



Healthy workplace

Your monthly Anthem *Alliance* wellness newsletter

November is Diabetes Awareness Month!

Diabetes is a very serious disease and is the 7th leading cause of death in the United States. Two out of three people with diabetes die from heart disease or stroke. According to the CDC in 2012, 29.1 million Americans or 9.3% of the population had diabetes. Of the 29.1 million, 21 million people were diagnosed and 8.1 million are undiagnosed.

Diabetes describes a group of metabolic diseases in which the person has high blood glucose. In diabetes, the pancreas makes little or no insulin, or the body's cells do not respond properly to insulin, or both. Most of the food you eat is broken down into glucose. Glucose is a form of sugar in the blood that provides energy for all your body's cells. After digestion, glucose passes into the blood stream, however it needs the hormone insulin to get the glucose into the cell to use for energy.

Types of Diabetes

- **Type 1 diabetes** is an autoimmune disease. With Type 1 diabetes, the immune system attacks and destroys the cells in the pancreas that make insulin. No one understands why the body gets attacked this way. Type 1 diabetes comes on quickly and usually affects children and young adults. [Click here](#) to learn more.
- **Type 2 diabetes** starts when the fat, muscle and liver cells in the body do not use insulin properly.

The cells become resistant to insulin, and the pancreas just can't make enough insulin to move the glucose from the bloodstream into the body's cells. Being overweight and not exercising make it more likely you will get Type 2 diabetes. [Click here](#) to learn more.

- **Gestational diabetes** happens during pregnancy because of the hormones in the body at that time or there is not enough insulin is being made. This type of diabetes usually goes away after the baby is born. Women who get gestational diabetes have a higher risk of getting Type 2 diabetes later in their life.

Risk Factors for Type 2 Diabetes

- 45 or older
- Overweight
- Physically inactive
- Have a parent, brother, or sister with diabetes
- High blood pressure or high cholesterol
- HDL cholesterol 35 or lower
- Triglycerides levels of 250 or higher
- Gestational diabetes—or gave birth to a baby weighing more than 9 pounds
- Have prediabetes. [Click here](#) to learn more

- Race: African American, American Indian, Asian American, Hispanic American/Latino, or Pacific Islander*

*People of certain racial and ethnic groups are more likely to develop type 2 diabetes than others.

Signs & Symptoms

If you think you have diabetes, you should see your doctor right away. Some of these things may be happening to you:

- Passing urine more than normal
- Extreme thirst
- Unexplained weight loss
- Extreme hunger
- Sudden eyesight change
- Tingling or numbness in hands or feet
- Feeling very tired much of the time
- Very dry skin
- Sores that are slow to heal
- More infections than normal

Know Your Diabetes ABC's

- **A for the A1C test:** The A1C Test shows you what your blood glucose has been over the last three months. The A1C goal for many people is below 7.
- **B for Blood pressure:** The blood pressure goal for most people with diabetes is below 140/90.
- **C for Cholesterol:** Know your LDL "bad" and "good" cholesterol numbers.

To learn more about living well with diabetes [Click here](#) to learn about several important routine tests that can help you understand your health and manage it.

Prevention and Treatment

People with Type 1 can control it by taking insulin, eating healthy and being active. Those with Type 2 can help their symptoms by eating healthy, exercising and getting regular blood glucose testing. According to the CDC the Diabetes Prevention Program research study found that participants who lost a modest amount of weight through dietary changes and increased physical activity sharply reduced their chances of developing diabetes in both cases. This means keeping tabs on your blood glucose, blood pressure and cholesterol levels. Preventive care such as regular eye exams and other medical checkups can help keep your diabetes from getting worse. [Click here](#) to learn more about vision and diabetes.

BLOOD GLUCOSE CHART

Mg/DL	Fasting	After Eating	2-3 hours After Eating
Normal	80-100	170-200	120-140
Impaired Glucose	101-125	190-230	140-160
Diabetic	126+	220-300	200 plus




 American Diabetes Association.

Diet

If you've been diagnosed with diabetes, you have one simple question: What do I eat now? You want to start making healthy balanced food choices and understand how much and what types of carbohydrate foods are important for managing diabetes.

Healthy food choices:

- Eat smaller portions
- Read food labels: Learn what a serving size is for different foods and how many servings you need per meal.
- Eat less fat: Choose fewer high-fat foods and use less fat for cooking. Limit foods that are high in saturated fats or trans-fat, such as:
 - Whole milk and dairy products made from whole milk and cream
 - Fatty cuts of meat
 - Fried foods
 - Lard, stick of margarine, shortening and nondairy creamers
 - Cakes, candies, cookies, crackers, pies, puddings and ice-cream
 - Salad dressings



Eat more of:

- Fiber: Eat more fiber by eating whole-grain foods. Whole grains can be found in:
 - Whole-wheat bread, pita bread, and tortillas
 - Breakfast cereals made with 100% whole grains
 - Whole grain rice
 - Oatmeal
- Eat a variety of fruits and vegetables every day. Choose fresh, frozen, dried fruit and 100% fruit juices. Eat plenty of veggies like these:
 - Dark green veggies (e.g. kale, broccoli, spinach, collard greens)
 - Orange veggies (e.g. carrots, sweet potatoes, pumpkin, winter squash)
 - Beans and peas (e.g. black beans, garbanzo beans, kidney beans, pinto beans, split peas, lentils)

Eat less of:

- Food and beverages high in sugar, such as:
 - Fruit canned in syrup
 - Cakes, puddings, biscuits, pastries and ice-cream
 - Jams
 - Soda
 - Fruit-flavored drinks
 - Tea or coffee sweetened with sugar
- Use less salt: Eat fewer foods that are high in salt, such as:
 - Cured and processed meats
 - Pickles
 - Sauces and salad dressing (e.g. soy sauce, BBQ sauce)
 - Salted nuts & seeds
 - Canned and package soups
 - Canned vegetables

The Plate Method

To create balanced meals that stay within your carbohydrate and calorie allowances, let a 9-inch plate be your guide. Using the plate method, a meal complete with a side of fruit and a cup of fat-free milk provides about 425 calories, 55-60 grams of carbohydrate, 35 grams of protein, and 10 grams of fat.

- Fill $\frac{1}{2}$ of the plate with 2 servings of non-starchy vegetables (e.g. Broccoli, kale, string beans, etc.).
- Fill $\frac{1}{4}$ of the plate with lean meat (3 ounces cooked) or other high-protein food.
- Fill $\frac{1}{4}$ of the plate with a starchy vegetable or whole grain serving (amount varies depending on food selected).
- Include a serving of fruit and/or dairy (Save the dairy or fruit serving for a snack if you're targeting 45 grams of carbohydrate per meal)



Exercise

Physical activity can not only help you control your weight, blood pressure, rise your “good” cholesterol and lower your “bad” cholesterol, it can also control your blood sugar. Exercising on a daily basis can also prevent heart and blood flow problems as well as reduce your risk of heart disease and nerve damage, which are often complications for people with diabetes.

You should become familiar with how your blood glucose responds to exercise. Checking your blood glucose level frequently before and after exercise can help you see the benefits of activity. You also can use the results of your blood glucose checks to see how your body reacts to

different activities. Understanding these patterns can help you prevent your blood glucose from going too high or too low.

What kinds of physical activity are best?

According to the CDC, walking vigorously, swimming, climbing stairs, hiking, aerobics, dancing, bicycling, skating, skiing, tennis, basketball, volleyball, or other sports are just some examples of physical activity that will work your large muscles, increase your heart rate, and make you breathe harder.

A complete physical activity routine includes different kinds of activities:

- Activity—walking, using the stairs, moving around— throughout the day
- Aerobic exercise, such as brisk walking, swimming, or dancing
- Strength training, such as lifting light weights
- Flexibility and stretching, such as yoga

Webinars

Looking for more information or to ask questions? Join us for a member webinar on Telemedicine- November 11, 2014! [Sign up here!](#)

Don't forget! ConditionCare: Diabetes

Condition Care is a disease management program that gives you resources and tools to help you take care of certain health conditions. ConditionCare nurse care managers will work with members of all ages who are affected by diabetes.

When you join ConditionCare, you'll get:

- 24-hour, toll-free access to a nurse to talk about your health.
- Support from nurse care managers, pharmacists, dietitians, doctors and other health care workers to help you reach your health goals.

- Guides, newsletters and tools to help you learn more about

To learn more or to join ConditionCare, call us toll free at 866-596-9812. [Click here](#) - to learn more.



Healthy Recipe of the Month!



American Diabetes Association List of the top 10 Diabetic “Superfoods”

All of the foods in the list have a low glycemic index or GI and provide key nutrients that are lacking in the typical western diet such as calcium, potassium, fiber, magnesium, and vitamins A, C, E.

Beans, dark leafy greens, citrus fruits, sweet potatoes, berries, tomatoes, fish high in Omega-3 fatty acids, whole grains, whole raw nuts, low fat/fat free yogurt.

Almond-&-Lemon-Crusted Fish with Spinach

Coating fish with nuts and baking it is an easy, foolproof way to cook it elegantly. And it is especially nice with a mild white fish like cod or halibut. The spinach turns a little yellowy because it's cooked with the acidic lemon juice, but what you lose in green color is more than made up for in great flavor.

Makes: 4 servings **Active Time:** 25 minutes **Total Time:** 25 minutes

Ingredients

- Zest and lemon juice of 1 lemon, divided
- ½ cup sliced almonds, coarsely chopped
- 1 tablespoon finely chopped fresh dill or 1 teaspoon dried
- 1 tablespoon plus 2 teaspoons extra-virgin olive oil, divided
- 1 teaspoon kosher salt, divided
- Freshly ground pepper to taste
- 1 ¼ pounds cod or halibut, cut into 4 portions
- 4 teaspoons Dijon mustard
- 2 cloves garlic, slivered
- 1 pound baby spinach
- Lemon wedges for garnish

Preparation

- Preheat oven to 400°F. Coat a rimmed baking sheet with cooking spray
- Combine lemon zest, almonds, dill, 1 tablespoon oil, ½ teaspoon salt and pepper in a small bowl. Place fish on the prepared baking sheet and spread each portion with 1 teaspoon mustard. Divide the almond mixture among the portions, pressing it onto the mustard.
- Bake the fish until opaque in the center, about 7 to 9 minutes, depending on thickness.
- Meanwhile, heat the remaining 2 teaspoons oil in a Dutch oven over medium heat. Add garlic and cook, stirring, until fragrant but not brown, about 30 seconds. Stir in spinach, lemon juice and the remaining ½ teaspoon salt; season with pepper. Cook, stirring often, until the spinach is just wilted, 2 to 4 minutes. Cover to keep warm. Serve the fish with the spinach and lemon wedges, if desired.

Nutrition

Per serving: 249 calories; 13 g fat (1 g sat, 8 g mono); 46 mg cholesterol; 8 g carbohydrates; 0 g added sugars; 28 g protein; 4 g fiber; 496 mg sodium; 1025 mg potassium.
Nutrition Bonus: Vitamin A (184% daily value), Vitamin C (37% dv), Folate (36% dv), Magnesium (35% dv), Potassium (29% dv), Iron (22% dv), Calcium (17% dv)

Carbohydrate Servings: ½ **Exchanges:** 1 vegetable, 3 lean meat, 2 fat



The Great American Smokeout

The American Cancer Society marks the Great American Smokeout on the third Thursday of November each year by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By quitting, even for one day, smokers will be taking an important step towards a healthier life – one that can lead to reducing cancer risk.

Why Quit?

The health benefits of quitting start immediately from the moment of smoking cessation. Quitting while you are younger will reduce your health risks more, but quitting at any age can give back years of life that would be lost by continuing to smoke.



How does your body recover after certain amounts of time?

20 minutes		Your heart rate and blood pressure drop.
12 hours		The carbon monoxide level in your blood drops to normal.
2 - 3 weeks months		Your circulation improves and your lung function increases.
1-9 months		Coughing and shortness of breath decrease; cilia start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.
1 year		The excess risk of coronary heart disease is half that of a continuing smoker's.
5 years		Risk of cancer of the mouth, throat, esophagus, and bladder are cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.
10 years		The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx (voice box) and pancreas decreases.
15 years		The risk of coronary heart disease is that of a non-smoker's.

Learn more about diabetes and find resources:

- [Diabetes.org](https://www.diabetes.org)
- [CDC-Diabetes](https://www.cdc.gov/diabetes)
- [Joslin Diabetes Center](https://www.joslin.edu)
- [National Diabetes Educational Program](https://www.nid.nih.gov)