

# managing **DIABETES**<sup>TM</sup>

spring 2009



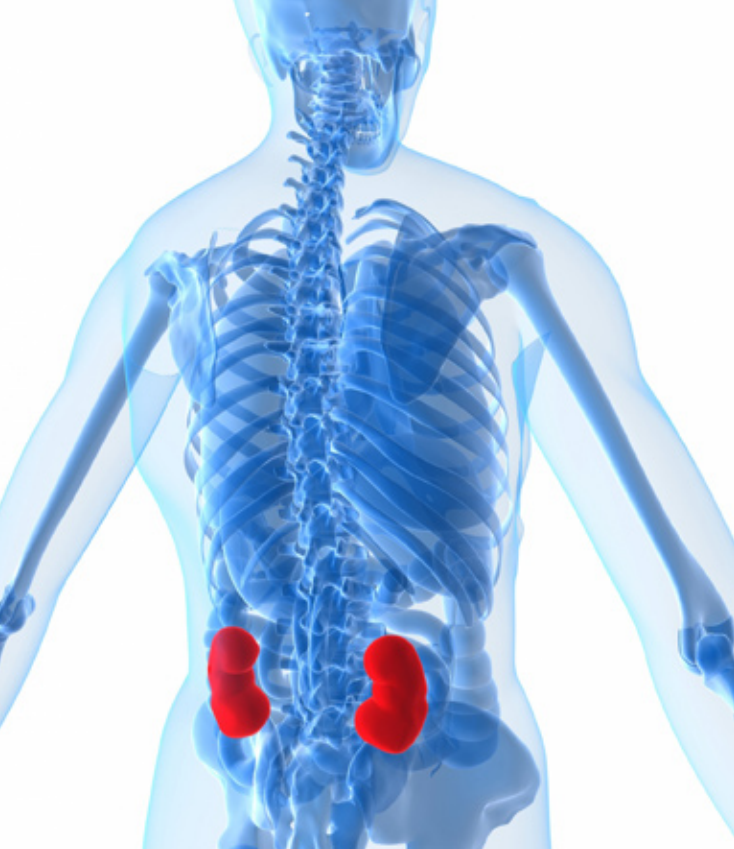
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## WHAT DO KIDNEYS DO?

Our kidneys are the workhorses of our bodies, and diabetes can impact how well they function.

If you have diabetes, it is important to keep your kidneys healthy. Understanding what they do and how they can fail is a great start. Kidneys are located near the middle of the back. These bean-shaped organs (yes, kidney beans do look like kidneys) are quite sophisticated, processing 200 quarts of blood daily to filter out two quarts of waste and extra water. The waste and water become urine. This flows into the bladder, where it is stored until you use the bathroom.



## points TO REMEMBER

- > Kidney failure occurs in 20 to 40 percent of people with type 1 diabetes and in 10 to 40 percent of people with type 2 diabetes during their lifetime.
- > Diabetes can cause serious damage to blood vessels in the body, which can lead to kidney problems including kidney failure.
- > By keeping your blood pressure in the normal range (less than 130/80 mmHg), you can slow the progress of kidney disease.
- > Following your diet plan is an important part of treating kidney disease.
- > Early kidney disease caused by diabetes can be found by having your doctor check your urine. Blood tests can be used to check the health of your kidneys.
- > End-stage renal disease can be treated with a kidney transplant, hemodialysis, or peritoneal dialysis.

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## WHAT DO KIDNEYS DO?

Your body creates waste during the normal breakdown of tissues and from the food you eat. After your body takes what it needs from food, waste is sent into the blood. If not for the kidneys, those wastes would build up in your blood and damage your body.

Your kidneys contain more than a million tiny units called nephrons. These do the actual waste filtering. In each nephron, a tiny blood vessel, or capillary, is intertwined with a urine-collecting tube called a tubule. This is where the waste and water exchange takes place. Small holes in the capillaries act as filters. As blood flows through the capillaries, molecules (the waste and water) squeeze through the holes into the tubule to become urine. Useful molecules, such as protein and red blood cells, can't pass through these holes and remain in the blood.

At first, the tubules receive both the waste materials and other chemicals your body still needs. Kidneys process chemicals like sodium, phosphorus, and potassium and return them to the blood. This is how the healthy kidney helps to control your body's levels of these substances. Excess levels can be harmful.

Most kidney disorders attack the nephrons. Their ability to filter waste is lost as a result. With most kidney disease, the nephrons are destroyed slowly and silently. The damage only becomes apparent after years of disease. The most common causes of kidney disease are diabetes, both type 1 and type 2, and high blood pressure.

*Reference: Health Education Answers CD-ROM, version 6.0, Eli Lilly and Company; Used with permission.*

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In addition to filtering wastes and water, your kidneys also release three important hormones.

- > **Erythropoietin** (*eh-RITH-ro-POY-eh-tin*), or EPO, which stimulates your bone marrow to produce red blood cells
  - > **Renin** (*REE-nin*), which helps regulate your blood pressure
  - > **Calcitriol** (*kal-suh-try-ul*), a form of vitamin D, which helps maintain a normal calcium level for your bones and your body's chemical balance
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## MEDICATION SAFETY

If your doctor has prescribed a medication for you to take, you're not alone. Nearly half the U.S. population takes at least one prescription daily. More than half of those take two or more. The older you are, the more likely you are to be prescribed a medicine.

On occasion, mistakes related to medications do occur. They happen in hospitals, in drugstores, and they happen at home. You can do something to avoid those mistakes with the tips to the right. While taking medications helps you get better or stay healthy, you can also hurt yourself if you take them the wrong way.

No matter how many medicines you take, make a list to keep at home. Include the dose, how often you take them, what is on the tablets, and the name of your pharmacy. Also include any over-the-counter (OTC) medications you take such as vitamins and supplements. List any food allergies, and be sure to update the list as needed.

Problems can also occur with OTC medications you buy in the drugstore. They should be taken as directed. According to one study, three in five people take OTC medicine, and one-third take more than the dose suggested on the label. They think more is better, but more can actually be harmful. Follow the label directions and ask your doctor or pharmacist if you are unsure about dosages. Manage your medications online and learn about drug interactions and more by visiting [www.selecthealth.org/myhealth](http://www.selecthealth.org/myhealth). Log in and click on "Pharmacy Tools" to get information specific to your needs.

*Reference: Health Education Answers CD-ROM, version 6.0, Eli Lilly and Company; Used with permission.*

Here are some safe medication practices you can follow at home:

- > Keep your medications in the original containers.
- > Never share medications.
- > Read the label every time you take a medication to make sure it's the right one.
- > Keep medications where children cannot see or reach them (such as a locked cabinet).
- > Keep your medication away from pet medicine or household cleaners to avoid mix-ups.
- > Don't keep ointment tubes next to your toothpaste tubes.
- > When you give (or take) liquid medication, use only the cup or other measuring device that came with it.
- > Turn on the lights when you take your medication so you can be sure you're taking the right pills.
- > Don't store medicine in the bathroom or in direct sunlight.

Ask your doctor before you chew, crush, or break your medicine tablets or capsules. Some medicine is meant to be long acting. If you break or crush it, you could absorb too much medicine too quickly and that could be unsafe.



## Why You Need Beans in Your Diet

Kidney beans, pinto beans, navy beans, peas. When it comes to beans, variety is plenty. The dynamic veggie promotes health and reduce risks for many diseases. Beans can also help control certain diseases, like diabetes. Plus they are widely available, inexpensive, and tasty. For these reasons, they have become a staple in many dietary recommendations.

The latest Dietary Guidelines for Americans—developed by the U.S. Department of Health and Human Services—recommend adults eat three cups of beans each week. That’s more than three times the average amount most Americans currently consume.

Still, because they are easy to plant, grow, and store, beans are among the oldest cultivated and most widely used foods in the world. Their low cost, tasty flavor, long storage life, and high nutritional value have contributed to their global popularity.

### WHAT MAKES A BEAN A BEAN?

Beans are the fruits of bean plants; however, they function in the diet as a vegetable and as a nonmeat protein source. They’re also an excellent source of fiber and nutrients. Many mistakenly view beans as a starch, like rice or pasta. They are considered part of both the meat and beans group and the vegetable group. Because they’re such a great source of protein, they can serve as a meat substitute (one-half cup of cooked dry or canned beans=two oz of lean meat) or as a vegetable (one half cup=one serving). This is particularly beneficial for adults who want to monitor their fat and cholesterol intakes.

### WHAT CAN THEY DO FOR YOU?

Beans have a nutritional profile that suits all ages, providing cholesterol-free protein, fiber, magnesium, potassium, B vitamins, resistant starch (which can’t be broken down and absorbed by the body), and plenty of nutrients. They are also very low in sodium and high in antioxidants.

Several studies show that beans may help lower blood cholesterol, reduce the risk of developing type 2 diabetes, and improve overall diabetes control. Furthermore, soluble fiber and resistant starches in beans may suppress the appetite to help with weight management.

Other studies have shown that people who eat a Mediterranean-style diet, rich in plant foods like beans, have lower risks of heart disease and some cancers. No other food or food group affected has been found to have the same impact across cultures.

*Reference: Donna Winham Dr.PH, Denise Webb PhD, RD, Amy Barr MS, EdM, RD. “Beans and Good Health.” Nutrition Today. 2008; 43(5):201-209.*

## Breaking Down the 12 Key Nutrients in Beans

Despite myriad differences in shape, size, color, texture, and flavor, beans are surprisingly similar in nutrient composition. They are naturally low in calories, sodium and sugar, very low in fat, and cholesterol-free. They’re also excellent sources of several key nutrients.

One-half cup of cooked beans provides the following Daily Value (DV):

<b>Folate: 23 to 45 percent</b>	<b>Iron: 11 percent</b>
<b>Fiber: 24 to 36 percent</b>	<b>Potassium: 10 percent</b>
<b>Manganese: 19 to 26 percent</b>	<b>Selenium: 8 percent</b>
<b>Protein: 14 to 16 percent</b>	<b>Carbohydrates: 8 percent</b>
<b>Magnesium: 10 to 15 percent</b>	<b>Zinc: 6 to 8 percent</b>
<b>Copper: 8 to 15 percent</b>	<b>Calcium: 2 to 6 percent</b>

# Red Beans and Rice

servings

6

serving size

1 cup

## ingredients

cooking spray	1/2 tsp cayenne pepper
1 medium onion, chopped	1 tbsp Worcestershire sauce
1 medium green bell pepper, chopped	2 cups water
1 garlic clove, minced	1 cup uncooked brown rice
2 16 oz cans kidney beans, undrained	14 oz lean, smoked turkey sausage, sliced

## directions

- In a large saucepan coated with cooking spray, sauté sausage for five minutes over medium-high heat. Add onion and green pepper and sauté another five minutes. Add garlic and sauté 30 seconds.
- Stir in beans, bell pepper, cayenne pepper, Worcestershire sauce, and water over medium-high heat.
- Bring to a boil; reduce heat and simmer, uncovered for 25 minutes.
- Add brown rice, then cover and simmer another 35 minutes.



BETTER HEALTH

### Nutrition Information (per serving)

Total Calories	362
Calories from Fat	66
Total Fat	7 g
Saturated Fat	2 g
Cholesterol	42 mg
Sodium	1553 mg
Total Carbohydrates	53 g
Dietary Fiber	7 g
Sugars	9 g
Dietary Exchange	3 1/2 starch 1 medium-fat meat

Reference: American Diabetes Association, My Food Advisor™

## GET COOKIN' WITH BEANS!

Despite the fact that beans are nutrition superstars, many avoid them because they aren't sure how to prepare them or work them into their diet.

Here are a few tips to ease your bean angst. Soak dry beans in room temperature water to rehydrate them for more even cooking. Plan ahead because they'll need to soak for about six to eight hours or overnight. You can also hydrate them by boiling them for two minutes, then covering them to soak for an hour. Once rehydrated, the beans are ready to cook. "Quick-cooking" beans have already been presoaked and redried and don't need extra soaking. Canned beans make quick additions to dishes that don't require long simmering. Rinse prepared and canned beans well (unless otherwise directed) to remove any sodium added during processing. Your favorite beans can be used interchangeably in recipes.

Consider these tips for adding beans into your meals and snacks:

- > Prepare soups, stews, and casseroles that feature beans, or legumes.
- > Use pureed beans as the basis for dips and spreads.
- > Add chickpeas or black beans to salads.
- > Snack on a handful of soy nuts rather than on chips or crackers.
- > Add garbanzos or other canned beans to your salad. If you typically buy a salad at work and no beans are available, bring beans from home in a small container.

Reference: "Beans and other legumes: types and tasty tips." MayoClinic.com 26 April 2009. <<http://www.mayoclinic.com/health/legumes/NU00260>>.



Meet

SelectHealth Member

**LOREE MORRIS**

*Loree lost 106 pounds. She feels better, her A1C levels are normal, and she is off her blood pressure medication. She has more energy and sleeps better, too.*

**HOW SHE DID IT**

“My mantra has been that large goals are made up of many small steps. My weight loss and physical fitness started with many very small steps,” she said.

Loree set what she calls “tiny, manageable goals” such as walking at least one mile four or five times a week. If she felt she could do more, it was just “icing on the cake.” Telling herself she only had to walk one mile each day, even though she was up to three miles, made the three miles seem less intimidating.

She also focused on her diet. Believing food deprivation doesn’t work, she learned portion control and balanced eating. Loree now walks about 3.5 miles per day and has started working in her garden again.

**DO YOU HAVE YOUR EYES CHECKED EVERY YEAR?**

If not, you are not alone. Here are some common reasons people give for avoiding comprehensive eye exams. Check for reasons that have kept you from having your eyes examined. Then, read the column “Something to think about” where we challenge those “excuses.”



I HAVE NOT HAD MY EYES CHECKED BECAUSE:	SOMETHING TO THINK ABOUT:
I can see fine.	<i>At first, diabetic eye disease may not have any symptoms. Finding it early may help to prevent further damage.</i>
My diabetes already takes a lot of time to manage. It is hard to think about doing one more thing.	<i>Most people with diabetes need a comprehensive eye exam only once a year. Getting your eyes checked is one way to help protect your sight.</i>
I cannot afford any more medical expenses.	<i>Many health plans—including Medicare—pay for all or most of a comprehensive eye exam. Call Member Services to find out if this is a benefit of your SelectHealth plan.</i>
My vision will be blurred for a few hours after the exam, and I do not have a ride home.	<i>Ask a family member or friend to give you a ride home. You can visit with him or her after the appointment.</i>
I am worried the exam will be painful or uncomfortable.	<i>When your eyes are dilated, you may feel uncomfortable. But this feeling only lasts a short time.</i>
I am afraid the doctor will find something wrong with my eyes.	<i>Treating minor problems early lessens your risk for developing serious eye problems later.</i>
I just saw an optometrist who gave me a prescription for new eyeglasses. My eyes must be fine.	<i>Did the eye doctor do a dilated eye exam to check for diabetic eye disease? A dilated eye exam is not the same as the exam performed for an eyeglass prescription.</i>
I know it is important, but I have trouble remembering to make the appointment each year.	<i>Always call at the same time each year. Pick some special day or month that’s easy for you to remember. Or ask the eye doctor to send you a reminder card.</i>

**Talk with your doctor about any other concerns you may have.**

*Reference: See Fit brochure; Eli Lilly and Company; Used with Permission.*

## You Can Do It! WALKING AND YOUR HEALTH

Adults should get at least 30 minutes of physical activity daily.

Walking is a great way to get moving. It's an easy, low-impact, inexpensive, and accessible form of exercise that can help you reach many of your health goals. Below are some of the many benefits of a good walking program:

- > Reduces stress, anxiety, and depression
- > Improves your ability to process sugar and lower your blood sugar levels if you already have type 2 diabetes
- > Decreases risk of heart attack, high cholesterol, high blood pressure, heart disease, and stroke
- > Decreases your risk of developing type 2 diabetes
- > Increases calorie expenditure and weight maintenance
- > Reduces risk of injury

Reference: "Walking for Fitness." *MayoClinic.com* 26 April 2009.  
<<http://www.mayoclinic.com/health/walking/HQ01612>>.

## HOW TO EXERCISE SAFELY

Monitor your blood glucose before, during, and after exercise.

This will help you learn how exercise affects your blood glucose—and help you avoid problems. Here's what you're looking for when you monitor and how to respond to your readings:

- > **BEFORE.** If blood glucose is below your recommended range, eat a carbohydrate-rich snack before starting to exercise.
- > **DURING.** Check blood glucose levels every 30 to 45 minutes while exercising. If exercising strenuously, you may want to check your levels more often. You may need a snack to adjust your levels.
- > **AFTER.** Your blood glucose levels may continue to drop for several hours after activity. You might want to continue monitoring at two-hour intervals for up to 18 hours after exercise. Snack as needed to keep your levels where you want them.



### also...

- > Carry water and a carbohydrate source
- > Carry diabetes identification
- > Don't forget the basics such as comfortable shoes, warming up, stretching, and knowing your limits.

Reference: Intermountain Healthcare® "Living Well With Diabetes"

## DETECTING KIDNEY DISEASE

How can you tell if you have started to develop kidney problems? Early on, you might have trace amounts of protein, called albumin, that begin to leak into your urine. This is called microalbuminuria. Your kidneys' filters are still working, and everything seems normal. But as your kidney problems worsen, the filtering function begins to fail. Your body might start to retain fluid, and you may not be able to get rid of some wastes, such as creatinine.

### HOW WILL YOU KNOW?

Your doctor can perform blood and urine tests each year to check for kidney disease. The blood test checks your level of creatinine to see how well your kidneys filter waste. The microalbuminuria test checks for protein in your urine. If protein is found, you could be in the very earliest stage of kidney disease. People with an A1C of 10 percent or higher are at a greater risk of developing kidney disease.

Kidney disease and high blood pressure are also closely linked. Check your blood pressure regularly to make sure it stays below 130/80.

### WHAT CAN YOU DO TO PREVENT IT?

Whether you have microalbuminuria or not, you can reduce your risk of kidney disease by monitoring your blood pressure, keeping your blood sugar in target range, reducing your cholesterol level, and quitting smoking. Ask your doctor if you should limit the amount of protein in your diet. Some medicines, called ACE-inhibitors and ARBs, might aid your kidneys as they can help control high blood pressure. All medications have side effects. Talk to your doctor about which treatments might be right for you.

For more information on kidney disease, visit the National Kidney Disease Education Program Web site at [www.nkdep.nih.gov](http://www.nkdep.nih.gov). The American Diabetes Association is another great resource at [www.diabetes.org](http://www.diabetes.org).

Reference: *Health Education Answers CD-ROM, version 6.0, Eli Lilly and Company; Used with permission.*



## Manage Your Health and Fitness Goals Online



Log in to *My Health* at [www.selecthealth.org/myhealth](http://www.selecthealth.org/myhealth) and start enjoying all the benefits of being a SelectHealth member. Get personalized health information and take advantage of the following WebMD® tools:

- “My Health Score” lets you do a personal health assessment and create action plans.
- “Health Center” provides access to WebMD’s customizable health topics and management centers.
- “Personal Health Journal” allows you to manage and maintain health information and fitness goals in one central location.

[www.selecthealth.org/myhealth](http://www.selecthealth.org/myhealth)



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