stay fit. Swimming is:

- A full-body workout
- Low-impact exercise for muscles and joints
- Good for heart health

## Food For Thought

"The will must be stronger than the skill."  
—Muhammed Ali