



## Information you can use to TAKE CONTROL of your health

Issue 3, 2022

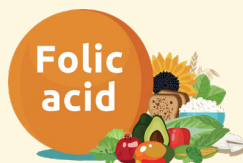
### HEALTHY PREGNANCY, HEALTHY BABY >>>>

While pregnancies sometimes take us by surprise, it's best to plan ahead if you have a health condition. If you are considering having a child or discover you are pregnant, make an appointment with an obstetrician (OB) promptly to keep you and your growing baby healthy.

Once you become pregnant, be sure to:



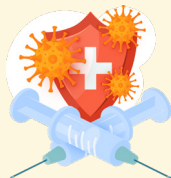
Complete all prenatal visits to monitor you and your baby and to prevent potential health problems.



Start taking prenatal vitamins with folic acid.



Stop smoking and avoid second-hand smoke. Don't drink alcohol or use illegal drugs.



Get your annual flu shot and ask your provider about other vaccinations you may need.



Continue with regular dental check-ups

And, talk with your care team about:

- medications you are taking
- a healthy diet
- appropriate weight gain
- physical activity
- safe caffeine intake
- potential toxic substance exposure at work or home

### DIABETES AND PREGNANCY >>>>



High blood sugar, especially in early pregnancy, can cause miscarriage and birth defects. It can also cause the baby to grow too large, increasing chances of a c-section. During pregnancy, your blood sugar goals should be tighter. Partner with your care team to create your individualized goals and care plan.

- Work closely with your dietitian and diabetes educator to design food plans that keep you in range while providing your baby with healthy nutrients.
- Continue exercising unless your provider tells you to stop or scale back. If you aren't currently exercising, talk with your provider about starting a daily 10 minute walking routine.
- Pregnancy puts women with diabetes at higher risk of vision loss. Get regular eye exams.

### BREATHE EASY DURING PREGNANCY >>>>

An asthma attack reduces the oxygen in your blood, which can put your baby at risk for premature birth, low birth weight and poor growth. Babies born too soon and too small can have health problems or disabilities. Women with asthma are also at higher risk for high blood pressure later in pregnancy.

- Stay in touch with your asthma care provider and asthma care team throughout your pregnancy. They'll monitor your lung function and may adjust medications to control asthma symptoms and prevent attacks.
- Avoid asthma triggers.
- Follow your asthma action plan and use your medications as directed by your care team.
- Tell your OB about your asthma. If medicines are needed during labor and delivery, your team will choose those that are safe for you and your baby.



## TAKE CONTROL >>>>

CONDITION MANAGEMENT PROGRAM

Interested in learning more? Call today to schedule a session with a TakeControl educator.

Newport News: (757) 327-4183 Ingalls: (228) 205-7667

[takecontrol@quadmedical.com](mailto:takecontrol@quadmedical.com)

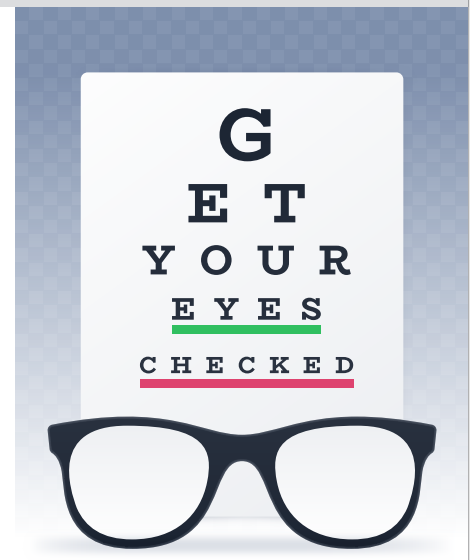
## KEEP YOUR EYE ON YOUR VISION >>>>

If you have diabetes, high blood pressure or other chronic conditions, you are at risk for vision loss. [It is almost always preventable](#). Most eyesight changes happen gradually, so you might not be aware of it. You may have blurry or cloudy vision. But usually there are no warning signs until eye damage is severe.

That's why it is so important to have an annual dilated eye exam. Your eye care provider will place drops in your eyes that painlessly widen your pupils. They will be able to see all the way to the back of your eyes and look for any problems. This is the best way to identify eye disease in its early stages.

### More tips to protect your vision

- Talk with your care provider about how to manage your blood sugar, blood pressure and cholesterol. High levels damage your eyesight.
- Maintain a healthy weight to reduce health risks that can impair your vision.
- Don't smoke. Smoking damages your eyes as much as the rest of your body.
- Fruits, dark leafy greens like spinach, kale or collard greens and fish high in omega-3 fatty acids, such as salmon and tuna, protect your eye health.
- Wear protective eyewear to protect your eyes from sun, workplace or sports injuries.









## SLEEP YOUR WAY TO BETTER HEALTH >>>>

Poor sleep increases your risk of developing diabetes, heart disease, obesity and depression. But it's also a symptom of those conditions. When you improve your sleep habits, you improve your health.

Most adults need between 7 and 9 hours of sleep per night. The quality of your sleep matters as much as the duration. Your body and brain need continuous, uninterrupted sleep. For many of us, that's easier said than done.

### Try these healthy sleep habits

-  Go to bed and get up at the same time each day. Get at least 7-8 hours of sleep.
-  Keep your bedroom dark, quiet and comfortably cool.
-  Turn off electronic devices such as TVs and smart phones, at least 30 minutes before bedtime.
-  Don't consume caffeine in the afternoon or evening. Avoid large meals and alcohol before bedtime.
-  Get physical exercise during the day.
-  Create a bedtime routine, practice meditation or other calming techniques to reduce stress.

If these tips don't help, talk with your care provider about how to improve sleep quality and feel your best self.

## MEMBERSHIP HAS ITS REWARDS >>>>

If you haven't already, we encourage you to become an **active** member of TakeControl.

As part of the HII benefits plan incentive, **active** members are eligible for \$0 fees on all QuadMed-operated services at the HII Family Health Center –meaning all health care, physical therapy and lab visits are provided at no cost. Completion of sessions with TakeControl educators, annual or semi-annual health checks and two well-being activities are all that are required by the benefits plan to maintain the \$0 fee incentive and remain an active member.

Contact a TakeControl educator to learn more about becoming an **active** member.

Newport News: (757) 327-4183

Ingalls: (228) 205-7667

[takecontrol@quadmedical.com](mailto:takecontrol@quadmedical.com)

 **TAKECONTROL>>>>**  
CONDITION MANAGEMENT PROGRAM



Scan the code to access the  
TakeControl website today.