LIVE WELL, WORK WELL

November 2022

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

Diabetes

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

Your body breaks down most of the food you eat into sugar (glucose) and releases it 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.

With diabetes, your body doesn't make enough insulin or can't use it 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 healthy food, and being active can really help. Other things you can do to help:

- Take medicine as prescribed.
- Get diabetes self-management education and support.
- Make and keep health care appointments.

https://www.cdc.gov/diabetes/basics/diabetes.html

Exclusive: U.S. diabetes deaths top 100,000 for second straight year

Jan 31 (Reuters) - More than 100,000 Americans died from diabetes in 2021, marking the second consecutive year for that grim milestone and spurring a call for a federal mobilization similar to the fight against HIV/AIDS.

The new figures come as an expert panel urges Congress to overhaul diabetes care and prevention, including recommendations to move beyond a reliance on medical interventions alone. A report released earlier this month calls for far broader policy changes to stem the diabetes epidemic, such as promoting consumption of healthier foods, ensuring paid maternal leave from the workplace, levying taxes on sugary drinks and expanding access to affordable housing, among other areas.

Since then, the nation's toll from diabetes has increased sharply, surpassing 100,000 deaths in each of the last two years and representing a new record-high level, according to a Reuters analysis of provisional death data compiled by the Centers for Disease Control and Prevention (CDC). Diabetes-related deaths surged 17% in 2020 and 15% in 2021 compared to the prepandemic level in 2019. That excluded deaths directly attributed to COVID-19. The CDC concurred with the Reuters analysis and said additional deaths from 2021 are still being tallied.

"The large number of diabetes deaths for a second year in a row is certainly a cause for alarm," said Dr. Paul Hsu, an epidemiologist at UCLA's Fielding School of Public Health. "Type 2 diabetes itself is relatively preventable, so it's even more tragic that so many deaths are occurring."

https://www.reuters.com/world/us/exclusive-us-diabetes-deaths-top-100000-second-straight-year-federal-panel-urges-2022-01-31/#:~:text=Jan%2031%20(Reuters)%20%2D%20More,the%20fight%20against%20HIV%2FAIDS.

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Types of Diabetes

Type 1 Diabetes

Also known as juvenile diabetes, type 1 diabetes occurs when the body does not produce insulin. Insulin is a hormone responsible for breaking down the sugar in the blood for use throughout the body. A person living with type 1 diabetes may receive a diagnosis during childhood.

People living with type 1 diabetes need to administer insulin on a regular. Individuals may do this with injections or an insulin pump.

There is no cure for type 1 diabetes. Once a person receives their diagnosis, they will need to regularly monitor their blood sugar levels, administer insulin, and make some lifestyle changes to help manage the condition.

Successfully managing blood sugar levels can help people living with type 1 diabetes avoid serious complications. Some common complications include:

- ketoacidosis
- nerve damage
- issues with the eyes
- increased risk of skin infection
- issues with the kidneys
- cardiovascular disease
- foot problems, including numbness
- high blood pressure
- stroke

Type 2 diabetes

People with type 2 diabetes do not make or use insulin effectively. According to the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), this is the most common type of diabetes, and it has strong links with obesity. A person living with type 2 diabetes may or may not need insulin. In many cases, medication along with changes in exercise and diet can help manage the condition.

Anyone, including children and adults, can develop type 2 diabetes. The most common risk factors for type 2 diabetes include:

- age 45 or older
- overweight
- family history

Gestational diabetes

Gestational diabetes occurs during pregnancy when an individual becomes less sensitive to insulin. According to the Centers for Disease Control and Prevention (CDC), between 2–10% of pregnancies each year result in gestational diabetes. Individuals who are overweight going into their pregnancy have an elevated risk of developing the condition.

The CDC adds that around 50% of people with gestational diabetes will later develop type 2 diabetes.

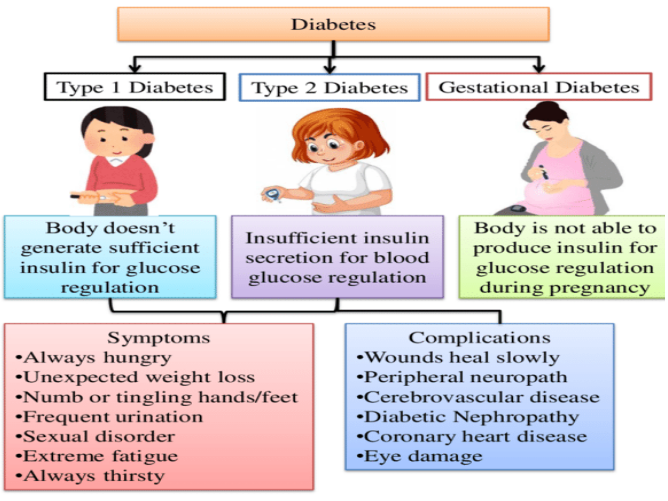
During pregnancy, individuals can take steps to manage the condition. These include:

- staying active
- monitoring the growth and development of the fetus
- adjusting their diet
- monitoring blood sugar levels

Gestational diabetes can increase a person's risk of developing high blood pressure during pregnancy. It can also cause:

- premature birth
- increased birth weight
- blood sugar issues with the newborn, which typically clear up within a few days
- increased risk of the baby developing type 2 diabetes later in life

https://www.medicalnewstoday.com/articles/323627#type-1-diabetes



Do you get diabetes from eating too much sugar?

The science might surprise you

There is a widespread belief that sugar is the sole cause of diabetes. After all, the disease is characterized by high levels of sugar in the blood.

Diabetes was first identified through the sweet smell of urine, and it later became apparent that sweet, sugary urine signified a high level of blood sugar. Over time, diabetes treatment has swung from eating primarily sugar (to replace what is lost), to avoiding sweetness (to limit high sugar levels).

Today, the debate on amounts and thresholds of sugar and its role in diabetes seems as fierce as ever.

Type 1 diabetes is an autoimmune disease, where genetics and environmental factors interact. Some research suggests that sugar intake may play a role in the development of type 1 diabetes, but the research isn't conclusive.

For type 2 diabetes, a diet high in sugar could, in principle, influence or accelerate the progression of the disease depending on the pattern of consumption. But to suggest that dietary sugar might cause or contribute to type 2 diabetes needs strong scientific evidence that demonstrates that either sugar increases body weight and body fatness (necessary for type 2 diabetes), or that sugar has some kind of unique effect that leads to 2 diabetes, irrespective of weight or body fatness.

What we mean when we talk about sugar

What most people understand to be sugar is sucrose: a mix of glucose and fructose. A common misunderstanding is that blood glucose is derived solely from dietary sugar. Almost all of the sugar in the body, including the blood, is in the form of glucose – one of many sugars belonging to the family of carbohydrates.

Sugars typically form a small part of the diet, not all of them are equally effective at increasing blood glucose levels, and other carbohydrates, as well as fats and protein, influence glucose levels, too.

Animal studies show that high sugar diets lead to rapid weight gain and impair the body's ability to effectively regulate blood glucose. But these effects are mainly due to the fructose component of sucrose and not glucose.

In people, diets high in sugar have also been shown to increase weight as well as risk factors for cardiovascular disease. But these effects only seem to occur when calories are not being controlled; simply exchanging extra sugar with calories from another source won't prevent these negative effects. Also, observational studies have failed to show a harmful association between dietary sugar and type 2 diabetes.

Type 2 diabetes has arisen through rising body weights. Fatter people eat more of many things – not only sugar – and extra calories from any nutrient will lead to weight gain. Most sugary processed foods, such cakes and chocolate, contain large amounts of fat which contribute heavily to the calorie content.

Nothing special about sugar

Recently, the debate has turned to sugar-sweetened drinks, such as fizzy drinks. Sugars in drinks are less satiating than sugars in solid foods, and this may drive our appetite to eat more. Sugary drinks have been linked to type 2 diabetes, independent of body fatness. But so have artificially sweetened low calorie drinks. Fruit juices, though, have not been linked to type 2 diabetes despite having similar sugar contents to fizzy drinks.

There is nothing special about sugar that sets it apart from other foods, and sugar does not cause type 2 diabetes on its own. Generally, people eating lots of sugar tend to have poorer diets and unhealthier lifestyles. These, as well as other factors including urban growth patterns, the built environment, the food environment, stressful jobs, poor sleep and food pricing probably contribute more to the rising incidence of type 2 diabetes than dietary sugar.

https://archive.dhakatribune.com/magazine/2018/05/31/do-you-get-diabetes-from-eating-too-much-sugar

The Plate Method for Managing Blood Sugar

What Infections Are You at Risk for With Diabetes?

People with uncontrolled diabetes are more susceptible to developing infections, since high blood sugar levels can weaken the immune system's defenses. In addition, some diabetes-related health issues, such as nerve damage and reduced blood flow to the extremities, increase the body's vulnerability to infection.

Most Likely Infections If You Have Diabetes

When you have diabetes, you are especially prone to foot infections, yeast infections, urinary tract infections, and surgical site infections. High blood sugar levels contribute to this process. As a result, the risk of infection is increased if your diabetes is poorly controlled.

Diabetes-Related Conditions Increase Infection Risk

Diabetic neuropathy (nerve damage) causes problems with sensation, particularly in the feet. This lack of sensation sometimes means foot injuries go unnoticed. Untreated injuries can lead to infection. Some types of neuropathy can also lead to dry, cracked skin, which allows a convenient entry point for infection into the body.
People with diabetes often have low blood flow to the extremities. With less blood flow, the body is less able to mobilize normal immune defenses and nutrients that promote the body's ability to fight infection and promote healing.

Why Are Infections Risky for People With Diabetes?

People with diabetes are more adversely affected when they get an infection than someone without the disease, because you have weakened immune defenses in diabetes. Studies have shown that even those who have minimally elevated blood sugar levels are more likely to experience surgical-site infections following a surgery. Hospitalized patients who have diabetes do not necessarily have a higher mortality rate due to infections, but they do face longer hospitalization and recovery times.

What Can Be Done to Avoid Infections?

The most important way to prevent infections is to carefully manage your diabetes. Infections and problems fighting infections occur primarily in people with uncontrolled diabetes.

It's also important to see a podiatrist regularly and practice careful foot care. Don't walk outside barefoot and always wear shoes and socks inside to avoid minor bumps and scrapes. Your feet should also be examined daily for any blisters, cuts, scrapes, sores or other skin problems that could allow an infection to develop. Meticulous foot and skin care is needed to ensure that minor cuts and scrapes do not turn into ulcerated infections that can migrate into the bloodstream and cause major problems.

Good urinary hygiene, especially for women, can help minimize the possibility of developing urinary tract infections. This includes proper toilet hygiene, prompt urination after sexual intercourse, regular emptying of the bladder, and ample fluid intake.

Yeast infections can often be avoided by good vaginal care. This may include the avoidance of spermicides and douches. Eating foods with active cultures, such as yogurt containing *Acidophilus*, can be helpful for preventing yeast infections.

Watch for Symptoms of Infection

Early diagnosis and prompt treatment of infections are important. People with diabetes should be vigilant about paying attention to any changes in their bodies that could signal an infection.

Some examples of body changes that you should be alert to can include a rise in body temperature or change in blood sugars; foul-smelling vaginal discharge; pain with urination or cloudy, bloody, or foul-smelling urine; difficulty or painful swallowing; changes in bowel habits; and warmth or redness at any cut or scrape, including minor trauma locations and surgical sites. Any of these symptoms should be noted and mentioned to your health care team.

Diagnosing and Treating Infections

Your healthcare provider may perform one or more tests to diagnose infection, including blood tests, microscopic examination of secretions, urine dipstick tests, X-rays, and physical examination.

Keep the following questions in mind when discussing any possible infections with your healthcare providers:

- For what symptoms should I call the doctor's office?
- How should I manage my medications (including oral and insulin) during an infection?
- Do antibiotics interact with any of my other medications?

Healthcare providers may prescribe oral or topical antibiotics to treat some infections. Careful blood sugar control is important during any infection to promote healing and prevent further complications related to the infection.

https://www.verywellhealth.com/what-are-the-common-infections-with-diabetes-1087622

Did You Know?

WELLNESS REWARDS PROGRAM

Be Healthy, Stay Healthy & Earn Points

- Blue Points Program — Must earn 6,000 points quarterly

Earn an additional 2,000 points through our Wellness Program for a chance to win a $500 gift card*. Here's how:

Attend/Participate in:

Health Fair	**300 points*
Health Seminars/Webinars	**100 points per seminar/webinar*
Tournament/Physical Activities	**500 points per tournament/activity*
Preventive Wellness Checkups • *– i.e. mammogram, colonoscopy, prostate screening (See Adult Wellness Guidelines)*	**300 points per wellness checkup*
Dental/Vision Preventive Checkups	**100 points per checkup*
Download BCBS Mobile App/Set up Account	**500 points*

Total Points: 8,000

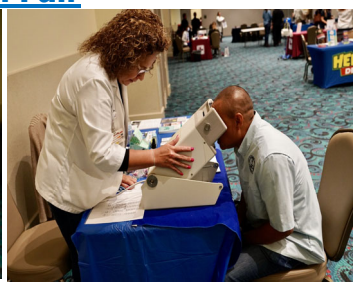
**gift card is taxable*

Last Month's Events:

Health & Wellness Seminar


BCBS Informational Sessions


Health Fair

Upcoming Events:

Spirit Fridays
Wear NFL/MLB player's/high school jersey or shirt to work.

No Shave November Contest
November 1st – November 30th

Airrosti – On-Site Experience Day
Wednesday, November 2, 2022
At CEED Building, Room 121
8:30AM – 12:00PM

BCBS Virtual Informational Sessions
Tuesday, November 8, 2022
10:00AM to 11:00AM and 2:00PM to 3:00PM

BCBS Virtual Demo for Mobile App/Site
Tuesday, November 8, 2022
4:00PM – 5:00PM

Veterans Day Luncheon
Thursday, November 10, 2022
at Mission Event Center
11:30AM to 1:00PM

Health & Wellness Seminar
"Diabetes Awareness Luncheon"
(*Lunch will be provided)
Thursday, November 17, 2022
at Speer Memorial Library
2:30PM – 3:30PM

Let's Get Moving

T U R K E Y "TONE IT UP" CHALLENGE

1 1 Burpee 5 Push-Ups 10 Squats 30 Sec Plank	2 1 Burpee 6 Push-Ups 12 Squats 30 Sec Plank	3 2 Burpees 7 Push-Ups 14 Squats 45 Sec Plank	4 2 Burpees 8 Push-Ups 16 Squats 45 Sec Plank	5 REST	6 3 Burpees 9 Push-Ups 18 Squats 1 Min Plank	7 3 Burpees 10 Push-Ups 20 Squats 1 Min Plank
8 4 Burpees 9 Push-Ups 18 Squats 1 Min Plank	9 4 Burpees 8 Push-Ups 16 Squats 1 Min Plank	10 REST	11 5 Burpees 7 Push-Ups 14 Squats 1 Min Plank	12 5 Burpees 6 Push-Ups 12 Squats 1 Min Plank	13 6 Burpees 5 Push-Ups 10 Squats 1 Min Plank	14 6 Burpees 6 Push-Ups 12 Squats 1 Min Plank
15 REST	16 7 Burpees 7 Push-Ups 14 Squats 1:30 Plank	17 7 Burpees 8 Push-Ups 16 Squats 1:30 Plank	18 8 Burpees 9 Push-Ups 18 Squats 1:30 Plank	19 8 Burpees 10 Push-Ups 20 Squats 1:30 Plank	20 REST	21 9 Burpees 9 Push-Ups 18 Squats 1:30 Plank
22 9 Burpees 8 Push-Ups 16 Squats 1:30 Plank	23 10 Burpees 7 Push-Ups 14 Squats 1:30 Plank	24 10 Burpees 6 Push-Ups 12 Squats 1:30 Plank	25 10 Burpees 5 Push-Ups 10 Squats 1:30 Plank	26 REST	27 10 Burpees 6 Push-Ups 12 Squats 2 Min Plank	28 10 Burpees 7 Push-Ups 14 Squats 2 Min Plank
29 10 Burpees 8 Push-Ups	30 10 Burpees 10 Push-Ups	FOR WORKOUTS AND RECIPES VISIT WWW.HEANDSHEEATCLEAN.COM				