

THE EDUCATOR >>>>

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

Issue 1, 2024



Did you know you can check your TakeControl program status in MyChart? Contact the TakeControl team to learn more.

CAN WEIGHT LOSS CURE TYPE 2 DIABETES? >>>>

The fact is that while losing weight might not cure type 2 diabetes, it can have a big impact. Losing weight can help reduce the amount of medication you're taking, help prevent additional health problems from developing, and lower your A1c numbers.

When you weigh less, your body's insulin (hormone that lowers blood sugar levels) works more efficiently. In some cases, weight loss restores blood sugar to a normal level, reversing diabetes. But, it's essential to keep the weight off – the cycle of losing and gaining weight, even if blood sugar stays normal, actually raises your risk for more health issues and/or conditions.



WHAT YOU NEED TO KNOW ABOUT HYPERTENSION & OBESITY >>>>

While it's not the only cause, excess body weight can increase risks from hypertension as the heart works harder to pump blood throughout the body. Being overweight, obese, or having excess abdominal fat presents an increased risk of developing hypertension and other forms of heart disease. It also increases the risk of sleep apnea, which further raises blood pressure.

While prevention is always best, weight loss can reduce risks from hypertension and heart disease. Studies have shown losing 10 pounds or more can lead to a drop in blood pressure, helping patients reduce the amount of medication taken. As with most conditions, the goal is to focus on lifestyle changes, including:



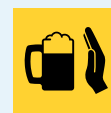
Eating fruits, vegetables, and low-fat dairy products



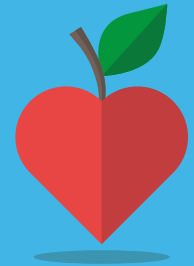
Increasing physical activity
(aim for 30 minutes per day; 5 days a week)



Decreasing dietary sodium
(1,500 mg per day for most adults)



Limiting alcohol consumption
(1 drink/day for women; 2 drinks/day for men)



HEART HEALTHY FOOD CHOICES

HEART HEALTHY FOOD CHOICES	CHOOSE THESE...	INSTEAD OF THESE...
GRAIN, RICE, BEANS	<ul style="list-style-type: none"> Whole grain, enriched with iron and folic acid Whole grain, enriched with iron and folic acid Whole grain, enriched with iron and folic acid Whole grain, enriched with iron and folic acid Whole grain, enriched with iron and folic acid 	<ul style="list-style-type: none"> Refined grains Refined grains Refined grains Refined grains Refined grains
MEAT, PROTEIN	<ul style="list-style-type: none"> Lean, poultry, fish Lean, poultry, fish Lean, poultry, fish Lean, poultry, fish Lean, poultry, fish 	<ul style="list-style-type: none"> High-fat meat High-fat meat High-fat meat High-fat meat High-fat meat
DAIRY PRODUCTS	<ul style="list-style-type: none"> Low-fat or fat-free Low-fat or fat-free Low-fat or fat-free Low-fat or fat-free Low-fat or fat-free 	<ul style="list-style-type: none"> High-fat dairy High-fat dairy High-fat dairy High-fat dairy High-fat dairy
VEG AND OILS	<ul style="list-style-type: none"> Whole grains, enriched with iron and folic acid Whole grains, enriched with iron and folic acid Whole grains, enriched with iron and folic acid Whole grains, enriched with iron and folic acid Whole grains, enriched with iron and folic acid 	<ul style="list-style-type: none"> Refined grains Refined grains Refined grains Refined grains Refined grains

Not sure which foods are best for your heart? We have a full list of healthy options and items to avoid.

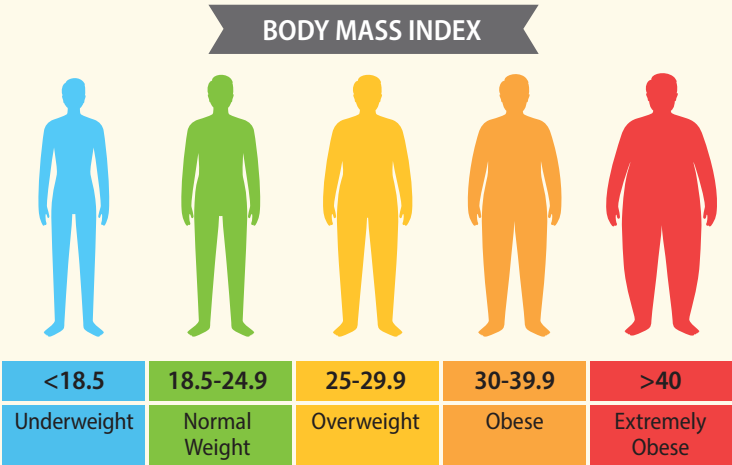
Scan the QR code below to download the worksheet.



THE CONNECTION BETWEEN BMI AND ASTHMA >>>>

Did you know having a BMI of 30 or more puts you at a higher risk for having asthma? Adults and kids with a body mass index considered overweight or obese may not respond in the same way to asthma medications and find it harder to manage their condition.

Losing weight can be challenging for anyone, but it's especially hard if asthma makes it difficult to be physically active. Eating healthy and limiting fat in your diet can help, along with walking more. Staying physically active every day will help your weight and will also help you breathe.



WHEN TO WORRY ABOUT WEIGHT LOSS WITH COPD >>>>



Losing weight isn't always great, especially if you have COPD. When a person unintentionally loses weight due to COPD, it's referred to as COPD wasting. It means you're losing muscle mass, which lowers weight and reduces functionality.

Loss of appetite is the most common cause of COPD wasting. Food doesn't taste as good, COPD medications lead to a lack of hunger, and meal preparation is tiring. If the body isn't getting enough nutrients, it starts to break down muscle for fuel instead. People with COPD also have to work harder to breathe, requiring 430-720 extra calories a day to accommodate for the extra work it takes to breathe, which contributes to weight loss.

It's important to eat a balanced diet that includes whole, unprocessed foods low in cholesterol, salt, saturated fats, trans fats, or added sugars. Focus on five to six small meals throughout the day and keep high-calorie, healthy snacks on hand. Talk to your health care provider or treatment team if you need support or strategies to maintain your weight and quality of life.

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 the TakeControl team to learn more about becoming an **active** member.

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QuadMed
TAKECONTROL >>>>
CONDITION MANAGEMENT PROGRAM



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