

Diabetes and Heart Disease Awareness

Molina Healthy Living with DiabetesSM and Heart Healthy LivingSM



Molina Healthcare of Washington • Fall 2013

Moderate Your Diet

If you have cardiovascular disease (CVD), a good way to help you manage it is to learn “moderation.” This means eating the right amount.

It can be hard to watch the foods you eat during the holidays. Here are a few tips to remember about 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 moderate 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 a rainbow of fruits and vegetables. Eat fruits and vegetables with many different colors. 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.

Watch your portion sizes. Limit second servings. You don’t need to miss out on eating dessert. You can have a piece of cake once in a while. Just don’t eat the whole cake!



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You are receiving this newsletter as part of a Disease Management Program. If you do not want to receive this newsletter or participate in any Disease Management Program please let us know. Please 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.



Quit for Good

If you smoke, quitting is the most important thing you can do to improve your health. It may help slow the progress of lung disease. If you have not quit smoking, do it now! It is not too late to improve your quality of life. It is the best thing you can do to live well with Cardiovascular Disease (CVD). Quitting may be hard, but it may be the most rewarding thing you will ever do.



Nicotine is inside cigarettes. It is very addictive. People often try to stop smoking two or three times before quitting for good. Studies show that each time you quit, you become stronger and learn more about what it takes for you to quit for good. Molina Healthcare offers programs that can help you quit. There is no cost for Molina Healthcare members.

If you would like information on a program to help you stop smoking, call your state's Stop Smoking Program.

California:	(800) 526-8196, Ext. 127532
Florida:	(877) 822-6669
Illinois:	(866) QUIT-YES; (866) 784-8937
Michigan:	(800) QUIT-NOW
New Mexico:	(800) 377-9594, Ext. 182618
Ohio:	(800) 784-8669
Texas:	(866) 449-6849
Utah:	(800) QUIT-NOW
Washington:	(800) 784-8669
Wisconsin:	(888) 999-2404

Start Off on the Right Foot

When you have diabetes, it is important that you 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 (neuropathy) in your feet. When you have neuropathy, 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 neuropathy. Be sure to 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 use a pumice stone
- About diabetic shoes and cotton socks

Sneak in Some Exercise

During the holiday season you might be extra busy. There is shopping to do, parties and school plays to attend, and work to be done. On top of all that, you need to manage your diabetes. It's easy to put yourself last.

Exercise is a great way to relieve stress and control your diabetes. Exercise lowers your blood sugar and cholesterol. Getting some exercise doesn't mean that you have to give up hours of your day. Sneak some exercise into your day by choosing some of these activities:



- **Take the stairs instead of the elevator.**
- **Use 10 minutes of your lunch break to take a walk.**
- **Park farther away and walk.**
- **Do some gentle stretches.**
- **Take the dog for a walk.**
- **Catch up with a friend over a walk around the block.**
- **Do some squats or leg lifts while you wait for the microwave.**
- **Exercise as a family. It's a great way to spend quality time together and be a good role model.**

Find what you enjoy doing and you will look forward to doing it. The goal is to get moving. A little bit here and there really adds up, and the pounds won't!

Be sure to check your blood sugar before and after you exercise. Talk to your provider before you start your own exercise routine.

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. This can help stop the spread of germs and prevent illnesses like the flu.

1

Avoid close contact.

Avoid close contact with people 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 stop 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.



Tips to Remember to Take Your Medicine

Do you forget to take your medicines? You are not alone. Here are some tips to help you remember to take your medicine.

Put your pills where you will see them. If you take a pill with breakfast, put your pills on the breakfast table.

Put a reminder note where you will see it. Put a note on your coffee cup or the bathroom mirror if you take the medicine in the morning.

Buy a pill organizer. They come in many sizes and shapes. Your pharmacist can help you choose one.

Set an alarm. Use an alarm clock or set the alarm on your phone, watch or computer.

Ask for help. Ask family or friends to remind you, especially when you first start taking the medicine.

Mark your medicine bottles with different colors. For example, blue for morning, green for mid-day and red for evening.

Make sure to keep a list of all your current medicines. At least once a year, be sure to review all your medicines with your provider. This helps make sure that you:

- Take all the medicines you need
- Stop taking the ones you no longer need
- Take medicines that are safe to take together

Medicines are an important part of your treatment plan. Not taking them can affect how well your condition is managed.





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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 family's health is our priority!
For the hearing impaired, please call

TTY (English): (866) 735-2929

TTY (Spanish): (866) 833-4703

or 711