

Results for Life

Monthly tips and topics for a healthier lifestyle



Taking Control of Diabetes



November marks National Diabetes Month in the United States and November 14th is World Diabetes Day as proclaimed by the United Nations. You may be asking yourself, "Why is this important to me?" Unfortunately, your chance of developing Type-2 diabetes or pre-diabetes is much greater than winning the lottery.

Every 17 seconds someone is diagnosed with Type-2 diabetes. Ninety percent of people with diabetes have Type-2. According to the American Diabetes Association (ADA), one in three people will have Type-2 diabetes by 2050 unless we take steps to stop this chronic disease. This disease hits so close to home because it is likely that we either know someone who has it, or we have been diagnosed with diabetes ourselves. What makes Type-2 diabetes so dangerous is that the complications can be devastating if it is not diagnosed and/or treated early enough. According to the ADA:

- Two out of three people with diabetes die from heart disease or stroke
- Diabetes is the leading cause of kidney failure
- Diabetes is the leading cause of new cases of blindness among adults
- Rate of amputation for people with diabetes is 10 times higher than people without diabetes
- About 60-70% of people with diabetes have mild to severe forms of nerve damage

Diabetes is a progressive disease and at some point may require insulin to control blood glucose. You can develop Type-2 diabetes at any age, even during childhood. Type-2 diabetes typically begins with insulin resistance, which occurs when your muscles, liver and fat cells do not use insulin properly. Your body's cells ignore insulin's signal to absorb blood glucose (sugar).

Fit Tip of the Month

Overcoming Fitness Self Sabotage



Sometimes we feel challenged to maintain our exercise regimen. Here are a few common pitfalls you may face and strategies to combat them and stay on your fitness path:

Stress - We all get stressed from time to time, and feel we can't fit one more thing in. A brisk walk helps manage high stress situations.

Unrealistic Expectations - Expecting big results too soon can be frustrating. Instead, be patient, and know it takes at least six weeks of consistent exercise for changes to kick in.

Overtraining - Demanding daily workouts without scheduled rest won't help you reach your goals faster. Instead, schedule rest days into your fitness plan and alternate easy and difficult workouts.

The Unexpected - Unexpected things in life can throw off scheduled workouts. Roll with the changes, exhibit resilience, and modify your plan to still fit your workout in.

Negative Self-Talk - Negative self-talk destroys confidence and motivation needed to achieve fitness success. When a negative thought creeps in, stop and replace it with a positive thought, such as: "I'm so proud of myself

The result is that blood glucose levels start to rise and symptoms develop. Some of the symptoms of Type-2 diabetes include:

- frequent urination and unusual thirst
- extreme hunger
- unexpected weight loss
- blurred vision
- extreme fatigue and irritability
- cuts and bruises that heal slowly
- tingling and/or numbness in hands and feet
- skin, gum, or urinary tract infections
- yeast infections in women

However, some people with Type-2 diabetes **do not** have any symptoms at all. Whether or not you have symptoms, high blood glucose levels over time can have serious negative effects on your health.



Pre-diabetes is a condition where the blood glucose levels are higher than normal but are not high enough **yet** to be classified as diabetes. If you have pre-diabetes, you have an increased risk of developing Type-2 diabetes, heart disease, and stroke. But, more importantly, you have the opportunity to change course and prevent diabetes from developing.

Diagnosing Diabetes and Pre-diabetes

Diabetes and pre-diabetes can be diagnosed in a number of ways. The most common tests include:

FPG - A fasting plasma glucose test: This blood test is performed after at least an 8-hour period of fasting (no food or beverage with calories). If the test results are 126 mg/dL or higher, your healthcare provider most likely will repeat the test on another day to confirm the diagnosis of diabetes. If the results are over 200 mg/dL and symptoms of diabetes are present, a second test may not be needed. If the results are 100-125 mg/dL, then prediabetes is indicated.

A1C – also called Hemoglobin A1C, HbA1C, or Glycohemoglobin test: An A1C test measures the average blood glucose level over the previous 60-90 days. It does not require fasting. An A1C of 6.5% or greater indicates diabetes. A1C results of 5.7-6.4% indicate pre-diabetes. Healthcare providers also use A1C results to see how well diabetes is managed.

for walking at lunch today; it wasn't easy but I did it." Practice intentionally giving yourself positive feedback and watch your motivation soar.

Suzanne Toon, MS
Exercise Physiologist



Diabetes Prevention and Control

A growing epidemic in United States, you will learn the pathology of diabetes, risk factors, complications, prevention and management of the disease.

Date: November 28, 2012

Time: 12:00pm CST-1:00pm CST

[Register Now](#)

Recipe of the Month



Pumpkin Cream Cheese Dip

Pumpkins are loaded with vitamin A and fiber, and low in calories. This light dessert is a great alternative for calorie-rich pumpkin pie. It can also be an excellent appetizer for the holidays.

Managing Diabetes

If you have been diagnosed with diabetes there is much you can do to control your blood glucose and avoid complications. The three components of managing diabetes include: eating habits, exercise habits, and medications to control blood glucose. All three works together to help bring down and keep blood glucose in the acceptable range. You can start by asking yourself some critical questions:

- Are you at a healthy weight?
- Are you eating meals at regular times that include fresh fruits, vegetables, whole grains, lean meats, and low-fat foods?
- Are you physically active on a regular basis?
- Do you take your diabetes medications as directed?
- Do you monitor your blood glucose to assess your progress?
- Are you seeing your health care provider at least 3-4 times per year and getting your A1C test?

If you answered “No” to any of these questions, you have the opportunity to make changes and improve your diabetes management.

Managing Pre-diabetes

If you have been diagnosed with pre-diabetes, you can prevent diabetes from developing. Blood glucose levels can be improved by utilizing strategies that decrease insulin resistance. If you are overweight, losing weight decreases insulin resistance. Also, incorporating physical activity in your daily routine and stopping tobacco use improve insulin resistance. In some cases, your healthcare provider may also prescribe medication to reduce insulin resistance.

The month of November is important to all of us; whether or not you have diabetes or pre-diabetes, chances are you know someone who does.

Mary M. Austin, MA, RD, CDE, FADE

Resources:

Check with your health care provider about attending a diabetes self-management education (DSME) program, typically offered at your local hospital.

Contact your Human Resources department to learn about educational programs or resources for managing diabetes.

[National Diabetes Education Program:](http://www.ndep.nih.gov/)

www.ndep.nih.gov/

[National Diabetes Information Clearinghouse:](http://www.diabetes.niddk.nih.gov/)

www.diabetes.niddk.nih.gov/

[American Diabetes Association:](http://www.diabetes.org/)

www.diabetes.org

[Interactive Health Solutions:](http://www.interactivehs.com)

www.interactivehs.com

Dip Ingredients:

8 ounces low-fat cream cheese
(room temperature)

3/4 cup canned pumpkin
(unsweetened)

3 tablespoons sugar

1/2 teaspoon cinnamon

1/4 teaspoon nutmeg

1/4 teaspoon ground cloves

1/2 teaspoon vanilla

Serve with:

6 apples, sliced

Directions:

Mix all dip ingredients in a mixing bowl by hand or with an electric mixer (medium speed). Serve with apple slices for dipping.

Serving size: 3 tablespoons

Nutritional analysis per serving:

Calories: 107

Fat: 3 grams

Saturated fat: 2 grams

Cholesterol: 10 milligrams

Carbohydrates: 18 grams

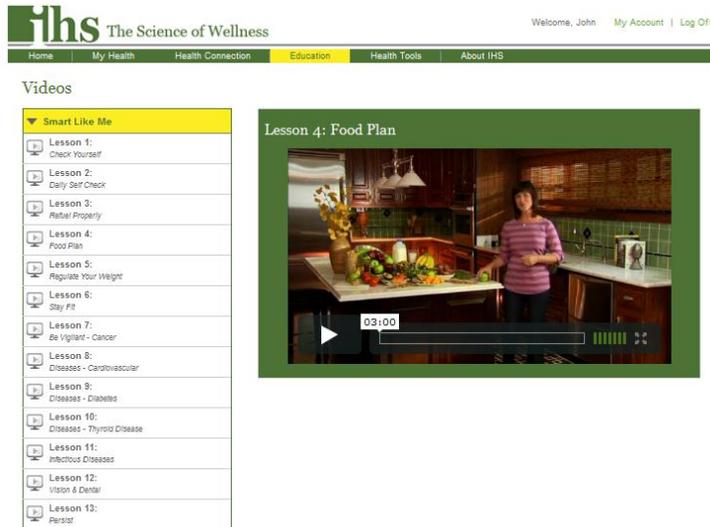
Dietary fiber: 3 grams

Protein: 2 grams

Sodium: 91 milligrams

Chef Cheryl Bell MS RD CDE

Member Spotlight



The screenshot shows the member website interface. At the top, the ihs logo and 'The Science of Wellness' are displayed. A navigation bar includes links for Home, My Health, Health Connection, Education, Health Tools, and About IHS. A user is logged in as 'John'. Below the navigation, a 'Videos' section is highlighted. On the left, a list of 13 lessons is shown, with 'Lesson 4: Food Plan' selected. On the right, a video player is embedded, showing a woman in a kitchen setting. The video title is 'Lesson 4: Food Plan' and the player shows a 03:00 duration.

Health Videos

Looking for a new way to learn how to stay healthy? We now offer [wellness videos](#) on our member website in the [Education](#) section. Whether you are interested in a specific prevention topic, such as diabetes or cardiovascular disease, or just general wellness tips, there is a video lesson for you. Choose an individual video or watch them all!

[Watch wellness videos now](#)

About Interactive Health Solutions

provides comprehensive wellness programs to individuals across the nation. Our worksite wellness program is designed to engage you in the management of your health through early detection and identification of risk factors. Our goal is to *measure, motivate and reward* you as you begin a journey on the pathway to better health. We create a personalized pathway that is unique to your health status. Our program provides you with the specific tools and resources you need to achieve your personal health goal.



www.interactivehs.com

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