



DIABETES MANAGEMENT: BEYOND THE BASICS

As we reviewed last month, physical activity, healthy eating, weight management, monitoring your blood sugar, and complying with your medications are all crucial elements when it comes to managing your diabetes. Once you have those essential bases covered, it's important to consider and address additional lifestyle factors that may impact your condition. [Mayo Clinic](#) recommends also paying attention to the health and lifestyle factors below to better manage your condition.

Illness

Our bodies react differently when we're sick. Hormones that your body produces to fight off the illness also have the effect of raising your blood sugar. Changes in appetite and activity levels can also impact your blood sugar level. It's important to be aware of these possibilities and prepare yourself accordingly.

- **Plan ahead.** Work with your healthcare provider to come up with a plan for when you get sick, including how to adjust your medications if needed, how often to check your blood sugar, and what food, drinks, and over-the-counter remedies would be recommended.
- **Stick to your meal plan.** Being as consistent with your usual meal plan as possible helps with blood sugar regulation. Also remember to drink plenty of water or other no-calorie fluids to ensure you stay hydrated. If you take insulin, you may need to sip sugary drinks, such as juice or sports drinks, as this can keep your blood sugar from dropping too low.

Periods and Menopause

The temporary and permanent hormone changes associated with both periods and menopause have important effects on your diabetes. Changes in hormone levels the week before and during periods can lead to swings in blood sugar levels.

- **Look for patterns.** Tracking your blood sugar readings from month to month may help you predict blood sugar changes related to your cycle.
- **Adjust your treatment plan as needed.** To make up for blood sugar swings, you may need to adjust your meal plan, activity level, or medications as hormone levels shift. Work with your healthcare provider to discuss any adjustments that may be right for you.
- **Monitor your symptoms and blood sugar.** Menopause and low blood sugar have similar symptoms, such as sweating and mood changes. Try to remember to check your blood sugar before treating your symptoms so that you know you're addressing the correct cause.

Stress

Prolonged stress causes our body to produce hormones that may increase blood sugar. Plus, it can be harder to focus on managing your diabetes and overall health if you're overwhelmed or under a lot of pressure.

- **Take control.** Find ways to reduce the impact stress has on your body, as well as ways to reduce how much stress you experience. Learn relaxation techniques, prioritize your tasks and remove unnecessary commitments, learn to set boundaries and how to say no, exercise, and practice self-care. Reducing stress will decrease the impact it has on your body and your blood sugar.
- **Get help.** Consider working with a professional such as a licensed mental health counselor, psychologist or clinical social worker. These professionals can help you notice stressors and develop coping skills.

Understanding and addressing all of the factors that can have an effect on your blood sugar level can help you better manage your diabetes. If you're having trouble keeping your blood sugar where it needs to be, work with your healthcare provider to develop a plan that's right for you.

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UPCOMING EVENTS



Diabetes Prevention and Management

January 14, 2025 | 4:45 PM Live*, Virtual Presentation

Earn 100 Personify Health points!

[Click here](#) or scan the QR code on Tuesday to join us for this educational and informative presentation that will review best practices for healthy living related to diabetes.

This presentation will be recorded. If you can't attend the live presentation, the on-demand recording will be available within the [Recorded Webinars](#) section of the **Wellbeing tab on the Mentor Benefits Portal shortly after the live session takes place. Instructions for how to earn your Personify Health points for on-demand participation will be provided.*



Scan to Join



Mammogram and Bone Density Scan Events at Mentor High School

February 14, 2025 & March 14, 2025 | 8:30 AM-3 PM

Due to high interest in Mentor Public Schools' on-site Mammogram and Bone Density Scan services, we are excited to announce that we have confirmed two dates for these events in 2025!



Appointments are required for mammogram participants.

Call Nicole Edwards at 216-896-1768 to schedule your appointment ASAP.



Bone density scans are walk-in only.

These scans will be available day-of on a first come first serve basis.

To receive a mammogram during either event, you meet the following requirements:

- You must have medical insurance.
- Your last mammogram must have been at least 1 year and 1 day prior to the date of your appointment.
- You must have an established primary care provider or OBGYN.

If you have any questions about these or other eligibility criteria, please call Nicole at 216-896-1768.

Space is limited. Schedule your mammogram appointment today!

Call Nicole Edwards at 216-896-1768 to schedule your mammogram appointment.



Biometric Screenings Coming Soon!

More information and the schedule of events will be published in next month's newsletter.

BENEFITS DID YOU KNOW:

MedMutual Total Health™

MedMutual Total Health is a package of comprehensive clinical programs that utilize leading-edge best practices and healthcare solutions to help you maintain or improve your health and wellness throughout your life. Mentor MMO members have access to a variety of personalized clinical resources that can help you lower your health risks, better manage any health condition, and improve your overall well-being.



MedMutual Total Health includes the following programs available at no additional cost to you:

- **Advanced Remote Monitoring:** This program provides specialized equipment, digital daily check-ins, and as-needed coaching to support the management of your chronic condition.
- **Virtual Physical Therapy:** Overcome joint, back or muscle pain from the comfort of your home with Sword Health.
- **24-Hour Nurse Line:** Speak with a licensed and experienced nurse about any health concerns, 24/7.
- **Telephonic or Digital/Virtual Health Coaching:** Work with a health coach backed by a team of professionals to design a coaching program that's right for you and your goals.
- **And More!**

For more information or to enroll, call 1-800-590-2583

Population Health Support Specialists are available **Monday-Friday from 8 am-4 PM.**



Recipe

EVERYTHING-SEASONED ALMONDS

Ingredients

- 1 large egg white
- 3 tablespoons everything bagel seasoning, ground
Grinding the everything bagel seasoning in a spice grinder will help it adhere to the almonds.
- 3 cups raw unsalted almonds

Time:

Prep: 5 min. | Cook: 45 min. | Total: 1 hr. 20 min.

Servings: 12

Instructions

- Preheat oven to 250°F.
- Whisk egg white and seasoning in a medium bowl. Add almonds and toss to coat.
- Spread coated almonds in an even layer on a large, rimmed baking sheet.
- Bake, stirring every 15 minutes, until dry, about 45 minutes.
- Let cool completely before storing, about 30 minutes. Store in an airtight container for up to 2 weeks.



Nutrition: Calories: 223, Carbohydrates: 8g, Protein: 8g, Total Fat: 18g, Fiber: 4g

Source: [Eating Well: Everything-Seasoned Almonds](#)

BRITT CONROY, MD

Britt Conroy is a board-certified family medicine physician at University Hospitals and an assistant professor of urology and family medicine & community health at Case Western Reserve University School of Medicine. She is also board-certified in public health and general preventive medicine. Dr. Conroy also holds a law degree and is an adjunct law professor at Case Western Reserve University.



A highly trained family medicine physician, researcher, attorney and epidemiologist, Dr. Conroy possesses a unique combination of skills and always puts her patients first. Her primary focus is getting the right care for them, at the right time, and making sure that they feel empowered, cared for, and kept up to date on their health.

Dr. Conroy was the first American Indian to graduate from the Case Western Reserve School of Medicine. To uphold that great honor, she remains very involved as a leader across many Native groups. She is a member of many professional Native groups including the Society for the Advancement of Chicanos and Native Americans in Science (SACNAS), the American Indians in Science and Engineering Society (AISES) and the Association of American Indian Physicians (AAIP) to name just a few. Over the course of her career, Dr. Conroy has developed tribal, federal, state and local health care system collaborative partnerships; skills in complex health and health care data collection and analysis; and community engagement and dissemination.

Dr. Conroy doesn't sleep much, but that doesn't bother her since she loves being a physician and making a positive difference in the world. She is the proud mother of four young children (including twins) and enjoys spending time with her family doing outdoor activities.

Welcoming New Patients

Call 440-285-8585 to schedule an appointment today.





HEALTH COACH INFORMATION

JANUARY 2025

All Mentor Public Schools employees are invited to utilize the free Health Coach services, including:



1:1 HEALTH COACHING

125 PERSONIFY HEALTH POINTS

Meet 1:1 with Health Coach Bridget Evans to discuss anything related to physical health, emotional health, or goal setting.

If you're not sure where to start, don't worry - you'll work together to figure out a plan!



WEBINAR: GOAL SETTING & PLANNING

1/21 at 10:00am (30 mins)

Join us as we talk about the most important element to successful goal setting and planning, both for short-term and long-term goals. In this session, you will have a chance to focus on this element for yourself and set your top 3 goals.



CREATE YOUR OWN VISION BOARD*

1/15 at 4:00pm (30 mins)

Ideas, tips, and how-to's to create a personal vision board.

**minimum of 6 participants to occur*



Learn More & Sign Up: mentorschoolshealthcoaching.com

Questions? Email Bridget Evans: bevans@wellnessiq.net