

November 2018

Welcome to this month's edition of *Live Well, Work Well*. In this issue, we will be focusing on the importance of Diabetes.

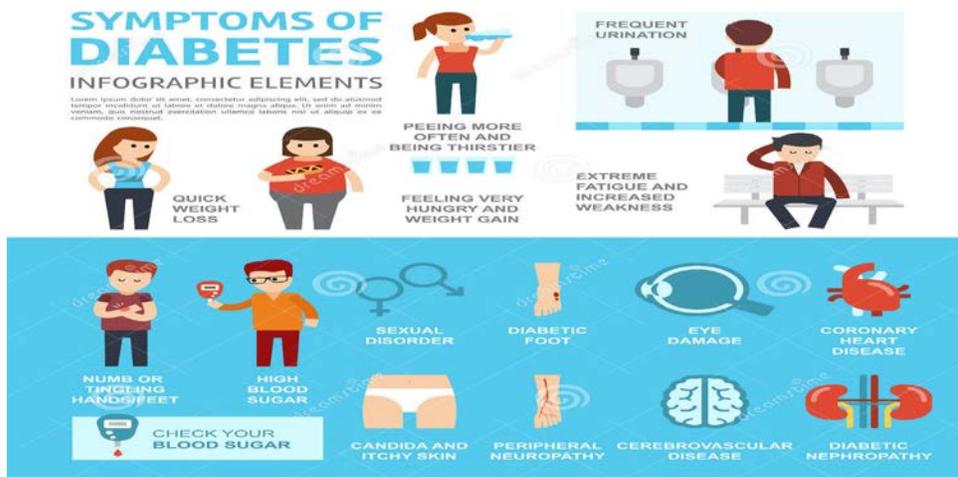
## What is Diabetes?

Diabetes can strike anyone, from any walk of life. And it does—in numbers that are dramatically increasing. In the last decade, the cases of people living with diabetes jumped almost 50 percent – to more than 29 million Americans.

Worldwide, it afflicts more than 380 million people. And the World Health Organization estimates that by 2030, the number of people living with diabetes will more than double. Today, diabetes takes more lives than AIDS and breast cancer combined—claiming the life of 1 American every 3 minutes. It is a leading cause of blindness, kidney failure, amputations, heart failure and stroke. Living with diabetes places an enormous emotional, physical and financial burden on the entire family. Annually, diabetes cost the American public more than \$245 billion.

Just what is diabetes? To answer that, you first need to understand the role of insulin in your body. When you eat, your body turns food into sugars, or glucose. At that point, your pancreas is supposed to release insulin. Insulin serves as a “key” to open your cells, to allow the glucose to enter—and allow you to use the glucose for energy. But with diabetes, this system does not work. Several major things can go wrong – causing the onset of diabetes. Type 1 and Type 2 diabetes are the most common forms of the disease, but there are also other kinds, such as gestational diabetes, which occurs during pregnancy, as well as other forms.

Source: *Diabetes Research Institute Foundation*



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*Next Month's Issue:*



# Diabetes. Are You at Risk?

Diabetes is a growing problem. More than 29 million people in the U.S. have it. One in four of them don't even know it.

There is no cure for diabetes. But, making changes in your life may help you live easier:

- Take your medicine just like your doctor tells you.
- Eat a healthy diet with plenty of fruits and veggies.
- Get active!
- See your doctor routinely. He can help you stay on track.

The most common type of diabetes is Type 2. This is where the body does not use insulin the way it should. The older you are, a history of diabetes in your family, high blood pressure and being overweight all raise your risk.

Know your risk! The risk of getting Type 2 diabetes is higher for men than for women. Some groups also have a higher risk. These include African Americans, Latinos, Native Americans and Asian American/Pacific Islanders.

Sources: American Diabetes Association and Centers for Disease Control

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## Question & Answer

**What should my blood sugar be when I wake up (fasting) and before meals? What about after?**

**Answer:** For most people with diabetes, the American Diabetes Association recommends a fasting or before-meals blood glucose (or blood sugar) goal of 70-130 mg/dl. One to two hours after eating, a postprandial blood sugar reading at or under 180 mg/dl is recommended.

**Does a diagnosis of type 2 diabetes mean I will have to go on insulin?**

**Answer:** No. People with type 2 diabetes may or may not ever need to take insulin injections, depending on several factors, including the timing of diagnosis. Research indicates that if type 2 diabetes is treated early and blood sugar is controlled initially and over the years, the pancreas is more likely to produce enough insulin longer. But a person who lives with type 2 upward of 15 years is unlikely to continue to make sufficient insulin and will need to take it via syringe, pen, or pump.

**Can I get rid of type 2 diabetes if I stop eating carbohydrate and/or lose a lot of weight?**

**Answer:** No, but you can control it. If you have prediabetes or were just diagnosed with type 2, losing a lot of weight can put the condition into remission. Weight regain, aging, and the natural progression of type 2 diabetes can bring it back. Not eating carbohydrate or severely restricting it is nearly impossible for any length of time. It's also not healthy, because you won't get essential nutrients.

**Why is it OK to eat fruit when it's full of carbohydrate? Are some fruits better to eat than others?**

**Answer:** The calories in all fruits (fresh, frozen, dried, and canned without added sugar) are mainly carbohydrate with a bit of protein. People with diabetes need to eat a certain amount of carbs every day for energy and essential nutrients. Healthy sources of carbs include fruits, as well as vegetables, whole grains, legumes (beans), and low-fat dairy foods.

Source: Blue Cross Blue Shield of Texas

We're not going to sugar coat this...

More Americans have diabetes than ever before. Practice a healthy lifestyle and have your blood sugar tested.

Source: Centers for Disease Control and Prevention

 BlueCross BlueShield of Texas

A Division of Health Care Services Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association



# Puzzle



Y	S	Z	R	W	D	N	B	X	H	K	L	O	R	T	N	O	C
M	J	U	S	T	H	I	N	S	U	L	I	N	R	Z	X	F	E
T	M	F	G	H	R	B	A	I	H	F	Q	W	P	U	T	N	Y
M	B	Y	S	A	T	F	V	B	E	X	E	R	C	I	S	E	S
O	W	S	T	M	R	Y	T	Y	E	N	E	N	O	E	P	Y	T
K	A	J	S	O	E	L	M	E	L	T	T	N	E	V	E	R	P
O	Q	K	E	D	J	S	E	T	F	A	E	K	P	O	B	M	Q
Z	A	F	T	E	J	G	G	V	W	G	F	S	G	J	T	G	Z
R	I	D	C	R	G	S	U	P	E	R	F	O	O	D	S	V	P
O	C	Q	I	A	T	S	O	H	R	L	K	A	B	N	G	O	E
B	O	Z	T	T	L	Y	C	E	N	K	S	T	I	F	E	S	L
E	T	D	S	I	V	T	D	I	K	T	R	I	G	J	E	P	M
S	Y	E	O	O	U	U	R	K	T	I	A	L	B	Z	L	W	A
I	P	U	N	N	C	J	B	R	G	E	U	F	M	V	O	T	M
T	E	P	G	E	Q	C	A	G	Q	C	N	K	S	R	X	J	I
Y	T	S	A	Q	V	G	E	M	O	O	D	E	I	O	I	N	G
N	W	F	I	G	U	R	E	S	V	Y	O	R	G	L	E	S	S
W	O	F	D	S	S	O	E	T	K	K	S	T	E	E	W	S	K

- |                  |            |              |            |
|------------------|------------|--------------|------------|
| Control          | Glucose    | Prevent      | Superfoods |
| Diabetes         | Insulin    | Reduce       | Sweets     |
| Diagnostic Tests | Moderation | Risk         | Triggers   |
| Exercise         | Myths      | Sugar        | Type One   |
| Genetics         | Obesity    | Sugar Levels | Type Two   |



# Let's Get Moving!

**1 MINUTE**  
**DIABETES**  
**EXERCISES**



FIT AND TRIM NOVEMBER						
<a href="http://www.facebook.com/pages/kimmie-fitness">www.facebook.com/pages/kimmie-fitness</a>						
<a href="https://twitter.com/KimmieFitness">twitter.com/KimmieFitness</a>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					50 Squats 30 Crunches 10 Push-Ups	1 Mile Walk or Run
REST DAY	60 Squats 40 Crunches 15 Push-Ups	1 Mile Walk or Run	70 Squats 50 Crunches 20 Push-Ups	1 Mile Walk or Run	80 Squats 60 Crunches 25 Push-Ups	1 Mile Walk or Run
REST DAY	100 Squats 70 Crunches 30 Push-Ups	2 Mile Walk or Run	120 Squats 80 Crunches 35 Push-Ups	2 Mile Walk or Run	140 Squats 90 Crunches 40 Push-Ups	2 Mile Walk or Run
REST DAY	160 Squats 100 Crunches 45 Push-Ups	3 Mile Walk or Run	180 Squats 110 Crunches 50 Push-Ups	<b>TURKEY TROT!</b> 3.1 MILE FORCE (OR DO YOUR OWN MILETTE!)	200 Squats 120 Crunches 55 Push-Ups	3 Mile Walk or Run
REST DAY	220 Squats 130 Crunches 60 Push-Ups	4 Mile Walk or Run	230 Squats 140 Crunches 65 Push-Ups	4 Mile Walk or Run	250 Squats 150 Crunches 70 Push-Ups	4 Mile Walk or Run

## Move Of the Month:

**Fit and Trim November**

For the month of November try this 30 day Fit and Trim Challenge

# Genetics of Diabetes

You've probably wondered how you develop diabetes. You may worry that your children will develop it too. Unlike some traits, diabetes does not seem to be inherited in a simple pattern. Yet clearly, some people are born more likely to develop diabetes than others.

## What Leads to Diabetes?

Type 1 and type 2 diabetes have different causes. Yet two factors are important in both. You inherit a predisposition to the disease then something in your environment triggers it. Genes alone are not enough. One proof of this is identical twins. Identical twins have identical genes. Yet when one twin has type 1 diabetes, the other gets the disease at most only half of the time.

## Type 1

In most cases of type 1 diabetes, people need to inherit risk factors from both parents. We think these factors must be more common in whites because whites have the highest rate of type 1 diabetes. Because most people who are at risk do not get diabetes, researchers want to find out what the environmental triggers are. One trigger might be related to cold weather. Type 1 diabetes develops more often in winter than summer and is more common in places with cold climates. Another trigger might be viruses. Perhaps a virus that has only mild effects on most people triggers type 1 diabetes in others. Early diet may also play a role. Type 1 diabetes is less common in people who were breastfed and in those who first ate solid foods at later ages. In many people, the development of type 1 diabetes seems to take many years. In experiments that followed relatives of people with type 1 diabetes, researchers found that most of those who later got diabetes had certain auto antibodies in their blood for years before.

## Type 2

Type 2 diabetes has a stronger link to family history and lineage than type 1, although it too depends on environmental factors. Studies of twins have shown that genetics play a very strong role in the development of type 2 diabetes. Lifestyle also influences the development of type 2 diabetes. Obesity tends to run in families, and families tend to have similar eating and exercise habits. If you have a family history of type 2 diabetes, it may be difficult to figure out whether your diabetes is due to lifestyle factors or genetic susceptibility. Most likely it is due to both. However, don't lose heart. Studies show that it is possible to delay or prevent type 2 diabetes by exercising and losing weight.

*Source: Blue Cross Blue Shield of Texas*

## Stop Diabetes in its Tracks

Before people develop type 2 diabetes, they almost always have pre-diabetes—blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes. More than 54 million people in the United States have this condition. If you have pre-diabetes, you can prevent the development of diabetes by:

**Step 1** – Engaging in just 30 minutes of daily moderate physical activity.

**Step 2** – Making healthy food choices.

**Step 3** – Reducing your body weight by five to 10 percent.

*Source: Blue Cross Blue Shield of Texas*

## Diabetes Can Be Sneaky

You may not know you have it. Steer clear of Type 2 diabetes with these tips to lower your chances of having this disease: Keep a healthy weight. Stay active and work out at least three times a week. Keep blood pressure and cholesterol in check.

*Source: Blue Cross Blue Shield of Texas*



# Healthy Recipe

## Power Mocha Smoothie

Start your day with more than just a cup of coffee.

This delicious mocha smoothie features chilled Purity Coffee, nutritious bananas, energy-rich nut butters and anti-inflammatory turmeric. Coffee contains a variety of phytochemicals, many of which have antioxidant properties. There is

**Makes 1 Servings**

**Per serving: 340 calories, 17 g total fat, 38 g carbohydrate, 13 g protein, 7 g dietary fiber, 80 mg sodium**



### Ingredients:

-  1 Vanilla bean
-  1 Frozen Banana
-  1 Cup Brewed Purity Coffee, chilled
-  2 Tbsp. hulled hemp seeds
-  1Tbsp. unsweetened cocoa powder
-  1Tbsp. nut butter (peanut butter, cashew butter)
-  1Tbsp. Fresh turmeric root, minced.

### Directions:

1. Combine all ingredients in a high-power blender or food processor and blend until smooth. Drink Immediately.

NOTE: One teaspoon of pure vanilla extract can be used in place of the whole vanilla bean. The fresh turmeric root can be replaced with ½ teaspoon of powdered turmeric.

## Last Month's Events

### Employee Health Fair



## Upcoming Events



**11/09 - Veterans Appreciation Luncheon**



**11/08 Health Wellness Seminar**



**11/15 - Employee Appreciation Luncheon**