Diabetes Prevention

By nih.gov

Studies show that people at high risk for type 2 diabetes can prevent or delay the disease if they lose as little as 10 to 14 pounds (if they weigh 200 pounds) by walking 30 minutes 5 days a week and making healthy food choices.

Take Your First steps to Make Healthy Choices Today!

Step 1: Move More
Plan to get at least 30 minutes of physical activity 5 days each week to help you lose weight. You can get this amount in small ways throughout the day. If you have not been active, talk to your doctor and start slowly to build up to your goal.

Here are some ideas to fit more physical activity into your day:

- Park your car farther away from stores, movie theaters, or your office.
- Use TV breaks to stretch, take a quick walk around your home, do some sit-ups, or march in place.
- Get your friends and family involved. Set a walking date. Do something active that everyone enjoys.
- Walk during your lunch break, or take the stairs to your office instead of the elevator.

Step 2: Make Healthy Food Choices
Choose foods that are low in fat, sugar, and calories to help you lose weight. Limit portion sizes.

- Eat a variety of colorful vegetables and fruits.
- Choose whole grain foods—whole wheat bread and crackers, oatmeal, brown rice, and cereals.
- Lower fat intake—broil or bake instead of frying.

Managing your Diabetes
What you can do to help manage your diabetes on page 2

Diabetic Eye Disease
All about diabetic eye disease and who is at risk on page 3.

Alzheimer’s Disease
The basics of the disease and what to be aware of on page 3.
• Lighten your recipes by using nonfat or low-fat alternatives.

Diabetes Prevention, continued

Use cooking spray instead of oil.
• Avoid getting too hungry by eating a healthy snack between meals.
• Do not keep chips, cookies, or candy in your home.
• Choose water to drink.

Step 3: Start Your GAME PLAN to Prevent Diabetes

The key to losing weight and preventing diabetes is to make long-term changes that work for you—every day. Taking these steps is a great way to get started.

Managing Your Diabetes

By cdc.gov

Here are some tips for staying healthy with Diabetes:

1. Stay up to date with routine medical examinations and tests.

Your doctors should—
• Measure your blood pressure at every visit.
• Check your feet for sores at every visit, and give a thorough foot exam at least once a year.
• Order a hemoglobin A1C test at least twice a year to determine what your average blood glucose level was for the past 2 to 3 months.
• Test your urine and blood to check your kidney function at least once a year.
• Test your blood lipids and triglycerides at least once a year.

You should also get a dental checkup twice a year, a dilated eye exam once a year, an annual flu shot, and a pneumonia shot.

2. Maintain healthy blood glucose levels. Controlling blood glucose benefits people with diabetes. In general, for every 1% reduction in results of A1C blood tests, the risk of developing eye, kidney, and nerve disease is reduced by 40%.

3. Maintain a healthy body weight. Excess weight, particularly in the abdomen, makes it difficult for cells to respond to insulin, resulting in high blood glucose. Often, people with type 2 diabetes are able to lower their blood glucose by losing weight and increasing physical activity. This also helps lower the risk for health problems that especially affect people with diabetes, such as cardiovascular disease.

4. Maintain a healthy blood pressure. Maintaining normal blood pressure helps to prevent damage to the eyes, kidneys, heart, and blood vessels. Healthy eating, medications, and physical activity can help you bring high blood pressure down. Your doctor will help you set a healthy blood pressure goal.

5. Exercise. Physical activity can help you control your blood glucose, weight, and blood pressure, as well as raise your “good” cholesterol and lower your “bad” cholesterol. It also can help prevent heart and blood flow problems. Experts
recommend moderate-intensity physical activity for at least 30 minutes on 5 or more days of the week. Talk to your doctor about a safe exercise plan.

6. Maintain healthy cholesterol levels. Maintaining normal cholesterol levels will help prevent heart disease, stroke, and circulation problems. Have your cholesterol checked at least once a year. Total cholesterol should be less than 200; LDL (“bad” cholesterol) should be less than 100; HDL (“good” cholesterol) should be more than 40 in men and more than 50 in women; and triglycerides should be under 150.

7. Quit smoking.
Smoking puts people with diabetes at risk. Smoking raises your blood glucose, cholesterol, and blood pressure.

When you have diabetes and use tobacco, the risk of heart and blood vessel problems is even greater. If you quit smoking, you'll lower your risk for heart attack, stroke, nerve disease, kidney disease, and oral disease.

For more information, visit www.cdc.gov/diabetes.

Introducing Tai Chi
Adapted from Harvard Women’s Health Watch, December, 2015

This gentle form of exercise can help maintain strength, flexibility, and balance. It could be the perfect activity for the rest of your life.

Tai chi is often described as "meditation in motion," but it might well be called "medication in motion." There is growing evidence that this mind-body practice has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or the best of health.

In this low-impact, slow-motion exercise, you go without pausing through a series of motions. As you move, you breathe deeply and naturally, focusing your attention on your bodily sensations.

Tai chi differs from other types of exercise in several respects.
- The movements are usually circular and never forced
- The muscles are relaxed rather than tensed
- The joints are not fully extended or bent, and
- Connective tissues are not stretched

Tai chi can be easily adapted for anyone. For more information on the benefits, visit http://www.health.harvard.edu/staying-healthy/the-health-benefits-of-tai-chi

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**Diabetic Eye Disease**

**What is it?**
It refers to eye problems people with diabetes may have. These include

- **Cataract:** Clouding of the lens of the eye
- **Diabetic Retinopathy:** Damage to blood vessels in the retina; most common.
- **Glaucoma:** Damage to the optic nerve

**What are the numbers?**
- 7.7 million people ages 40 and older have diabetic retinopathy. Will reach 11 million people by 2030.
- 95% of severe vision loss from diabetic retinopathy can be prevented by early detection, timely treatment, and appropriate follow-up.

**Who is at risk?**
All people with diabetes. The longer you have diabetes, the higher your risk of getting diabetic eye disease.

**How is it detected?**
Through a comprehensive dilated eye exam.

**What can you do?**
Get a comprehensive dilated eye exam at least once a year.

Visit www.nei.nih.gov/diabetes
Alzheimer’s Disease

By nia.nih.gov.gov

Alzheimer’s disease is an irreversible, progressive brain disorder that slowly destroys memory and thinking skills and, eventually, the ability to carry out the simplest tasks. In most people with Alzheimer’s, symptoms first appear in their mid-60s. Alzheimer’s disease is the most common cause of dementia among older adults.

The disease is named after Dr. Alois Alzheimer. In 1906, Dr. Alzheimer noticed changes in the brain tissue of a woman who had died of an unusual mental illness. Her symptoms included memory loss, language problems, and unpredictable behavior. After she died, he examined her brain and found many abnormal clumps (called plaques) and tangled bundles of fibers (called tangles).

These plaques and tangles in the brain are still considered some of the main features of Alzheimer’s disease. Another feature is the loss of connections between nerve cells (neurons) in the brain. Neurons transmit messages between different parts of the brain, and from the brain to muscles and organs in the body. Although treatment can help manage symptoms in some people, currently there is no cure for this devastating disease.

What happens to the brain in Alzheimer’s disease?

It seems likely that damage to the brain starts a decade or more before memory and other cognitive problems become evident. During this preclinical stage of Alzheimer’s disease, people seem to be symptom-free, but toxic changes are taking place in the brain. Abnormal deposits of proteins form plaques and tangles throughout the brain, and once-healthy cells stop functioning, lose connections with other neurons, and die.

The damage initially appears to take place in the part of the brain essential in forming memories. As more neurons die, additional parts of the brain are affected. By the final stage of Alzheimer’s, damage is widespread, and brain tissue has shrunk significantly.

How many Americans have Alzheimer’s disease?

Experts suggest that more than 5 million Americans have Alzheimer’s disease. Unless the disease can be effectively treated or prevented, the number of people with it will increase significantly if current population trends continue. That’s because the risk of Alzheimer’s increases with age, and the U.S. population is aging.

How long can a person live with Alzheimer’s disease?

Alzheimer’s is a slow disease that progresses in three stages—an early, preclinical stage with no symptoms, a middle stage of mild cognitive impairment, and a final stage of Alzheimer’s dementia. The time from diagnosis to death varies—as little as 3 or 4 years if the person is older than 80 when diagnosed to as long as 10 or more years if the person is younger.

Alzheimer’s is currently ranked as the sixth leading cause of death in the United States, but recent estimates indicate that the disorder may rank third, just behind heart disease and cancer, as a cause of death for older people.

What is dementia?

Dementia is the loss of cognitive functioning—thinking, remembering, and reasoning—and behavioral abilities to such an extent that it interferes with a person’s daily life and activities. Dementia ranges in severity from the mildest stage, when it is just beginning to affect a person’s functioning, to the most severe stage, when the person must depend completely on others for basic activities of daily living.

The causes of dementia can vary, depending on the types of brain changes that may be taking place. Emotional problems, such as stress, anxiety, or depression, can make a person more forgetful and can be mistaken for dementia. For instance, someone who has recently retired or who is coping with the
death of a spouse may feel sad, lonely, worried, or bored. Trying to deal with these life changes leaves some people confused or forgetful. The emotional problems can be eased by supportive friends and family, but if these feelings last for a long time, it is important to get help from a doctor or counselor.

The Alzheimer’s Association can provide educational and patient care information, enroll your loved one in their Safe Return program, and help you find local support groups. Contact them at:
- www.alz.org
- 1-800-272-3900

FAST FACTS

9%
of people in the United States have diabetes. That is equivalent to 1 out of every 11 people. Of the diabetic population, 1 out of 4 people do not know they have diabetes.

33%
of people in the United States have pre-diabetes. Without weight loss and moderate physical activity, 15-30% will develop type 2 diabetes within 5 years.

FOR MORE INFORMATION
Visit www.cdc.gov/diabetes

FLU FACTS

1. **The best way to prevent the flu is by getting a flu vaccine each year.**
2. Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze, or talk.
3. You may be able to pass the flu to someone beginning one day **BEFORE** symptoms develop and up to 5 to 7 days **AFTER** becoming sick.
4. The time from when a person is exposed to flu virus to when symptoms begin is about 1 to 4 days, with an average of about 2 days.
5. Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.
6. **ANYONE** can get the flu, and serious problems can happen at any age, but some people are at high risk for developing flu-related complications if they get sick. This includes people 65 years and older, people of any age with certain chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, and young children.
7. The first and most important step in preventing flu is to get a flu vaccination each year. CDC also recommends everyday preventive actions (like staying away from people who are sick, covering coughs and sneezes, and frequent handwashing) to help slow the spread of germs that cause respirator (nose, throat, and lungs) illnesses, like flu.
8. It is very difficult to distinguish the flu from other viral or bacterial causes of respirator illnesses on the basis of symptoms alone. There are tests available to diagnose flu.
9. There are influenza antiviral drugs that can be used to treat flu illness if diagnosed early, so see your doctor at the first sign of flu symptoms.
10. For more information, you can go to “Seasonal Influenza, ACO Contact Information

For questions or additional information on ACO’s:
Visit: www.medicare.gov/acos.html

Or call 1-800-MEDICARE (1-800-633-4227)

Or TTY 1-877-486-2048

CHRISTUS Louisiana ACO
80 Versailles, Suite C
Alexandria, LA 71303

Beneficiary Help Line
(844) 361-HELP (4357)

Compliance Hot Line
(844) 881-INFO (4636)

Website:
www.christushealth.org/aco-public-report-information-louisiana
Urgent vs. Emergent Care: *Do you know the Difference?*

*By Holly Hrabik*

More Information” at cdc.gov.

One question frequently asked by patients is, “What is the difference between an Immediate/Urgent Care Center and an Emergency Room (or even a Freestanding Emergency Center)” Well, Immediate/Urgent care centers are different from emergency rooms (ER) in many ways. While they provide many of the same services, they do not have the same pricing schedules or wait times. Here is what you need to know about the similarities and differences.

An urgent care situation is an unexpected illness or injury that needs prompt medical attention, but is not an immediate threat to your health. Examples include headaches, back or joint pain, flu/cold symptoms, earache or sprains. These are times when care is necessary but not critical. Urgent care providers are available to help you get the care you and your family need in a more timely fashion.

You need emergent care if you have medical condition such a difficulty breathing, suspected heart attack or chest pain, uncontrolled bleeding, unconsciousness, major trauma or accident. In these cases, you need to call 911 or go to the nearest ER.

**Costs**

The average urgent care visit costs patients $71-$125 depending in insurance coverage and the average emergency room visit costs $1,318. In an urgent care setting, you receive one bill; in an ER you receive a bill for each point of service. Patients should be aware that their co-pay is based on the facility they visit.

**Wait Time**

The average emergency room has a wait time of 2.5 hours, whereas urgent care centers are able to see walk-in patients within 15-45 minutes. Patients in ERs can expect to wait hours in their rooms if a more traumatic case enters the ER. In urgent care centers, patients rarely experience this type of issue, as major traumas are directed to ERs. You can expect to be in and out in an urgent care setting in one hour. Often times an urgent care center is the right center for you, but should you have any doubts or questions, please call your closet Velocity Care, their professionalism and customer service will be able to direct you to the appropriate facility so that you receive the best care.

**Velocity Care Locations**

Bossier City 318-550-2176
Shreveport - Mansfield Rd 318-629-3763
-Kings Crossing 318-798-3763