

Diabetes and Heart Disease Awareness

Molina Healthy Living with Diabetes[®] and Heart Healthy Livingsm



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Diabetes and Eye Care

One of the major problems of diabetes is diabetic eye disease. If this is not caught early or treated, it can cause blindness.

What is diabetic eye disease?

Diabetic eye disease happens when blood sugars remain high and are not controlled. This damages tiny blood vessels in the part of the eye that is sensitive to light. This part of the eye is called the retina. A healthy retina is needed for you to see clearly.

What can I do to protect my eyes?

- **Keep your blood glucose (sugar) under control.** Work with your provider to keep your sugar levels as close to normal as you can.
- **Keep your blood pressure under control.** Have your provider check your blood pressure at least four times a year.
- **Get your eyes checked.** If you have diabetes, you need to get a dilated eye exam every year. This exam checks for early signs of diabetic eye disease. Ask your provider to help you find an eye care provider who cares for people with diabetes.

Take care of your diabetes and your eyes. Get an eye exam every year.

This newsletter is part of a Health Management Program. If you do not want to get this or be part of any Health Management Program, please let us know. Call us at (866) 891-2320.

All material in this newsletter is for information only. This does not replace your provider's advice.

This newsletter and future health education newsletters may be viewed on our website at www.MolinaHealthcare.com.

Este boletín informativo también está disponible en español. Por favor, comuníquese con el Departamento de Servicios para Miembros para pedir una copia en español.

Todos los boletines informativos también están disponibles en www.MolinaHealthcare.com.

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Diabetes and Foot Care

When you have diabetes, you should pay close attention to your feet. Make sure you check your feet at home on a regular basis.

High blood sugar can cause damage to the nerves in your feet. When you have nerve damage, your feet and legs often feel numb. This makes it hard for you to feel pain or a temperature change. You may not realize you have a blister or cut. Corns, 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. Remove your shoes and socks every time you visit your provider. 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 nerve damage. Take good care of your feet!

Talk to your Provider:

- If your feet or legs feel tingly or are swollen
- If you have a sore that will not 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 questions about how to cut your toenails or whether to use rough objects on your feet
- About diabetic shoes and cotton socks

Eat a Healthy Diet

If you have cardiovascular disease (CVD), a good way to help you manage it is to eat healthy meals.

Here are a few tips for eating a healthy diet:

- **Limit solid fats.** Cut down on the solid fat you eat. Solid fats can be butter, margarine or shortening. Many recipes for gravies, cookies, and other baked goods include solid fats. As a general rule, if the fat can *melt*, it is not healthy and should be limited.
- **Include a portion of protein.** A serving is about the size of a deck of cards. Good sources of protein are lean meats, poultry and fish. Low-fat dairy products and eggs are also good sources of protein.
- **Eat fruits and vegetables.** Try to eat 2-5 servings per day.
- **Eat whole-grain breads and pasta.** Look for “whole grain” on the food label. Many foods are made with “whole grain” like cereal, bread and pasta.
- **Limit your salt intake.** Keep the salt shaker off the table. Avoid adding extra salt when cooking. Try to consume less than 1200 mg of salt per day.
- **Eat fewer calories.** Watch your portion sizes and limit second servings.



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Take Action Against Hypertension

Blood pressure moves your blood through your body. Hypertension is the medical term for high blood pressure. When you have high blood pressure, your heart has to work harder. This can put you at risk for heart disease.

You can help reduce your own risk of heart disease. You can:

1. **Eat healthy.** A heart healthy diet includes foods that are low in cholesterol, saturated and trans fats, sugar and sodium (salt).
2. **Stay active.** Start walking 10 minutes a day. Try to add more time each week.
3. **Reduce alcohol intake.** Do not drink more than one drink a day for women and two drinks a day for men.
4. **Quit Smoking.** It is never too late to improve your health! You can learn about our smoking cessation program on our website at www.MolinaHealthcare.com.

Prevent the Flu: Good Health Habits Can Help Stop Germs

The **single best way to prevent seasonal flu is to get a flu shot** each year. Flu season usually starts in October. Follow good health habits. Cover your cough and wash your hands often.

1. **Avoid close contact with others who are sick.** This will help protect you from getting sick too.
2. **Stay home when you are sick.** If possible, stay home from work and school. Try not to run errands when you are sick. You will help prevent others from catching your illness.
3. **Cover your mouth and nose.** Cover your mouth and nose with a tissue when you cough or sneeze. It may prevent those around you from getting sick.
4. **Clean your hands.** Wash your hands often with soap and water. This will help to protect you from germs. If soap and water are not available, use an alcohol-based hand rub (like hand sanitizer).
5. **Avoid touching your eyes, nose or mouth.** Germs often spread when a person touches something that has germs and then touches his or her eyes, nose or mouth.
6. **Practice other good health habits.** Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep and be physically active. Manage your stress, drink plenty of fluids and eat healthy food.



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Questions about Your Health?

Call Our Nurse Advice Line!

English: (888) 275-8750
Spanish: (866) 648-3537

OPEN 24 HOURS!

Your health is our priority!

For the hearing impaired, please call
TTY (English and Spanish): 711

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