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ABC's of Diabetes

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.

Diabetes is a disease that can be managed if you take care of yourself and watch your health. First you must know the ABC's of diabetes. A is for Hemoglobin A1c, B stands for blood pressure and C is for Cholesterol. All of these are important things to monitor if you want to be in control of your diabetes.

Hemoglobin A1c (also called A1c):

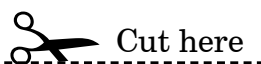
This test shows the average blood sugar over the past 3 months. An A1c test measures how much glucose has been sticking to your red blood cells. Since each red blood cell is replaced by a new one every 4 months, this test tells you how high the glucose levels have been during the life of the cells. This test is the best way to see how well your treatment and self-care are working. It will show if the blood sugar is under control or not. The test results will let your doctor know whether your diabetes medicine and diet needs to be changed. You can work with your doctor to keep your A1c number in a normal range. A normal A1c is 7% or lower.

Blood Pressure

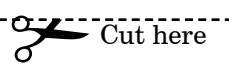
Measuring blood pressure means that your doctor is seeing how hard or fast blood hits the walls of blood vessels in your body. Blood pressure tests measure two things.

- 1.** Systolic pressure: the pressure of blood in the blood vessels when your heart contracts (beats).
- 2.** Diastolic pressure: the pressure of blood in the blood vessels when your heart is at rest.

If your blood pressure is "120 over 80" or 120/80, the top number is systolic pressure and the bottom is diastolic pressure. If your blood pressure is



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



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ABC's of Diabetes continued...

140/90 or higher, you have high blood pressure. High blood pressure means that your heart works harder, your arteries get weaker, and your chances for stroke, heart attack, or kidney problems are greater. This is why it is important to get your blood pressure checked and work with your doctor on keeping it at a good number for you.

Cholesterol

When people say “cholesterol,” they may really mean lipid panel. It is important to go to your doctor regularly to get your levels tested. Lipids are fats in the bloodstream. Lipids are in all of your cells. You need lipids for some of the body's functions.

There are really four parts to a lipid panel:

- Total cholesterol
- HDL – sometimes called “good cholesterol”
- LDL – sometimes called “bad cholesterol”
- Triglycerides – another type of fat in the blood.

HDL is good cholesterol. It does things like remove fat and bad cholesterol from the blood. The more

you have of this the better. Exercise can help your HDL be even better.

LDL is bad cholesterol. LDL can build up in your arteries and block them. Triglycerides are another kind of fat. Fats cannot be dissolved into the blood. If there is too much fat along the walls of an artery, this can cause a blockage. This prevents blood or oxygen from getting through. It can even break off and cause a heart attack or stroke. This is why it is important to watch your fat levels.

Foods from animals like meat, poultry, fish, seafood and dairy products have cholesterol. Foods from plants like fruits, vegetables, grains, nuts and seeds do not have cholesterol. Try to eat more foods like these.

Diabetes can damage many different parts of your body. You may not have any symptoms of the damage until it is too late to do much about it. It is important to visit your doctor often and have a set schedule for these and other important tests. These tests give you and your doctor a chance to find problems early, when they are easier to treat. Talk to your doctor about a test schedule that's right for you.

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

Smoking Cessation

Smoking is not good for your health. It is especially bad if you have diabetes. When Nicotine is in your blood it causes blood vessels to get hard and narrow. This reduces blood flow to the rest of your body. People with diabetes have more risk for nerve damage, kidney disease, and foot problems. Smoking can make everything else worse.

When you quit smoking you will be much healthier! You can add years to your life, feel healthier, look better, and save money. Smoking causes coughing, sore throat, face wrinkles, and yellow teeth. And, many people pay almost \$100 a month for cigarettes!

If you want to quit try a couple of tips from the American Cancer Society:

- Don't carry a lighter or matches.
- If you feel the urge to smoke, take a long deep breath and hold it for 10 seconds. Repeat this 10 times.

- Spend time in places where smoking is not allowed, or with friends who don't smoke.
- Drink lots of water. Avoid caffeine and alcohol because they might make your cravings worse.
- Exercise to help you feel less tense or stressed. Take the stairs instead of the elevator, or get off the bus early and walk a little extra.
- Eat low calorie foods and get lots of fresh fruits and vegetables.
- Try gum, mints, lemon drops or unbuttered popcorn.
- Change your smoke-break habits. Instead of smoking on your break, go for a walk with a friend, or have some tea with someone you work with.
- Be kind to your body. Take a bath, get a massage or take a nap.

Quitting smoking is not easy. With help from your family, friends and doctor, you can do it!



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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.



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