

Information you can use to TAKE CONTROL of your health

DIABETES 101 >>>>

PREDIABETES

Prediabetes is when blood glucose levels are above average, but not high enough to be classified as diabetes. One in three people has prediabetes and most don't know they have it. It often has no symptoms, but if detected early enough, it can be reversed through diet and exercise changes such as reducing carbohydrates and losing weight. Losing 10 pounds can have a big impact improving glucose levels.

TYPE 1 DIABETES

Type 1 diabetes is a condition in which your body's immune system attacks your pancreas and destroys the cells that produce insulin. As a result, the pancreas produces little or no insulin. Insulin is an essential hormone in your body. Without it, one may develop a life-threatening condition called diabetic ketoacidosis (DKA) and require hospitalization. It's commonly diagnosed before-age 30, but it can develop at any age. About 5 to 10 percent of people living with diabetes have type 1 diabetes.

TYPE 2 DIABETES (T2DM)

This type of diabetes is associated with insulin resistance. This means the insulin you produce is not working effectively to control your glucose levels. About 11 percent of Americans have type 2 diabetes.

PRE & T2DM RISK FACTORS

Common risk factors for prediabetes and type 2 diabetes include being overweight, being 45 years or older, having a parent or sibling with type 2 diabetes, history of diabetes during pregnancy (gestational diabetes) and exercising less than three times per week. The following ethnic groups are also at a higher risk for developing diabetes: African American, Hispanic, & Native American.

UNDERSTANDING BLOOD GLUCOSE

Blood glucose is a sugar that the bloodstream carries to cells in the body to supply energy. It's measured in one of two ways:



BLOOD GLUCOSE TEST
Measures blood glucose levels at a single point in time



A1C TEST
Measures average blood glucose levels over the last three months

| | Fasting Blood Glucose | A1C |
|-------------|-----------------------|---------------|
| NORMAL | 99 mg/dL or below | Below 5.7% |
| PREDIABETES | 100 – 125 mg/dL | 5.7 – 6.4% |
| DIABETES | 126 mg/dL or above | 6.5% or above |

BLOOD GLUCOSE MONITORING

Monitoring your blood glucose is an important part of managing diabetes. Checking often will tell you if your medications are working and can help you understand how your blood glucose is affected by physical activity and your diet. You'll usually have more energy when your blood glucose is controlled. You should aim for the following blood glucose levels:

- Fasting and before meals: 80 to 130 mg/dL
- Two hours after meals: Below 180 mg/dL
- Bedtime: 100 to 140 mg/dL

For all types of types of diabetes, check with your health care provider or TakeControl educator to determine how often to check your blood glucose.

HYPERTENSION 101 >>>>

WHAT IS HIGH BLOOD PRESSURE?

Blood pressure is the force of blood pushing against blood vessel walls. High blood pressure, also known as hypertension, means the pressure in your arteries is higher than it should be. High blood pressure usually has no signs or symptoms, which is why it's so dangerous. But it can be managed.

Blood pressure is measured in millimeters of mercury (mm Hg) and is written as two numbers:

SYSTOLIC (mm Hg)
Top number measures pressure when the heart is beating

DIASTOLIC (mm Hg)
Bottom number measures pressure between heartbeats

| BLOOD PRESSURE CATEGORY | SYSTOLIC mm Hg (upper number) | | DIASTOLIC mm Hg (lower number) |
|-----------------------------|-------------------------------|-----|--------------------------------|
| Normal | Less than 120 | and | Less than 80 |
| Prehypertension | 120-139 | and | 80-89 |
| High Blood Pressure Stage 1 | 140-159 | or | 90-99 |
| High Blood Pressure Stage 2 | 160 or higher | or | 100 and over |

While there are risk factors that can't be controlled, many of the risks of high blood pressure can be minimized through lifestyle and behavior changes. Controllable factors are alcohol consumption, tobacco use, body weight, cholesterol, meal planning and exercise.

HOW TO CHECK YOUR BLOOD PRESSURE

The easiest way to check your blood pressure is to purchase an automated cuff. It is important to identify trends in your blood pressure. It is recommended that you record your blood pressure reading on a BP card, notebook or healthcare app. Have this log available when you meet with your provider and educator.

WHAT IS A HYPERTENSIVE CRISIS?

A hypertensive crisis is when blood pressure readings are over 180/120. Uncontrolled blood pressure in this range is severe and can lead to loss of consciousness, memory loss, damage to the eyes and kidneys, stroke and/or heart attack.

If you think you are experiencing a hypertensive crisis, don't wait to see if your pressure comes down on its own. Call 911 immediately!



WHAT IS ASTHMA?

Asthma is an inflammatory condition of the airways that causes three primary changes in the lungs:

- Inflammation or swelling of the lining of the airways
- Tightening of the muscles surrounding the airways, which reduces the width of the airways (bronchoconstriction)
- Excess mucus production that further narrows the airways

While symptoms vary for each person, they typically include wheezing, cough, shortness of breath, chest tightness and retractions. Asthma can't be cured, but it can be controlled.

COMMON TRIGGERS

There are many substances and conditions that can start an asthma episode. These are referred to as triggers as they cause asthma symptoms to begin or worsen. Triggers differ between individuals, so what affects one person may not affect another.

Common Triggers Include:

Infections
 such as colds and flu

Behaviors
 such as emotions or exercise

Allergens
 such as pets, food, pollen, dust and mold

Irritants
 such as smoke, dust, weather and strong odors or fumes

ASTHMA MEDICATIONS

Asthma medications are essential to asthma management. Medications that reduce inflammation and prevent episodes are called **controller medications**. Controller medications are taken daily. Medications that relieve tightening of the airways and that are taken as needed for relief during an asthma episode are called **quick relief medications**. Asthma medications are typically administered by sprays or powders as the medications work best when they get deep into the lungs.

WHAT IS COPD?

Chronic obstructive pulmonary disease (COPD) causes the airways in your lungs to become inflamed and thicken. The tissue where oxygen is exchanged gets destroyed and your airflow decreases. As COPD gets worse, the shortness of breath can make it harder to remain active. The good news is that COPD is often preventable and treatable.



COPD SYMPTOMS

It can be easy to dismiss shortness of breath as part of getting older, but if you have a hard time catching your breath during normal activities, along with any of these other symptoms, it's important to let your provider know right away.

Chronic cough

Frequent respiratory infections

Fatigue

Excess mucus

Blueness of lips or fingernail beds

Wheezing

TESTING FOR COPD

Early detection of COPD is key to successful treatment. To diagnose the condition, your provider will need to know your history of smoking, exposure to dust, chemicals, or air pollution, as well as family history with the disease. Additional tests may include:

- Spirometry (to measure the amount of air you blow out through a mouthpiece and tube)
- Chest X-ray
- Arterial blood gas test (to measure oxygen levels in your blood)

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.

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 CONDITION MANAGEMENT PROGRAM



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