

## Nutrition

Having diabetes doesn't mean you have to give up all the foods you like. But, you should follow some guidelines:

- Eat foods that are rich in fiber such as whole-grain breads and cereals, fruits and vegetables and beans.
- Choose healthy protein foods such as fish, poultry with skin removed, low-fat or fat-free milk, cheese and yogurt, and lean meat with all visible fat removed.
- Limit foods high in unhealthy fats, such as butter, cream, cheese, bacon, ice cream and sweet bakery goods.

## Our program

Healthy Options diabetes management, a BCBSKS program, emphasizes educating members about their health conditions and

working with them to take a more active role in their health care. With the help of a registered nurse, enrolled members will receive education to promote:

- Improved understanding of their diabetes
- Encouragement of healthy lifestyle options
- Improved health care team relationships
- Empowerment to make informed health decisions

With these changes, members will have a good foundation to start on the road to good health.

A registered nurse will work with members by phone to provide information on various topics. Clinical information provided by the member is used to assess areas of educational need as well as the member's ongoing health status. In addition, members may receive periodic mailings on various diabetes-related topics.

This **free** program is designed to help members, ages 21 to 63, who have BCBSKS as his or her primary carrier. Participation in the program is voluntary and the member may elect to withdraw at any time. Any information gathered during the course of the program will remain strictly confidential. Participation in Healthy Options will in no way affect the benefits of the member's contract.

## Call Today!

For further information about the program contact us at:

1-800-520-3137

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## Diabetes Management

Helping our members take charge of their diabetes



# exercise

Our Healthy Options diabetes management program is designed to assist members in effective management of diabetes. Diabetes is a serious disease and has severe complications such as kidney failure, blindness, nerve damage, heart disease, stroke and limb amputations.

## Elements of Good Diabetes Care

Education about self-management through a contracting certified diabetes educator program is an important part of being able to control diabetes. The American Diabetes Association recommends that people with diabetes get these tests:

- **Blood sugar: daily or as directed by your doctor.**
- **Hemoglobin A1c test: every 3-6 months.**
- **Blood pressure: every medical appointment.**
- **Foot exam: every medical appointment. Your health care professional will check the nerves and blood circulation of your feet.**
- **Dilated eye exam: annually by an optometrist or ophthalmologist.**
- **Heart disease risk factors: annually by a physician.**

- **Lipid profile\*: annually. A blood test of cholesterol and triglycerides.**
- **Urine protein test: annually. These tests screen for kidney problems.**
- **Blood creatinine\*: annually. These tests screen for kidney problems.**

\*not to be included in assessment of pediatric patients

## Diabetes and Exercise

Exercise is a cornerstone in the treatment of diabetes. Benefits:

- **Increases insulin sensitivity thus lowering your blood sugar**
- **Reduces body fat and promotes weight loss**
- **Increases the amount of muscle in your body**
- **Reduces diabetes-related complications**

Studies show that you should perform aerobic type exercises for at least 30 minutes on most days of the week. This type of exercise includes walking, swimming, jogging and gardening. Strengthening exercises with the use of weight resistance

performed three times a week is encouraged. It is important that you check with your health care provider before beginning any exercise program. Always wear proper shoes and absorbent socks. Drink plenty of fluids before, during and after exercise.

## Obesity and Diabetes

Weight control is an important issue in diabetes. Type 2 diabetes often results from insulin resistance, which is made worse by excess body fat. Getting and keeping your weight in an ideal range will help you to better manage your diabetes.

If you are overweight, it is important that you work with your doctor in developing diet and exercise parameters to get you to a more healthy weight.

## Blood Pressure and Diabetes

Diabetes and high blood pressure often go hand-in-hand. It is important to keep your blood pressure under control, especially if you have diabetes. Having high blood pressure increases your risk for diabetes-related complications. Your doctor should check your blood pressure at each visit.

Things you can do to help keep your blood pressure under control include:

- **Quit smoking**
- **Lose weight**
- **Eat healthier (reduce salt intake)**
- **Limit alcohol intake**
- **Exercise**
- **Reduce stress**

If these actions alone don't control your blood pressure, your doctor may prescribe medication that can help.

## Diabetic foot complications

Foot complications are the most frequent reason for hospitalization in patients with diabetes. Early detection and appropriate treatment of foot ulcers might prevent or delay lower extremity amputations in diabetic patients.

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