



Test	Dates and Results (A1c: 7/13/07 - 7.0)			
Total Cholesterol				
HDL (good cholesterol)				
LDL (bad cholesterol)				
Triglycerides				
Other				



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Message to Members

You are receiving this as part of the Healthy Living with Diabetessm program. If you do not want to receive this newsletter or participate in the Healthy Living with Diabetessm program please call us 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.

Depression

Managing any chronic disease can be stressful. Testing your blood sugar, taking medications, and keeping up a good diet and exercise plan is a lot to do. All of these things can add up and might make you feel depressed. In fact, depression is more common among diabetics than people who do not have diabetes.

Depression can get in the way of managing your diabetes. The first step is to know the signs of depression. They include:

- Sadness
- Nervousness
- Loss of interest in things you used to enjoy
- Trouble concentrating
- Excessive feeling of guilt
- Changes in appetite
- Loss of energy
- Trouble falling and staying asleep
- Suicidal thoughts

The next step is to get some help. Try going for a walk, or spend time with people who support you. For example, talk with a friend. If you continue to have these feelings, tell your doctor. He or she may prescribe medicines that can help you feel better. You could also join a support group. Talking to others in a similar situation can often be helpful.

If you have signs of depression, don't wait too long before seeking help. Remember, depression is treatable!

Diabetic Retinopathy

Did you know that people with diabetes have more risk of eye problems than people without diabetes? Diabetic eye disease is a group of eye problems that diabetics may have. Diabetic retinopathy is one of these diseases. This means that the blood vessels in your retina are damaged. The retina is the tissue at the back of your eye that helps you see. Light hits your retina and turns images into signals. These signals travel to your brain so your brain understands what it sees. You need a healthy retina for good vision.

High blood sugar can harm the blood vessels in your retina. In early stages, the blood vessels swell. Next, the vessels get blocked. This can cause fluid to leak into the part of the eye that focuses. This can cause blurred vision.

For some, the disease can get worse over time. New blood vessels start to form on the retina. The new blood vessels are not normal. They could leak blood. If this happens, you might see spots that float in your vision. If left alone, this can cause bad vision loss and even blindness.

People with diabetes Type 1 and Type 2 are at risk for this eye disease. If you have diabetes, you should get a dilated eye exam every year. During this exam, the doctor will also check how well

you see close up and far away. The doctor will put drops in your eyes. The drops widen your pupils. With the pupil opened up, it is easier for the doctor to see the back of your eye. Your doctor will look for signs of disease. He or she will also check the pressure inside your eye. Your doctor can tell if you have signs of retinopathy.

These tests are painless and are very helpful in checking the health of your eyes. These regular check-ups are important. Your retina could be damaged before you know it. Don't wait for symptoms. Early detection of the disease can prevent vision loss.

The longer you have had diabetes, the more your risk of retinopathy. Here are some things you can do to slow its onset:

- Control your blood sugar.
- Check your blood pressure. Keep it under control.
- Follow a healthy diet.
- Exercise often.
- Get routine eye exams.

All of these things can also help your overall health.

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/866-735-2929
24 Hours a day, 7 days a week - everyday of the year!

www.molinahealthcare.com

Flu Shot

It is flu season again, is your body protected?

The influenza virus (or the flu) is spread when you come in contact with a host. Common hosts are people with the virus. The other way you can get the flu is contact with an infected surface. The best way to prevent the flu is to get flu shot each year. It is important for people with diabetes to get the flu shot. They often have worse symptoms with the flu. It is also important to know that the flu shot cannot cause you to have the flu. Flu season can begin as early as October and last as late as May. The best time to get a flu shot is in October or November, so ask your doctor about the flu shot today.



My List of Important Tests and Shots

Doctor's name: _____ Doctor's Phone Number: _____

Test	Dates and Results (A1c: 7/13/07 - 7.0)			
A1c (every 3-6 months)				
Blood Pressure (every visit)				
Foot Exam (every visit)				
Dental Exam (every 6 months)				
Urine Test for Protein (yearly)				
Dilated Eye Exam (yearly)				
Flu Shot (yearly)				

I have: Asthma COPD Diabetes Heart Disease High blood pressure Other

Keep this card in your wallet. Take this card with you when you see your doctor.

