



Crown Care Newsletter

Patient advocacy, Insurance navigation and In-home assistance for clients of all ages

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Crown Care

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Exercise Snack

Since I'm a borderline diabetic, my associate shared an article on "snacks" – (yum..., one of my favorite topics), titled "Exercise Snacks to Control Blood Sugar." Oops, the article was not about those yummy snacks, but rather referred to having multiple, brief, 'snack' sized portions of **exercise** to control blood sugar.

High intensity "snack" size exercise several times a day before meals displayed striking results in research study. Instead of long workouts, short spurts seem to work better. Of course, any kind of physical activity will lower and regulate blood sugar levels as contracting muscles draw sugar from the blood stream to fuel their efforts. It was further noted that with some snacking-style workouts, the effects were visible throughout the day – the blood sugar was found even lower than the baseline testing for about 24 hours after a day of exercising snack.



An AARP magazine article also found that taking a 15 minute stroll after eating lowers post meal blood sugar levels. Results are immediate. So aim for short jaunts or other types of snack exercise to keep those blood sugar levels down. As for me...I'll be working my treadmill a few times during the day targeting pre- and post mealtime blood sugar

Hot Topics



Artificial Sweeteners – Not so good news. *Nature* reported that aspartame, sucralose, and saccharin cause blood glucose abnormalities in animal studies. When I think of all the diet soda I consumed over the years.....



Salt- still controversial - The results of the PURE study were published in an article in the *New England Journal of Medicine* in August. The findings moderate (not low) sodium intake may be best for heart disease prevention. So...should we put the salt shaker back on the dinner table? Not so fast--- other data suggests salt is still controversial.



Being Cynical Linked to Dementia - this one is really strange – it seems that people, who distrust others, have a higher risk for dementia. "The findings of this study propose that psychosocial and behavioral risk factors may be modifiable targets for prevention of dementia," researchers at the University of Eastern Finland, Kuopio, conclude. My mother always taught me positive thinking was healthy. I should have paid more attention. (May 28 in *Neurology*).



Warnings - Too much Tylenol may lead to liver damage (see our blog August 25, 2014) Sleep aids - eszopiclone (*Lunesta*, Sunovion Pharmaceuticals). The FDA lowered the suggested dose to prevent morning grogginess.

How to choose the best insurance plan for you and your family?



If you are working and your company provides insurance coverage, you may not have a choice of different policies. However, your company may offer options or you may be purchasing on your own. There are many factors to consider in selection.

- Do you have any chronic diseases?
- How often do you see doctors?
- Do your doctors participate in the plan you are considering?
- How much is the deductible?
- What prescriptions are you taking and are they covered?
- Will you have to buy extra insurance for your medications?
- How much is the out of pocket maximum per year?
- What will you have to pay out of pocket each month and annually?

In summary there are several important considerations when considering health insurance. Check your employer's plan (if you have one) as well as options on the individual market.

Then narrow your search by limiting your choices to the ones that include your doctor, your prescription medications, and the services you want. Lastly, check the costs and your budget.