



Diabetes can't be cured, but it can be controlled.

Diabetes ABC's

♦ **A1C** is a blood test that measures your average blood sugar over the past 3 months. Your goal should be <7.

♦ **Blood pressure** is the force of your blood against the wall of your blood vessels. Your target should be 140/90 if you are high risk it should be 130/80.

♦ **Cholesterol.** There are 2 kinds of cholesterol: LDL (bad) and HDL (good) cholesterol. Bad can build up in your arteries and cause a heart attack or stroke. Your LDL goal should be <100 or <70 if you are high risk.

What are your ABC goals?

Type 2 Diabetes

Type 2 diabetes is a disorder that disrupts the way your body uses glucose (sugar). All the cells in your body need sugar for energy. When you eat, food turns into sugar and your blood carries the sugar to other parts of the body. Sugar enters the cells with the help of a hormone called insulin. If there is not enough insulin, or if the body stops responding to insulin, your body will have trouble turning the sugar into energy. Instead of being used by your body, the sugar builds up in your blood starving the rest of your body of energy.

Type 2 diabetes is a chronic medical condition that requires regular monitoring throughout your life. Treatment can include lifestyle changes, self-care measures, and medications. These treatments can keep blood sugar levels close to normal and decrease your risk of complications.

Risk factors:

- Age 45 or older
- Being overweight
- Have a parent, brother or sister with diabetes
- Are African American, Hispanic, or Latino American, American Indian, Asian American, or Pacific Islander
- Have had gestational diabetes
- Have high blood pressure or cholesterol
- Exercise less than 3 times per week
- Have pre-diabetes

Signs and Symptoms:

- Being very thirsty or very hungry
- Feeling tired for no apparent reason
- Frequent urination
- Losing weight for no reason
- Cuts or bruises that are slow to heal
- Blurry vision
- Losing feeling or tingling in your hands or feet

Complications:

- Blindness
- Nerve damage
- Kidney and/or heart disease
- Stroke



**PLAN TO QUIT
NOVEMBER 20,
2014**

Tobacco use remains the single largest preventable cause of disease and premature death in the United States.

- ♦ 42 million smoke cigarettes
- ♦ 13.4 million smoke cigars
- ♦ 2.3 million smoke pipes.

Why Quit?

The health benefits start immediately giving you back years of life that would be lost by continuing to smoke!



Group Benefit Solutions
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Gastroesophageal Reflux Disease

Gastroesophageal reflux disease is also known as GERD. GERD is a very common disorder with heartburn being the most common symptom.

Acid from your stomach back-flows (refluxes) into your esophagus. The esophagus is the tube connecting your mouth to your stomach. When acid refluxes it irritates the lining of the esophagus causing heartburn. Repeated or prolonged exposure to stomach acid can cause damage to the lining of the esophagus.

Periodic heartburn is a symptom many people experience. If it occurs occasionally after a meal and less than once per week, it is likely not GERD. If heartburn occurs more frequently, becomes more severe, or occurs at night and wakes you up, you need to consult with your doctor. People with long standing chronic heartburn are at greater risk for complications.

Heartburn is not the only symptom of GERD. Other symptoms may include regurgitation, belching, sore throat, hoarse voice in the morning, trouble swallowing, a sour taste in your mouth and bad breath.

GERD can be managed with lifestyle changes such as weight loss, avoiding foods that cause reflux, and quitting smoking. There are several over the counter medications now available. Antacids like Tums and Maalox can be used for minor symptoms. Pepcid, Tagamet, and Zantac help to decrease acid production and usually take effect in 30 to 90 minutes. Prilosec and Prevacid also block acid production but can take up to 24 hours to be effective. These over the counter medications should only be taken for a 2 week period. If you symptoms reoccur once you have stopped the medication or if your symptoms are not relieved, see your doctor.

Left untreated, GERD can cause a narrowing of the esophagus and a potentially pre-cancerous disease called Barrett's esophagus.

Twice Baked Sweet Potatoes

- 2 large sweet potatoes
- 1 T vegetable oil
- 1 T orange zest
- 1 can (8oz) crushed pineapple drained
- 1 T butter
- 1 T light brown sugar
- 1/2 tsp salt
- 2 T chopped pecans

Preheat oven to 350 degrees. Pierce each sweet potato with a fork. Bake until soft about 50 minutes. Set aside to cool enough to handle. Reduce oven temp to 325 degrees. Cut potatoes in half lengthwise. Scoop out flesh and place in medium bowl being careful not to tear potato skin. Add pineapple, oil, butter, sugar, zest, and salt to sweet potato flesh. Beat with an electric mixer until slightly fluffy. Fill potato skins with mixture, sprinkle with pecans and bake for 15 minutes.

Nutritional Analysis per Serving		Servings: 4	
Calories	236	Cholesterol	8mg
Carbohydrates	38g	Sodium	303mg
Total fat	9g	Protein	2g
Saturated fat	2g	Fiber	4g