



Living with Diabetes

Our Health Advocates guide patients and offer the tools needed to keep their blood sugar in check.

Living with diabetes can be complex. Patients with diabetes start their days with an endless checklist of blood sugar watching, organizing and taking medications, minding food intake and exercise, and problem solving related to high or low blood sugar. One of the many benefits of joining the Personal Health Advocate Program is access to a Registered Dietitian/Certified Diabetes Educator (RD/CDE) who can regularly coach you over the phone and in person.

The RD/CDE team can help with the following:

- Proper foot care
- Taking medications successfully
- Signs and symptoms of high and low blood sugar
- Reading Nutrition Facts labels
- Choosing healthy fats

- Monitoring sodium in foods
- Learning what foods contain carbohydrates
- Meal planning for personal tastes

The RD/CDE team also plans group Grocery Store Tours at local Harris Teeter, Walmart, Kroger, and Lowes Foods. During this tour, patients are taught to read and compare food labels and costs, practice portion control, find good sources of fiber, understand healthy fats and oils, recognize foods high in sugar, sodium and unhealthy fats, choose and prepare lean and protein-rich foods, pick the best produce, find healthy options in the canned and frozen sections, and plan healthy meals without breaking the bank.

The team partners with patients to decide on appropriate goals related

Flu season is coming, so remember to get your flu vaccine soon! All employees are able to receive their vaccine for free through Employee Health. Be sure to log your vaccination in Vitality to collect your points!

to the management of their diabetes. They also help patients overcome problems that are keeping them from taking medications or exercising. Those who work with the team report increased confidence related to controlling their blood sugar, choosing healthier meal options, and reducing blood sugar, weight and hemoglobin A1C. Talk to your Personal Health Advocate Case Manager about a referral to the Registered Dietitians/Certified Diabetes Educators in our practices.

Contributed by: Liz Langston, MS RD LDN CDE

Social Workers: We are here for you!

The foundation to improved health is positive mental wellbeing.

Participants in the Personal Health Advocate Program have the opportunity to connect with our team of skilled social workers that offer

supportive listening, aid with stress reduction, anger management, and achieving health goals. Our team is also helpful in arranging access to resources and in-network mental health providers. It is our goal to work together to improve your overall physical and mental wellbeing.

Benefits of Talking with a Social Worker:

- Increased life satisfaction
- Improved stress management

- Enhanced social relationships
- Heightened self-awareness
- Connection to important resources and mental health professionals

Speak with a Personal Health Advocate Social Worker today!
(984) 215-4040

*Contributed by:
Stephanie Adams-Gilmer, LCSW
Tyler Giese, LCSW-A*

Come visit the Personal Health Advocate team at your upcoming benefit fair!
We will be available to discuss what our program can do for you.
We look forward to meeting you!

Does the change in season make you S.A.D?

Everyone has blue days, but if these feelings persist for two weeks or more and are related to changes in the season, you may be suffering from a form of depression with a seasonal pattern. Most commonly these symptoms begin in the fall or winter and lessen in the spring.

As it is getting cooler you may anticipate rough roads ahead. Don't travel them alone. Contact the Advocate Program today to

Speak to a social worker to help you on your journey!

Contributed by: Tyler Giese, LCSW-A



Traveling with COPD

With proper planning, those with COPD can travel anywhere safely.

The holiday season is upon us and many will be traveling far and wide to visit friends and family. But when you have Chronic Obstructive Pulmonary Disease (COPD), travel can present special challenges. COPD makes it difficult to breathe, causing many to be reluctant to travel far from home. The American Lung Association has tips to help prepare and stay healthy while traveling:

Packing:

- **Medications:** Keep all of your medications with you in your carry-on bag
- **Oxygen:** Be sure to bring adequate oxygen supplies and prepare for the unexpected. In case of an equipment malfunction, bring spare supplies
- **Doctors:** Have a list of names and locations of a doctor and hospital at your destination, in the event you need help. Ask your doctor

to provide you with a letter that includes a brief medical history and a copy of your prescriptions for oxygen or any medication you may need replaced

Travel:

- **Oxygen Policies:** Call your airline/bus/train/cruise line in advance to learn their policies and make them aware that you will be traveling with oxygen equipment
- **Avoid Fumes & Allergens:** Avoid traffic fumes and allergens in the air by keeping car windows closed and air conditioning/heat on
- **Smoke-free Environment:** Choose a hotel that is non-smoking or ask for a non-smoking room. If you are staying with family and friends who smoke, ask them to smoke outside

American Lung Association, October 2016
<http://www.lung.org/about-us/media/top-stories/traveling-with-copd.html>



5 Ways to Have a Healthier Thanksgiving

Jumpstart your healthy and active holiday season!

Plan a Post-Meal Walk: As soon as you arrive at your Thanksgiving celebration, announce that you plan to take a walk after the meal. Most likely, some of your family and friends will want to join you. Once you get a few people on board, it will be tough to bail out. A brisk walk will help you burn some calories and likely put you in the right mindset to turn down a second piece of pie!

Walk Around and Talk: Rather than focus on food, turn your attention to the entire celebration, including the once-a-year sights, sounds, and people at the event. Instead of sampling each and every appetizer before dinner, walk around and catch up with family and friends.

Plan a Workout Date the Next Morning: Instead of feeling bloated and lethargic the day after, schedule a fitness date with a friend!

Volunteer to Help Clean Up: Instead of picking at the leftovers or helping yourself to a second dessert, offer to help the host clean up. They will appreciate the gesture, and physically removing yourself from the table will help take your attention away from the food.

Stop Eating When You're Full: Instead of seeing how much you can eat, serve yourself a small, golf-ball-sized serving of everything you want- no restrictions- but have only enough to satisfy your stomach without overdoing it.

Health.com, October 2016
<http://www.health.com/health/gallery/0,,20545918,00.html>

Creamy Mashed Cauliflower

This savory cauliflower puree makes for a perfect low-carb stand-in for mashed potatoes at your Thanksgiving feast

Ingredients

8 cups bite-size cauliflower florets (about 1 head)	1/3 cup nonfat buttermilk
1 teaspoon butter	Freshly ground pepper
4 gloves garlic, crushed and peeled	4 teaspoons extra-virgin olive oil, divided
1/2 teaspoon salt	Snipped fresh chives for garnish

Preparation

- Active: 15 min. Ready In: 30 min.
1. Place cauliflower florets and garlic in a steamer basket over boiling water, cover and steam until very tender, 12-15 minutes.
 2. Place the cooked cauliflower and garlic in a food processor. Add buttermilk, 2 teaspoons oil, butter, salt and pepper; pulse several times, then process until smooth and creamy. Transfer to a serving bowl. Drizzle with remaining 2 teaspoons oil and garnish with chives, if desired. Serve hot.

EatingWell.com, October 2016
<http://www.eatingwell.com/recipe/248887/creamy-mashed-cauliflower>