

diabetes today

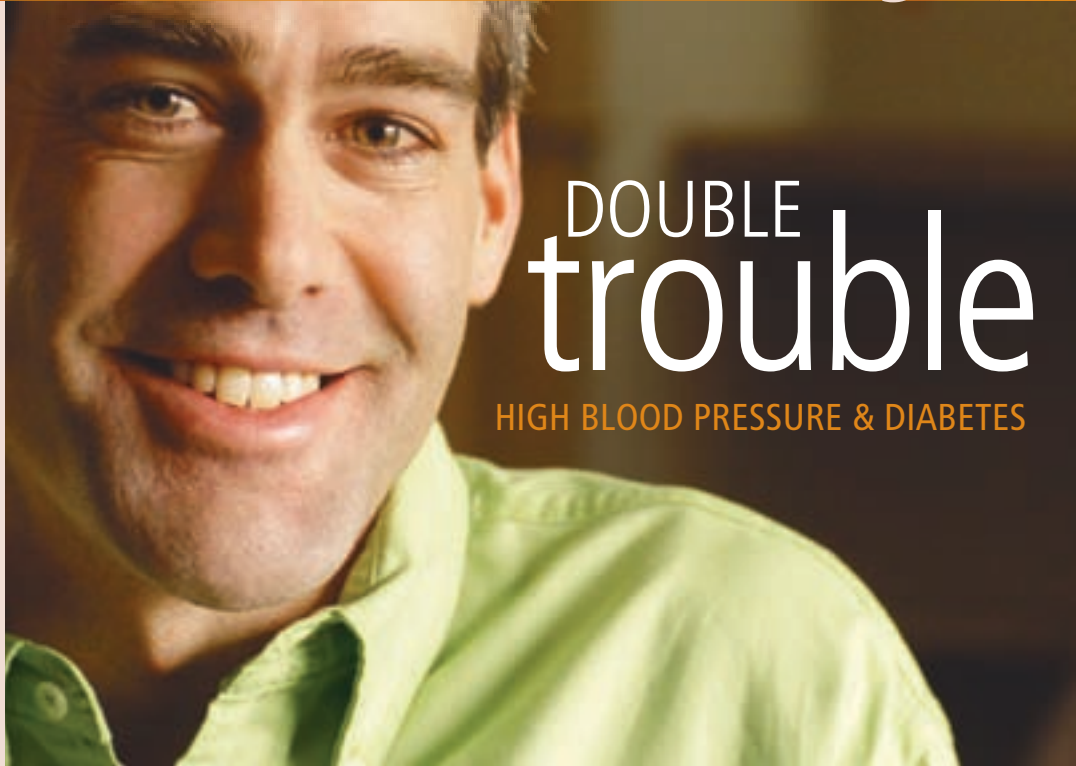
HEALTH NEWS AND INFORMATION

Drugs that can help

Several types of medicines can help lower blood pressure:

- Angiotensin converting enzyme inhibitors relax blood vessels by lowering levels of a hormone that causes the vessels to narrow.
- Angiotensin receptor blockers help open and relax blood vessels by blocking angiotensin's effects.
- Calcium channel blockers relax blood vessels by keeping calcium out of blood vessel and heart cells.
- Diuretics help the body get rid of excess water and salt.
- Beta-blockers reduce the heart rate and amount of blood pumped.

Sources: American Diabetes Association;
American Heart Association



DOUBLE trouble

HIGH BLOOD PRESSURE & DIABETES

Eating to lower blood pressure

To help control your blood pressure, eat more fruits, vegetables and nonfat or low-fat dairy foods.

You should also include whole-grain products, poultry, fish and nuts while reducing your intake of meats, sugars, salt, fat and cholesterol.

If you only eat a couple of veggies every day, add an extra serving at lunch and dinner. Swap that lunchtime soda for a glass of low-fat milk.

Source: National Heart, Lung, and Blood Institute



KEEPING TABS ON YOUR BLOOD pressure is especially important if you have diabetes.

As many as two out of three people with diabetes have high blood pressure, the American Diabetes Association reports. And since having either condition raises your risk for such problems as heart attacks, strokes and kidney failure, having both compounds your risk.

What can you do? First, have your blood pressure checked no fewer than two times a year.

The health risks of rising blood pressure begin even before your

doctor tells you that you officially have high blood pressure.

Prehypertension, which means that high blood pressure is likely to develop in the future, starts when

Your blood pressure should be checked at least twice every year.

the top blood pressure number is at least 120 or the bottom number is at least 80.

In either case, your doctor will likely suggest things you can do to lower your blood pressure. You may need to take medication in addition to making changes in your eating and exercise habits.

HEALTHY facts

EXERCISE BENEFITS PEOPLE EVEN IF STARTED AT AGE 40-PLUS
It's not too late to enjoy the benefits of becoming more active, according to a study of adults ages 40 to 68. Even those who didn't get active until after 40 were 55 percent less likely to have heart disease than those who were rarely active.

—Heart, British Cardiac Society

THE DIABETES-OBESITY LINK
One study suggests that, compared to people of normal weight, obese people are significantly more likely to have diabetes and other serious conditions, such as cancer, heart disease, stroke, arthritis and hypertension.

—Journal of the National Medical Association



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WHEN DIABETES upsets THE STOMACH

WHEN YOU THINK OF DIABETES-related problems, stomach troubles might not cross your mind. But diabetes can cause nerve damage that results in gastroparesis, a condition in which food overstays its welcome in the stomach.

When that happens, food can ferment or it can form solid masses that may cause nausea and vomiting. When food finally moves from the stomach into the small intestine, it can make blood sugar levels rise unexpectedly.

Signs and symptoms of gastroparesis can also include:

- Heartburn.
- Weight loss or lack of appetite.

- Quickly feeling full when you eat.
- Abdominal bloating.
- Stomach wall spasms.

Several tests, including x-rays, are used to help diagnose gastroparesis. Once it is confirmed, your treatment will focus on controlling blood sugar levels. You might need to change what you eat, eat smaller meals more often, or monitor your

blood sugar and diabetes medications more closely.

Medications may help relieve gastroparesis.

Work closely with your doctor to manage the condition and keep your blood sugar at a healthy level.

Source: American Diabetes Association

To speak with a disease management nurse, call
816-271-7862.

be a winner:

LOSE WEIGHT

HOW MUCH DO YOU KNOW

about weight and diabetes? Try answering these true-false statements:

- Being overweight or obese can lead to diabetes. T/F
- When you weigh less, you may need less diabetes medicine. T/F
- Losing just 10 or 15 pounds can reduce your risk of heart disease and stroke. T/F

As you probably guessed, every statement is true.

To gain the health benefits of weight loss—and to simply feel better—here are some tips from the American Diabetes Association and other health experts:

- Check with your doctor first. Set realistic goals. A slow, steady weight loss of 1 or 2 pounds a week is about right.
- Take a good look at your diet. Limit fatty foods and sweets, but there's no need to starve. You can eat lots of fruits, vegetables and whole-grain products.

- Keep portion sizes under control by using smaller plates. When you dine in a restaurant, consider putting half your meal in a take-home bag before you start eating the rest of it.

- Exercise. Begin slowly—just walking is a good start. Build up gradually until you are exercising at least 30 minutes a day on most days of the week.

Losing weight isn't easy, and keeping the pounds off can be even harder. That's where a commitment to lifelong change comes in.

Start by thinking of yourself in a new way. The steps you take

to achieve your weight-loss goals are part of the new you.

The new you may not be thin. In fact, according to the American Institute for Cancer Research,

being thin shouldn't be your goal. Instead, the new you will be healthier and will enjoy life more.

To find your BMI, visit www.mychp.com, click on "Health Improvement" then select "BMI Chart" from the list provided.



Standards of medical care for people with diabetes

These are the tests and exams recommended by the American Diabetes Association.

Test or exam	Timeframe	Test or exam	Timeframe
Blood pressure	Each visit	Flu vaccine	Once a year
Hemoglobin A1C	2 to 4 times per year, depending on blood glucose control	Pneumonia vaccine	Once or as recommended by your doctor
Smoking cessation, diet and exercise	Discuss with your doctor	Kidney function (Microalbumin)	Once a year
Foot exam—comprehensive	Once a year	Dental exam	Twice a year
Foot exam—visual exam	Each visit	Dilated retinal exam	Once a year
Lipid profile	Once a year		

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HEALTHY. recipe

Wild rice salad

Ingredients

- 2 cups cooked wild rice
- 2 oranges, peeled and cut into chunks
- 4 green onions, sliced
- ½ cup raisins
- ¼ cup chopped fresh spearmint
- 1 tablespoon extra-light olive oil with a dash of toasted sesame seed oil
- ¼ cup orange juice
- ¼ teaspoon salt
- Ground black pepper to taste

Instructions

- In a large bowl, mix cooked rice, oranges, onions, raisins and mint.
- In a small bowl, whisk together the olive oil, orange juice, salt and pepper. Pour over the salad ingredients and toss well.
- Let the flavors mingle for at least an hour before serving.
Makes four 1-cup servings.

Nutrition facts (per serving)

Calories 215	Calories from fat 36
Percent Daily Value*	
Total fat 4g	6%
Cholesterol 0mg	0%
Sodium 146mg	6%
Carbohydrates 43g	14%
Protein 0g	
Percent of calories from fat 17	

*Percent Daily Values are based on a 2,000-calorie diet.
Source: Graham Kerr's Creative Choices Cookbook (G.P. Putnam's Sons, 1993)

FEELING blue?

DIABETES CAN TAKE A TOLL ON your body, but your emotional well-being could be affected too.

Having diabetes or other chronic diseases can raise your risk for depression, a serious condition that disrupts daily life, saps your energy and can make it harder for you to manage your diabetes.

Unlike the usual blue mood that strikes everyone from time to time, depression causes negative feelings that linger for two weeks or more. According to the National Institute of Mental Health and the American Diabetes Association, symptoms of depression can include:

- Loss of pleasure in things you once enjoyed.
- Persistent anxious or empty mood.
- Loss of energy—always feeling tired.

■ Changes in sleep patterns, such as trouble falling asleep, waking too early or sleeping more than usual.

■ A feeling of being guilty, worthless or helpless.

■ Changes in appetite, such as eating too little or too much. You may quickly gain or lose weight.

■ A feeling of being restless or irritable.

■ Trouble thinking or concentrating.

■ Thoughts of suicide or death.

If you suspect depression, tell your doctor. With treatment, such as counseling and medication, most people can feel better.

The negative feelings of depression linger for two weeks or more.