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www.molinahealthcare.com

For more information about our health management programs call Molina Healthcare Member Services at the phone number listed on your ID card.

Also call our Nurse Advice Line when you have questions about your health:

1-888-275-8750

For the hearing impaired please call TTY/866-735-2922
24 Hours a day, 7 days a week - everyday of the year!

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Healthy Living with Diabetessm



In This Issue

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	Page
The ABC's of Diabetes Care.....	1
Diabetes Care Continued.....	2
A Shot Can Prevent the Flu.....	3
Stop Smoking.....	3

Message to Members

If you do not want the **Healthy Living with Diabetessm** newsletter sent to your home, just let us know. Please call **Health Improvement Hotline** at 1 (800) 377-9594 extension 182618.

All material in this newsletter is for information only. This does not replace your doctor's advice. Ask your doctor if you have questions.

Smoking and Diabetes Do not Mix

Would you like help to stop smoking? Call Molina's **Health Improvement Hotline** at 1-800-377-9594, extension 182618 to get information about smoking cessation programs.



What are the ABC's of diabetes care?

A is for A1c. It is also known as hemoglobin A1c. It is a blood test done at the lab. It tells you and your doctor your blood sugar level over the past two to three months. The blood test you may do at home tells you your blood level at the time you test. The A1c tells you your average blood sugar level. It is like your report card to see overall how you have done with your food, medication and exercise plan. If you have had high blood sugar levels most of the time, your A1c will be high. If your blood sugar levels were close to normal most of the time, your A1c will be low.

EXAMPLE:

Normal A1c = 7.0%

Average Blood Sugar = 170

High A1c = 12.0%

Average Blood Sugar = 350

This test does not take the place of testing your blood sugar levels at home every day. If you are having many high or many low blood sugar levels, you need to tell your doctor. You may need some changes made in your diabetes medicine, food or exercise plans. Keeping your blood sugar levels close to normal is the

best thing you can do to lower your chance of diabetes complications. You should have an A1c test two to four times per year. Ask your doctor to be sure that you get one. Ask for the result and write it down with the date of the test. Ask your doctor to tell you your target A1c number. Know your goal.

B is for blood pressure. You may have high blood pressure and not know it. There are often no signs or symptoms. Over time, high blood pressure may increase your chance of getting heart disease, kidney disease, or having a stroke. High blood pressure damages your blood vessels.

There are different ways to treat high blood pressure. New medications are being made all the time. If you have side effects from one medication, you can try another one. The first step, however, is to know your numbers.

You should have your blood pressure checked every time you see your doctor. The goal is a blood pressure below 130/80 for most people. Ask your doctor to tell you what your blood pressure should be.

ABC's for diabetes care continued...

C is for cholesterol. High blood cholesterol puts you at higher risk for heart disease. The only way to know your cholesterol number is with a blood test. You need to know more than just your total cholesterol, however, ask for a lipid test. This blood test is done after fasting overnight for ten to twelve hours. Total cholesterol does not require fasting. The lipid test measures many different kinds of cholesterol and fats in your blood. Because it measures more than just total cholesterol, the lipid test is done after fasting. This makes the results accurate. Ask your doctor to tell you what your goals are for the fats tested. The goals for many people with diabetes are the following:

Total Cholesterolbelow 200
HDL (good) cholesterolabove 45
LDL (bad) cholesterolbelow 100
Triglyceridesbelow 150

The goals above are different from those for people without diabetes. You should have your blood cholesterol (lipid test) checked at least once a year. Some things that can affect your cholesterol levels are diet, weight, and exercise. Eat a low saturated (animal) fat diet. Ask your doctor about starting an exercise plan if you do not have one now. This may help lower your bad cholesterol number. It will also lower your blood sugar levels.

You may need to take medicine to control your blood pressure and/or cholesterol. Take your medicine the way your doctor tells you. Do not stop taking any medicine just because you feel OK. Tell your doctor about any side effects. Remember there are many medicines to choose from now. You are at higher risk of heart disease than is a person

without diabetes. It is important to keep your blood pressure and cholesterol levels at goal.

Knowing your ABCs and taking the steps to meet your goals is key. This may prevent health problems from poorly controlled diabetes. See your doctor for regular diabetes check-ups. You can control your diabetes and live well!

Do you know your ABC's for good diabetes care? The ABC's are an easy way to remember to ask your doctor about your important numbers. Seeing your doctor as he or she tells you to, is the best way to help you stay healthy with diabetes. The American Diabetes Association tells you to see your doctor at least every three months.

You can learn more about the ABC's of diabetes by checking out the following websites:

Molina Healthcare
www.molinahealthcare.com

American Diabetes Association
www.diabetes.org

National Heart, Lung, and Blood Institute
www.nhlbi.nih.gov

Most libraries offer Internet service at no cost. Call yours today!

The information in this newsletter agrees with national standards for treatment of diabetes. Ask your doctor any questions you may have. This does not replace your doctor's advice.

A Shot Can Prevent the Flu



Ask your doctor whether you should get a flu shot this fall. Those who should get flu shots include:

- everyone older than 65 years of age
- people 2 to 64 years old who have a long-term sickness
- pregnant women
- all kids from 6 months to 2 years of age
- people who take care of sick children and adults
- people in nursing homes.

Stop Smoking

If you have not quit smoking, do it now! It is the best thing you can do to live well with Diabetes. Quitting may also be the hardest thing you will ever do.

Nicotine is very addictive and people often try to stop two or three times before quitting for good. Studies have shown each time you quit you will become stronger and learn more about what it takes for you to quit for good. Why not try Molina Healthcare's stop smoking program to help you quit? There is no cost to Molina Healthcare members.

If you are a member in one of the following states and would like to enroll or have questions about the stop smoking programs, please call:

• **Molina Healthcare of California**
Free and Clear® smoking cessation program
Health Education Department – 1- 800-526-8196,
Ext. 127532 (Monday through Friday,
8:30 a.m. – 5:30 p.m.)

• **Molina Healthcare of Michigan**
“I can Quit” Smoking Cessation Program
1-800-480-7848

• **Molina Healthcare of New Mexico**
Quitting tobacco information
Health Education Line – 1-505-342-4660, Ext.
182618 or 1-800-377-9594, Ext. 182618

• **Molina Healthcare of Utah**
Smoke Free Program: 1-888-483-0760

• **Molina Healthcare of Washington**
Free and Clear® smoking cessation program
Washington Tobacco Quit Line – 1-877-270-STOP
or 1-877-270-7867, 1-877-2NO FUME or
1-877-266-3863 (Spanish Line)
1-877-777-6534 (TTY for the hearing impaired)

Molina Healthcare wants you to quit smoking for the sake of your health and your family's health.