



LiveHealthy

November 2014

Dealing with Diabetes

Diabetes, a group of diseases marked by high blood glucose levels, affects more than 29 million people in the United States.

Left unchecked, diabetes can result in a variety of serious complications from heart disease, stroke, and kidney failure to blindness and premature death. However, many people are able to prevent these occurrences by following a self-care plan.

Know Your ABCs

If you have been diagnosed with any type of diabetes, work with your team of health care providers to track and manage your diabetes **ABCs**:

- ***A = A1C Test:*** This test will show you what your blood glucose has been on average over the past three months. A good rule of thumb is to try to keep this number below seven.
- ***B = Blood Pressure:*** A good goal for your blood pressure is below 140/90, since high blood pressure can lead to heart attack, stroke, and kidney disease. Check with your doctor for what your goal should be and how to meet it.
- ***C = Cholesterol:*** Ask your doctor what cholesterol levels are healthy for you. If too much bad cholesterol builds up in your blood vessels, you could be at risk for a heart attack and stroke.
- ***Stop Smoking:*** Smoking is especially dangerous if you suffer from diabetes. It can raise your blood glucose and blood pressure levels, making the disease more difficult to treat, and increase your risk of developing serious complications including blindness, nerve damage, and kidney failure. Call **1.800.QuitNow** for help with quitting.

A Wellness Plan Just for You

Digital Health Coaching for Your Diabetes

Our interactive Digital Health Coaching program for diabetes is designed to help you learn valuable insights and make lasting changes to live healthy and manage your disease.

The program will help you to set specific goals and receive emails with information and guidance to improve your health.

To take the first step, register on capbluecross.com and complete your free and confidential Personal Profile. Based on your results, a wellness plan will be generated just for you. You can retake the questionnaire each year to update your health status and track your progress. Simply select the Assess Your Health tab on your secure member page.

Be Proactive

Incorporate the following suggestions into your daily routine to help manage your diabetes and live healthy... one day at a time:

- **Follow your diabetes meal plan.** If you do not have one, ask your health care team to recommend one.
- **Make healthy food choices.** Examples: fruits and vegetables; fish; lean meats; chicken or turkey without the skin; dry peas or beans; whole grains; and low-fat or skim milk and cheese.
- **Limit fat and salt in your diet.**
- **Eat foods with more fiber.** Good choices include whole grains, beans, nuts, and lentils.
- **Exercise regularly.** Get 30-60 minutes of physical activity on most days of the week. Brisk walking is a great way to move more.
- **Stay at a healthy weight.**
- **Learn to cope with stress.** Stress can raise your blood glucose levels. While it is hard to remove stress from your life, you can learn to handle it in healthy ways. Regular exercise and a healthy diet can help, as well as staying social, getting enough sleep, and avoiding drugs and alcohol.
- **Take medicines even when you feel good.** Ask your doctor if you need aspirin to prevent a heart attack or stroke. Tell your doctor if you cannot afford your medicines or if you have any side effects.
- **Check your feet every day.** Cuts, blisters, red spots, and swelling may be of special concern if you have diabetes. Call your doctor about any sores that do not go away.
- **Brush your teeth and floss every day.** Good dental care helps avoid decay or disease in your mouth, teeth, and gums.
- **Report changes in your eyesight.** If you detect changes, bring them to the attention of your doctor.

- Courtesy of [CDC.gov](https://www.cdc.gov) and [NIH.gov](https://www.nih.gov)

Capital BLUE



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Recipe Row

Sweet Potato Hummus

Ingredients (serves 8):

- 1 pound sweet potatoes, peeled and diced
- 1 can (19.5 oz) chickpeas
- ¼ cup lemon juice
- ⅓ cup tahini
- 2 tbsp olive oil
- 2 tsp ground cumin
- 1 garlic clove, chopped
- Salt and pepper
- Wheat pitas
- Various vegetables

Directions:

Steam potatoes until tender, 10-12 minutes. Transfer to a food processor and add the chickpeas, lemon juice, tahini, oil, cumin, and garlic. Puree all for 1 minute; thin with water if necessary. Season with salt and pepper and let cool. Serve with pitas and vegetables. Enjoy!

Nutrition (per ¼ cup):

Calories 135 | Fat 7 g | Protein 4 g

See more recipes and share your own tips for living healthy at capitalbluestore.com/blog.

Capital Blue is brought to you by Capital BlueCross.

Visit capbluecross.com to create your FREE Personal Health Profile.

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