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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



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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.



Eye Problems



Diabetic eye disease (also called diabetic retinopathy) is a serious problem that can lead to loss of sight. There's a lot you can do to prevent such problems. A recent study shows that keeping your blood glucose (sugar) level closer to normal can prevent or delay the onset of diabetic eye disease.

Keeping your blood pressure under control is also important. Finding and treating any eye problems early can help to save your sight.

SIGNS OF DIABETIC EYE DISEASE

Since diabetic eye disease may be developing even when your sight is good, regular eye exams are important for finding problems early. Some people may notice signs of vision changes. If you are having trouble reading, if your vision is blurred, or if you're seeing rings around lights, dark spots, or flashing lights, you may have eye problems. Be sure to tell your healthcare team or eye doctor about any eye problems you may have.

Eye Problems continued...

PROTECTING YOUR SIGHT

- **Keep Your Blood Glucose (Sugar) Under Control**

High blood glucose can damage your eyes as time goes by. Work with your health care team to keep your glucose levels as close to normal as you can.

- **Keep Your Blood Pressure Under Control**

High blood pressure can damage your eyes. Have your doctor check your blood pressure at least 4 times a year. If your blood pressure is higher than 130/80 mmHg, your doctor may give you medicine to bring it down. You can also buy a blood pressure cuff and check your blood pressure at home. Ask your doctor where you can buy a cuff.

- **Get Regular Eye Exams**

Even if you're seeing fine, you need a complete eye exam every year to protect your sight. Ask your doctor to help you find an eye doctor who cares for people with diabetes. Before the exam, a doctor or nurse may put drops in your eyes to dilate the pupils.

Write down the date for your eye test on your diabetes care wallet card. Even if you've lost your sight from diabetic eye disease, you still need to have regular eye care. If you have not

already had a complete eye exam, you should have one now if any of these conditions apply to you:

- You've had Type 1 diabetes for 5 or more years.
- You have Type 2 diabetes.
- You're going through puberty and you have diabetes.
- You're pregnant and you have diabetes.
- You're planning to become pregnant and you have diabetes.

- **Treating Diabetic Eye Disease**

Treating eye problems early can help save your sight. Laser surgery may help people who have advanced diabetic eye disease. An operation called a vitrectomy may help those who have lost their sight from bleeding in the back of the eye. If your sight is poor, an eye doctor may be able to give you glasses or other devices that can help you use your limited vision more fully.



Urine Microalbumin Test

What is it?

People with diabetes or high blood pressure are at risk of getting kidney disease. Urine microalbumin is a lab test doctors will use to screen for protein in your urine.

When is it requested?

The National Kidney Foundation recommends that Type 2 diabetics under the age of 70 and Type 1 diabetics over the age of 12 are tested once a year for protein in the urine. A doctor may also request this test if a person is newly diagnosed with Type 2 diabetes. Persons with Type 1 diabetes should begin having this test 5 years after their diabetes was diagnosed.

What do the microalbumin levels mean?

- Normal levels = no kidney disease
- Moderate levels = early stages of kidney disease
- High levels = kidney disease is present

New studies have found that moderate and high levels of microalbumin can increase the risk of cardiovascular disease (CVD).

