



**Health & Wellness Seminar**  
**Topic: Diabetes**  
**Thursday, November 21, 2013**  
**from 2:30pm–3:30pm at Council**  
**Chambers**  
**Speaker: Alexandra Garza, RD, LD**



**Please register**  
**by Wednesday**  
**November**  
**20,2013.**

**Please contact**  
**Human**  
**Resources at**  
**580-8631 to**  
**register for this**  
**seminar.**

November is National Diabetes Month. Diabetes is a serious disease that affects almost every part of your body and can shorten your life. When diabetes is first diagnosed, lifestyle changes are usually recommended, like eating a healthy diet, exercising and trying to lose weight. A study by the Centers for Disease Control and Prevention found that about 11 percent of new patients partially reversed their diabetes through lifestyle changes alone. With proper care and management, you can work to stay healthy, feel your best and prevent diabetes complications. Consider these five rules:

**Rule #1. Take diabetes seriously.** It's a serious disease, but you can learn to manage it. Your doctor or health care team can help a lot, but you're the key player. So commit to learning about diabetes and taking steps to manage it.

**Rule #2. Embrace a healthy lifestyle.** Eating a healthy diet helps to control blood sugar and prevent complications. Regular exercise, like walking, also helps keep your blood sugar in your target range. And when your blood sugar is controlled, you'll feel better and have more energy. Adopt more healthy habits by quitting smoking and keeping your alcohol use moderate.

**Rule #3. Practice self-care.** Your body needs extra TLC when you have diabetes, so daily routines are important. Take your medications as prescribed. Brush and floss your teeth daily. Keep your skin clean and dry and check your feet daily for cuts or sores. And test your blood sugar as recommended by your health care provider.

**Rule #4. Get regular medical care.** At least twice a year, your doctor needs to check that your medication is working and adjust it as needed. To prevent and catch complications early, you may also need other exams as recommended by your doctor, along with blood pressure checks and cholesterol and urine tests.

**Rule #5. Build your coping skills.** Managing diabetes can be overwhelming, and most people benefit from extra help. Consider joining a support group or asking a family member to help you manage. Try to keep a positive attitude and take a problem-solving approach to bumps in the road. These tactics can all help you cope better and stick with your treatment.

**Sources:** *Journal of the American Medical Association, December 18, 2012; American Diabetes Association*

The Human Resources Department in conjunction with Mission Regional Medical Center will be hosting health and wellness seminars each month. Employees will receive health tips to take home and a plan for taking better care of themselves. Please make plans to attend. Sign up now by calling Human Resources at 580-8631 or emailing [npeña@missiontexas.us](mailto:npeña@missiontexas.us).

Our mission is to promote health awareness and to encourage healthy lifestyles.

