

Forrest City Water Utility

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Special points of interest:

- Use Water Wisely in Your Community
- How to avoid Insulin-Related Weight Gain

If you have a water emergency after-hours, weekends or on holidays, please call us at

870.633.1571



No Birthdays to report

**OUR OFFICE WILL BE CLOSED
TUESDAY, JULY 4, 2017**

ASK ABOUT E-BILLING: Get your water bill sent to you through your email.

Alive With Pride

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Use Water Wisely in Your Community

Water is precious and vital to all life on our planet but there is only a limited amount of it. In the North East, we are fortunate to have a plentiful supply of water and it can be difficult to understand why it is important to be careful with the water we use and to try to avoid waste. We use a great deal more water than we did in the past and our consumption is rising. Most of us don't think about water. We all have bad habits when

using water. These habits mean that we often use more water than we need to and create waste, without thinking of the impact. This is damaging to the environment and has a direct effect on our utility bills. Water efficiency is about reducing waste and thinking about the water we all use, changing bad habits into good habits. Saving water not only helps preserve the

precious and limited resource for the future, but in turn provides a variety of benefits. Everyone can save money by saving water, not just those that pay for their water by meter. Producing and treating water requires a lot of energy and results in carbon emissions, as does heating the water for your shower or bath. Therefore, saving water will reduce

How to Avoid Insulin-Related Weight Gain

By: Chris Iliades, MD

When diet, exercise, and oral diabetes medications aren't enough to control diabetes, adding insulin can help get your blood sugar under control. Although insulin is an important part of diabetes treatment, some people may have an issue with weight gain after starting on it. If insulin has been prescribed as part of your treatment plan,

you may need to pay extra attention to your weight management efforts in addition to blood sugar management. Some people with diabetes are afraid to take insulin due to concern about weight gain, but the benefits of better blood sugar control outweigh those risks. Talk to your doctor about your diet at each visit, and ask about

visits with a dietitian or nutritionist. Discuss healthy eating in general — not just minimizing carbohydrates, but watching sodium and saturated fat, too.

Here are specific tips to help you manage your weight after adding insulin:

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your carbon footprint helping the environment.

Everyone can do their bit to help protect our environment by not wasting water.

Look for drips

Check all your home or community building's taps. A dripping tap can waste a surprising amount of water, which can add up on your bill over time.

Efficient toilets

Use Water Wisely in Your Community cont.

Flushing the toilet uses a high percentage of the daily water used in the home.

Although the latest models are designed to work with less water, the older types can use up to 9 liters per flush.

Efficient washing machines

Try using dishwashers and washing machines only when they are fully loaded

and treat the washing to a line dry whenever possible

Some other quick water saving tips to carry out and promote:

Washing a mug under a running tap uses about a liter of water; six mugs uses about the same as a large bowl. So, save the washing up until you have enough for a whole bowl.

You can also save water by putting a plug in the sink, or

use a bowl, for jobs like washing and preparing vegetables, or rinsing dishes. You could save 23 liters a day.

A tap left running when you brush your teeth, wash your hands or shave also wastes water. You could save 10-14 liters of water every time if you turn the tap off while you brush your teeth and put a plug in the basin when washing or shaving.

How to Avoid Insulin-Related Weight Gain cont.

Eat less. If you continue to eat the same amount of food as you did when your body was craving energy, you'll be eating too much and will likely gain weight. Work with your doctor or dietitian to find the right amount of daily calories for you.

Exercise more. The best way to get rid of extra calories is to burn them off through physical activity. As you exercise more and start to lose excess weight, your

need for insulin may decrease as well.

Don't cut back on insulin on your own. It might be tempting to cut back on insulin for a while to try to lose some weight, but this is never a good idea. It's dangerous, can drastically affect your control over diabetes, and when you go back on insulin, you'll likely gain the weight right back.

Don't skip meals. If you're

taking insulin and you skip a meal, your blood sugar can dip too low. This is also dangerous, and can make it harder to get your blood sugar back under control. And skipping meals isn't a good idea in terms of weight management, either — keeping your metabolism steady with small, frequent meals and snacks is a much smarter approach overall.

Ask your doctor about different medications. If you're struggling with insulin-related weight gain, there may be oth-

er diabetes medications you can try. Talk to your doctor about all of your options.

Insulin weight gain is a side effect you should know about, but it's not a reason to avoid insulin completely. The benefits of insulin in managing diabetes far exceed moderate insulin-related weight gain. In most cases, weight management with regular exercise and a healthy diet can keep you at a healthy weight — which is good for managing your diabetes, too. If you're still struggling with insulin-related weight gain after making lifestyle changes, ask your doctor or dietitian for help.

Arkansas One Call



Know what's below.
Call before you dig.



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