

Are You At Risk?

Are you at risk for developing Type 2 diabetes? Over 33% of Americans have diabetes and don't know it! Risk factors for Type 2 diabetes include:

- ☛ Age ≥ 45 years
- ☛ Overweight (BMI ≥ 25 ; ≥ 23 if Asian American or ≥ 26 if Pacific Islander)
- ☛ Family history of diabetes (parents or siblings with diabetes)
- ☛ Ethnicity (African American, American Indian, Hispanic & Latino Americans, or Pacific Islander heritage)
- ☛ History of gestational diabetes or gave birth to a baby weighing >9 lbs
- ☛ Hypertension ($\geq 140/90$ in adults)
- ☛ Abnormal lipid levels (HDL cholesterol level ≤ 35 and/or triglyceride level ≥ 250)
- ☛ Impaired fasting glucose (≥ 100 and < 126)
- ☛ Polycystic ovary syndrome or acanthosis nigricans
- ☛ History of vascular disease
- ☛ Inactive lifestyle (exercise less than three times a week)

Source: ACSM's Health & Fitness Journal Jan/Feb 2006



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A Touch of Sugar

Have you ever heard anyone refer to diabetes as *a touch of sugar*? This phrase may date back to 1500 B.C. when early “healers” noticed that ants were attracted to the urine of people with a mysterious emaciating disease. Or it could be from the 1000s when diabetes was commonly diagnosed by “water tasters” who drank the urine of those suspected of having diabetes. The urine of people with diabetes was thought to be sweet-tasting. In 2009, *a touch of sugar* still refers to diabetes, but some may associate it more with pre-diabetes.

Whichever the case, diabetes is a group of diseases that affect the way your body uses blood glucose. A main source of energy for our brain, muscles, organs and bodily functions, blood glucose is vital to good health. The problem comes when there is too much glucose for the body to process. *A touch of sugar* can spell disaster if left untreated. Excess glucose in the blood has a major impact on your overall health including:

☛ **Tooth and gums:** People with diabetes are prone to tooth and gum problems. It is important to practice good dental hygiene by brushing after each meal and flossing daily. Schedule cleaning and dental appointments every six months.

☛ **Eyes:** Diabetic retinopathy is the most common cause of blindness in adults. In its early stages, retinopathy does not affect vision. As the damage gets worse, it can eventually cause blindness. Annual dilated eye exams with a specialist can detect early signs of retinal damage, glaucoma or cataracts.

☛ **Heart:** Diabetes itself is a risk factor for heart disease and stroke. Individuals with diabetes have an increase in fatty plaque formation (atherosclerosis) inside the blood vessels. It is important to track cholesterol levels (total cholesterol, LDL, HDL and triglycerides) at least two times a year and blood pressure on a weekly basis.

☛ **Kidneys: Diabetic nephropathy (kidney disease)** is among the most common causes of renal failure. The kidneys filter waste products from the body into the urine to be excreted. Diabetes can cause the small vessels in the kidneys to thicken, resulting in nephropathy. If the kidneys fail, a kidney transplant or dialysis treatments (3 times per week) is required. Uncontrolled glucose and/or extended exposure to high glucose levels have a tremendous impact on nerves. Monitor glucose daily or more frequently following physician advice.

☛ **Feet:** Complications with feet are very common reasons for a diabetic to visit the hospital. It is a combination of conditions that result in foot ulceration and tissue death. Infection often occurs, leading to ultimate amputation. Keep feet clean, dry and moisturized everyday and check for any blisters, cuts or sores. Contact your doctor if foot problems do not heal in a few days.

☛ **Nerves:** High blood sugar can damage nerve fibers throughout the body. Known as diabetic neuropathy, damage may include numbness, tingling, burning, or pain in either the hands and/or feet. But, that is just the beginning. Diabetic neuropathy may lead to digestive problems like severe constipation or diarrhea; sexual dysfunction; excessive sweating or complete lack of perspiration; and, uncontrolled blood pressure—extreme highs and lows. Daily monitoring and controlling blood glucose levels are essential in preventing neuropathy.

That *touch of sugar* affects many parts of the body, and complications can be a bitter piece of reality unless there is control! Follow doctor's orders, maintain a healthy eating plan, remain or become smoke-free, and enjoy an active lifestyle to avert these diabetic complications.

Of course, contact your Wellness Team at 648-3057 to learn about the *ABCs of Diabetes* and how to save 50% off diabetes prescriptions and supplies. If you think you have diabetes, get tested. It's one of the sweetest things you can do to demonstrate your love for yourself and those who depend on you!

How Many Boxes On Your Shelf?

Have you ever been in a store and knocked over a box on the shelf, only to have the 10 boxes surrounding it fall as well? That domino effect is similar to what your body goes through when diabetes is left unmanaged. Diabetes may have been



the first box you knocked over, but it bumped into high blood pressure and they both fell into other boxes like heart disease, stroke, high blood pressure, blindness and kidney disease to name a few! Before you know it, you are surrounded by more boxes than you bargained for.

We have all found ourselves in that scenario at the grocery store, but in reality, it can happen with our health too. Since diabetes adversely affects the arteries, studies have found that as many as two out of three adults with diabetes will experience problems with high blood pressure. Left untreated, hypertension (high blood pressure) increases risks for coronary artery disease, stroke, peripheral vascular disease (hardening of the arteries in the legs and feet) and heart failure—more boxes on the shelf.

The good news is that you can put the brakes on this grocery store fiasco! To prevent or delay diabetes related complications, check your blood pressure on a regular basis and take action to keep it in a healthy range. According to WebMD, having a normal blood pressure is as important to managing diabetes as having good control of your blood sugars when it comes to preventing diabetes complications. Persons with diabetes should aim for a blood pressure reading of 130/80 or below. While it is not unusual to obtain higher readings from time to time, it should remain, on average, within this target.

By being more aware of the “boxes on our shelves,” we can prevent the compounding effects of multiple risk factors.

Last 2009 BCBS Screenings

Employees enrolled in the new 3160/3161 HRA Insurance Plan will receive an additional \$500 into their Health Reimbursement Arrangement (HRA) by completing a health screening provided by BlueCross BlueShield and the PCSB Wellness Program.

★ Nov 12 th	Geo. Jenkins Senior	2:30-6:30 PM
★ Nov 17 th	Lake Region Senior	2:30-6:30 PM
★ Nov 19 th	Lakeland Senior	2:30-6:30 PM

Visit www.polk-fl.net (keyword: Wellness) to register.

The Great American Smoke-Out 24-Hour Cease Fire

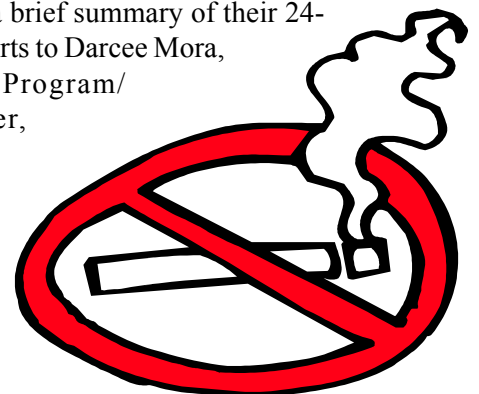
Calling all tobacco users! The PCSB Wellness Team challenges you to join the ACS **Great American Smokeout**®, Thursday, November 19th, by putting away the butts for 24 hours. A 24-Hour Cease Fire prize package will be awarded to employees who are successful in their 24-Hour Cease Fire efforts.

In spite of your attachment to tobacco, consider the facts:

- ✓ One in every five deaths in America is a result of tobacco use: that’s a preventable 20%.
- ✓ 8.6 million people live with chronic conditions as a result of tobacco use.
- ✓ *Among smokers*, the average male life expectancy is reduced by 13.2 years and 14.5 years for females.
- ✓ Many of the 4,000+ chemicals found in tobacco are responsible for almost 90% of all lung cancer deaths.
- ✓ Tobacco raises LDL, the bad cholesterol associated with heart disease; replaces your life-sustaining oxygen with toxic carbon monoxide; increases your blood pressure; and, tremendously stacks the odds against avoiding heart disease and stroke.

Both research and common sense link success in taming tobacco use with the availability of a support structure. The Florida Department of Health has created **Tobacco Free Florida’s QuitLine**, a completely confidential resource to support the daunting task of saying “NO” to tobacco. Begin by calling **1-877-U-CAN NOW (1-877-822-6669)**. You will receive up to five free, confidential phone consultations with a trained specialist available 24/7, who will help you devise an action plan, provide self-help materials and FREE nicotine replacement therapy. Visit www.tobaccofreeflorida.com to use the on-line QWITTER tool and to learn more about this life-saving program!

As proper nutrition and daily physical activity are directly related to managing stress and tobacco use, please feel free to contact your PCSB Wellness Team at 648-3057 for support in these areas. Successful participants can send in their name, location and a brief summary of their 24-Hour Cease Fire efforts to Darcee Mora, MPH, Wellness Program/Woodlake Center, Route D for your prize package. Take the **Great American Smokeout**® challenge—**24-Hour Cease Fire!**



Diabetes—Reason to Quit

As if there are not enough reasons to quit smoking, breaking the habit is even more important if you have diabetes or want to avoid getting it.

If you smoke and think you are otherwise in good health, think again. According to a study published in the American Journal of Epidemiology, smoking 16 to 25 cigarettes a day increases your risk for Type 2 diabetes to three times that of a non-smoker. The more risk factors a person has, the greater the chances are of developing diabetes.

While smoking can increase your chances of getting diabetes, it can also make managing diabetes more difficult for those who already have it. Other complications of smoking and diabetes include retinopathy (eye disease), heart disease, stroke, vascular disease, kidney disease, nerve damage, foot issues and many other problems.



A person with some or all of the risk factors might never develop diabetes, but your chances increase as more risk factors are present. Certain risk factors like age, family history, and ethnicity cannot be altered, but a change in lifestyle that includes eating a modified diet, increasing physical activity, and quitting smoking might help reduce your risk.

Source: The Cleveland Clinic © 1995-2008

Stress, Depression, Grief: Surviving Holiday Stress

The holiday season is upon us! If you can't seem to get into the spirit because of anxiety, stress or even depression, help is one phone call away. Meet PCSB's Employee Assistance Program (EAP) provider, **Horizon Health**—a FREE, completely confidential resource that exists to ensure peace of mind.

Horizon Health professionals are available 24 hours a day, 7 days a week, to help you cope with life events that can challenge your ability to balance work and family responsibilities effectively.

Horizon Health helps you and members of your household manage the conflicting demands of working, parenting, and care-giving. When these demands become too difficult, turn to FREE, confidential services provided by **Horizon Health**.

Call 800-272-7252 or visit
www.horizoncarelink.com.



Smoking and Pregnancy

Smoking during pregnancy or exposure to second-hand smoke can not only put the mother at risk for health problems, but can endanger her unborn baby as well. It can lead to premature births, stillbirths, low birth-weight babies, certain birth defects, and SIDS—sudden infant death syndrome.

Facts—Smoking can:

1. Make it harder for a woman to become pregnant.
2. Lead to premature birth and cause some babies to have difficulty breathing on their own.
3. Cause low birth-weight babies.
4. Increase the risk for a cleft lip or cleft palate, which is more common among babies who's mothers smoked during pregnancy.
5. Lead to miscarriage or stillbirth.
6. Increase the baby's risk for behavior or learning problems later on in life.
7. Cause Sudden Infant Death Syndrome (SIDS) to an otherwise healthy baby.
8. Lead to asthma or other lung infections later in life.



What to do:

1. QUIT before you become pregnant! But if you are already pregnant...it's not too late. You can still prevent some complications such as low birth weight or premature birth.
2. Write down why you want to quit smoking. Look at the list when cravings kick-in.
3. Choose a "quit day," ask friends and family to help you.
4. Throw out all of your cigarettes, matches, lighters, ash trays, or anything that makes you think of smoking.
5. Stay away from places that are smokey or that make you want to smoke.
6. When you are tempted to smoke, call a friend instead.

When you are tempted:

1. Chew sugarless gum.
2. Brush your teeth.
3. Call a friend.
4. Go for a walk.
5. Find something to hold in your hand in place of a cigarette.
6. Refer back to your list of reasons why you want to quit!
7. Tell yourself, "I can quit smoking!"

Source: Centers for Disease Control and Prevention



ABCs of Diabetes

The *ABCs of Diabetes* is a proactive course through the Wellness Program that provides educations, screenings, and discounts for diabetes supplies and prescriptions. Here are a few of the benefits ABCs of Diabetes participants enjoy:

Benefits:

- Free eye and foot exams
- Free lipid, HbA1c, kidney function, and blood pressure screenings—two times each year
- Free Accu-Check glucose monitor

Save \$400 per year!

Reduced Rx Copayments:

- Generic tier copay \$4* retail or mail order
 - Preferred tier copay \$37.50* mail order
 - Non-preferred tier copay \$62.50* mail order
- *90-day supply

Education/Jim Miles Center:

- Medical Issues in Diabetes—11/5/09
- Nutrition & Exercise—11/12/09
- Advanced Diet Planning—12/3/09
- Hypertension & Heart Disease—12/10/09

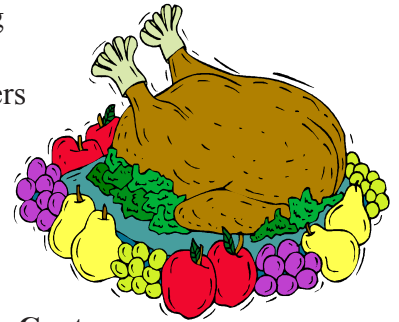
Classes will be held in the Palmetto Room at the Jim Miles Center, 5204 US Highway 98 South, Lakeland.

All classes start at 4:30 PM, and registration is required. Please email allison.sullins@polk-fl.net or call Allison Sullins, RD, LD/N at 648-3057 for more information.

Surviving the Holidays

For those participating in *Beat the Holiday Bulge Challenge* or for any employee, Thanksgiving is upon us! The turkey and dressing are calling us by name! Before turning into the proverbial butterball, plan your calorie-management strategies and learn practical tips for Surviving the Holidays, including:

- Holiday snacking
- Cooking tips
- Recipe make-overs
- Party planning
- Low-cal recipes
- Much more



Dates & Locations:

11/03/09—Mark Wilcox Center

11/12/09—Highlands Grove Elementary

12/10/09—Ridge Career Center

Classes will be held from 4:30-5:30 PM; registration is required. Please email allison.sullins@polk-fl.net or call Allison Sullins, RD, LD/N at 648-3057 for more information.

Grief & Loss Support Group

Have you experienced the painful loss of a loved one? Has isolation overcome you? It is never easy to grapple with a tragic passing, but the holidays seem to make life and loneliness even more difficult. Beyond the shock and pain, there is hope. Meet with Horizon Health and a small group of School Board employees. Listen, talk and know that you are not alone. (Frequency of meetings will be decided at this initial gathering.)

Woodlake Center—Lakeland

November 10, 2009

5:00-8:00 PM

Please call 648-3057 to register.

Cancer Screenings Can SAVE Your Life!

On-site cancer and osteoporosis screenings are provided to you by the Polk County School Board (PCSB) Wellness Program in conjunction with Lakeland Regional Cancer Center (LRCC). This **FREE** benefit is available to all employees who have PCSB Blue Cross/Blue Shield health insurance. For an appointment, please contact the cancer screening coordinator at each location at least two weeks prior to the screening date. There are no age restrictions for cancer and osteoporosis screenings on the LRCC screening bus.

11/2	STAMBAUGH MID	11/16	PHILIP O'BRIEN EL	12/7	MULBERRY MID
11/3	LAWTON CHILES MID	11/17	INWOOD EL	12/8	GAUSE ACADEMY
11/4	BOSWELL EL	11/18	POLK CITY EL	12/9	TENOROC SR
11/5	LAKE ALFRED EL	11/19	PURCELL EL	12/10	HIGHLANDS GROVE EL
11/6	DR. N.E.ROBERTS EL	11/30	CRYSTAL LAKE MID	12/11	KINGSFORD EL
11/9	KATHLEEN SR	12/1	WENDELL WATSON EL	12/14	BEN HILL GRIFFIN JR. EL
11/10	LAKELAND HIGHLANDS	12/2	NORTH LAKELAND EL	12/15	LOUGHMAN OAKS EL
11/11	LENA VISTA EL	12/3	LAKE GIBSON SR	12/16	MEDULLA EL
11/12	AUBURNDALE CTR EL	12/4	LAKE GIBSON SR	12/17	MULBERRY SR
				12/18	POLK CITY EL

Get On The Bus!