

## body MIND<sup>SM</sup>

Your Monthly Guide to Good Health

### PUT A **STOP** TO TYPE 2 DIABETES



Diabetes is a chronic disease in which the body does not produce or properly use insulin, a hormone that is necessary for the body to convert food into energy. Currently in the United States, 23.6 million children and adults have diabetes, and nearly one-quarter of these people are unaware that they have the disease. Untreated, diabetes can lead to serious complications including cardiovascular disease, blindness, nerve and kidney damage, and amputations.

#### PREVENT TYPE 2 DIABETES

Type 2 diabetes is the most common form of diabetes, accounting for between 90 and 95 percent of cases. In type 2 diabetes, either the body does not respond as it should to insulin (referred to as insulin resistance), or the body no longer produces an adequate amount of insulin. According to the American Diabetes Association, type 2 diabetes is associated with factors including older age, obesity, physical inactivity and family history of diabetes. While age and family history cannot be changed, other factors can be modified to decrease risk. In fact, a study conducted by the Diabetes Prevention Program showed that 30 minutes a day of moderate physical activity, coupled with a 5-10 percent reduction in body weight, produced a 58% reduction in diabetes.

#### SIGNS OF DIABETES

According to the American Diabetes Association, the following are symptoms of diabetes.

- FREQUENT URINATION
- EXCESSIVE THIRST
- EXTREME HUNGER
- UNUSUAL WEIGHT LOSS
- INCREASED FATIGUE
- IRRITABILITY
- BLURRY VISION

#### EARLY DETECTION AND TREATMENT

Some people do not recognize symptoms of diabetes because they do not appear to be harmful. For this reason, it is vital to have blood glucose checked periodically. A glucose test can alert an individual that he or she has diabetes or pre-diabetes. Pre-diabetes is a state that occurs before type 2 diabetes, in which a person's blood glucose levels are higher than normal, but not high enough for a diagnosis of diabetes.

Diabetes is a serious condition, but people who have been diagnosed with diabetes can lead long and healthy lives. The Centers for Disease Control and Prevention report that many people with type 2 diabetes can control their blood glucose by following a healthy meal plan and exercise program, losing excess weight and taking oral medication. Some people with type 2 diabetes may also need insulin to control their blood glucose.

IF YOU EXPERIENCE  
SYMPTOMS OF DIABETES,  
CONSULT A PHYSICIAN FOR  
DIAGNOSIS AND TREATMENT.

# The Importance of Social Support

More and more, research indicates that having strong social ties plays a vital role in health and well-being. For example, the Harvard School of Public Health recently reported that elderly people in the United States who have an active social life may have a slower rate of memory decline. Additional research has concluded that a strong social network may help protect against cardiovascular disease, reduce mortality risks, reduce stress, and contribute to a better state of mental health.

## Building and Maintaining a Support Network

Improving existing relationships and making new friends is good for one's sense of well-being, regardless of whether you are the one offering support or the one receiving it. Consider the following suggestions from the Mayo Clinic for building and maintaining important relationships.

- + To add to your existing social network, consider volunteering for a cause that is important to you; in addition to helping others, you will have an opportunity to meet like-minded individuals.
- + Meeting friends of friends and taking a local college or community class are other good ways to meet potential new friends.

- + To cultivate your support network, first evaluate your behavior in your relationships. The old adage is true: to have a friend, you must be a friend.

- + Stay in touch. By returning phone calls, e-mails, and invitations, you let others know that you care.
- + Be proactive and reach out to potential new friends first rather than waiting for others to reach out to you.
- + Practice being a good listener, and take time to say thank you to your family and friends when they listen to you. Everyone likes to feel appreciated.
- + Understand that it is acceptable to say no. Spending time with people who engage in unhealthy behaviors that you are trying to overcome is not likely to generate benefits and can damage your well-being.

## Support Groups

It is important not to confuse a social support network with a support group. While both are important and potentially beneficial during times of difficulty or stress, a personal support network is composed of family and friends, and a support group is a meeting that is generally conducted by a mental health professional. A social support network need not be structured or formal, and it can be developed and improved over time.

If feelings of sadness, inadequacy, or isolation prevent you from building or maintaining healthy relationships with friends and family members, consult a mental health professional for help.

## Lake Health Calendar of Events November

### Get Healthy Lake County Lecture/Activity Series

Are you looking for information on how to eat better or become fit? If so, attend the Get Healthy Lake County lecture/activity series. It's designed to provide you with the health and lifestyle information you need to stay healthy. We meet monthly, except December. Call the Best of Health Line at 440-953-6000 or 1-800-454-9800 to register.

**Central YMCA, 933 Mentor Ave., Painesville – November 5, 8:45 pm (Core Pole)**

### Free Blood Pressure Screenings

We offer free screenings to check your blood pressure between visits to your physician. Stop by our urgent care centers during regular hours (call for hours: Mentor - 255-6400; Willowick - 585-3322; Madison - 639-0726; and Chardon - 286-8908).

Or come on the following dates:

**TriPoint Medical Center – November 7, 9 am – 12 noon**

**LakeWest Medical Center – November 21, 9 am – 12 noon**

### Label Reading Tours

Discover the tricks to interpreting food labels at a FREE label-reading tour. Space is limited. Call the Best of Health Line at 440-953-6000 or 1-800-454-9800 to register.

**Giant Eagle, 6556 N. Ridge Rd., Madison – November 18, 6:30 pm**

### Get Healthy Lake County – 10,000 Steps Program

Walk your way to a healthier lifestyle - become a member of Get Healthy Lake County's 10,000 Steps Program. The surgeon general recommends 30 minutes of aerobic activity three times a week; if you walk 10,000 steps in a day (roughly five miles) you will exceed this recommendation. Every step you take counts toward the goal, so start walking today! Membership includes a pedometer, a calendar of step opportunities, a list of step equivalents, and a step log. **Call the Best of Health Line at 440-953-6000 or 1-800-454-9800 for more information.**

### Good Call!

If you suffer a sports injury, call Lake Health's 24/7 sports injury hotline. A sports medicine adviser will decide whether you should treat the injury yourself, go to the ER, or see your doctor. If you don't have a doctor, the adviser will arrange a next-day appointment with a physician in our sports medicine network.

**1-866-247-4806**

*Lake Health offers a wide variety of programs for men, women, seniors and families. Please log onto [www.lakehealth.org](http://www.lakehealth.org) or call the Best of Health Line at 440-953-6000 or 1-800-454-9800 for more information.*

