



# To Your HEALTH



WELCOA'S ONLINE GENERAL WELLNESS BULLETIN

## Dealing With Diabetes

Most people with diabetes can live a long and productive life by following a few simple rules. If you have diabetes, you can keep it under control by keeping the following five points in mind.

- 1 Manage Your Weight**—Being overweight causes your body to become resistant to your insulin. Losing weight can reduce this resistance and may bring your blood sugar to a normal level.
- 2 Eat Well**—A diet containing high-fiber foods, fruits and vegetables, lean meats, and fish will help you control blood sugar levels.
- 3 Avoid Large Meals And Never Skip Meals**—Both of these actions cause dramatic swings in your blood sugar.
- 4 Exercise Regularly**—Exercise helps control weight, makes cells more receptive to insulin, consumes blood sugar, increases circulation, and reduces your risk for heart disease.
- 5 Communicate Effectively**—You and your doctor will need to put together a diabetes care plan that will work for you and your lifestyle. Open and honest communication is key.

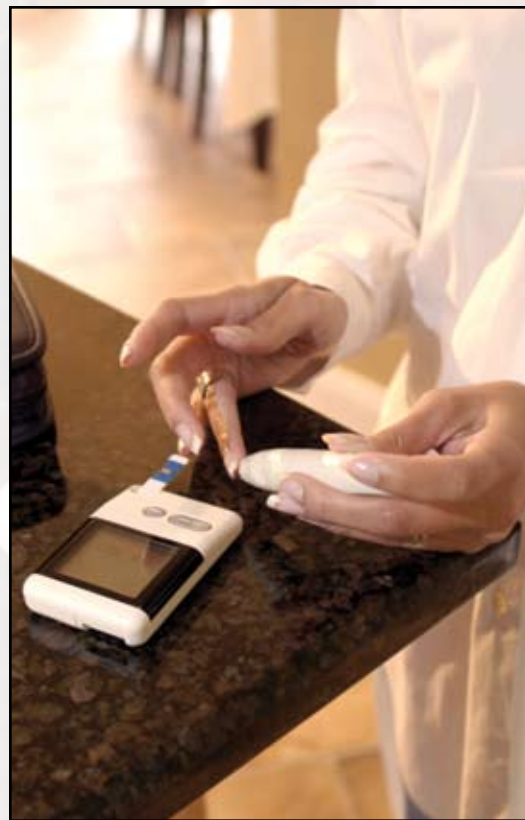
Once you have a plan for managing your diabetes, stick with it. You may be surprised by how much the five factors listed above can improve your health.

# DIABETES

## Are You At Risk?

**C**hances are, you've probably seen a lot of news on diabetes over the past year or so. And you've seen it for good reason. More than 800,000 cases of diabetes are diagnosed each year, and what's more, there are nearly 6 million Americans who don't even know they have it.

Diabetes affects your body's ability to produce or properly use insulin, a hormone that your body uses to maintain proper levels of blood sugar. Diabetes causes excess sugar in the blood, which damages the blood vessels and nerves. This can result in a number of negative consequences including blindness, heart attack, stroke, kidney failure, birth defects, and amputations. Moreover, it takes more than 200,000 American lives each year.



### Recognize Your Risks

The devastating complications of diabetes can often be prevented with early diagnosis, and even treated with diet, exercise, and weight loss. Part of prevention is recognizing the risk factors. You could be at risk for diabetes if you:

*Are 45 years of age or older*

*Have a family history of diabetes*

*Are overweight*

*Are physically inactive*

*Are a Native American, African American, Asian American, Hispanic, or Pacific Islander*

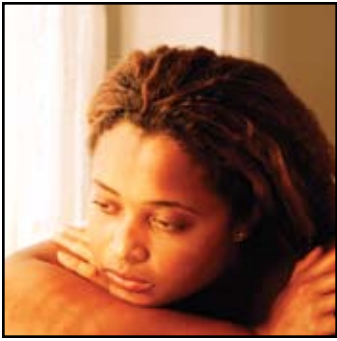
*A woman who has had a baby weighing more than 9 pounds at birth*

Excellent treatment is available for those people who have diabetes, and most people can

live a long life if they take care of themselves properly. Early detection is key—if you have any of the above risk factors, get screened today.

Source: Centers for Disease Control and Prevention





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## Feminine Fatigue

By Fern Carnes, MPH, RN

**A**ll of us get tired from time to time. In fact, women feel tired more than men, and tiredness increases as we approach menopause. But when you're tired all the time and can't seem to get going, you may be fatigued. Women tend to do too much, you know. Work all day and take care of the home at night. No wonder we're tired! But what can we do to feel better?

### Sleep

Are you getting enough? Your body needs time to rebuild, repair, and recharge. It's important to get consistent sleep by going to bed and waking up at the same time every day. And don't fall asleep on the couch! Instead, design a bedtime routine like reading, relaxing in a warm bath, or listening to soft music before you hit the sack.

### Diet

Eating a well-balanced diet contributes to good rest and provides energy. Limit your use of caffeine and be wary of artificial sweeteners. They trigger insulin responses and deplete your body of energy. Don't eat a big meal late in the evening.

### Physical Activity

One of the most common causes of fatigue is lack of exercise. Try taking a brisk walk after dinner. This aids digestion and helps you sleep better.

### Stress

Stress is a fact of life. But there's not much you can do while you're sleeping. So, find a way to put your stress on hold while you sleep. Write a list of things to do the next day. Journal your thoughts for safe keeping while you rest. Delegate, and ask for help.

## Fatigue Facts

Check out the following fatigue facts. Knowing more about the causes of fatigue could help you perk up, and feel more alert throughout your day.

- ▶ Being overweight makes your body work harder and depletes reserve energy. Maintain a healthy weight.
- ▶ Being too thin can mean you won't have enough strength or reserve energy. Eat right and get plenty of protein.
- ▶ Being ill can leave you feeling worn out. Take time to recuperate after any illness.
- ▶ Being stressed or worried takes a lot of energy. Practice good stress management.
- ▶ Being depressed can leave you feeling drained. Allow yourself time to grieve after a difficult life event. Don't push too hard too soon.



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