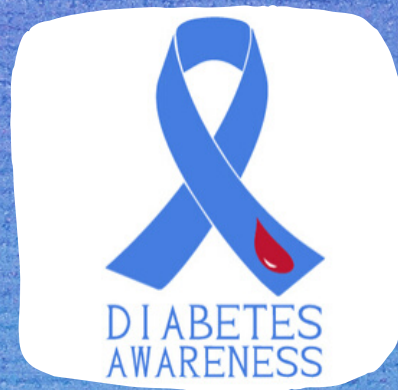


THE PULSE

EnRICHing the lives of individuals we serve and keeping a pulse on healthcare integration at RBHA



Diabetes is a group of diseases where the body's pancreas does not produce enough insulin or does not properly respond to insulin produced by the body. This can result in high blood sugar levels. There are several different types of diabetes, but the most common forms are type 1 and type 2 diabetes.

Type 2 diabetes is the most common form of diabetes. If someone has type 2 diabetes their body does not use insulin properly. Those diagnosed with type 2 diabetes manage their disease through a combination of treatments including diet control, exercise, self-monitoring of blood glucose, oral drugs, and/or insulin.

Type 1 diabetes is usually diagnosed in children and young adults. Only 5% of people with diabetes have this form of the disease. With the help of insulin therapy and other treatments a person with the disease can manage their condition and live a long healthy life.

The following symptoms of diabetes are typical; however, **some people with type 2 diabetes have symptoms so mild that they go unnoticed.**

- Urinating often
- Feeling very thirsty
- Feeling very hungry - even though a person is eating regularly
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss - even though a person is eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

Early detection and treatment of diabetes can decrease the risk of developing the complications and harmful effects of diabetes such as damage to the eyes, heart, blood vessels, nervous system, teeth and gums, feet and skin, or kidneys. **Studies show that keeping blood glucose, blood pressure and cholesterol levels close to normal can help prevent or delay these problems of diabetes.**

For more information visit the American Diabetes Association website at <http://www.diabetes.org/>



A Look at the November, 2019 Issue:

- Facts on Diabetes Awareness - Page 2
- Food Tips for Managing Diabetes - Page 3
- The Great American Smoke Out! - Page 4



DIABETES

DIABETES IS ON THE RISE

422 MILLION adults have diabetes

3.7 MILLION deaths due to diabetes and high blood glucose

1.5 MILLION deaths caused by diabetes



THAT'S 1 PERSON IN 11



Main types of diabetes



TYPE 1 DIABETES

Body does not produce enough insulin



TYPE 2 DIABETES

Body produces insulin but can't use it well

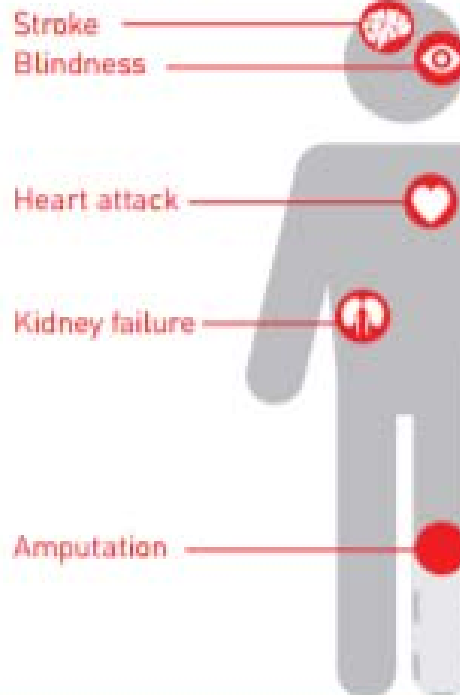


GESTATIONAL DIABETES

A temporary condition in pregnancy

Consequences

Diabetes can lead to complications in many parts of the body and increase the risk of dying prematurely.



Best Foods to Help Control Diabetes

For a person with Diabetes, diet is very important. A person trying to manage their diabetes should focus on healthy carbohydrates, fiber-rich foods, fish, and good fats.

Healthy food options include:

- Nuts
- Fruits
- Vegetables
- Fatty Fish
- Whole grains
- Legumes, such as beans and peas
- Low-fat dairy products such as milk and cheese

10 Food Tips for Better Diabetes Management

1. Try to limit carbohydrates
2. Eat more vegetables
3. Choose whole foods as often as possible
4. Avoid sugar, white bread/potatoes/rice/pasta, crackers, chips, candy, soda, alcohol, and anything fried
5. Snack on nuts, seeds, vegetables, fruits, and lean sources of protein
6. Drink water or unsweetened tea
7. Eat a filling breakfast with protein and fiber
8. Try eating nothing within 90 minutes of bedtime
9. Eat fruit for dessert
10. Check blood sugar 90-120 minutes after eating

The Great American Smokeout 2019!

- More than 34 million Americans still smoke cigarettes, and **smoking remains the single largest preventable cause of death and illness in the world.** Smoking causes about 1 in 5 deaths every single year. More than 16 million Americans live with a smoking-related disease.
- **Some groups of Americans suffer disproportionately from smoking-related cancer and other diseases,** including those who have less education, who live below the poverty level, or who suffer from serious psychological distress, as well as certain racial and ethnic groups, and lesbians, gays and bisexuals.
- **Vaping is not safe and it not an approved quit-smoking method.** Since vaping had different levels of nicotine, people may be getting more nicotine than they realize. This could make quitting much harder. Vapor is not just water. In fact vapor is actually aerosol mist full of toxic chemicals.
- **Quitting smoking improves health immediately** at any age. Stopping smoking is hard, however getting help through counseling and medications doubles or even triples a person's chances of quitting successfully.

Join the Great American Smokeout on November 21st!

