

# Healthy Living Newsletter

# Diabetes Awareness Month

November / December 2018

A MedWatch publication to keep you healthy and informed.

## Nutrition Corner



### FOODS FOR DIABETES !

Your food choices matter when you have diabetes or pre-diabetes. While nothing is off limits in moderation, it's easiest to manage your diabetes if you stick to the best options.

**Carbohydrates** - Your body needs carbs but choose wisely. Use this guide.

- Whole grains, like wheat, brown rice, oatmeal, quinoa, millet, or barley
- Baked sweet potato
- Carbs with little or no added sugar

*Avoid: Processed grains (e.g. white rice or white flour), cereals with little whole grain, white bread, French fries, fried white-flour tortillas.*

**Protein** - You have lots of choices including beef, chicken, fish, pork, turkey, seafood, beans, cheese, eggs, nuts, and tofu.

- Plant-based proteins like beans, nuts, seeds, or tofu
- Fish and seafood
- Chicken, preferably white meat
- Eggs and low-fat dairy

*Avoid: Fried meats, higher-fat cuts of meat, pork bacon, cheese, deep fried chicken/fish/tofu and processed meats.*

**Vegetables** - Fill 'er Up! You'll get lots of fiber with very little fat or salt.

- Fresh veggies, eaten raw or lightly steamed, roasted, or grilled
- Plain frozen vegetables, lightly steamed
- Greens such as kale, spinach, and arugula
- Go for a variety of colors: dark greens, red or orange (think carrots or peppers), whites (onions) and even purple (eggplants)

*Avoid: Canned veggies with lots of added sodium, veggies cooked with lots of butter, cheese, or sauce, pickles and sauerkraut to limit sodium.*

## Taking Control of Your Health

### Are YOU at Risk?

Over 30 million people in the U.S. have type 2 diabetes. Over 80 million Americans have pre-diabetes and are at an increased risk of developing the disease. Most individuals are not aware they have the condition because the symptoms seem more like annoyances than signs of a dangerous condition.

Signs and symptoms of type 2 diabetes often develop slowly. You can have type 2 diabetes for years and not know it. Early diagnosis is key if you want to avoid serious diabetes complications such as kidney disease, high blood pressure, stroke and vision problems. Here are the most common early warning signs of type 2 diabetes to determine if **you** might be at risk:

**Increased thirst and frequent urination.** Excess blood sugar causes fluid to be pulled from the tissues leaving you thirsty. As a result, you may drink - and urinate - more than usual.

**Increased hunger.** Without enough insulin to move sugar into your cells, muscles and organs become depleted of energy triggering hunger.

**Foot pain and numbness.** Prolonged exposure to high blood sugar can damage nerves, especially in the feet. Numbness, tingling or foot pain can be a sign of type 2 diabetes.

**Weight loss.** Despite eating more, you may lose weight. Lacking the ability to metabolize glucose, the body uses alternative fuels stored in muscle and fat. Calories are lost as excess glucose is released in the urine.

**Fatigue.** When cells are deprived of sugar, you become tired and irritable.

**Blurred vision.** If your blood sugar is too high, fluid may be pulled from the lenses of your eyes. This may affect your ability to focus.

**Slow-healing sores or frequent infections.** Type 2 diabetes affects your ability to heal and resist infections.

**Areas of darkened skin.** Some people with type 2 diabetes have patches of dark, velvety skin in the folds and creases of their bodies — usually in the armpits and neck.

**The key to reducing your risk of developing diabetes is to know the risk factors and take action.**

**Get regular physicals that include a diabetes test and refer to The American Diabetes Association website**

[www.diabetes.org](http://www.diabetes.org)

for more information on preventative measures.



For more information on diabetes, visit the following websites:

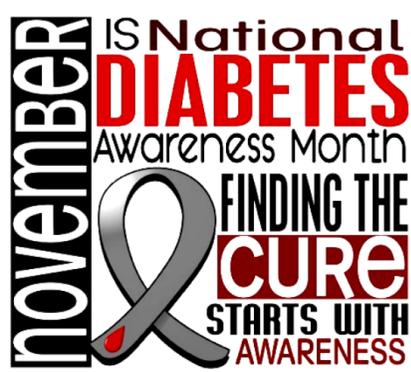
<https://www.ChooseMyPlate.gov>

<https://www.niddk.nih.gov/health-information/diabetes>



## You're more likely to get type 2 diabetes if:

- ♥ You have diabetes that runs in your family
- ♥ You have pre-diabetes
- ♥ You have high triglyceride (fats in blood) levels
- ♥ You have heart disease, high blood pressure or cholesterol problems
- ♥ You are age 45 or older
- ♥ You are not physically active
- ♥ You are overweight
- ♥ You are:
  - ♥ Hispanic
  - ♥ African American
  - ♥ Native American
  - ♥ Asian American



## Did You Know?

Your MedWatch Total Lifestyle Coach (TLC) is your health advocate and acts as your personal GPS to help navigate the complex healthcare roadmap.

Call your TLC at (800) 386-5475 for personalized tools and resources to help you maintain your health.

## The Success Spotlight

### "MedWatch's Living Connected Diabetic Program Saves Lives"

Through MedWatch's Living Connected Diabetic Program, patients check their blood sugar periodically throughout the day using the latest technology though cellular-enabled glucometers. This "immediate connection" allows our Total Lifestyle Coaches (TLC) to work with patients who may have difficulty in managing their health at a time when they are most in need.

#### CASE IN POINT - DIABETES & DIABETIC MONITORING:

Recently, an elderly widowed diabetic man (Paul) was home alone waiting for his son to come and pick him up for the day. It was a holiday, so all physicians' offices were closed.

Paul is diligent about following the instructions of his MedWatch nurse Total Lifestyle Coach (TLC) and regularly tests his blood sugar using the MedWatch Living Connected cellular-enabled glucose monitor. This device sends Paul's readings immediately to our system and if the levels are out of range, an alert is sent to the TLC for intervention. Today was that day. Paul's TLC received a critical notification that his blood glucose readings were very low and out of range. This important alert triggered the following series of events.

The TLC immediately reached out by phone to Paul. He did not answer. On the fourth attempt, Paul answered and was obviously disorientated. He told his TLC that he did not feel well because he had not eaten and needed food. The TLC tried to ascertain whether there was food in the house to which he replied that he did not know. Paul told his TLC he needed help and asked her to come over. The TLC was able to verify his address, summoned the local emergency response unit, then kept Paul talking on the telephone to ensure he remained engaged and coherent. When Paul became unresponsive on the phone, the TLC made multiple attempts to call him back, but the phone line remained busy.

Finally, Paul's son answered the phone and shared what had transpired. The paramedic team had already arrived at the house, had administered an IV and was providing the necessary help to bring his father's blood sugar readings and responsiveness back in line.

Paul and his son expressed their sincere gratitude for the quick response that the TLC provided and her dedication to make sure that the appropriate help had been sent in time. Paul told his son that "Today, I almost died". If it had not been for the concern and outreach of his TLC - and the cellular glucose monitor that alerted her of Paul's condition - the outcome might have been much different.

#### CASE IN POINT - DIABETES:

- ♥ 40-year-old female
- ♥ Identified through biometric testing in January 2017 with elevated cholesterol and diabetes
- ♥ Began working with her TLC in May of 2017 and received coaching on her conditions and ways to make positive lifestyle changes to improve her overall health
- ♥ As of February 2018, her numbers are as follows:
  - ♥ Weight: 235 now at 215
  - ♥ BMI: 39 now at 35
  - ♥ Cholesterol: 298 now at 230
  - ♥ LDL (Bad Cholesterol): 189 now at 168
  - ♥ Triglycerides: 393 now at 151
  - ♥ Blood Sugar at 217 now at 128

This patient has developed a successful ongoing relationship with her TLC and together they continue to make important improvements in her health. The patient is grateful for the ongoing coaching and support and has commented that she could not/would not have done this on her own.

#### CASE IN POINT - PRE-DIABETES:

- ♥ Male identified as pre-diabetic in November of 2016 with a fasting glucose reading of 119
- ♥ He engaged with his TLC in December of 2016 at which time he shared that he really did not exercise and his diet largely consisted of soda, sweet tea, lots of carbohydrates, pastas and breads.
- ♥ He also acknowledged not always taking his medications or following up with his physician.
- ♥ His TLC coached him on his conditions, the importance of being faithful in his physician appointments and ways to make positive lifestyle changes to improve his overall health
- ♥ A look at his numbers between February 2017 and April 2018:
  - ♥ Weight: 240 now at 217
  - ♥ Fasting Glucose: 119 now at 87

This patient has seen significant improvements to his health and is working with his TLC to ensure that his pre-diabetic condition does not progress and that he is on the road to a long and healthy life. He has replaced sugared drinks with water, sparkling water, unsweetened tea. He has reduced carbohydrate consumption and substituted items with healthier options such as whole grains and fresh vegetables. He continues to push his exercise routine and is walking at least 2.5 miles three times per week.

"Without the knowledge, insight and encouragement of my TLC, I would probably be a diabetic today. Now I am on the road to much better health, and I feel great! I cannot thank you enough."

You can have success too!

Call your TLC at (800) 386-5475 and get "engaged" to improve your health - TODAY!