

managing **DIABETES**TM

winter 2010



▶ inside this issue

Keep Your A1C at Less than 7%..... **2**

Types of Insulin..... **3**

Get Moving with the New Year **4**

Stick with the Program **5**

Coping with Stress **6**

Quick Contacts **7**

Understanding an HbA1c Test

An HbA1C, or A1C, blood test differs from the finger stick test you do with your meter. A finger stick only shows your sugar levels at the time of the test. A1C measures your blood sugar control over a three-month period.

An A1C is the best way for you to evaluate how well you're managing your condition. Your doctor may also use the results to change or adjust your medications or care plan.

You should have your A1C levels tested at least twice a year. Increase your testing frequency if you use insulin or have high A1C numbers.

Most people with diabetes should have an A1C lower than 7. Keeping your blood sugars low will improve your A1C test results.

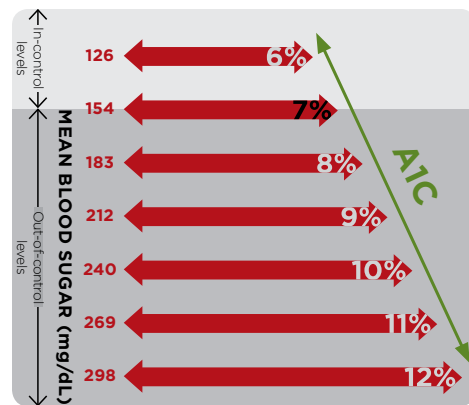
Reference: "Your A1C Number: Planning for Tomorrow, It's Not Too Late." Utah Diabetes Partnership, 2007. Used with permission.



An A1C test shows how much sugar is attached to the hemoglobin part of your red blood cells, which carry oxygen to your body. The longer the sugar level in your blood is high, the more sugar attaches to the hemoglobin. This high blood sugar may increase the risk of other problems as well.

HOW BLOOD SUGAR CAN AFFECT A1C

The chart at right shows how blood sugar levels can affect your A1C. The “mean blood sugar” measurements display a sample average of blood sugar levels throughout the day. Blood sugar can be tested right after eating and again between meals.

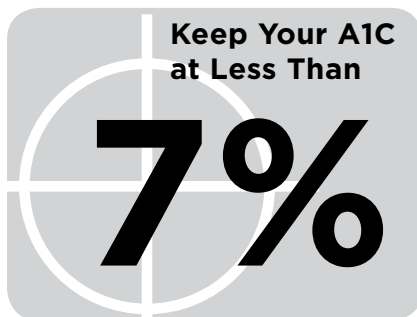


KEEP YOUR A1C AT LESS THAN 7%

what you do today helps determine how diabetes affects your tomorrow

Decreasing your A1C from 8% to 7% reduces the risk of eye, kidney, and nerve damage by

35%



Decreasing your A1C by just one percent greatly lowers your risk of problems caused by diabetes.

CONTROL YOUR BLOOD SUGAR

- > To help control your blood sugar, you should begin by working with your doctor to lose weight, eat healthy, and get regular exercise.
- > Your doctor may add pills and/or insulin to help you get closer to your target A1C.
- > Many people with type 2 diabetes will eventually need insulin to help manage their blood sugar.
- > You and your doctor should determine other diabetes management options that are right for you.

Target Blood Sugar Levels

The American Diabetes Association’s recommended guidelines for a healthy range of glucose levels

Reference: Sanofi Aventis. US.NMH.08.11.005. 2008. Used with permission.



BEFORE MEALS or WHEN YOU WAKE UP

70-130mg/dL

AFTER MEALS

<180mg/dL





The Faces of Diabetes: *What's Your Story?*

Although healthy herself, 13-year-old Genevieve (Gen) Ellis (pictured above) was so affected by her grandmother's death from diabetes and her mother's diagnosis of the disease, she started a blog to share and collect stories to help others. You can learn more about Gen and her efforts at www.inspiredbydiabetes.blogspot.com. She believes that as people hear and share personal stories about diabetes, they realize support is available.

Gen isn't alone in wanting to reach out to others. For those who have a story to tell but aren't quite ready to launch their own public blog, the Utah Department of Health manages an ongoing storybank. It's called the Faces of Diabetes, and Gen has been helping to spread the word about it. Diabetes-related stories are collected and shared to help bring together a community of survivors, families, professionals, and advocates.

NEW DIABETES STORIES ARE SHARED EACH WEEK

One example of the stories shared in the Faces of Diabetes storybank is John Dutcher's. John was diagnosed with type 1 diabetes when he was 12 years old—49 years ago! He has found ways to stay healthy, happy, and active. John's story focuses on his experiences and advice about making healthy nutrition a part of life.

Another contributor, Fahina Tavake-Pasi, executive director of the National Tongan American Society, talks about how she and her colleagues work to educate people about diabetes and lowering their risk. They provide solutions that fit their culture. "Diabetes is not a life sentence," she said. Through her story, Fahina encourages people to learn, eat in moderation, and dance.

Visit www.health.utah.gov/facesofdiabetes to join the Faces of Diabetes community. Create a story of your own, or just learn and share with others.

types of insulin to help control blood sugar

Waiting too long to start insulin when you need it can be damaging to your body. Each type of medication, including insulin, works differently. The various types of insulin are outlined below.

LONG-ACTING

- > Reaches bloodstream: six to ten hours
- > How long it lasts: up to 24 hours

INTERMEDIATE-ACTING

- > Reaches bloodstream: two to four hours
- > How long it lasts: 12 to 18 hours

SHORT-ACTING

- > Reaches bloodstream: 30 minutes
- > How long it lasts: three to six hours

RAPID-ACTING

- > Reaches bloodstream: five minutes
- > How long it lasts: two to four hours

IMPORTANT SAFETY INFORMATION ABOUT INSULIN

Possible side effects may include blood sugar levels that are too low, injection site reactions, and allergic reactions such as itching and rash. Tell your doctor about all other medications and supplements you are taking because they can change the way insulin works. Daily glucose monitoring is recommended for all people with diabetes.

Reference: Sanofi Aventis. US.NMH.08.11.005. 2008. Used with permission.





get moving with the **NEW YEAR**

Think you don't need to worry about being physically active? Recent surveys show that 24 percent of American adults are not active enough. Physical activity doesn't have to be hard work. In fact, it can be anything that gets you moving.

You can be active without going to a gym, buying special exercise equipment, or hiring a sports trainer. Dancing, yardwork, and walking are all forms of activity that can improve your strength, muscles, bones, and coordination. Physical activity can also help you lose weight and feel better both physically and mentally.

GETTING STARTED ON FITNESS

How much physical activity do you need? When you've been physically inactive and have to lose weight, starting a regular activity program can be overwhelming. Your doctor can help you design a program that's fun and fits in with your daily activities.

To help you get started, the American Diabetes Association recommends you have your doctor determine your level of fitness to choose which activities might be most helpful to you. You should review your options, pick which ones you think you can do, and include them in your daily life. It even helps to write down your promise—including what you will do, when, how often, and for how long. Also, remember that physical activity may cause a change in your body's glucose (blood sugar) level. So work with your doctor to make sure you know how to check your glucose levels before and after physical activity, what to look for, and what to do in case your glucose rises or falls too much.

GET OFF THE COUCH!

To avoid the major risks for developing heart disease and type 2 diabetes, you don't have to run a marathon! Regular physical activity starts with setting goals you know you can achieve. By following some of the simple suggestions below, you can increase your physical activity and your long-term health:

- > Use the steps, not elevators or escalators
- > Take the dog for a walk
- > Spend less time watching television or playing video games
- > Try gardening
- > Get off the bus one stop before your usual stop and walk the extra distance to wherever you are going

You don't have to accomplish all of your daily physical activity at once. You can spread it out over the course of the day. Talk to your doctor about which activity levels are right for you.

- > At first, start your physical activity slowly for 30 minutes, three days a week
- > Then build to 45 minutes of physical activity at least five days a week
- > A total of about 30 to 45 minutes of daily physical activity—in any combination of walking, gardening, climbing stairs, or even playing with the kids—will burn off 100 to 200 calories a day

Don't worry about how hard you exercise. Light-to-moderate levels of physical activity can help you get started. What really matters is making it a regular part of your day. You'll build up even more energy as you continue.

Reference: "Be Active for a Healthier You." Sanofi-Aventis. 2007. US.NMH.07.08.037. Used with permission.



Peanut-Crusted Cod

servings

4

serving size

1 cod filet

ingredients

- 1/2 cup all-purpose flour
- 1/4 tsp cayenne pepper
- 1/2 cup chopped unsalted peanuts
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 2 egg whites, lightly beaten
- cooking spray
- 1 tsp margarine
- 1 cod filet (cut into 4 oz. portions)

directions

1. In a small bowl, combine flour and cayenne pepper. Spread flour mixture on a plate. Spread peanuts on a separate plate.
2. Season filets with salt and pepper on both sides. Dredge filet through flour and shake off excess. Dip floured filets into egg whites and press one side of the filet into chopped peanuts.
3. Coat a large nonstick skillet with cooking spray. Melt margarine over medium heat. Place filets peanut side down in skillet and cook for about three minutes on each side.



BETTER HEALTH

Nutrition Information *(per serving)*

| | |
|----------------------------|-------------------------------|
| Total Calories | 234 |
| Calories from Fat | 76 |
| Total Fat | 8 g |
| Saturated Fat | 2 g |
| Cholesterol | 50 mg |
| Sodium | 399 mg |
| Total Carbohydrates | 12 g |
| Dietary Fiber | 1 g |
| Sugars | 1 g |
| Protein | 27 g |
| Dietary Exchange | 3 lean meat 1 carbohydrate |

Reference: American Diabetes Association, My Food Advisor™

how to stick with the program

Starting a physical activity program is easier than staying on it! Here's what fitness experts recommend:

- 1. SLOW DOWN.** Most beginners usually walk, run, or exercise too hard at first, and then quit after a few workouts because they don't like the pain. You should feel tired after physical activity, but later on you'll feel refreshed and energized.
- 2. CHOOSE ACTIVITIES THAT YOU ENJOY AND THAT FIT INTO YOUR DAILY SCHEDULE.** Try walking or some other type of physical activity before working or going to school. Or maybe you prefer evenings. There is no right or wrong time of day for physical activity. Whatever works best for you is fine.
- 3. FIND A PARTNER.** Physical activity with someone else doubles the chance that you'll stick with it.
- 4. WRITE UP A CONTRACT.** Set realistic goals for yourself and write them down. Tell friends and family members about your contract so they can encourage and support you.
- 5. CHART YOUR PROGRESS.** Keep a diary of your physical activity and reward yourself when you meet specific goals, such as pedaling that extra mile or walking for a full hour. Go to a movie or buy yourself something. You've earned it!

Reference: "Be Active for a Healthier You." Sanofi-Aventis. 2007. US.NMH.07.08.037. Used with permission.





COPING WITH STRESS

Everyone gets stressed from time to time. The grocery line is too long; nobody listens; the job is hectic; and you have diabetes, an added stress. These pressures can affect your blood sugar.

when it's more than stress... it could be depression

Most people feel sad or “down” sometimes. But if the feelings last for more than a few weeks, you may be dealing with depression. Depression is common in people with diabetes, and affects them for much longer.

You can experience depression at any time—when you learn you have diabetes or after dealing with diabetes for years. If you feel sad or hopeless and have no interest in your usual activities for more than two weeks, talk to your doctor. You can also call our Behavioral Health AdvocatesSM at 801-442-1989 (Salt Lake area) or 800-876-1989. They can help you find the right treatment.

During a normal day, your blood sugar rises in response to stress. An “extraordinary” day where you’re exercising, starting a new job, or visiting family, can cause even more stress. Many people react to stress by eating more, eating irresponsibly, exercising more, or exercising less. This change in patterns can cause blood sugar to spiral out of control. Getting sick can be stressful on your body and affect your balance as well.

There’s no hiding from all stress. That’s why it’s important to find a way to handle it. Decide on an action plan with your doctor to manage stress. See a counselor to discuss problems and consider exercise. Considering a plan to combat stress is the best defense against it.

Reference: “Living a Healthy Life”. Sanofi-Aventis.US.NMH.08.09.066.p15.2007. Used with permission.

FREE  American Diabetes Association.
expo

Saturday, February 27, 2010
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 can also visit the expo’s screening area, bookstore, and youth zone.

quick contacts

Intermountain Healthcare® and SelectHealth offer many resources for members with diabetes. Keep this page for reference.

Member Services801-442-5038 or 800-538-5038
SelectHealth Member Advocates® 801-442-4993 or 800-515-2220
(for help finding a doctor or scheduling an appointment)

Care Management 801-442-5305 or 800-442-5305
SelectHealth offers the one-on-one support of diabetes care managers. Care managers are trained registered nurses, skilled in working with doctors, patients, and families. The service is available to all members at no additional cost.

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 435-676-1258
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
University of Utah Diabetes Center (Select CareSM plans only) . 801-587-3913
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

If you do not wish to receive diabetes-related mailings, please call **801-442-6492** (Salt Lake area) or **800-374-4949**.



AVOIDING COMPLICATIONS

HOW WELL ARE YOU FOLLOWING YOUR TREATMENT PLAN?

1. Do you forget or ignore your doctor's advice to eat healthier and get more physical activity?
2. Have you ever walked out of your doctor's office with little instruction about having a healthy diet and regular physical activity?
3. Are you confused about what type of physical activity you should be doing?
4. Do you have questions about what you can and should eat or what types of food to avoid?
5. Are you confused about how much alcohol is okay to drink, considering your medical conditions and medications?
6. If you are a smoker, are you confused about how to quit?
7. Have you tried to quit smoking, but can't seem to stick with it?
8. Have you thought about asking your doctor for help, but haven't yet?

If you answered "yes" to any of these questions, then you may need additional help to better understand the treatment plan you and your doctor have developed. Asking for help is a sign that you want to make changes for the better.

Reference: "Stick to the Plan for a Healthier You." Sanofi-Aventis. 2007. US.NMH.07.08.041. Used with permission.





helping utah kids get fit

Children who are active are more likely to have improved concentration, be more attentive, and earn higher grades.

SelectHealth has created a unique program called STEP ExpressSM to help children work toward a healthier lifestyle through classroom lesson plans, physical activity, and a fitness challenge.



Nearly 100 Utah elementary schools have already committed to use this free educational program.

For more information, visit www.stepexpress.org.

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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.



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