



November is *American Diabetes Month*

There seems to be a lot of attention on diabetes these days. So what is diabetes and why all the fuss? Diabetes is a disease caused by the body's inability to make enough insulin or use it effectively. Without enough insulin, sugar in your blood stream, called glucose, cannot get into your body's cells to feed them. When this happens, your blood sugar rises and leads to pre-diabetes or diabetes.

The four types of diabetes are:

Type 1 diabetes occurs when the body doesn't make enough insulin. People with type 1 must have insulin to live. Type 1 affects about 5-10% of the diabetes population.

Type 2 diabetes affects about 90% of the diabetes population and used to occur mostly in adults, but now more children are being diagnosed. With type 2 diabetes, the body doesn't make or use insulin properly. Type 2 diabetes can be managed with nutrition and physical activity in the beginning, but will usually require medication and/or insulin to control blood sugar.

Pre-Diabetes comes before diabetes and affects about 54 million people. In pre-diabetes, the blood sugar is higher than normal, but not high enough to be considered diabetes. Lifestyle changes including good nutrition and physical activity can delay or prevent the onset of diabetes.

Gestational diabetes occurs in about 4% of all pregnant women who do not have diabetes. The blood sugar increases during pregnancy and usually returns to normal after pregnancy. More than half of the women who have gestational diabetes will later develop type 2 diabetes.

Diabetes symptoms include increased thirst, frequent urination, increased hunger, unusual weight loss, increased fatigue, irritability and blurry vision.

Risks for diabetes include:

- Age 45 and older
- Race or ethnicity
- Family history of diabetes
- Low physical activity
- Being overweight or obese (BMI of 25 or greater)
- High blood pressure and abnormal cholesterol levels
- History of gestational diabetes
- History of vascular disease

Obtaining and maintaining a healthy weight, being physically active for at least 30 minutes most days of the week, and making healthy food choices are key components in managing pre-diabetes and diabetes. People with pre-diabetes and diabetes don't have to eat special foods. A balanced meal plan includes choices from all the food groups and includes fruits, vegetables, complex carbohydrates, lean protein sources and healthy fats.

Monitoring your blood sugar is another key to managing diabetes and preventing complications. Log on to MyBlueServiceSM to check your benefit coverage for glucose meters, testing supplies and other diabetes related benefits.

If you have been diagnosed with diabetes, talk to your doctor for more information. The American Diabetes Association's *My Food Advisor* is a resource to help you with meal planning including carbohydrate counting, recipes, healthy alternatives and more. You can access *My Food Advisor* at <http://www.diabetes.org/my-food-advisor.jsp>.

Source: <http://www.diabetes.org>

**November is American
Diabetes Month**

**November 19:
The Great American
Smokeout**

Ask the Health Coach

**Fresh & Healthy
recipe of the month**

**Your Healthy
Pregnancy**

November 19

The Great American Smokeout

Have you thought about quitting smoking but just can't set a quit date? Consider Thursday, November 19, observing the American Cancer Society's Great American Smokeout during Lung Cancer Month. This is a great day to put down the pack because millions of people will join you.

When you have your quit date, preparing for success is a smart way to reach your quitting goals. Here's how:

- Find support from friends and family who will help you.
- Plan ahead for trigger situations.
- Access over-the-counter or prescription nicotine replacement therapies.
- Access medications that can help you with the physical withdrawal symptoms.

The most important thing to remember is to never give up. If you slip, it's okay, just keep working at it and you will be successful! Read on for more information to help you reach your goals.

Avoiding Triggers

Triggers are people or things that initiate another action or reaction. In this case, triggers are things, places, feelings, people, etc. that remind you to smoke. Learn what your "triggers" are and be prepared to follow the **ACE** rule: **A**void the ones you can, and **C**ope or **E**scape from those you cannot.

Some common triggers and **ACE** mechanisms are:

After Eating - Immediately brush your teeth instead of having a cigarette.

Watching Television - Keep your hands and mouth busy by knitting, eating low-calorie snacks or chewing on a straw to help get through an urge.

Driving - Change your normal route to work, school or the store. You'll be concentrating on the new route and not on smoking.

For more information about these and other health-related topics, you can access "Living Healthy with WebMD" by logging into MyBlueService. Here you can browse valuable medical information and access personal health tools like health trackers, assessments, and more. Visit www.bcbsfl.com to get started.



Coffee Breaks - Keep your hands busy by looking at magazines or working cross word puzzles.

Stressful Situations or Boredom - Take a walk, do some gardening, or work on a project or hobby.

Coping With Recovery

There are common symptoms that occur when you quit smoking, and some can last days or even weeks. Recognizing these symptoms and developing coping strategies can help get you through the tough times. Some symptoms include:

- Irritability
- Lack of coordination
- Feeling weak
- Insomnia
- Feeling hungry
- Itchy hands and feet
- Tremors
- Dry tongue
- Feeling strong emotions

If you have any of these symptoms, use the following coping strategies:

Breathe - Inhale slowly, hold your breath for about 10 seconds and exhale slowly.

Drink Water - Water helps eliminate nicotine from your body and reduce cravings.

Distract Yourself - Keep active and stay busy. Go for a walk, call someone, read, change your routine at work, listen to music, or meditate.

Take Five - When you get a strong craving wait at least five minutes, the time it takes for most cravings to pass. Convince yourself you can wait that long and do it!

So get ready, commit to yourself and your loved ones, and quit! For resources and support call our Next Steps Team at 1-800-477-3736, extension 54837 or email NextSteps@bcbsfl.com.

Fresh & Healthy

Recipe of the Month

Ask the Health Coach

Q I have type 2 diabetes. Why is my blood pressure so important?

A In the past, people thought that managing diabetes was mostly about controlling blood sugar. Now doctors know that blood sugar control is just one piece of the puzzle. In fact, people with diabetes often have high blood pressure and cholesterol levels, so it's very important to control these as well.

Many of the complications from high blood sugar levels develop over many years. By comparison, high blood pressure occurs much faster and can cause major complications like heart disease, stroke, kidney disease and vision loss. Controlling your blood pressure early on can minimize your risk for having these problems in the future.

If you are an adult with type 2 diabetes, your blood pressure should be 130/80 or lower, but your doctor may set your goal based on your age and other health conditions you may have. High blood pressure cannot be cured, but the condition can be controlled with lifestyle changes and medication.

Here are some steps you can take to help lower high blood pressure:

- If you smoke, get the support to quit.
- If you're overweight, shed extra pounds with a healthy diet.
- Stay active and exercise regularly.
- Limit your sodium intake (no more than 2,300 milligrams per day).
- Limit the amount of alcohol you drink.

To talk to a Health Coach, call our Next Steps Team at 1-800-477-3736, extension 54837 or email NextSteps@bcbsfl.com.

Turtle Pumpkin Pie

A new twist on an old favorite

Ingredients

- ¼ cup + 2 Tbsp. caramel ice cream topping, divided
- 1 graham cracker piecrust
- ½ cup + 2 Tbsp. pecan pieces, divided
- 1 cup cold milk
(substitute skim milk)
- 2 pkg. (4-serving size each) vanilla flavor instant pudding
(substitute sugar-free)
- 1 cup canned pumpkin
- 1 tsp. ground cinnamon
- ½ tsp. ground nutmeg
- 1 tub (8 oz.) whipped topping, thawed, divided
(substitute lite version)

Directions

Pour 1/4 cup caramel topping into crust; sprinkle with 1/2-cup pecans.

Beat milk, dry pudding mixes, pumpkin and spices with whisk until blended. Stir in 1 1/2 cups whipped topping. Spread into crust.

Refrigerate 1 hour. Top with remaining whipped topping, caramel topping and pecans just before serving. Store leftovers in refrigerator. Makes 10 servings.

Nutritional Analysis:
Calories 320; Total fat 15g; Saturated fat 7g; Cholesterol 0; Sodium 390mg; Carbohydrate 48g; Dietary fiber 2g; Sugars 31g; Protein 3g

By making the recommended substitutions you can save: 52 Calories; 2.1g Fat; and 15.2 g Sugar per serving.

To find other quick and healthy recipes go to www.kraftfoods.com.





Your Healthy Pregnancy

Give your baby a healthy start with early prenatal care. Visiting your doctor, eating right, exercising in moderation, and avoiding harmful activities are important to help reduce the chance for complications during pregnancy.

Healthy Diet

Maintaining healthy eating habits during your pregnancy is critical due to the added demands on your body to meet the needs of a growing baby. During pregnancy, you not only require 300 additional calories each day, but more iron, folic acid (to make extra blood needed at this time), protein (to help make blood and build your baby's tissues and muscles), and calcium (to aid in building your baby's bones and teeth).

Eating foods from the major food groups daily – grains, vegetables, fruits, dairy, and meat and beans – helps you provide everything your baby needs to grow. In addition, your doctor may prescribe a prenatal vitamin to supplement, but never replace, your healthy diet. You should also increase your fluid intake by drinking at least eight, 8-ounce glasses of water daily, and avoid alcoholic drinks. **Please note:** don't eat shark, swordfish, king mackerel, or tilefish because they contain high levels of mercury that can be dangerous to your baby.

Moderate Exercise

Exercise helps with overall physical and mental health, but now is not the time to take up a new high impact activity or sport. Remember that your center of gravity is different when you're pregnant, so avoid activities that can cause you to lose balance or carry a high risk for abdominal trauma.

With any exercise, moderation is key. As always, talk with your doctor before starting any kind of exercise program.

Decrease Your Risk for Preterm Labor

As your baby grows and changes, it's normal to have some discomforts such as frequent urination, mouth and gum changes, lower-abdominal pain, backaches, leg cramps, heartburn and nausea, and vomiting. Call your physician right away if you experience any of the following signs that may suggest preterm labor:

- Uterine contractions
- Menstrual-like cramping
- Low, dull backache
- Pelvic pressure
- Changes in vaginal discharge
- Vaginal bleeding

We're Here for You


Our Healthy Addition® prenatal education program was designed to promote good health through early preventive care for expectant mothers. As a participant, you're assigned a personal registered nurse who will work with you and your doctor by conducting assessments and checking in with you periodically during your pregnancy. You can contact your nurse with any questions or concerns, and they will help manage health care services with your physician.

For more information or to enroll in Healthy Addition call 1-800-955-7635, option 6, Monday through Friday 8:00 a.m. to 5:30 p.m. EST. You can also email healthyaddition@bcbsfl.com.

Resources

<http://www.cancer.org>

<http://www.acog.org>

Are you interested in making healthy changes to your diet but need some guidance? 

The Next Steps team has Health Coaches who will work with you one-on-one developing goals and helping you to learn more about good nutrition, free of charge. Email us at NextSteps@bcbsfl.com or call 1-800-477-3736, ext. 54837.



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