

# Diabetes Awareness

WELCOME TO THIS MONTH'S EDITION OF LIVE WELL, WORK WELL. IN THIS ISSUE WE WILL BE FOCUSING ON THE IMPORTANCE OF DIABETES AWARENESS.



## WHAT IS DIABETES?

Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy.

Most of the food you eat is broken down into sugar (also called glucose) and released into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin. Insulin acts like a key to let the blood sugar into your body's cells for use as energy.

If you have diabetes, your body either doesn't make enough insulin or can't use the insulin it makes as well as it should. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream. Over time, that can cause serious health problems, such as heart disease, vision loss and kidney disease.

There isn't a cure yet for diabetes, but losing weight, eating health food and being active can really help. Taking medicine as needed, getting diabetes self-management education and support and keeping health care appointments can also reduce the impact of diabetes on your life.

Source: <https://www.cdc.gov/diabetes/basics/diabetes.html>



HUMAN RESOURCES DEPARTMENT

1201 E. 8<sup>th</sup> Street  
Mission, TX 78572  
956-580-8631

[www.missiontexas.us](http://www.missiontexas.us)

# TYPES OF DIABETES

There are three main types of diabetes: Type 1, Type 2 and Gestational Diabetes (diabetes while pregnant).

## Type 1 Diabetes

Type 1 diabetes is thought to be caused by an autoimmune reaction (the body attacks itself by mistake) that stops your body from making insulin. Approximately 5-10% of the people who have diabetes have type 1. Symptoms of type 1 diabetes often develop quickly. It's usually diagnosed in children, teens, and young adults. If you have type 1 diabetes, you'll need to take insulin every day to survive. Currently, no one knows how to prevent type 1 diabetes.

## Type 2 Diabetes

With type 2 diabetes, your body doesn't use insulin well and can't keep blood sugar at normal levels. About 90-95% of people with diabetes have type 2. It develops over many years and is usually diagnosed in adults (but more and more in children, teens and young adults). You may not notice any symptoms, so it's important to get your blood sugar tested if you're at risk. Type 2 diabetes can be prevented or delayed with healthy lifestyle changes, such as losing weight, eating healthy food and being active.

## Gestational Diabetes

Gestational diabetes develops in pregnant women who have never had diabetes. If you have gestational diabetes, your baby could be at higher risk for health problems.

Source: <https://cdn2.hubspot.net/hubfs/4332994/Diabetes-Awareness-2.jpg>



## DIABETES BY THE NUMBERS

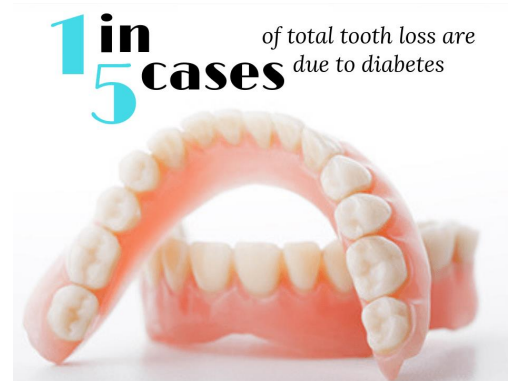
- 34.2 million US adults have diabetes, and 1 in 5 of them don't know they have it.
- Diabetes is the seventh leading cause of death in the United States.
- Diabetes is the No. 1 cause of kidney failure, lower-limb amputations, and adult blindness.
- In the last 20 years, the number of adults diagnosed with diabetes has more than doubled.

## DENTAL CARE AND DIABETES: DO A DOUBLE CHECK

About 23.6 million people in the U.S. have diabetes. This serious health problem can have a harmful impact on many parts of the body including the heart, nerves, eyes and kidneys. Diabetes can also impact oral health. That's why you should know the facts. Diabetes can cause a number of oral health problems, including:

- Gum disease
- Tooth decay
- Fungal infections
- Changes in taste
- Salivary glands that don't work normally
- More infections and slow healing
- Inflammatory skin diseases that cause mouth lesions

*Source: American Dental Association*



## SPECIAL CARE

Diabetic dental patients need to use extra care. You should follow your dentist's advice. Your dentist may suggest more frequent exams and cleanings. If you have this illness, consider these ideas:

- Have regular exams and screenings for gum disease.
- Get care for dry mouth. This is a frequent problem for diabetics and can lead to more tooth decay.
- Keep blood sugar levels in check.
- Brush twice a day with a fluoride toothpaste and floss between teeth daily.
- Eat a healthy diet.

Diabetes doesn't have to mean double trouble for your oral health. A proper diet, regular visits to the dentist and practicing good oral hygiene can help keep your smile bright.

*Source: American Dental Association*



# DIABETES RISK FACTORS

## Type 1 Diabetes

Type 1 diabetes is thought to be caused by an immune reaction (the body attacks itself by mistake). Risk factors for type 1 diabetes are not as clear for type 2 diabetes. Known risk factors include:

- Family history: Having a parent, brother or sister with type 1 diabetes.
- Age: You can get type 1 diabetes at any age, but it's more likely to develop when you're a child, teen or young adult.

In the United States, whites are more likely to develop type 1 diabetes than African Americans and Hispanic/Latino Americans.

Currently, no one knows how to prevent type 1 diabetes.

## Type 2 Diabetes

You're at risk for developing type 2 diabetes if you:

- Are overweight
- Are 45 years or older
- Have a parent, brother or sister with type 2 diabetes
- Are physically active less than 3 times a week
- Have ever had gestational diabetes (diabetes during pregnancy) or given birth to a baby who weighed more than 9 pounds
- Are African American, Hispanic/Latino American, American Indian or Alaska Native (some Pacific Islanders and Asian Americans are also at higher risk)

If you have non-alcoholic fatty liver disease you may also be at risk for type 2 diabetes.

You can prevent or delay type 2 diabetes with simple proven lifestyle changes such as losing weight if you're overweight, eating healthier and getting regular physical activity.

## Gestational Diabetes

You're at risk for developing gestational diabetes (diabetes while pregnant) if you:

- Had gestational diabetes during a previous pregnancy
- Have given birth to a baby who weighed more than 9 pounds
- Are overweight
- Are more than 25 years old
- Have a family history of type 2 diabetes
- Have a hormone disorder called polycystic ovary syndrome (PCOS)
- Are African American, Hispanic/Latino American, American Indian, Alaska Native, Native Hawaiian or Pacific Islander

Gestational diabetes usually goes away after your baby is born but increases your risk for type 2 diabetes later in life. Your baby is more likely to have obesity as a child or teen, and is more likely to develop type 2 diabetes later in life too.

Before you get pregnant, you may be able to prevent gestational diabetes by losing weight if you're overweight, eating healthier and getting regular physical activity.



Source: <https://www.cdc.gov/diabetes/basics/risk-factors.html>

# Did You Know?






Employee Assistance Program



The resources you need to meet life's challenges

*EmployeeConnect*<sup>SM</sup> offers professional, confidential services to help you and your loved ones improve your quality of life.

| <br>In-person guidance                                                                                                                                                                                                                                                                                                                                                                                 | <br>Unlimited 24/7 assistance                                                                                                                                                                                                                                                                                                                                                                                                                 | <br>Online resources                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Some matters are best resolved by meeting with a professional in person. With <i>EmployeeConnect</i><sup>SM</sup>, you and your family get:</p> <ul style="list-style-type: none"> <li>▪ In-person help for short-term issues (up to five sessions with a counselor per person, per issue, per year)</li> <li>▪ In-person consultations with network lawyers, including one free 30-minute in-person consultation per legal issue, and <b>25% off</b> subsequent meetings</li> </ul> | <p>You and your family can access the following services anytime – online, on the mobile app or with a toll-free call:</p> <ul style="list-style-type: none"> <li>▪ Information and referrals on family matters, such as child and elder care, pet care, vacation planning, moving, car buying, college planning and more</li> <li>▪ Legal information and referrals for family law, estate planning, consumer and civil law</li> <li>▪ Financial guidance on household budgeting and short- and long-term planning</li> </ul> | <p><i>EmployeeConnect</i><sup>SM</sup> offers a wide range of information and resources you can research and access on your own. Expert advice and support tools are just a click away when you visit <a href="http://GuidanceResources.com">GuidanceResources.com</a> or download the <i>GuidanceNow</i><sup>SM</sup> mobile app. You'll find:</p> <ul style="list-style-type: none"> <li>▪ Articles and tutorials</li> <li>▪ Videos</li> <li>▪ Interactive tools, including financial calculators, budgeting worksheets and more</li> </ul> |

## *EmployeeConnect*<sup>SM</sup>

### EMPLOYEE ASSISTANCE PROGRAM SERVICES

Confidential help 24 hours a day, seven days a week for employees and their family members. Get help with:

- Family
- Parenting
- Addictions
- Emotional
- Legal
- Financial
- Relationships
- Stress

Insurance products issued by:  
 The Lincoln National Life Insurance Company  
 Lincoln Life & Annuity Company of New York  
 Lincoln Life Assurance Company of Boston

LTD-EAPEE-FLI001\_Z02

## DIABETES SYMPTOMS

If you have any of the following diabetes symptoms, see your doctor about getting your blood sugar tested:

- Urinate (pee) a lot, often at night
- Are very thirsty
- Lose weight without trying
- Are very hungry
- Have blurry vision
- Have numb or tingling hands or feet
- Feel very tired
- Have very dry skin
- Have sores that heal slowly
- Have more infections than usual

### Symptoms of Type 1 Diabetes

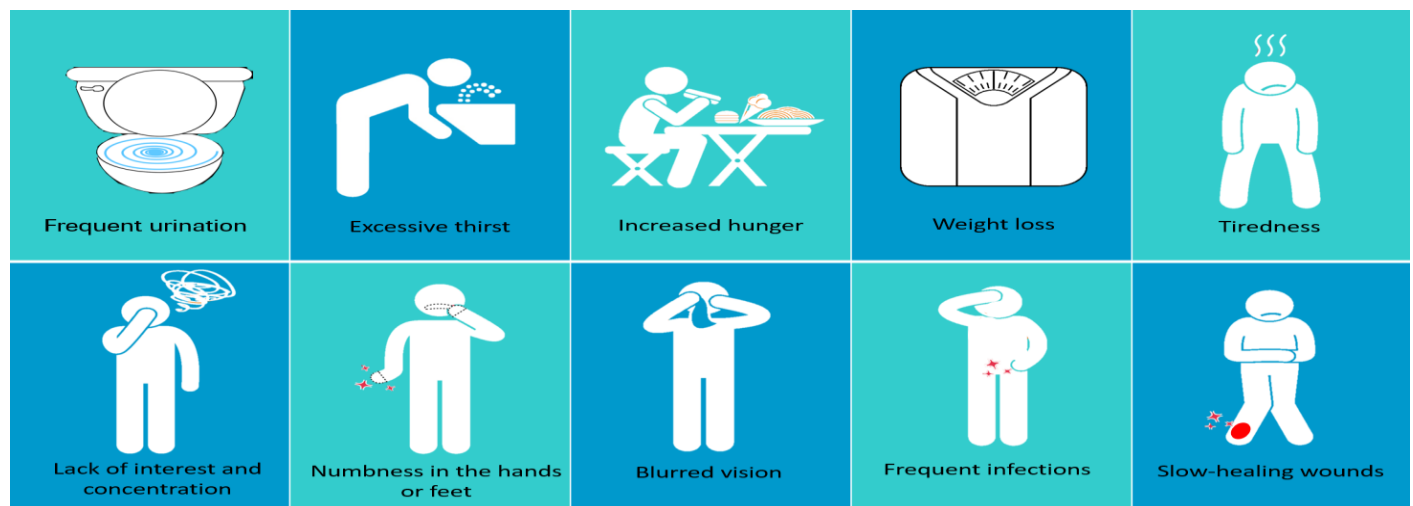
People who have type 1 diabetes may also have nausea, vomiting, or stomach pains. Type 1 diabetes symptoms can develop in just a few weeks or months and can be severe. Type 1 diabetes usually starts when you're a child, teen or young adult but can happen at any age.

### Symptoms of Type 2 Diabetes

Type 2 diabetes symptoms often take several years to develop. Some people don't notice any symptoms at all. Type 2 diabetes usually starts when you're an adult, though more and more children and teens are developing it. Because symptoms are hard to spot, it's important to know the risk factors for type 2 diabetes. Make sure to visit your doctor if you have any of them.

### Symptoms of Gestational Diabetes

Gestational diabetes (diabetes during pregnancy) usually doesn't have any symptoms. If you're pregnant, your doctor should test you for gestational diabetes between 24 and 28 weeks of pregnancy. If needed, you can make changes to protect your health and your baby's health.



Source: <https://www.cdc.gov/diabetes/basics/symptoms.html>

## Last Month's Events:

**October 14, 2021**  
**Health & Wellness Seminar**  
**"Breast Cancer Awareness Luncheon"**

**October 27, 2021**  
**"Pre-Retirement Seminar"**



## Upcoming Events:

**Health Fair**  
**"Lab Work & Vaccines"**  
**Event Center**  
 Thursday, November 4, 2021  
 &  
 Friday, November 5, 2021

**Veterans Day Appreciation Luncheon**  
**Event Center**  
 Tuesday, November 9, 2021

**Health & Wellness Seminar**  
**"Diabetes Awareness"**  
 Thursday, November 18, 2021

## Let's Get Moving!

| Day 1                                                       | Day 2                                                        | Day 3                                                        | Day 4                                                      | Day 5                                                       |
|-------------------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------------|------------------------------------------------------------|-------------------------------------------------------------|
| Push-ups: 5<br>Squats: 25<br>Crunches: 10<br>Lunges: 20     | Push-ups: 5<br>Squats: 30<br>Crunches: 15<br>Lunges: 21      | Push-ups: 7<br>Squats: 35<br>Crunches: 15<br>Lunges: 22      | Push-ups: 7<br>Squats: REST<br>Crunches: 25<br>Lunges: 23  | Push-ups: 8<br>Squats: 40<br>Crunches: 30<br>Lunges: REST   |
| Day 6                                                       | Day 7                                                        | Day 8                                                        | Day 9                                                      | Day 10                                                      |
| Push-ups: 9<br>Squats: 45<br>Crunches: 35<br>Lunges: 25     | Push-ups: REST<br>Squats: 50<br>Crunches: REST<br>Lunges: 26 | Push-ups: 8<br>Squats: REST<br>Crunches: 45<br>Lunges: 27    | Push-ups: 9<br>Squats: 55<br>Crunches: 45<br>Lunges: 28    | Push-ups: 10<br>Squats: 60<br>Crunches: 50<br>Lunges: 29    |
| Day 11                                                      | Day 12                                                       | Day 13                                                       | Day 14                                                     | Day 15                                                      |
| Push-ups: 10<br>Squats: 65<br>Crunches: 55<br>Lunges: REST  | Push-ups: 12<br>Squats: REST<br>Crunches: 55<br>Lunges: 31   | Push-ups: 12<br>Squats: 70<br>Crunches: REST<br>Lunges: 32   | Push-ups: REST<br>Squats: 75<br>Crunches: 60<br>Lunges: 33 | Push-ups: 13<br>Squats: 80<br>Crunches: 65<br>Lunges: 34    |
| Day 16                                                      | Day 17                                                       | Day 18                                                       | Day 19                                                     | Day 20                                                      |
| Push-ups: 15<br>Squats: REST<br>Crunches: 65<br>Lunges: 35  | Push-ups: 16<br>Squats: 85<br>Crunches: 70<br>Lunges: 36     | Push-ups: 16<br>Squats: 90<br>Crunches: 70<br>Lunges: REST   | Push-ups: 19<br>Squats: 95<br>Crunches: 75<br>Lunges: 38   | Push-ups: 21<br>Squats: REST<br>Crunches: 75<br>Lunges: 39  |
| Day 21                                                      | Day 22                                                       | Day 23                                                       | Day 24                                                     | Day 25                                                      |
| Push-ups: REST<br>Squats: 100<br>Crunches: 75<br>Lunges: 40 | Push-ups: 23<br>Squats: 105<br>Crunches: REST<br>Lunges: 41  | Push-ups: 26<br>Squats: 110<br>Crunches: 80<br>Lunges: 42    | Push-ups: 28<br>Squats: REST<br>Crunches: 80<br>Lunges: 43 | Push-ups: 30<br>Squats: 115<br>Crunches: 85<br>Lunges: REST |
| Day 26                                                      | Day 27                                                       | Day 28                                                       | Day 29                                                     | Day 30                                                      |
| Push-ups: 32<br>Squats: 120<br>Crunches: 85<br>Lunges: 45   | Push-ups: 34<br>Squats: 125<br>Crunches: 90<br>Lunges: 46    | Push-ups: 36<br>Squats: REST<br>Crunches: REST<br>Lunges: 47 | Push-ups: 38<br>Squats: 130<br>Crunches: 95<br>Lunges: 49  | Push-ups: 40<br>Squats: 135<br>Crunches: 100<br>Lunges: 50  |