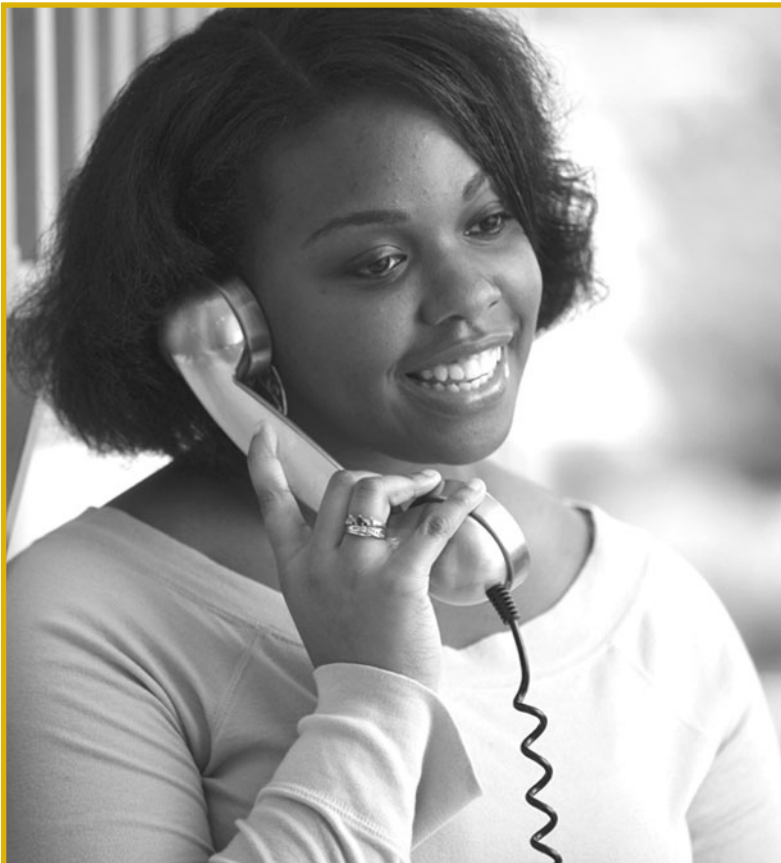




7050 South Union Park Center, Suite 200
Midvale, UT 84047

Part# 1371Rev0508



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



What Causes Diabetes?

Did you know that there are 20.8 million children and adults in the United States who have diabetes? About 6 million of these people are undiagnosed. That means one person out of three doesn't know that they have diabetes.

Diabetes is a disease in which your body does not make or use insulin. You may have heard of diabetes in terms of type 1 and type 2. In order to learn what causes diabetes, let's take a look at anatomy first. Your pancreas is an organ in your body. It sits behind your stomach. The "head" of the pancreas is next to the start of your small intestine and the "tail" extends towards your spleen.



The pancreas makes digestive juices that help break down food. It also makes hormones. Insulin is one of these hormones. Insulin is what tells your body's cells to take up the sugar in your blood. People with type 1 diabetes don't make insulin. The cells inside their pancreas that make insulin are destroyed. Type 1 diabetes is thought to result from both genetic and environmental factors.

Type 2 diabetes means that your body makes insulin, but your body does not use it. Most people who have diabetes have this type. Most people with type 2 diabetes are older and overweight. However, it is becoming common in obese children.

Knowing what causes diabetes can help you manage it better. Talk to your health care provider if you have questions.

Smoking and Diabetes Do Not Mix

Would you like help to stop smoking? Call Molina Healthcare of Utah's **Smoke Free** Program toll-free at 1-888-483-0760 ext. 170458. Molina members can join the **Smoke Free** Smoking Cessation Program at no cost.

In This Issue

What Causes Diabetes?	pg 1
Treatment Options	pg 2
Exercises to Watch Your Weight	pg 2
Diabetes and CVD	pg 3
Emergency Care When Traveling	pg 3
Nurse Advice Line	pg 4

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 1-888-483-0760. 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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Treatment Options

Diabetes is a disease in which your body does not make or use insulin. There is not a cure for diabetes. However, it is treatable. Everyone's treatment plan is different.

People with type 1 diabetes don't make insulin. The cells inside their pancreas that make insulin are destroyed. Treatment involves insulin. The insulin must be injected. There are many forms of insulin. Some are rapid acting and some are long acting. Some you take right before you eat. Others you take before you go to bed. Not everyone takes the same kind of insulin or is on the same schedule.

Exercise and a healthy diet are also part of the plan. Weight loss can help control diabetes. Good nutrition can prevent complications from diabetes. Exercise helps push sugar into cells. This is why insulin doses may need to be adjusted. Your doctor can help you with this.

For some people with type 2 diabetes, exercise and a balanced diet are enough to keep their blood sugar in check. If not, oral medicine can be added. People with type 2 diabetes make insulin. However, it is not enough or their body doesn't use it. Oral medicines work in different ways. Some help release more insulin. Others slow the



liver's release of sugar. A third kind slows the breakdown of sugar. Another makes your cells more sensitive to insulin. Many people with type 2 diabetes will eventually need insulin injections.

Ask your doctor what treatment plan is best for you. Remember, good management is key to an active life.

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!

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 1-888-483-0760, ext. 170458.

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!



**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.