



## 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



## Diabetes at School

One good way to help your child manage diabetes at school is to have a diabetes care plan. Talk with your child's teachers, principal and school nurse about the care plan.

There are two parts to a care plan. The first part is about your child's diabetes treatment. This tells about the target range, insulin schedule, eating plan and usual blood sugar testing times. It can also describe what to do if your child has very low blood sugar.

The other part is about responsibilities. There are laws that protect students with diabetes. These laws make sure that children with diabetes are safe at school. There should be an adult who is trained to test blood sugar. This person should know what to do if the reading is out of range. Also, there should be an adult trained to give insulin and glucagon injections. The school should allow your child to see the school nurse when needed. They should also allow your child to eat a snack, use the restroom and drink water at any time.

The laws also make sure that everyone has the same access to educational opportunities. That means being able to participate in sports. It also means being able to do extracurricular activities and go on field trips.

A diabetes care plan can help your child keep his or her blood sugar in good control while at school. It also ensures that there are adults at school who know about diabetes and can help when needed.



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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 UM staff about a UM issue or question
- 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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## Smoking and Asthma 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>.



## Exercises to Watch Your Weight

Exercise is an important part of diabetes management. It can decrease body fat and lead to better weight control. For people with type 2 diabetes, exercise can improve insulin sensitivity. It can help put you in a good mood too.

There are three parts to a good routine. These are aerobic activity, strength training and stretching. Aerobic activity raises your heart rate and breathing rate. It includes things like walking, dancing and biking. Aim for 30 minutes a day most days of the week.

Strength training is good for your muscles and bones. The more muscle you have, the more fat you will burn. And building strength can help you do normal daily activities. You don't have to pump iron to lift weights. Try using resistance bands or lifting canned goods.

Light stretching is good for your joints and muscles. However, you don't want to stretch cold. That means you need to warm up a little first. March in place or step side to side for several seconds before stretching. Never bounce while stretching. Bouncing increases the chances of injuring yourself.

Getting started on a regular exercise routine is sometimes the hardest part. The key is to find something that you enjoy. Start out slow and work your way towards a goal. For example, start out with a 10-minute walk and add a few more minutes each day.

Before you start an exercise plan, talk to your health care team. Be sure to drink water before, during and after you exercise. Lastly, learn your blood sugar's response to exercise. Don't forget to have fun!

## Diabetes and CVD

If you have diabetes, you are at risk of having cardiovascular disease (CVD). That means that your chances of having a heart attack or stroke are high. In addition, many people with type 2 diabetes also have high blood pressure, high cholesterol and are obese. These add to the risk of CVD. If you have diabetes and you smoke, it doubles your risk of CVD.

The good news is that you can lower your risk. The first step is to know what your risk factors are. These include cigarette smoking, high blood pressure, high cholesterol, and high blood sugar. Other risk factors include overweight or obesity, physical inactivity, and a family history of CVD. The next step is to reduce your risk. Some factors you cannot help, like your age and family history. But others you can do something about.

**The National Diabetes Education Program encourages people with diabetes to control their ABCs:**

**A** is for A1C. Aim to keep your A1C (average blood glucose) test less than 7%.

**B** is for blood pressure. Aim to keep yours less than 130/80 mmHg.

**C** is for cholesterol. Aim for LDL less than 100 mg/dl.

Just how do you do all that? Try to add some physical activity to your day. Do your best to make healthy food choices. Choose low fat dairy, lean meats and whole grains. Stop smoking. Take your medications as prescribed.

Your efforts will make a difference! Blood pressure control reduces the risk of CVD by 33% to 50%. Better control of cholesterol can reduce CVD problems by 20% to 50%.

**That's something to be proud of!**



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

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 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 us at Molina Health Education at 1-800-580-2811.