

Sugar Free Press

Shape Up. Levels Down.™ The Benefits of Exercise and Strength Training

We all know that exercise is good for everyone, but it's also an important part of your diabetes management program. In every issue, you will find exercise tips to help you reach your exercise goals.

Remember that Shaping Up can:

- ↑ Increase muscle tone
- ↑ Increase energy level
- ↑ Increase bone strength
- ↑ Increase your mood and outlook

And a regular exercise program can:

- ↓ Decrease blood glucose levels
- ↓ Decrease the need for insulin
- ↓ Decrease body weight
- ↓ Decrease stress levels

Medication Tips

Diabetes is caused by the body's inability to use insulin properly or to make insulin. Although diabetes cannot be cured, there are several oral medications and insulins that can be used to control your blood sugar. Those with Type 1 diabetes must take insulin because their bodies do not produce insulin. Individuals with Type 2 diabetes can control their blood sugar with oral medication or insulin, careful monitoring of the foods they eat and regular activity.

Because the effects of diabetes vary from one person to the next, medication prescribed by your health care provider varies as well. Some medications lower your blood sugar in different ways, so you may need more than one to control your blood sugar. It is not unusual for

Exercise Tips

- Check in with your CAREMORE Care Team to ensure that your exercise program will not increase your risk for diabetes complications.
- Choose an activity that you like. The latest exercise fad may not keep you motivated for long.
- Always check blood sugars before exercising.
- Protect your feet: Wear comfortable shoes and socks and examine your feet after exercising.
- Stay hydrated by drinking water before, during and after exercising.
- Find an "Exercise Buddy." Exercise can be more fun if you have a buddy that shares the same fitness goals. Ask a family member, friend or even another CareMore member to join you when you exercise.

Shape Up. Levels Down.™ CareMore's 12-week exercise and strength training program may be the ticket to a lifelong commitment to exercise. For information about this program, call us at **1-800-499-2793**.

your medication therapy to change depending on the progression of your diabetes. The most important thing is to follow your health care provider's direction in caring for and managing your diabetes!

Tips for taking your diabetes medications are:

- Check your blood sugar before taking your prescribed medication.
- Take the exact dosage prescribed by your physician or health care provider.
- Do not skip meals – eat meals and snacks.
- Do not skip your medication or take additional dosage if you miss a dose.
- Fill your prescription in advance so you do not run out of medication.

Blood Sugars: Managing Highs and Lows

When your blood sugar is greater than 180mg/dL, you may have **hyperglycemia** or high blood sugar. This may be caused by not taking the right diabetes medicine or dosage, not eating the right portions or combinations of foods, extra sugar made by the liver, emotional stress, illness, physical pain or lack of activity.

If you experience hyperglycemia talk to your doctor. You may need a change in your medication or meal intake, develop an eating plan and/or more regular activity.

When your blood sugar falls below 70mg/dL you may have **hypoglycemia** or low blood sugar. This may be caused by taking too much medicine, skipping meals or not eating enough, increased activity (more than usual) or drinking alcoholic beverages.

Symptoms of hypoglycemia may differ in each person but often include feeling tired, shaky, sweating, hungry, confused or ill-tempered, have blurred vision, headache or a rapid heartbeat. If left untreated, hypoglycemia can lead to convulsions.

Nurse Practitioners: An Important Role

Nurse Practitioners are a very important part of your care team. A Nurse Practitioner is an advanced practice registered nurse with a graduate degree in nursing. A Nurse Practitioner can serve as a member's regular health care provider. Their training provides a broad range of health care services that emphasize health promotion and disease prevention. Nurse Practitioners are skilled in determining diagnosis and the management of common and chronic illnesses. Nurse Practitioners are able to order, conduct and interpret laboratory tests and x-rays; provide immunizations; prescribe and manage medications, treatments and other therapies. They provide some of the same care that is provided by a physician. Nurse Practitioners also make prevention, wellness and member education priorities – they are your number one advocate.

Nurse Practitioner Spotlight: Rachel Cruz, MSN, GNP-BC, CNS

Rachel Cruz is a board-certified Nurse Practitioner and the Clinical Manager of CareMore's Disease Management Program. She graduated from California State University, Long Beach, Cum Laude, with her Bachelor of Science in Nursing and has worked as a registered nurse at UCLA Medical Center. She also attended UCLA and received her Master of Science in Nursing degree and specializes as a Geriatric Nurse Practitioner and Clinical Nurse Specialist. Rachel works in the Anaheim, Long Beach and Downey Care Centers. In her spare time, she enjoys traveling, reading, playing with her dog Lester, and being a godmother to her 17-month nephew.

"I love working for a company that puts the special needs of our senior population as a top priority. It allows me to really impact the lives of my patients and to make sure that they are receiving quality care."

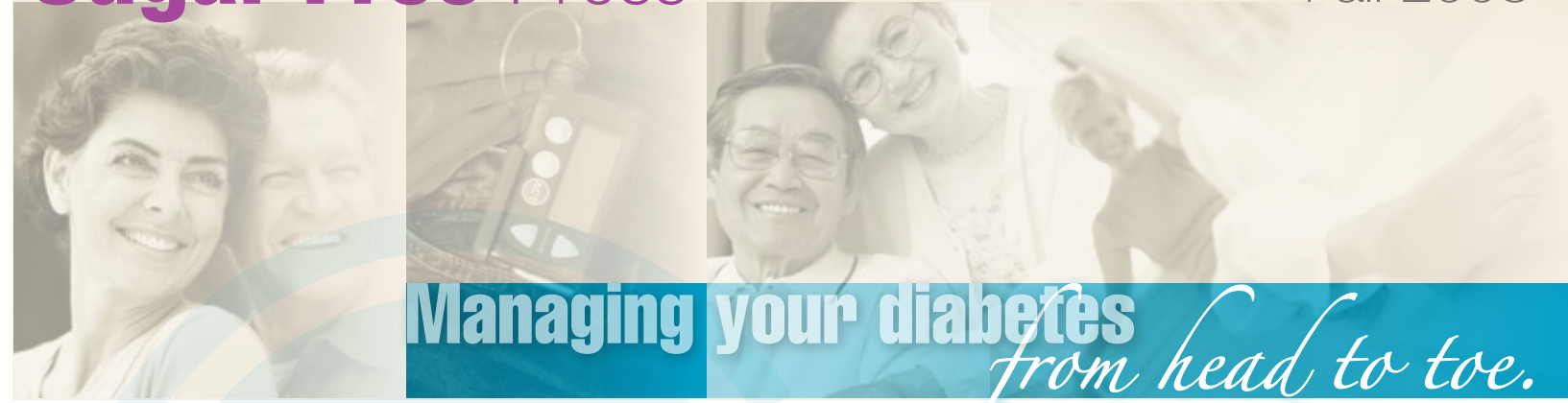
Manage your hypoglycemia by following the Rule of 15

- **Test** your blood sugar.
- **Chew** a 15g glucose tab, or ½ cup fruit juice or regular soda, or 1 tablespoon of honey or sugar.
- **Wait** 15 minutes if you can, then test and repeat until blood sugar increases.
- **Keep** foods that contain sugar or glucose tabs with you at all times.
- **Always** follow up with a meal that provides carbohydrates and protein.

Remember to call your doctor if you experience hypoglycemia and always wear a diabetes identification bracelet.

If you have medical questions, contact your clinician directly.

For more information contact: Member Services 800-499-2793 (TDD 800-577-5586).



Sugar Free Press presents:
DiabeatIT™ *Your ticket to a healthy and vibrant life.*
See inside for details.

HEALTH TIPS

Managing What You Eat - Rate Your Plate

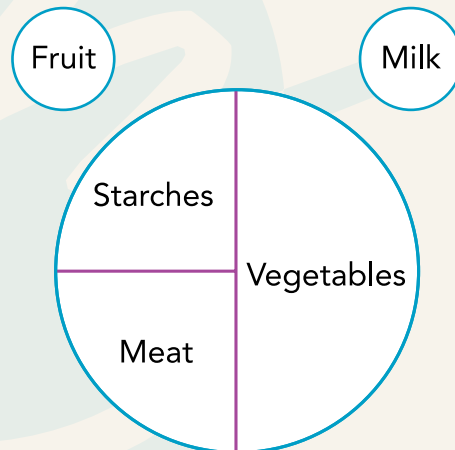
People with diabetes can enjoy their favorite foods. The key to a healthy diet is eating a variety of foods and keeping the portions at bay. A simple way to judge your meals is to "rate your plate."

An easy guide to a healthful meal is to divide your plate into four equal parts and remember the following rule as a general guideline to a balanced meal.

Does your plate look like this?

- ¼ of your plate equals lean protein food – meat, fish, egg, or tofu
- ¼ of your plate equals starchy vegetables/grains/beans (carbohydrates)
- ½ of your plate equals non-starchy vegetables
- A glass of lowfat milk, a roll or a serving of fruit may be added according to your meal plan.

The Plate Method



Adapted from the American Diabetes Association.

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Letter from CareMore's Chief Diabetologist Officer

There are an estimated 24 million people in the United States that are living with diabetes. Diabetes is a chronic disease that spans all ages, incomes and racial groups and is one of the largest problems in the medical community. CareMore is committed to partnering with our members with diabetes to actively manage their condition in order to avoid the complications of this disease.

Active management and care planning is very important to living well with diabetes. Complications of diabetes often go unnoticed or unaddressed by those with the disease. The toll that diabetes can take on the body is serious and life-threatening if not properly managed. By having a comprehensive care plan, we can help you manage your diabetes and avoid some of the complications.

CareMore offers a team of clinicians, dedicated resources and a personal care plan. DiabeatIT™, our diabetes care program, provides members with regular foot care, wound care, diabetes education and much more. Members of our DiabeatIT™ program can expect a team of Nurse Practitioners, physicians, registered dietitians, certified diabetes educators and exercise coaches to help you manage your condition. The DiabeatIT™ program is provided at the CareMore Care Centers located throughout Los Angeles, Orange and San Bernardino counties.

Education is an important component of managing your diabetes. Our members have access to diabetes education classes and personal consultations with our staff. As a part of our commitment to diabetes education, CareMore has published this newsletter to share helpful tips and information about diabetes management. Consider this newsletter your quick reference guide to keep you motivated and on track in achieving your care plan goals. Our goal is the same as yours: To keep you living well with diabetes.

Charles Holzner, M.D.
Chief Diabetologist Officer

