

Telephone Directory

- Employee Health Benefits  
(941) 748-4501 ext 6403
- Nurse Advocates  
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ext 6409, and ext 6411
- Lifestyle Assistance and  
Modification Program (LAMP)  
(941)741-2995
- Diabetes Program  
(941) 748-4501 ext 6410
- Nutrition Program  
(941) 748-4501 ext 6464
- Tobacco Advocate  
(941) 748-4501 ext 6464
- Fitness/Exercise Programs  
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- Precertification  
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**November is American Diabetes Month**

Diabetes is a lifelong disease that affects how the body uses sugar. It occurs when the body cannot produce or properly use insulin. In a healthy person, insulin helps bring sugar into the cells for energy. In a person with diabetes, most sugar does not enter the cells and cause high blood sugar. The main types of diabetes are Type 1 Diabetes, Type 2 Diabetes, and Gestational Diabetes.

**Type 1 Diabetes**

In Type 1 diabetes, the body destroys the cells in the pancreas that make insulin. It may be due to certain genes or to a virus that tells the immune system to attack the pancreas. Type 1 diabetes is often seen in children and adolescents but can also be diagnosed in adults.

Some common signs and symptoms of Type 1 diabetes include:

- Being very thirsty or hungry
- Urinating often  
⇒ Sudden bed-wetting can be a sign of diabetes in children
- Feeling very tired
- Having blurred vision
- Losing weight unexpectedly

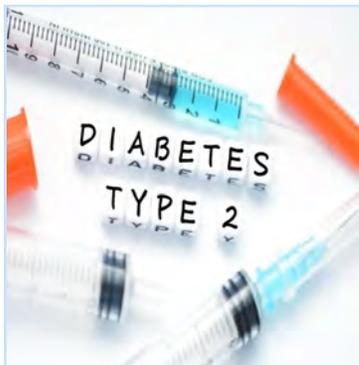


Talk with your doctor if you notice any of the signs above in you or your child. The doctor may order a blood test called hemoglobin A1C (commonly referred to as just A1C). An A1C test checks the average blood sugar level over 3 months. An A1C level of 6.5% or higher suggests diabetes.

Although there is no cure for Type 1 diabetes, healthy lifestyle changes and medications can help manage the disease. Good lifestyle changes to manage diabetes include:

- Eating enough fiber (fruits and vegetables) and less carbohydrates (pasta, bread, rice)
- Limiting sugary drinks, such as soda
- Exercising and keeping a healthy weight

The main medication used in Type 1 diabetes treatment is insulin. There are different types of insulin products available which are covered by your health plan. Most insulin products are available as injections. Some need to be injected at specific time of the day. Insulin pumps are also available. These are small devices that can be placed under the skin of the abdomen and provide specific amounts of insulin automatically. It is very important to use insulin products exactly as the doctor advised to maintain blood sugar levels within the target range and prevent complications. Talk to your doctor or pharmacist if you have questions about diabetes management.



**Type 2 Diabetes**

Type 2 diabetes is disease where your body cannot use sugar correctly. This happens because your body is not making enough insulin or the insulin does not work as well as it used to. Type 2 diabetes can affect anyone, but most commonly affects older adults. If you have Type 2 diabetes, your doctor may first try treating it with diet or exercise. If these do not work you doctor may start you on medications.

**You are at a high risk of getting Type 2 diabetes if:**

- You are overweight.
- You have a family history of diabetes
- You have an inactive lifestyle
- You are 45 years or older
- You have high blood pressure or high cholesterol

### Talk to your doctor if you regularly experience any of these signs or symptoms of Type 2 diabetes

- Feeling thirsty or urinating more
- Feeling tired or cranky
- Constantly hungry
- Blurry vision
- Unexplained weight loss
- Slow healing wounds or frequent infections

There is no cure for diabetes, but simple lifestyle changes can be helpful! Focus on long term changes such as changing your diet or exercise habits, such as those described for Type 1 Diabetes.

There are many medications available to treat diabetes both oral, and injectable medications. If left untreated, Type 2 diabetes can have serious consequences. Common complications from untreated diabetes include heart attack or stroke, loss of feeling in feet, loss of eye sight, or even loss of hearing. If you feel your diabetes is not fully controlled talk to your doctor or pharmacist for additional help.

### Gestational Diabetes

Gestational diabetes may occur while a woman is pregnant. This can occur anytime during pregnancy, most commonly between 24 and 28 weeks. Gestational diabetes is caused by hormones that are given off by the placenta. Most women do not notice any signs or symptoms of gestational diabetes, and are often diagnosed after tests are performed by their OB/GYN at a normal visit.

Treatment of gestational diabetes often revolves around lifestyle modifications. Including healthier eating habits for the expecting mother. If these changes are not enough medications such as Metformin or various insulins can also be added. While no complications during a pregnancy are good, if gestational diabetes is correctly controlled there should be no harm to the fetus, or difficulty during the birth. Gestational diabetes will not affect the mother after birth, but mothers who experienced gestational diabetes are at a greater risk of developing Type 2 diabetes long term.

### Monitoring

Depending on your type of diabetes, and the medications you are taking for it, your doctor may want you to monitor your diabetes at home. Patients will do this by measuring their blood glucose. Blood glucose measures the amount of sugar that is in your blood and is directly related to how well your diabetes is being managed. Your doctor will let you know how often they want you to test your blood sugar. When testing your blood sugar, the values we hope to get are 80-130mg/dl for those after fasting or just waking up. And less than 180 mg/dl 2 hours after a meal.



Most doctors will have you keep a journal of your readings so they can best adjust your treatment. To test your blood sugar, you will need a lancet, a test strip, and blood glucose monitor. If your blood glucose is out of range you should take the corrective actions your doctor has recommended. If they have not recommended any actions, you should keep track of the number, and report it to your doctor at your next visit. If your level is ever below 70mg/dl, you should immediately consume a glucose tab or gel. Then retest your blood sugar in 15 minutes, repeating the glucose and testing until it is above 70. Blood sugar below 70 is considered hypoglycemia and can be extremely dangerous.

### Blood Glucose Readings

	Low readings	Normal readings	High readings
2 hours post meal	70mg/dl or below	Less than 180mg/dl	Above 180mg/dl
Fasting	70mg/dl or below	80-130mg/dl	Above 130mg/dl



Manatee County Government's Center for Health & Lifestyle Management \* [www.ManateeYourChoice.com](http://www.ManateeYourChoice.com)

#### Manatee Health Disclaimer

The information in this newsletter is not a substitute for medical advice. It is for reference only and should not be used to determine treatment for your specific medical conditions-only a health care provider can do this. You should seek prompt medical care for any specific health issues and consult your physician regarding the use of over-the-counter products to treat any medical condition or consult your physician regarding the use of prescription or over-the-counter products to treat any medical condition or before starting any new diet, fitness, or supplement regimen.

Prescription Benefit Manager:  
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