



## DIABETES MANAGEMENT BASICS

The [latest National Diabetes Statistics Report](#) found that 14.7% of the US adult population, or 38.1 million US adults, has diabetes, and an estimated 3.4% of those are living with undiagnosed diabetes. The chances that we ourselves are living with diabetes or prediabetes, or that we have a loved one who is, are high. This is why understanding diabetes and how to manage it is vitally important for some, and beneficial to most.

### What is Diabetes?

Diabetes is a chronic health condition that affects how your body turns food into energy. It occurs when your body either doesn't make enough insulin or can't use the insulin it makes as well as it should. Insulin is a hormone that helps glucose (sugar) from food get into your cells to be used for energy. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream, which can lead to serious health problems over time.

- **Type 1 diabetes**, usually diagnosed in children, teens and young adults, is an autoimmune disease where the body attacks insulin-producing cells in the pancreas.
- **Type 2 diabetes** is developed over time as the body becomes resistant to insulin or doesn't produce enough insulin.
- **Gestational diabetes** can develop during pregnancy and usually goes away after giving birth, but can increase the risk of developing type 2 diabetes later in life.
- **Prediabetes** is a stage where the blood sugar is higher than normal but not high enough to meet diagnosable diabetes criteria yet.

### Managing Diabetes

If you have diabetes, there are several simple self-care behaviors that can help you manage your condition:

- **Physical Activity:** Regular physical activity helps your body use insulin and also helps with weight loss, which can improve your blood sugar. Aim for at least 150 minutes of moderate aerobic activity, like brisk walking, cycling or swimming, each week.
- **Healthy Eating:** Focus on eating nutrient-rich foods in moderate amounts at regular mealtimes. A healthy eating plan can help you control your blood sugar, manage your weight, and reduce your heart disease risk.
- **Weight Management:** Getting to, and maintaining, a healthy weight through proper nutrition and exercise can improve your overall health and help manage your blood sugar.
- **Monitoring:** Depending on your situation, your healthcare provider may have you monitor your blood sugar regularly. Monitoring your blood sugar regularly lets you know if your blood sugar is too high or too low so you can manage your blood sugar and avoid long-term health complications.
- **Medications:** Most people with diabetes need to take medications. It is important to know the name, dose, and instructions about your medications and reasons why they are prescribed for you. Be sure to take your medications as instructed by your healthcare provider to prevent complications.
- **Medical Alert ID Bracelets:** If you have diabetes, consider wearing a medical alert bracelet or necklace to help others identify your condition in an emergency.

**By adopting healthy habits and staying informed, you can effectively manage your diabetes and enjoy a healthier future.**

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# BENEFITS

## DID YOU KNOW:

### Virgin Pulse Tools to Support Your Wellbeing

Virgin Pulse is a dynamic platform designed to support your holistic wellbeing - physical, emotional, financial, spiritual, and more - by providing tools and resources right at your fingertips!

Here are just a few of the many tools available to you:

- **Journeys:** Journeys are daily, self-guided courses for building healthy habits. There are Journeys available on dozens of topics, from Eating for Energy to Calming Your Mind for Sleep to Growing Emotional Awareness, and more! Whatever your wellbeing goals or interests are, there is a Journey for you!
- **My Care Checklist:** You have a personalized health care guide in My Care Checklist. This contains recommended preventive care such as medical visits, vaccinations, dental visits, and more. In addition to helping you stay on top of your recommended care, you also get rewarded for completing My Care Checklist activities!



**Tip:** This month, all activities completed within the Virgin Pulse program will be worth **DOUBLE POINTS!**

**Note:** Virgin Pulse is rebranding to **Personify Health** in 2025. While you'll notice a new name, logo, and color scheme, your login information, activities, points, and overall user experience will remain the same.



## HEARTY VEGETABLE SOUP

### Ingredients

- 2 cans of low-sodium chicken broth
- 2 large carrots, sliced
- 1 yellow onion, diced
- 2 celery sticks, sliced
- 1 can mushrooms, rinsed
- 2 heads of broccoli, chopped
- 1 can diced tomatoes
- 2-4 cups water
- Salt and pepper, to taste

### Time:

Prep: 10 min.  
Cook: 20-30 min.  
Total: 40 min.

### Servings:

6, 1.5 cup servings



### Instructions

- Chop and slice all the vegetables
- Place onions, carrots, and celery into a heated soup pot or dutch oven and sauté with a bit of olive oil until softened and aromatic.
- Add the rest of the vegetables and the broth. Simmer.
- Add water to desired broth level. Cook on medium-low heat, stirring occasionally, until boiling.
- Lower to a simmer and cook until all vegetables are softened.
- Serve warm, and enjoy!

**Nutrition:** Calories: 65, Carbohydrates: 11g, Protein: 3.6g, Total Fat: 0.1g, Fiber: 3.4g

Source: [T2D: Hearty Vegetable Soup](#)

# UPCOMING EVENTS

## Diabetes Prevention and Management

January 14, 2025 | 4:45 PM

Live\*, Virtual Presentation

Join us on Tuesday, January 14th for this educational and informative presentation that will review best practices for healthy living related to diabetes.

This presentation will cover prevention strategies, which are key for those with prediabetes or who are at high risk for developing diabetes. It will also cover diabetes management to help guide those who are living with diabetes in considerations for ongoing care and healthy lifestyle choices.

If you or a loved one has or is at risk for developing diabetes, tune in to this presentation to learn more!

**Gain valuable information, plus earn points in Virgin Pulse for attending!**

### How to participate:

Information on how to participate, including the event webinar link, will be available on the Virgin Pulse portal later this month.



**\*This presentation will be recorded.** If you can't attend the live presentation, the on-demand presentation will be available within the **Recorded Webinars** section of the **Wellbeing** tab on the Mentor Benefits Portal. [Click here](#) to view the presentation on-demand after the live session takes place.

### Presented by:

**Irena Bovkun RD, LD, CNSC, CDCES**

Registered Dietitian & Diabetes Educator

**Patricia Lord RN, BSN, CDCES**

Registered Nurse & Diabetes Educator



**University Hospitals**

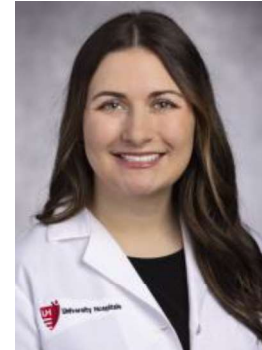
# TAYLOR PALMA, PA-C

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Taylor Palma, PA-C, is a certified family medicine physician assistant at University Hospitals. Her special clinical interests include chronic disease management and preventive medicine.

After completing her Bachelor of Science in health sciences at Cleveland State University in Cleveland, Ohio, Taylor went on to earn her Master of Science in biomedical sciences at the University of Toledo in Toledo, Ohio. She is certified by the National Commission on Certification of Physician Assistants.

As a native of Northeast, Ohio, Taylor enjoys serving the community she grew up in by providing care to patients of all ages and backgrounds. She believes the best outcomes are achieved by forming a strong bond between patient and provider.



## Welcoming New Patients

Call 440-352-4880 to schedule an appointment today.





# HEALTH COACH INFORMATION DECEMBER 2024

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



## 1:1 HEALTH COACHING 125 VIRGIN PULSE 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: MENTAL HEALTH HOLIDAY TOOLKIT

**12/11 at 10:00am (30 mins)**

End the year with the same energy and intentions as you began. We'll share tips on navigating a busy season and explore the connection between values, boundaries, stress and the effects on our mental health.



## IN-PERSON WALK 50 VIRGIN PULSE POINTS

**12/18 at 4:00pm (30 mins)**

Let's get some winter movement! Join us at Veteran's Memorial Park for a 1.5 mile walk around Cardinal & Swamp Forest Loop.



**Learn More & Sign Up:** [mentorschoolshealthcoaching.com](https://mentorschoolshealthcoaching.com)

**Questions? Email Bridget Evans:** [bevans@wellnessiq.net](mailto:bevans@wellnessiq.net)