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Part# 2468Rev0508



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

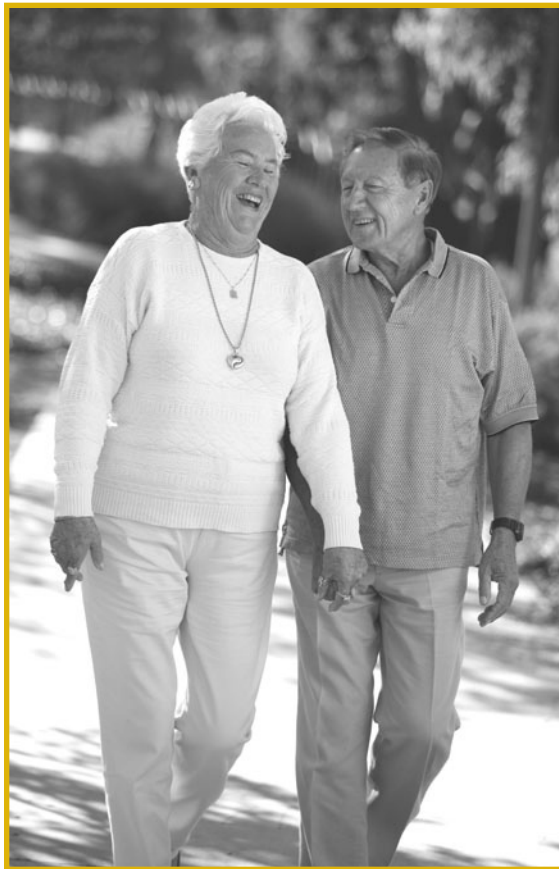
TTY/866-833-4703 Spanish



Obesity and Diabetes are Linked to Other Sickness

Diabetes is a serious problem in the U.S. based on the facts listed below:

- Over 21 million people share in diabetes in the U.S.
- One-third of the diabetes population do not know they have diabetes
- One in 5 Americans is at risk for developing type 2 diabetes



Diabetes is a disorder of metabolism. It is the way our bodies digest food for growth and energy. Most of the food we eat is broken down into glucose, the form of sugar in the blood. Glucose is the main source of fuel for the body.

After digestion, glucose goes into the bloodstream, where the cells use it for growth and energy. For glucose to get into cells, insulin must be present. Insulin is a hormone produced by the pancreas, a large gland behind the stomach. Therefore, it is important that one eat the right food and the right amount to manage our glucose levels properly.

Smoking and Diabetes Do Not Mix

Would you like help to stop smoking? Call Molina Healthcare of Texas Health Education at 210-366-6500 x 203015.

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Check Out the Molina Healthcare Website

Check out the Molina Healthcare website at 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 1-866-449-6849. Your member handbook is also a good resource. You can find it on our website.

Healthy Living with DiabetesSM is developed by Molina Healthcare, Inc.

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Molina Healthcare does not discriminate in providing medical care on the basis of preexisting health conditions, race, color, religion, age, national origin, disability, or sex.

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).

Fighting Temptation at the Grocery Store

- Do not shop on an empty stomach
- Use sugar-free alternatives
- Sugar free pudding and sugar free soda can be tasty
- Check carbohydrate content
- Buy lots of fruits and vegetables
- Make sure fruits and vegetables are packed with their own juices
- Pretzels are preferred over chips (baked vs. fried chips)
- Buy tempting foods in small packets vs. large packets



**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.

Managing Your Type 2 Diabetes

Healthy eating and working out can help manage type 2 diabetes, because it can lower your blood sugar, blood pressure, cholesterol and fat levels, as well as help control weight loss. It is vital to know that you do not have to change your entire life to begin eating right. In fact, by reading up on good ways to stay healthy you will be on your way to making positive changes to your health.

A Step Forward for Your Feet

When you have diabetes, it is important that you pay close attention to your feet.

High blood sugar can cause damage to the nerves (neuropathy) in your feet. When you have neuropathy the following can happen:

- Feet and legs often feel numb
- It can be hard for you to feel pain or temperature change
- You may not realize you have a blister or cut

Corns, blisters, warts or athlete's foot can be trouble. Any of these problems can lead to an infection that is hard to heal if you have diabetes. Ask your doctor about diabetic shoes and cotton socks.

TALK TO YOUR DOCTOR:

- If your feet or legs feel tingly or are swollen
- If you have a sore that won't go away
- If there are changes in the color of the skin on your feet
- If you have pain in your legs while sitting or walking
- If the skin around your heel is cracked
- If you have question about how to cut your toenails or use a pumice stone

EVERY DOCTOR VISIT:

- Remove your shoes and socks every time you visit your doctor. He or she can check for blisters and sores that you may not have noticed.

Be sure to keep your diabetes in control to prevent neuropathy. Make sure to take good care of your feet.



You are receiving this newsletter 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 the Molina Health Education Line at 1-888-562-5442, ext. 203015.