

Prevention 101SM

Knowing What You Need and When to Get It

Diabetes is the biggest public health crisis of the 21st century, and it continues to grow at epidemic proportions. Nearly 25% of people who have diabetes don't even know it. Having diabetes places a person at increased risk for a number of serious, even life-threatening complications, including heart disease, stroke, blindness, kidney disease and amputations. Protect your health by knowing if you're at risk for developing diabetes, and learn to manage the condition if you have it.

*The Power
of Prevention:
Diabetes Care
and
Prevention*

YOU HAVE A HIGHER RISK FOR TYPE 2 DIABETES¹ IF:

- You have a family history of diabetes.
- You developed diabetes during pregnancy.
- You have high blood pressure.
- You are over age 45.
- You are overweight.
- You are physically inactive.
- Your race or ethnicity is African American, Latino, Native American, Asian American or Pacific Islander.



Do You Know Your Risk?

Log onto the *American Diabetes Association* Web site at www.diabetes.org and take the Diabetes Risk Test. This Web site also offers a wealth of information and online resources on diabetes care and prevention. Because diabetes often runs in the family, share the Web site, risk test and information in this Guide with your parents, siblings, children and other family members. Make this a family affair and help everyone get on the path to health and wellness, whether they are living diabetes or trying to prevent it.



STOP



CALL



SCHEDULE



Warning Signs of Diabetes



Only some people experience warning signs or symptoms of diabetes—that's why it's important to know the risk factors. Individuals may go many years without apparent symptoms of diabetes. Plus, some of the symptoms for diabetes are similar to other conditions. Don't assume that a "lack of symptoms" means that everything is okay. Know your risks.

Some of the warning signs include:

- Frequent urination
- Increased thirst
- Increased hunger (especially after eating)
- Fatigue
- Unusual weight gain or loss
- Blurred vision
- Dry mouth
- Headaches
- Slow-healing sores or cuts
- Bleeding and sore gums

If you experience any of these symptoms, see your health care provider as soon as possible.

PRE-DIABETES is defined by elevated fasting (without food) glucose levels or impaired glucose tolerance that increases the risk of developing type 2 diabetes and cardiovascular

disease.³ Lifestyle modification is the primary course of treatment for pre-diabetes to "turn back the clock" on these metabolic changes. But first you have to know if you're at risk.

You have a higher risk for PRE-DIABETES if you have three out of five⁴ of the following:

- You store excess fat around your waistline: a waist circumference of 40 inches or more (for men) or 35 inches or more (for women).
- You have an elevated triglyceride level of 150 or more, or are on drug treatment for elevated triglycerides.
- You have a reduced HDL-cholesterol of less than 40 (for men) or less than 50 (for women), or are on drug treatment for reduced HDL.
- You have an elevated blood pressure of 130/85 or greater, or are on drug treatment for high blood pressure.
- You have an elevated fasting glucose of 100 or greater, or are on drug treatment for elevated glucose.

Other risk factors for pre-diabetes include:

- A family history of type 2 diabetes, high blood pressure or early heart disease
- A low activity level and a sedentary lifestyle
- Progressive weight gain

LOG ON AND LEARN MORE

To learn more about Diabetes Care and Prevention, search the HEALTH TOPICS tab on your Highmark Member Web site. Log on at www.highmark.com, and select your service region. You can search the site for topics of interest to you and your family and stay up-to-date on the latest in health and wellness.





What You Need



DIABETES PREVENTION

Our Preventive Schedule is based on the *American Diabetes Association* and the U.S. Preventive Service Task Force recommendations:

- Screen for type 2 diabetes at three-year intervals beginning at age 45, particularly in individuals with a body mass index (BMI) of 25 or greater.²
- Speak with your health care provider about your personal risks and how often you should be tested.

DIABETES CARE

Take an active and proactive role in diabetes management. Routine medical care is an essential part of a successful diabetes management plan. If you haven't had your annual physical, schedule an appointment as soon as possible. Maintaining an account of your health history is important for you and your health care provider. Keep accurate information and follow these guidelines.

AT-A-GLANCE GUIDELINES FOR YOUR DIABETES CARE VISITS

BRING TO EVERY VISIT	<ul style="list-style-type: none">• A record of self-monitored blood glucose results• A list of medications and supplements• Records of food intake, glucose measurements, meal plan, exercise log and other management logs• Sick-day record of non-routine visits or when recovering from recent illness
AT EVERY VISIT	<ul style="list-style-type: none">• Discuss all records listed above with your health care provider and make adjustments as needed• Record weight, body mass index and blood pressure• Take your shoes off and ask for a routine foot examination• Inquire about aspirin use for cardiovascular disease• Discuss smoking cessation and alcohol use, if applicable
TWO OR MORE TIMES PER YEAR	<ul style="list-style-type: none">• Hemoglobin A1C test (two to four times per year depending on your glucose control)• Dental exam (two times per year)
ONE TIME PER YEAR	<ul style="list-style-type: none">• Lipid profile (total cholesterol, LDL, HDL and triglycerides), serum creatinine and urinalysis for microalbumin• Diabetic (dilated) retinal eye exam (by an eye care professional)• Comprehensive foot exam• Flu vaccine
ONCE IN A LIFETIME (FOR MOST PEOPLE)	<ul style="list-style-type: none">• Pneumonia vaccine



What Else You Should Know



FOOT EXAM: An important exam required to check your feet for any nerve or circulation problems.

HEMOGLOBIN A1C TEST: A blood test to monitor your average blood sugar over the past two to three months.



LIPID PROFILE: A blood test that measures your cholesterol, LDL, HDL and triglycerides.

KIDNEY FUNCTION EXAM: The recommended screenings for kidney problems. URINE MICROALBUMIN checks for protein in urine. SERUM CREATININE is a blood test used to measure the level of the waste product, creatinine.

DIABETIC EYE DISEASE (also called diabetic retinopathy) is a serious problem that can lead to loss of sight. Diabetes can also cause an increased risk for glaucoma and cataracts. Scheduling an annual dilated-eye exam can

identify diabetic retinopathy and other eye diseases early which will help to preserve your sight. A recent study showed that keeping your blood glucose level closer to normal can prevent or delay the onset of diabetic eye disease. Keeping your blood pressure under control is also important.



GUM DISEASE research suggests that people with diabetes are at higher risk for oral health problems, such as gingivitis (an early stage of gum disease) and periodontitis (serious gum disease). People with diabetes are at an increased risk for serious gum disease because they are generally more susceptible to bacterial infection, and have a decreased ability to fight bacteria that invade the gums. Not only are people with diabetes more susceptible to serious gum disease, but serious gum disease may have the potential to affect blood glucose control and contribute to the progression of diabetes.

MYTH VS. FACT

MYTH: Eating too much sugar causes diabetes.

FACT: No, it does not. Type 1 diabetes is caused by genetics and unknown factors that trigger the onset of the disease. Type 2 diabetes is caused by genetics and lifestyle factors. Being overweight does increase your risk for developing type 2 diabetes, and a diet high in calories, whether from sugar or from fat, can contribute to weight gain.

MYTH: People with diabetes have to eat special foods and can't eat "normally."

FACT: Eating for diabetes control is very similar to general healthy diet recommendations for everyone: eat regular, balanced meals that are low in fat, moderate in salt and sugar, and rich in whole grain foods, vegetables and fruit. Everyone can benefit from healthy eating, so the whole family can become involved.

What to Track



Create a **Personal Health Record** for yourself and each member of your family to see all your health care information at a glance in one convenient location. A Personal Health Record table for people with diabetes is provided below.

RECOMMENDED TESTS FOR ALL PEOPLE WITH DIABETES

MEASUREMENT/TEST	DATE/RESULTS					
Weight						
Body Mass Index (BMI)						
Blood Pressure						
Fasting Blood Glucose						
Hemoglobin A1C						
Total Cholesterol						
LDL Cholesterol						
HDL Cholesterol						
Triglycerides						
Serum Creatinine						
Urine Microalbumin						
Diabetic Eye Exam						
Comprehensive Foot Exam						
Dental Exam						
Flu Vaccine						
Pneumonia Vaccine						
Other						

LOG ON TO TRACK

Keep track of your diabetes self-management plan using the online “Personal Health Record.” Log onto your Member Web site and click on the “Your Health” tab and then “Personal Health Record.” Choose the sections you wish to update and follow the prompts. Remember to update your online record each time you or a family member have a screening or exam.


WWW.



What Other Steps to Take



In addition to knowing what you need and when to get it, taking other steps to make healthy lifestyle choices can impact your health and well-being now and in the future. Research has clearly demonstrated the potential that healthy lifestyle factors can have on reducing the risk of major chronic diseases like diabetes. Whether you have diabetes or want to prevent it, simple lifestyle changes can help you stay healthy. Take action today to control your risk tomorrow. What changes can you make?

- **Eat regular meals and don't go long periods of time without eating.** Plan snacks in between meals if necessary to prevent excessive hunger or low blood glucose levels.

- **Select plenty of colorful vegetables and fresh fruits.** Choose non-starchy vegetables, like greens, carrots, green beans, broccoli, cabbage and spinach to add volume to meals without extra calories or carbohydrates.

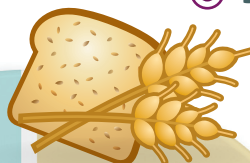
- **Choose whole grain foods and "whole food" starches** (also known as complex carbohydrates) over refined grains and "white" starchy products.

- **Select moderate portions of lean meat,** skinless poultry, fish, eggs, low-fat cheese, soy products, legumes, nuts, peanut butter and other protein-rich foods at each meal to provide balance and meal satisfaction. Switch to low-fat or non-fat dairy products, such as milk, yogurt, cheese or cottage cheese.



Vegetables and Leafy Salads

- 1 Fill half your plate with vegetables and salads for fullness without calories.
- 2 Prepare a variety of vegetables—fresh, frozen, canned, cooked or raw.



Whole-Grains and Whole Food Starches

- 3 Choose whole-grains and whole food starches for fullness from fiber.

Meats and Protein Rich Foods

- 4 Add meats and other protein rich foods for satiety.
- 5 Make it lean—bake, broil, roast and grill it but don't fry it.



- **Choose heart-healthy fats** (olive, canola and other monounsaturated oils) for cooking and food preparation instead of saturated and trans fats, and go easy on added fats at the table, such as salad dressings, tub margarine and other condiments.

- **Drink water, unsweetened coffee or tea, diet soda pop and other calorie-free drinks,** instead of regular soda, fruit drinks (including fruit juice) and other sugar-sweetened drinks. Cut back on high-calorie, high-sugar snacks and desserts, like sweets, sugar, candy and other foods high in sugar.

- **Strive to get some exercise every day.** Work up to 30 to 60 minutes of moderate exercise, such as brisk walking. Exercise is considered an effective "medication" for diabetes that you should take daily!

- **If you have diabetes, discuss your medications and how to monitor your blood glucose levels with your health care provider.** And always take your medication according to the prescription directions.

Use our Plate Planner (above) to help you learn to balance meals and control portions.



Where to Go for More Help



It's not easy putting a plan for diabetes care or diabetes prevention into action. Whether on the Web, on the phone or at the worksite, there are many convenient and accessible wellness resources to help you reach your goals and “have a greater hand in your health.”

- **On the Phone.** For more information about diabetes care, diabetes prevention and other health concerns, talk with your health care provider. Or speak confidentially with a specially-trained Health Coach 24 hours a day, 7 days a week by calling Blues On Call at 1-888-BLUE(2583)-428 for the answers and support you need. You can request free “Shared Decision Making” videos to help you learn more about living with Diabetes.
- **On the Web.** Log onto your Member Web site and click on the “YOUR HEALTH” tab. Select the link “Improve Your Health” to enroll in **HealthMedia®** online programs or choose “Preventive Care” to explore other available program options on diabetes care, diabetes prevention and healthy lifestyles. Explore the **HealthMedia® Care™ for Your Health** program—a self-paced chronic condition management program that teaches the skills needed to effectively take control of chronic condition(s) such as diabetes and more.

Or enroll in **HealthMedia Care for Diabetes**—a self-paced online diabetes management program. You'll receive a personalized diabetes management program focused on your unique needs, including support from loved ones, the emotional and physical impact of diabetes on your daily life and more.

There are many other online resources on diabetes care. Visit the American Diabetes Association at www.diabetes.org, or learn more about meal planning at www.mypyramid.gov.

Lifestyle Returns®

If your company participates in Lifestyle Returns, you can receive credit for completing Prevention 101. To access the “Lifestyle Returns” program, log onto your Member Web site. Under “Quick Resources,” click on “Lifestyle Returns” and enter your preventive exams under **Step 3: Take Charge of Your Health**.

References:

- ¹ **Diabetes Risk Calculator:** A simple tool for detecting undiagnosed diabetes and pre-diabetes. Kenneth E. Heikes, David M. Eddy, Bhakti Arondekar, and Leonard Schlessinger. *Diabetes Care* 2008 31: 1040-1045.
- ² **American Diabetes Association:** Screening for type 2 diabetes (Position Statement). *Diabetes Care* 26(Suppl. 1):S21-S24, 2003.
- ³ **New AACE Guidelines for Prediabetes Management.** AACE Consensus Statement of the AACE Task Force on Pre-diabetes. Released July 23, 2008. Medscape Medical News 2008. ©2008 Medscape
- ⁴ **Diagnosis and management of the metabolic syndrome.** An American Heart Association/National Heart, Lung, and Blood Institute scientific statement. Grundy SM, Cleeman JI, Daniels SR, et al. *Circulation* 2005. Oct 25;112(17):2735-52.

The material contained in this Guide has been selected to provide general background and useful information regarding preventive care. It is not intended to be complete or tailored to your specific needs, or to diagnose or treat medical conditions, and does not replace medical advice or medical treatment. You should discuss the information, facts and tips with your doctor, who is always your best resource for determining if you are at an increased risk for a condition. If you engage in physical activity, it may have injuries and health risks associated with it. You should confirm with your doctor that physical activity is appropriate for you. If you experience any pain or discomfort, call your doctor. Highmark Inc. does not endorse any product or service, and does not provide medical or legal advice or medical treatment. If you have questions about your health care coverage, you should call the toll-free Member Service number on your health insurance identification card.

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