

NOVEMBER NEWS 2021

Empowering you with information for
your emotional and physical wellbeing

Diabetes Awareness Month

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Around 30 million people in the U.S. have some form of diabetes, and 84 million are at risk, totaling nearly half of the U.S. adult population.

Type 1 diabetes risk factors include family history, genetics and age. Type 2 diabetes risk factors are being overweight, older than 45, having a parent with a Type 2 diabetes, lack of exercise, and being diagnosed with prediabetes. People with diabetes have double the risk of developing heart disease.

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Diabetes Basics



One of the most common risk factors for Type 2 diabetes is being overweight

You can lower your risk for Type 2 diabetes by losing 7% of your body weight (15 pounds if you weigh 200 pounds).



Middle age is when Type 2 diabetes risk spikes

17% of Americans ages 45 to 64 are diagnosed with Type 2 diabetes. That's around five times the rate of those ages 18 to 44 years old.



Skip sugary sweets, soda and juice

Avoid processed sugar desserts, candy, and soda. Choose delicious fiber filled fruits like apples, berries, or oranges. Sip on seltzer in place of soft drinks and fruit juice.



The power of A1C

You may have heard about the A1C test, but not know it can identify prediabetes, diagnose type 1 or type 2 diabetes. **LEARN MORE ABOUT A1C** <https://www.diabetes.org/a1c>



1 out of 3 people with diabetes have eye problems

Frequent eye exams, use of prescribed eye drops and management of blood sugar can help prevent vision loss.



Diabetics need to check feet daily for any cuts, sores and blisters

Small problems can become serious and result in toe, foot, or leg amputation if they aren't treated early.

Reducing Your Risk

UNDER PRESSURE

Diabetes damages the small blood vessels in your body which leads to high blood pressure and increased risk of stroke and heart attack.

ONE POUND AT A TIME

Losing weight is a key preventive measure. A 10-15 pound weight loss, can improve your chance of avoiding or even beating diabetes.

MOVEMENT MATTERS

Walking 20 minutes daily can reduce blood glucose and improve diabetes control and management.

ONE MINUTE, ONE TEST RESULT

*Millions of American adults have prediabetes; the majority of them don't even know it. **TAKE THE RISK TEST*** <https://www.diabetes.org/risk-test>

BELOW 9 ALL THE TIME

Make sure blood sugar is under control. A1c should be less than 9.

BMI NOT TOO HIGH

*Not sure if you need to or how much weight you need to lose? This tool estimates if you're overweight or obese. **TRY THE BMI CALCULATOR*** <https://www.diabetes.org/diabetes-risk/tools-to-know-your-risk/bmi-calculator>

Diabetes Technology

Diabetes technology has come a long way. Here are some tips on how to choose the right technology for you:

- » Consider if it's important that you can download your results to a computer or mobile device to share with your doctor and other care team providers.
- » Meters have different prices and some insurers only cover specific models. Check with your doctor and insurance plan.
- » Some meters are made for simpler operation, with larger buttons, illuminated screens, and audio capabilities.

TYPES OF MONITORS



Continuous Glucose Monitor (CGM)

If you have type 1 or type 2 and just want better glucose control, CGM may be right for you. It's a way to check glucose readings in real-time or monitor readings over time.



Insulin Pumps

Pumps are programmed to release small doses of insulin continuously or as a surge dose close to meal time to control a rise in blood sugar. They work by closely mimicking your body's normal release of insulin.



Invasive Blood Glucose Monitor

Measurement is made using a blood sample taken with a lancing device, lancets, and test strips. Although constraining for the user, this type of blood glucose meter is the most accurate method of measurement.

Better blood sugar control may be just one click away

Digital health tools help people with type 2 diabetes lower their body weight and waist circumference. They are also more in touch with their diabetes and engaged which is the ultimate goal.





National Stress Awareness Day November 3rd

Stress is a nearly universal human experience, so every person can benefit from learning about the condition. By understanding just how widespread and harmful stress is, a person can begin to take action against its effects. Family stress. Work stress. Daily life stress. As it turns out, stress is almost impossible to avoid. It's important to manage stress, because it's not only emotionally taxing, but it's also bad for your health. Over time, chronic stress can wreak havoc on your body and your mind.

- More than 75% of people experience stress that affects their physical and mental health. -

Below are some strategies to help you deal with pressure and stress:

- » **Identify your triggers.** Working out what triggers stress for you can help you anticipate problems and think of ways to solve them.
- » **Organize your time.** Identify your best time to do the important tasks that need the most energy and concentration at that time. Are you a morning person or an evening person?
- » **Address some of the causes of stress.** Is your stress related to mental health, family and personal life, work life, student life, or finances?
- » **Find and use a support network.** Family, friends, Employee Assistance Programs, digital well-being tools, online and in-person therapy, and peer support groups can help.
- » **Look after your physical health.** Get good sleep, exercise at least 20 minutes a day and eat healthy. Talk to your doctor or use online and digital resources if you are having trouble.

International Stress Awareness focuses on stress management. Individuals and organizations highlight:

- » Experiences people have with mental health challenges and what can be done to help them
- » How employers and individuals are responding to stress and mental health issues and what can be learned
- » Campaigns against the stigma associated with stress and mental health issues
- » The role of stress management professionals in alleviating stress, with practical and proven techniques for building resilience
- » What further actions need to be taken in the light of the pandemic and possible changes in future working practices
- » Ensuring that those suffering from stress know where to go to seek advice and find resources

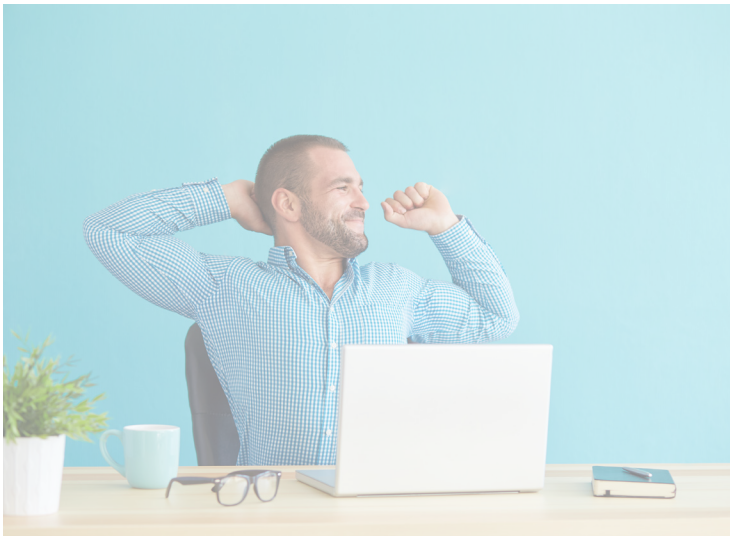


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This Month's Featured Webinar

Relaxation Rx

Wed, Nov 10, 2021 3:00 PM - 4:00 PM EST

Most of us feel too busy to even think about taking time out to relax. But the reality is that regular relaxation is crucial-if we don't stop regularly to "refuel," we risk emotional and physical burnout. Even a small investment of 5-10 minutes a day can have a huge return. This interactive workshop will include demonstrations of relaxation techniques that provide immediate as well as long-term benefits. We'll also learn how to detect burnout "triggers" and discover ways to regain a sense of balance and motivation. We'll leave feeling recharged and better able to tackle daily demands.

Register using the link below

<https://uprisehealth.com/resources/uprise-health-november-webinar-2021/>

This Month's Featured Blog & Podcast

Diabetes & Mental Health

Read Now:

<https://uprisehealth.com/resources/diabetes-mental-health/>

Becoming a Leader Worth Following - Part 3

Abraham Gin discusses calibrating your actions to become a liberating leader

Listen Now:

<https://uprisehealth.com/resources/becoming-a-leader-worth-following-part-3>