

National Family Caregivers Month

“Supercharge Your Caregiving”

Caregivers are superheroes. Managing medications, getting to doctor appointments, and balancing work and home. How can family caregivers handle it all? Even superheroes need tools! Thankfully, new caregiving tools can help lighten the load.

Think Safety First

If your elderly loved one is aging at home, safety and security is your first priority. You can't be there with them every minute of the day. But all sorts of gadgets can help keep them safe, maintain their independence, and relieve some of your worries. Wearable sensors can monitor a patient and contact family members if their loved one falls or if an emergency occurs. Smart homes and smart locks can help, too.

Unlock the Power of Medical Records

Information is power, and caregiver access to online patient medical records is getting easier and more powerful every day. With online patient portals you can get your loved one's health and insurance information how and when you need it. Join the millions of family caregivers who have already accessed their loved one's online medical records to improve care.

Master the Medications

One of your most important daily responsibilities is managing medications – making sure they are taken properly and on time, getting refills, and watching for side effects. Your loved one may have more than one illness and have to take several medications. Tech tools are an easy, safe way to track your loved one's meds and make caregiving a bit less stressful.

Unleash the Power of Apps

Caregiving is overwhelming and you simply can't do it all by yourself. Luckily, there are many apps and tools that can help caregivers do almost anything from A to Z. Check your loved one's vital signs. Locate them with GPS if they wander off. Get healthy eating plans at the touch of a button. Or connect with caregiver support groups and online communities. Use apps to streamline your tasks so you can get a break and take a few minutes to recharge your own batteries.

Not all superheroes wear capes. You are rising to the demands and challenges of the caregiver role every day. Take advantage of tools that can help you stay on top of it all and help you restore some balance to your life.

Supercharge Your Caregiving!

Baptist General Convention of Virginia

Health & Wellness Ministry

804-228-2421 www.bgcva.org

Rev. Dr. J. Elisha Burke, Director eburke@bgcva.org

November

American Diabetes Month

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled.

One in 11 Americans have diabetes — that's more than 29 million people. And another 86 million adults in the United States are at high risk of developing type 2 diabetes.

The good news? People who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes. These changes include: eating healthy, increasing physical activity, and losing weight.

How can American Diabetes Month make a difference?

We can use this month to raise awareness about diabetes risk factors and encourage people to make healthy changes.

Here are just a few ideas:

- ✓ Encourage people to make small changes, like taking the stairs instead of the elevator.
- ✓ Talk to people in your community about getting regular checkups. They can get their blood pressure and cholesterol checked, and ask the doctor about their diabetes risk.
- ✓ Ask doctors and nurses to be leaders in their communities by speaking about the importance of healthy eating and physical activity.

How can you help spread the word?

This toolkit is full of ideas to help you take action today.

American Diabetes Association Toolkit:

<http://www.diabetes.org/?referrer=http://healthfinder.gov/NHO/NovemberToolkit.aspx>

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Are you at risk for type 2 diabetes?

ALERT!DAY
TYPE 2 DIABETES AWARENESS

WRITE YOUR SCORE
IN THE BOX.

1. How old are you?
 Less than 40 years (0 points)
 40–49 years (1 point)
 50–59 years (2 points)
 60 years or older (3 points)
2. Are you a man or a woman?
 Man (1 point) Woman (0 points)
3. If you are a woman, have you ever been
 diagnosed with gestational diabetes?
 Yes (1 point) No (0 points)
4. Do you have a mother, father, sister or
 brother with diabetes?
 Yes (1 point) No (0 points)
5. Have you ever been diagnosed with high
 blood pressure?
 Yes (1 point) No (0 points)
6. Are you physically active?
 Yes (0 points) No (1 point)
7. What is your weight category?
 See chart at right.

If you scored 5 or higher:

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes, a condition in which blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes. Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, Native Americans, Asian Americans, and Native Hawaiians and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weight than the rest of the general public (about 15 pounds lower).

ADD UP
YOUR SCORE.

Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+
	1 point	2 points	3 points
	If you weigh less than the amount in the left column: 0 points		

Adapted from Bang et al., Ann Intern Med 151:775–783, 2009.

Original algorithm was validated without gestational diabetes as part of the model.



The good news is you can manage your risk for type 2 diabetes. Small steps make a big difference in helping you live a longer, healthier life.

For more information, visit us at diabetes.org/alertday or call 1-800-DIABETES (800-342-2383).

¿Está usted en riesgo de padecer diabetes tipo 2?

ALERT! DAY
CONCIENTIZACION DE DIABETES TIPO 2

ANOTE EL PUNTAJE
EN EL RECUADRO.

1. ¿Qué edad tiene?
Menos de 40 años (0 puntos)
40-49 años (1 punto)
50-59 años (2 puntos)
60 años o más (3 puntos)
2. ¿Es usted hombre o mujer?
Hombre (1 punto) Mujer (0 puntos)
3. Si es mujer, ¿tuvo alguna vez diabetes gestacional (glucosa/azúcar alta durante el embarazo)?
Sí (1 punto) No (0 puntos)
4. ¿Tiene familiares (mamá, papá, hermano, hermana) que padecen diabetes?
Sí (1 punto) No (0 puntos)
5. ¿Alguna vez le ha dicho un profesional de salud que tiene presión arterial alta (o hipertensión)?
Sí (1 punto) No (0 puntos)
6. ¿Realiza algún tipo de actividad física?
Sí (0 puntos) No (1 punto)
7. ¿Cuál es su peso?
Anote el puntaje correspondiente a su peso según la tabla a la derecha.

Estatura	Peso (en libras)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
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6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+
	1 punto	2 puntos	3 puntos
0 puntos = Si pesa menos que lo indicado en la columna de la izquierda			

Adaptado de Bang et al., Ann Intern Med
151: 775-783, 2009.
El algoritmo original fue validado sin utilizar la diabetes gestacional como parte del modelo.

Si obtuvo 5 o más puntos:

Existe un mayor riesgo de que usted tenga diabetes tipo 2. Solo su médico puede determinar si tiene diabetes tipo 2 o prediabetes (estado previo a la enfermedad con nivel de azúcar en la sangre más elevado de lo normal.) Consulte a su médico para ver si necesita hacerse pruebas adicionales.

La diabetes tipo 2 es más común en afroamericanos, hispanos/latinos, nativos americanos, nativos hawaianos, asiáticos americanos e isleños del pacífico.

Tener sobrepeso aumenta el riesgo de tener diabetes en todas las personas. Pero los estadounidenses de origen asiático corren un riesgo más alto con un peso corporal menor que el resto del público en general (alrededor de 15 libras menos).

SUME SU PUNTAJE.



La buena noticia es que usted puede controlar su riesgo de padecer diabetes tipo 2. Algunos cambios pequeños hacen una gran diferencia y le ayudarán a vivir una vida más larga y saludable.

Para más información, visite diabetes.org/alerta o llame al 1-800-DIABETES (800-342-2383).