



We hope you enjoy the new appearance and design of the *Managing Diabetes* newsletter. We have updated the format to make it easier to find the information that interests you most.

We look forward to providing you the most timely and useful content. If you have questions, suggestions, or success stories you want to share, please send them to us.

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CONTROLLING BLOOD PRESSURE REDUCES SERIOUS RISKS

Those with diabetes are at a greater risk of developing high blood pressure. Controlling your blood pressure is one of the most important areas of good diabetes management.

Many people with high blood pressure don't know they have it. In this issue of *Managing Diabetes* we take a closer look at what causes high blood pressure, how it is measured, and how it can be controlled.



WEIGHT LOSS FOR BETTER HEALTH

SelectHealth Reimburses for The Weigh to Health® Nutrition Program

Even small changes in weight loss, or maintaining a healthy weight, can have significant and positive health benefits. SelectHealth members can benefit from a new evidence-based treatment program for nutrition and weight loss through Intermountain Healthcare®.

Through The Weigh to Health, you can receive dietetic education from an Intermountain Healthcare registered dietician in a group or one-on-one setting. Instruction covers barriers of weight control, portion control, and how food choices impact health.

Individual counseling consists of five individual sessions with a registered dietitian. The group course consists of 12 weekly, 90-minute classes taught by a registered dietitian with guest instructors such as an exercise specialist, behavior specialist, and chef.

The program cost is \$225 and SelectHealth will reimburse \$200 per calendar year for either the individual counseling or group class provided at any Intermountain facility. To receive the reimbursement you must meet attendance goals and achieve lifestyle changes.

For more information, please call SelectHealth Member Services at 801-442-5038 (Salt Lake area) or 800-538-5038.

THREE WAYS YOU CAN IMPROVE YOUR FITNESS IN 2009

Most people don't get enough exercise in their ordinary daily routines. Yet our bodies need activity to promote good health and to keep off excess weight. Satisfying this need requires a definite plan and a commitment.

Being active helps you with more than just losing weight. It helps you sleep better, improves your mood, helps you think better, and aids you in other ways—like lowering your risk for heart disease.

Take some time up front to plan your exercise program with your doctor. Discuss your medical history and current level of fitness, so he or she can help you set reasonable goals.

Your care team can teach you to balance increased physical activity with changes in food choices, and medication timing or doses. Monitor your blood glucose before, during, and after exercise in order to learn how exercise affects your blood glucose and help you avoid problems and stay safe.

Here are three things you can do to improve your fitness:

- 1. Start a regular exercise program if you do not have one already.**
 - Get benefits from daily activities, such as walking or taking the stairs.
 - Vary your activity for success. Remember the acronym FITT (Frequency, Intensity, Type, Time).
- 2. Choose activities you enjoy.**
 - Swim, dance, work out, walk, snowshoe, ski, or play.
 - Include family and friends. Doing something with others can make your activity more enjoyable. You also can help one another stick to it.
- 3. Track your activity and celebrate milestones.**
 - Create a chart or log to write down how many minutes of physical activity you do each day. Set goals you know you can reach. Studies show that tracking helps people stay focused on—and reach—their goals.

SelectHealth has a free online book to help you create or maintain a personal, workable exercise program. Visit www.selecthealth.org/getfit.

tips for safety and success

1. Warm up and stretch.
2. Be consistent from day to day.
3. Carry water and a carbohydrate source.
4. Carry diabetes identification.
5. Be careful of your feet.



COMMON CATEGORIES OF BLOOD PRESSURE MEDICATIONS

It's important to know the names of all your medications and why you take them. The list to the right shows the most common categories of blood pressure medicines and how they work.

Your doctor will prescribe the best medications for you—considering your health condition. It's important to take your medications at the same time every day. Take them as part of your daily routine, when possible.

DIURETICS - Most diuretics lower blood pressure by working in the kidneys to reduce the amount of sodium and water in the body. Some diuretics may cause your body to lose potassium and require you to take potassium supplements, while others do not. Some diuretics also help the blood vessels open wider to lower blood pressure. Your doctor may prescribe more than one diuretic at a time.

ANGIOTENSIN CONVERTING ENZYME (ACE) INHIBITORS - ACE inhibitors prevent formation of angiotensin II, a protein that causes blood vessels to narrow. This helps the blood vessels open wider. As a result, pressure goes down. ACE inhibitors may cause a cough. If they do, contact your doctor.

ANGIOTENSIN RECEPTOR BLOCKERS (ARBs) - ARBs block the effects of angiotensin II, a protein that causes blood vessels to narrow. Therefore, blood vessels open wider and pressure goes down.

BETA BLOCKERS - Beta blockers reduce nerve impulses to your heart and blood vessels. This lowers the heart rate and decreases the force with which the heart beats.

ALPHA BLOCKERS - Alpha blockers reduce nerve impulses to blood vessels, allowing blood to flow more easily.

CALCIUM CHANNEL BLOCKERS - Calcium channel blockers keep calcium from entering the muscle cells of your heart and blood vessels. Therefore, the blood vessels open wider, and pressure goes down.

COMBINATION DRUGS - Combination drugs can bring the benefits of two or more of the above medications—sometimes in one pill. For example, you may be prescribed a medication that contains two different types of diuretics; a diuretic and an ACE inhibitor, a diuretic and a beta blocker, and so on.

HIGH BLOOD PRESSURE

Controlling it Lowers Your Risk of Serious Problems

More than 30 percent of people with high blood pressure don't even know they have it. This potentially life-threatening disease, sometimes called the silent killer, affects the heart and all the arteries in the body. High blood pressure can also reduce oxygen to other organs, including the brain, kidneys, and eyes.

Why be concerned about your blood pressure? If it's too high, your blood pressure might be damaging your health right now, and setting the stage for serious problems later. Compared to people with controlled high blood pressure, those with uncontrolled high blood pressure have the following risks:

- Three times more likely to develop coronary heart disease
- Six times more likely to develop congestive heart failure
- Seven times more likely to have a stroke

Luckily, there are many things you can do to control your blood pressure and lower your risk of serious problems. New, national guidelines say you should “start early and treat aggressively” with lifestyle changes and the appropriate use of medications.

WHAT CAUSES HIGH BLOOD PRESSURE?

For most cases of high blood pressure, it's hard to pinpoint one specific cause. However, there are factors that have been proven to increase your risk for developing high blood pressure. Some of these risk factors you can't control, some you can.

RISK FACTORS you CAN'T change	RISK FACTORS you CAN change
Family History	Inactivity
Age	Overweight and Obesity
Ethnicity	Diet
	Smoking
	Stress



HOW CAN BLOOD PRESSURE BE CONTROLLED? ▶

If you've been told you have high blood pressure, don't be discouraged. It's something that you and your healthcare providers can work together to control. It usually requires some lifestyle changes and often requires one or more medications. Follow the important elements of blood pressure management by remembering the MAWDS acronym.



HOW IS BLOOD PRESSURE MEASURED?

Blood pressure is measured with a sphygmomanometer—an inflatable arm cuff attached to a machine or gauge that displays the pressure in millimeters of mercury (mmHg). A blood pressure measurement is expressed as two numbers: systolic “over” diastolic.

Both of these numbers are important measures of the stress on your artery walls. If either number is too high, you could have hypertension, which is the medical term for high blood pressure.

SYSTOLIC BLOOD PRESSURE

The top number

This is the pressure in your arteries when the heart contracts, or beats, pushing blood through the arteries.

DIASTOLIC BLOOD PRESSURE

The bottom number

This is the pressure remaining in your arteries when the heart relaxes between beats.

KNOW YOUR NUMBERS

Blood pressure can be unhealthy even if it stays only slightly above the normal level. And the higher it rises, the greater the health risk. Know your numbers! Have your blood pressure measured regularly.

▶ HIGH BLOOD PRESSURE
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MAKE SURE YOUR YEARLY EYE EXAM IS COMPREHENSIVE

Even if you have no symptoms or trouble with your vision, you should have a comprehensive eye exam every year, according to the American Diabetes Association.

In the early stages, diabetic eye disease may not have symptoms. Your vision may seem fine, even though the damage has started. Once the disease gets worse you may have some vision loss, or even blindness. If the problem is found and treated early, the risk for vision loss is much lower than if not treated.

A comprehensive eye exam is much more than a vision test. During a comprehensive eye exam your eye doctor will give the following tests for diseases linked to diabetes:

- A test for glaucoma checks pressure inside your eyes.
- A test for cataracts checks the lens of your eye to see if it is cloudy.
- A test for diabetic retinopathy can be done by using special lights, which help the doctor see the small blood vessels of the retina at the back of your eye. This test is done after your pupils are dilated.

Most SelectHealth plans provide coverage for eye exams associated with diabetes, even if your plan does not include “vision” benefits. For more information, call Member Services at **801-442-5038** (Salt Lake area) or **801-538-5038**.

For help locating an eye doctor or scheduling an appointment, call SelectHealth Member Advocates® at **801-442-4993** (Salt Lake area) or **800-515-2220**.

Reference: Eli Lilly and Company. See Fit. Used with permission.

M take your **MEDICATIONS**

A stay **ACTIVE** each day

W maintain a healthy **WEIGHT**

D follow a healthy **DIET**

S stop **SMOKING** and manage **STRESS**



Chicken and Zucchini Stew

number of
servings

6

serving size

**3-4 oz.
chicken**

TIP

Use yellow squash in this recipe if zucchini is unavailable.

ingredients

1 18 oz. can tomatoes

1 cup low-fat, low-sodium chicken broth

1 small green pepper, coarsely chopped

2 garlic cloves, minced

2 medium zucchini, coarsely chopped

Fresh ground pepper and salt to taste

2 tsp. fresh basil, minced

1 ½ lb. boneless, skinless chicken breasts, cooked and cubed into 2 inch pieces

instructions

Drain the liquid from the tomatoes into a saucepan. Chop the tomatoes and set aside. Add the broth, green pepper, and garlic to the tomato liquid. Bring to a boil, reduce heat to medium, and cook for ten minutes.

Add the reserved tomatoes, zucchini, pepper, salt, and basil. Simmer until zucchini is tender (about ten minutes). Reduce heat to low and add the chicken. Cook for 45 minutes.

Reference: American Diabetes Association. *My Food Advisor*. December 2008. <<http://tracker.diabetes.org/myfoodadvisor.html>>

Nutritional Information (per serving)

Calories	169
Calories From Fat	32
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	69 mg
Sodium	241 mg
Potassium	n/a
Carbohydrates	7 g
Dietary Fiber	2 g
Sugar	4 g
Protein	27 g
Dietary Exchange	1 Vegetable 4 Very lean meat

◉ HIGH BLOOD PRESSURE *continued from page 5*

GET AN ACCURATE READING

Your doctor may ask you to take and record your own blood pressure at home. Use these tips to help get the most accurate readings possible:

- Use a blood pressure machine comparable to the one used in your doctor's office. Have your doctor check your monitor about every six months.
- Try to get readings at a consistent time each day—usually morning or evening. Don't take your blood pressure within a half hour of eating a heavy meal, drinking caffeine, exercising, or using tobacco products.
- Remove jewelry or clothing that interferes with cuff placement.
- Make sure the cuff is the correct size for your arm.
- Sit quietly for five minutes or more, with both feet flat on the floor, before taking your blood pressure. If possible, rest your arm at heart level on a table or arm of a chair.
- Take three readings about five minutes apart.

FINDING THE RIGHT MONITOR

Look for a monitor with a cuff that wraps around your upper arm and inflates automatically for the most accurate reading. Avoid wrist cuffs.

It's also important that the arm cuff is the appropriate size for your arm. Most standard-size cuffs fit upper arms that are nine to 13 inches around. If your upper arm is more than 13 inches around, you should buy a monitor with a large cuff. Using the proper size cuff will improve the accuracy of your blood pressure measurements.



Reference: Intermountain Healthcare. *BP Basics: What You Need to Know About Managing Your Blood Pressure*. December 2008. <intermountainhealthcare.org/health/topics/Pages/Bloodpressure.aspx>.

Member Services 801-442-5038 or 800-538-5038
 SelectHealth Member Advocates® 801-442-4993 or 800-515-2220
 SelectHealth Disease and Care Management . . .801-442-5305 or 800-442-5305

Intermountain Diabetes Education/Referral Centers

American Fork Hospital 801-855-3471
 Cassia Regional Medical Center 208-677-6290
 Dixie Regional Medical Center 435-251-2888
 Garfield Memorial Hospital 435-676-8811
 Heber Valley Medical Center 435-654-2500
 Intermountain Diabetic Care Center (Murray, UT) 801-314-4500
 Logan Regional Hospital 435-716-5310
 McKay-Dee Hospital Center 801-387-7900
 Primary Children's Medical Center 801-587-3999
 Utah Valley Regional Medical Center 801-357-7546
 Valley View Medical Center 435-868-5576

Intermountain Diabetes Education/Salt Lake Valley

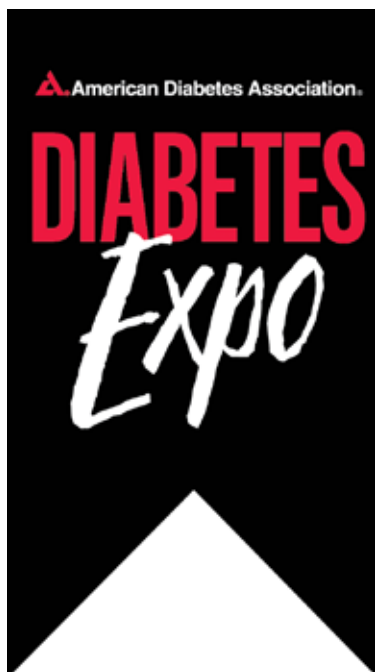
Intermountain Medical Group Clinics

Bryner Clinic 801-519-7192
 Memorial Clinic 801-464-7660
 Salt Lake Clinic 801-535-8185
 Sandy Clinic 801-501-2120
 Taylorsville Clinic 801-840-2100
 West Jordan Clinic 801-256-6343, option 1



SelectHealth offers diabetes disease management and care managers to help members with special medical needs. Care managers are trained registered nurses, skilled in working with doctors, patients, and families. If you feel you would benefit from the help of a care manager, please call **801-442-5305** (Salt Lake area) or **800-442-5305**. If you do not wish to receive diabetes-related mailings, please call the Preventive Care Hotline at **801-442-6492** (Salt Lake area) or **800-374-4949**.

CONTACT INFORMATION



F R E E

Diabetes Expo

February 28, 2009 • 9:00 a.m. to 4:00 p.m.
South Towne Expo Center in Sandy
9575 South State Street

For more information, directions, and to register, visit
www.diabetes.org/saltlakecityexpo.

Come join us at one of the largest diabetes programs in the country. Nurses and educators from SelectHealth and Intermountain Healthcare will be at the expo to share tips on medication management, exercise, caring for your feet, and living well with diabetes. You will also be able to visit the expo's screening area, book store, and youth zone.



Manage Your Prescriptions Online

Log in to www.selecthealth.org/myhealth and click on “Pharmacy Tools” in the left navigation. Then click on “Go to My Pharmacy Tools” to get connected to your pharmacy benefit information. You’ll find:



- Potential lower-cost alternatives for drugs you already take
- Tier statuses of prescription drugs
- Your prescription copays and benefits
- Maintenance drug (90-day) medications
- Your prescription history
- Explanation of Benefits (EOBs) for your drug claims
- Drugs requiring preauthorization and step therapy
- Extra services (please enter your e-mail address when registering)

Get Connected

www.selecthealth.org/myhealth



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The information that is contained in this newsletter does not guarantee benefits. If you have any questions about your benefits or need to confirm your benefits, call Member Services at 801-442-5038 (Salt Lake area) or 800-538-5038.