

Cayuga-Onondaga Area School Employees'

HEALTHCARE PLAN
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In an effort to promote the well-being of all Members and Staff, the COASEHP is distributing monthly Wellness Reminders and Tips from Excellus BCBS and ENV Insurance Agency. We hope you find the information useful.

November is "National Diabetes Awareness Month"

November is Diabetes Month, a national observance designed to raise awareness about the risk factors, symptoms, types of diabetes, and the impact this disease has every day on millions of Americans. According to the [American Diabetes Association](#)[®], diabetes is the seventh leading cause of death in the U.S. During Diabetes Month, employees are encouraged to take control of their health, and encourage their families to have healthy habits such as eating healthier meals and exercising for 30 minutes a day, five times a week. Here are some additional resources to explore:

[American Diabetes Association](#)

[Centers for Disease Control and Prevention \(CDC\): Diabetes](#)

What is diabetes?

Diabetes is a chronic health condition that affects how your body is able to turn food into energy. The food you eat is broken down into sugar (glucose) and released into your bloodstream. As your blood sugar goes up, your pancreas releases insulin. This allows the blood sugar to enter your body's cells for use as energy. A person with diabetes doesn't make enough insulin or can't properly use insulin. There are two main types of diabetes:

- **Type 1 diabetes** occurs when your pancreas doesn't produce enough insulin. This type of diabetes is usually diagnosed in children, teens and young adults, but it can develop at any age.
- **Type 2 diabetes** occurs when your cells don't respond normally to insulin, which is known as insulin resistance. Out of the 34 million Americans with diabetes, approximately 90%-95% of them have Type 2 diabetes.

What are the symptoms of diabetes?

Diabetes symptoms vary depending on how much your blood sugar is elevated. People with Type 2 diabetes may not initially experience any symptoms. However, those with Type 1 diabetes may experience severe symptoms that can develop in a short amount of time.

Signs and symptoms of Type 1 and Type 2 diabetes may include:

- ~ Thirst ~ Presence of ketones in the urine ~ Fatigue
- ~ Unexplained weight loss ~ Frequent urination
- ~ Extreme hunger ~ Blurred vision ~ Slow-healing sores
- ~ Frequent infections

How can you address diabetes?

In order to properly manage diabetes, it's important to do the following:

- **Monitor your blood sugar** - Carefully monitoring your blood sugar is the only way to make sure your blood sugar is within your target range.
- **Undergo insulin therapy, if prescribed** - Many people with diabetes need insulin therapy to survive. There are multiple types of insulin available. Depending on your needs, your doctor may prescribe a mixture of insulin types to use throughout the day and night.
- **Eat healthy** - Enjoy a diet rich in fruits, vegetables, lean proteins and whole grains, avoiding foods high in saturated fats and refined carbohydrates.
- **Stay physically active** - Exercise lowers your blood sugar level by moving sugar into your cells where it's used for energy. It's important to aim for at least 30 minutes of aerobic exercise a day.

If you are experiencing symptoms of diabetes, contact your doctor.

[ENV Insurance Wellness Matters]

1. Know Your Risks

Talk to your doctor about your family history and other warning signs of diabetes.

2. Manage Your Weight

Obesity plays a major factor in the development of the disease. Reducing body weight by 5 percent can cut your chance of developing diabetes by more than half.

3. Get More Exercise

Regular exercise helps manage body weight, encourage heart health and manage blood sugar levels.

4. Choose Whole Grains

Choosing whole grains may lower the risk of Type 2 diabetes because their nutrients release slowly into the blood stream to naturally manage blood sugar levels.

5. Monitor Carbohydrate Intake

Carbohydrates raise blood sugar levels, and high blood sugar levels can increase risk for diabetes.

6. Stick to a Healthy Diet

Controlling portion size and eat a balanced diet of leafy greens, fruits, fish and lean meats.

6 tips for Diabetes Prevention

You have the ability to stop Type 2 Diabetes from affecting your life. Even if you display signs of prediabetes, a few key lifestyle changes can greatly improve your chances of preventing the disease.