



diabetes today

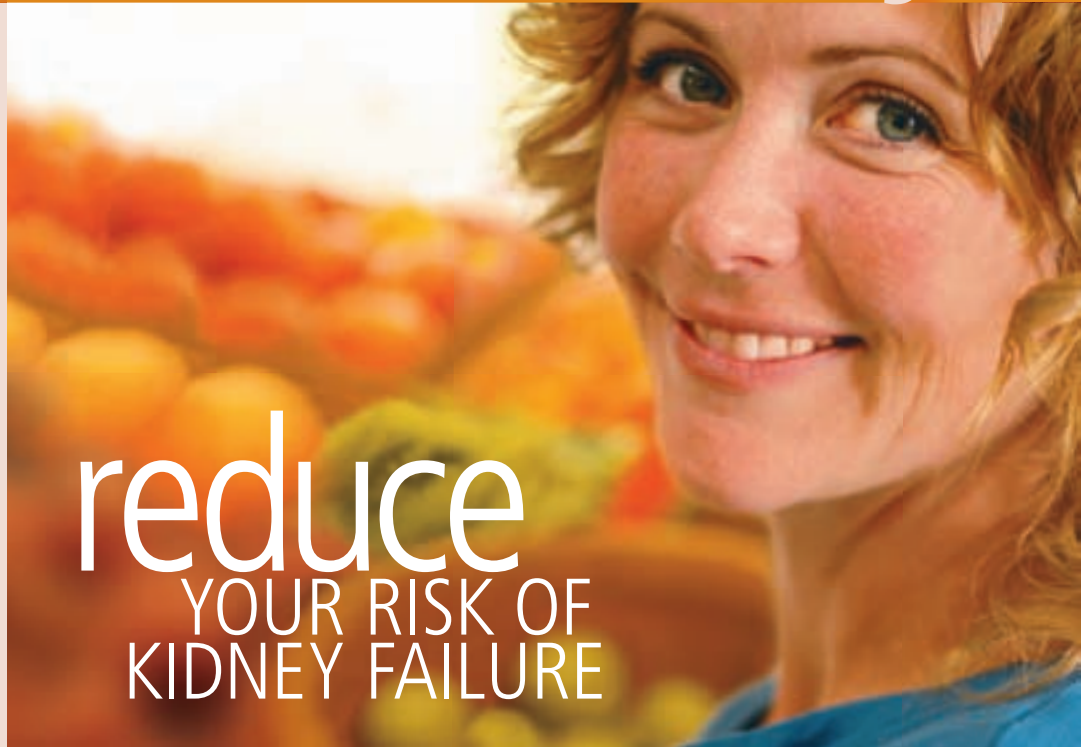
HEALTH NEWS AND INFORMATION

Dialysis can help

Every day, tiny blood vessels in your kidneys remove waste products from your body. However, uncontrolled diabetes can slow the work of the kidneys, allowing waste to remain in your body. Eventually, your kidneys may stop working entirely.

Kidney failure can be treated with dialysis, a process in which a machine removes waste products from your blood. Sometimes dialysis is done at a clinic. Or you may be able to strap a small dialysis machine to your body while you perform daily activities.

Source: American Academy of Family Physicians



reduce
YOUR RISK OF
KIDNEY FAILURE

Keep pressure low

High blood pressure is a major risk factor for developing kidney disease. And in those who already have kidney disease, high blood pressure increases the speed at which the disease progresses.

That's why early detection and treatment of even mildly elevated blood pressure is important if you have diabetes.

The American Diabetes Association recommends maintaining blood pressure below 130 systolic and 80 diastolic (130/80 mm Hg).

Additional source: National Institutes of Health



YOU MAY NOT REALIZE IT, BUT your kidneys need a little TLC.

People who have diabetes are at high risk of developing kidney failure, a potentially fatal condition in which the kidneys are unable to filter and remove waste products from the blood.

But you can take the following steps to help protect your kidneys and lower your chances of developing kidney failure: ■ Work with your doctor to keep your blood sugar level as close to normal as possible. Ditto with your blood pressure. Both high glucose levels and high blood pressure can harm the kidneys. ■ If you smoke, try your best to quit. Smoking is bad for the kidneys. ■ Eat a healthful diet. If you

already have kidney problems, you may need to cut back on protein. Too much protein can make the kidneys work extra hard. ■ Take only medicines your doctor pre-

You can take steps to help protect your kidneys.

scribes or approves for you. Some medicines can damage the kidneys. ■ Keep all doctor's appointments. Your doctor will want to periodically order lab tests that will measure how well your kidneys are working.

Sources: American Academy of Family Physicians; National Institutes of Health

HEALTH facts

LESS THAN 7 IS BEST

To help control your diabetes, you should have something called an A1C test at least twice a year. This test measures your overall blood glucose level for the past three months. A result of less than 7 percent typically means that your blood sugar is under control. A higher percentage may mean that your blood glucose is too high.

—National Institutes of Health

KEEP IT SLOW AND STEADY

If you have type 2 diabetes, losing weight may lower your blood glucose level to the point that you can reduce the amount of diabetes medicine you're taking or quit taking it altogether. Aim to lose no more than 1 pound a week. You're more apt to keep the weight off if you lose it in a slow and steady manner.

—American Diabetes Association



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WHEN BLOOD SUGAR IS low



HIGH BLOOD SUGAR—THIS IS what most people associate with diabetes.

But low blood sugar, which can deprive your body of the energy it needs to function, is also a risk for people with diabetes. And that's especially true if you take insulin or another medicine to lower your blood sugar level.

Doctors call low blood sugar hypoglycemia. You may have heard it called an insulin reaction. But whatever its name, low blood sugar can occur if you don't eat enough, are more active than usual, or take too high a dose of insulin or another glucose-lowering drug.

Left untreated, hypoglycemia can cause you to pass out. That's why it's important to know the warning signs of hypoglycemia so that you can treat it right away. The signs include: ■ Dizziness, weakness or trembling. ■ Confusion, moodiness or a panicked feeling. ■ Sweating or tingling in your lips or hands. ■ Hunger. ■ Headache.

How to respond

At the first sign of low blood sugar, eat or drink something sweet, such as a half cup of fruit juice or five or six pieces of hard candy, or take two or three glucose tablets. Talk to your doctor about the best treatment for you.

Most important, to head off hypoglycemia: ■ Take your diabetes medicine at the recommended doses and the recommended times. ■ Don't skip meals or snacks. ■ Ask your doctor if you should have a snack or adjust your medication before exercising.

Sources: American Diabetes Association; American Medical Association; National Institutes of Health

To learn more about diabetes care, visit www.mychp.com, click on "Health Improvement," then select "Community Connections."





newly DIAGNOSED

WHAT YOU NEED TO KNOW
ABOUT TYPE 2 DIABETES

A DIAGNOSIS OF DIABETES CAN be scary. But understanding diabetes and knowing how to manage it can help you live a long, healthy life.

Insulin is a hormone that helps your body use glucose, the sugar that fuels your cells. With type 2 diabetes, your body either isn't making enough insulin or isn't using insulin properly.

As a result, sugar can build up in your blood instead of moving into your cells, causing high blood glucose and starving your body of needed energy. Over time, this can cause problems with your eyes, kidneys, nerves or heart.

5 ways to manage it

Make a plan. You and your doctor will create a diabetes manage-

ment plan specific to you, based on your needs and lifestyle. It will likely include: ■ Lifestyle changes, such as getting exercise or quitting smoking. ■ Medications. ■ Dietary advice. ■ A plan for seeing an eye doctor, dentist and foot doctor—and other specialists if necessary.

Monitor glucose. Keeping your blood glucose level under control will help delay or prevent diabetes complications. Set your glucose goals with your doctor.

Keep track of your blood sugar levels, and share them with your doctor. This will help the two of you see what is working in your man-

agement plan and what isn't.

Eat healthfully. Eat a variety of fruits and vegetables. Choose lean meats, nonfat dairy products, and whole-grain products, like brown rice or whole-wheat pasta. And limit saturated and trans fats.

Exercise. Physical activity lowers blood sugar and helps your body better use insulin. It may even help reduce the amount of medications you have to take.

Maintain a healthy weight. If you're overweight, losing weight can help you better manage your

diabetes by lowering blood glucose, blood fats and blood pressure.

Exercise lowers blood sugar and helps your body better use insulin.

Sources: American Academy of Family Physicians; American Diabetes Association

When medications are necessary

There are many effective ways to manage your type 2 diabetes.

The first step often is lifestyle changes, such as weight loss, exercise and meal planning for blood glucose control.

If these measures don't adequately lower your blood sugar level, your doc-

tor may prescribe one or more of these medications, which work in different ways to lower glucose levels:

- Sulfonylureas and meglitinides, which stimulate the release of insulin.
- Biguanides, which lower the amount of glucose your liver makes.
- Thiazolidinediones, which help insulin work and also reduce glucose production.
- DPP-4 inhibitors, which prevent the breakdown of GLP-1, a naturally

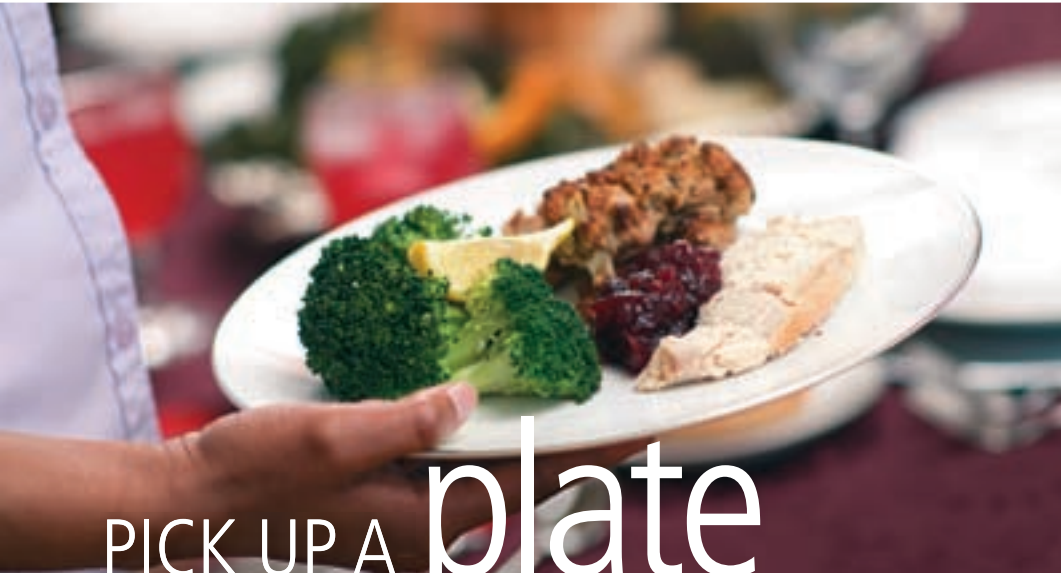
occurring compound that reduces blood glucose.

- Alpha-glucosidase inhibitors, which block the breakdown of starchy foods and slow the breakdown of sugars.

You'll probably be put on pills before insulin, but your doctor may suggest taking both, depending on your blood glucose level and medical history.

If you take more than 20 units of insulin daily, pills may not work for you.

Source: American Diabetes Association



PICK UP A plate

TIPS FOR NAVIGATING A BUFFET OF FOOD

INVITED TO A BUFFET, PICNIC or barbecue? Even if you have health concerns, you can stay true to your nutritional needs while still enjoying a good meal. Go with a smart-eating mindset, and make some wise choices at the table.

1. Find the fruit. Fresh fruit has no fat and is an excellent source of fiber, vitamins and minerals. Everyone—including people with diabetes—should eat three or four servings of fruit a day.

2. Go for whole grains and veggies. These high-fiber, low-fat selections should take up most of your plate. Good choices include beans, peas and lentils; pasta salads mixed with fresh vegetables; whole-grain foods, such as brown rice, couscous and whole-wheat

bread; and dark green vegetables, such as broccoli, cabbage, spinach and kale. Avoid dishes loaded with mayonnaise, sour cream or butter.

3. Love the lean. Choose lean meats, poultry and fish—grilled is great. Pass by anything deep-fried.

4. Build a better sandwich.

Choose whole-wheat bread, and use mustard or salsa instead of mayo.

5. Divide a dessert. Pies, cakes and cookies are usually high in fat and cholesterol. If you can't resist dessert, have a small serving. Or choose some fresh fruit—it's a naturally sweet way to end the meal.

Source: National Diabetes Education Program

Call our 24-hour nurse line at **800-455-2476** or **816-271-4000**.

Red-hot fusilli

Ingredients

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- ¼ cup freshly minced parsley (save some for garnish)
- 4 cups ripe tomatoes, chopped
- 1 tablespoon fresh basil, chopped (or 1 teaspoon dried basil)
- 1 tablespoon oregano leaves, crushed (or 1 teaspoon dried oregano)
- ¼ teaspoon salt
- Ground red pepper to taste
- 8 ounces cooked fusilli pasta

Instructions

- Heat oil in saucepan and sauté garlic and parsley.
 - Add tomatoes and spices, cooking over low heat 15 minutes or until thickened. Stir frequently.
 - To serve, spoon sauce over cooked pasta and garnish with parsley.
- Makes four 1-cup servings.

Nutrition facts (per serving)	
Calories 282	Calories from fat 45
Percent Daily Value*	
Total fat 5g	8%
Cholesterol 0mg	0%
Sodium 169mg	7%
Carbohydrates 52g	17%
Protein 9g	
Percent of calories from fat 16	

*Percent Daily Values are based on a 2,000-calorie diet.
Source: National Institutes of Health