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Part# 1375Rev0508



## Questions about your health?

Call Our Nurse Advice Line!

1-888-275-8750 English

1-866-648-3537 Spanish

**OPEN 24 HOURS!**

Your family's health is our priority!

For the hearing impaired please call

TTY/866-735-2929 English

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When you travel  
away from your  
hometown,  
Molina Healthcare  
pays for emergency  
care for you.

You may go to a local emergency room (ER) or an urgent care clinic. Tell them you are a Molina Healthcare member. Show them your Molina Healthcare ID card. But don't forget, routine care is not covered when you travel away from home.



## What Causes Diabetes?

Did you know that there are 20.8 million children and adults in the United States who have diabetes? About 6 million of these people are undiagnosed. That means one person out of three doesn't know that they have diabetes.

Diabetes is a disease in which your body does not make or use insulin. You may have heard of diabetes in terms of type 1 and type 2. In order to learn what causes diabetes, let's take a look at anatomy first. Your pancreas is an organ in your body. It sits behind your stomach. The "head" of the pancreas is next to the start of your small intestine and the "tail" extends towards your spleen.



The pancreas makes digestive juices that help break down food. It also makes hormones. Insulin is one of these hormones. Insulin is what tells your body's cells to take up the sugar in your blood. People with type 1 diabetes don't make insulin. The cells inside their pancreas that make insulin are destroyed. Type 1 diabetes is thought to result from both genetic and environmental factors.

Type 2 diabetes means that your body makes insulin, but your body does not use it. Most people who have diabetes have this type. Most people with type 2 diabetes are older and overweight. However, it is becoming common in obese children.

Knowing what causes diabetes can help you manage it better. Talk to your health care provider 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 **Free and Clear**<sup>®</sup>.

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### Check Out the Molina Healthcare Website

Check out the Molina Healthcare website at [www.molinahealthcare.com](http://www.molinahealthcare.com). You can use the Internet for free at most public libraries. "Click" on the member button and drag your mouse down to your state. You can get information on our website about:

- Molina Healthcare's contracted doctors and hospitals
- Your benefits, including copayments and other charges (if they apply)
- What to do if you get a bill or a claim
- FAQs (frequently asked questions and answers)
- Drug formulary (approved drugs that doctors can prescribe)
- How to contact a Nurse to help you with your health care
- How to get primary care, hospital, specialty, and emergency services
- How to get care after normal office hours
- Preventive health guidelines and immunization schedule
- Your rights and responsibilities and the privacy of your information
- Restrictions on benefits or how to obtain care outside the Molina Healthcare service area
- Quality Improvement, Health Education, and Disease Management programs
- How to voice a complaint or appeal a medical decision
- How we decide about using new technology

You can ask for printed copies of anything posted on the website by calling 1-800-580-2811. Your member handbook is also a good resource. You can find it on our website.

Healthy Living with Diabetes<sup>SM</sup> is developed by Molina Healthcare, Inc.

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## Treatment Options

Diabetes is a disease in which your body does not make or use insulin. There is not a cure for diabetes. However, it is treatable. Everyone's treatment plan is different.

People with type 1 diabetes don't make insulin. The cells inside their pancreas that make insulin are destroyed. Treatment involves insulin. The insulin must be injected. There are many forms of insulin. Some are rapid acting and some are long acting. Some you take right before you eat. Others you take before you go to bed. Not everyone takes the same kind of insulin or is on the same schedule.

Exercise and a healthy diet are also part of the plan. Weight loss can help control diabetes. Good nutrition can prevent complications from diabetes. Exercise helps push sugar into cells. This is why insulin doses may need to be adjusted. Your doctor can help you with this.

For some people with type 2 diabetes, exercise and a balanced diet are enough to keep their blood sugar in check. If not, oral medicine can be added. People with type 2 diabetes make insulin. However, it is not enough or



their body doesn't use it. Oral medicines work in different ways. Some help release more insulin. Others slow the liver's release of sugar. A third kind slows the breakdown of sugar. Another makes your cells more sensitive to insulin. Many people with type 2 diabetes will eventually need insulin injections.

Ask your doctor what treatment plan is best for you. Remember, good management is key to an active life.

## Timing Your Insulin

Part of good diabetes control means keeping up with an insulin routine. This routine will help keep your blood sugar in check. It will also help you lead an active life. There are many forms of insulin. Some are rapid acting and some are long acting. Not everyone takes the same kind of insulin or is on the same insulin schedule.

Here is a list of the different types of insulin. Onset means how long it takes before the insulin starts working. Peak means the time when the insulin is most effective. Duration means how long the insulin will work.

Insulin Type	Example	Onset	Peak	Duration	Timing
Rapid Acting	Humalog	15-30 min.	30-90 min.	3-5 hours	This covers insulin needs for meals eaten at the same time as the injection. It is also used with longer-acting insulin.
Short Acting	Regular	30 min. - 1 hour	2-5 hours	5-8 hours	This covers insulin needs for meals eaten within 30-60 minutes.
Intermediate Acting	NPH	1-2 hours	4-12 hours	18-24 hours	This covers insulin needs for half the day or overnight. It is often used with rapid or short acting insulin.
Long Acting	Lantus	1-1½ hours	None; insulin is delivered at a steady level	20-24 hours	This covers insulin needs for about one day. It is often used with rapid or short acting insulin.
Pre-Mixed	Humulin 70/30	30 min.	2-4 hours	14-24 hours	This is usually taken twice a day before meals.

## Different Types of Diabetes

Diabetes is a disease. It means your body does not make or use insulin. Insulin drives sugar from the blood into cells. The cells use the sugar for energy. You need insulin to be healthy.

There are four major types of diabetes:

- Type 1
- Gestational
- Type 2
- Pre-diabetes

People with type 1 diabetes don't make insulin. The cause could be genetic. Viruses could also play a role. People with type 1 diabetes need insulin. They get it by injection.

Type 2 diabetes means that the body makes insulin, but does not use it. This type is most common. Often, people with type 2 diabetes are older. They are often overweight. Type 2 diabetes in obese children is on the rise.

Gestational diabetes means a woman gets diabetes during her pregnancy. It is hard for the mother's body to use insulin. The extra sugar in her blood passes to the baby. The baby's body makes more insulin. This puts the baby at risk of childhood obesity and type 2 diabetes. Gestational diabetes is treatable. It usually goes away after pregnancy.

Pre-diabetes means that a person's blood sugar is higher than normal. However, it is not high enough for a diagnosis. There are 54 million Americans who have pre-diabetes.

There are many types of diabetes. Each type is treated differently. There is much to learn about the disease. People with diabetes can lead an active life. Good management is key. That means regular check-ups. It also means using a treatment plan.

## What Makes Diabetes Worse?

Diabetes affects almost every body system. It affects your blood vessels, kidneys, eyes, heart and nerves. If you have diabetes you should know what makes diabetes worse.

The following can make diabetes worse:

- Poor blood sugar control
- Poor diet
- Poor blood pressure control
- Smoking
- Physical inactivity

Poor blood sugar control means not taking your medicine properly. There are two main types of drugs for diabetes. These are insulin and oral medication. Insulin can come in three different forms. You might be on one or more types of insulin. The oral medications vary. You might take them once or more a day, with meals, before meals or without food.

This can be confusing! It is important to know what you are taking. It is also important to know how to take it and when to take it. Everyone's treatment plan is different. If you do not understand, talk to your doctor.

Poor blood sugar control also means not testing your blood sugar levels. Check your own blood sugar regularly. This can let you know if you need more or less insulin. It can also tell you how well your treatment plan is working. High blood sugar levels cause changes in your blood

vessels. These structural changes are bad. They contribute to eye, kidney, nerve and vascular problems.

Poor blood pressure control means that your blood pressure is too high. You should aim to keep your blood pressure below 130/80 mmHg. High blood pressure puts you at risk for heart disease, strokes, and kidney disease.

A healthy diet and active lifestyle is important. Diabetics should have a nutrition plan. The plan should focus on individual needs. Diabetes is a risk factor for cardiovascular disease. Therefore, limit your saturated fat intake. Also, limit cholesterol intake to 300mg or less a day.

Regular physical activity is an important part of diabetes control. If you are not active, it can make your diabetes worse. Weight loss has been shown to improve diabetes control.

Smoking is extra harmful for people with diabetes. Nicotine in cigarettes makes your blood vessels get hard and narrow. This reduces blood flow to your body. People with diabetes already have a reduced blood flow. Smoking makes this problem worse.

Having diabetes can be tough, but there are many ways to manage it. Knowing what makes diabetes worse can help you live a healthier, longer life.

You are receiving this newsletter as part of the Healthy Living with Diabetes<sup>SM</sup> program. If you do not want to receive this newsletter or participate in the Healthy Living with Diabetes<sup>SM</sup> program, please call the Molina Health Education Line at 1-866-891-2320.