



## Prediabetes: Are You at Risk?

According to the Centers for Disease Control and Prevention (CDC), 86 million Americans have prediabetes. What's more alarming, is that *nine out of 10* of these people don't know that they have it. It's important to learn how you can avoid becoming part of this statistic.

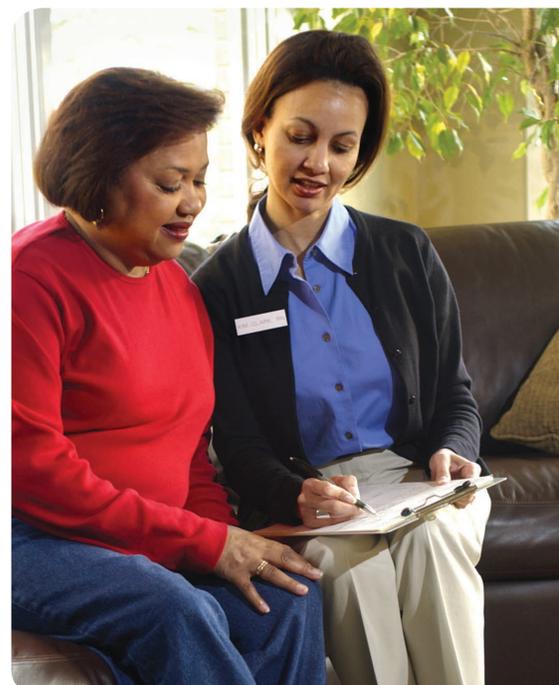
Prediabetes is a health condition that occurs when your blood glucose (sugar) levels are higher than normal but not high enough to be classified as Type 2 diabetes. The scary thing is that there are often no symptoms associated with this condition, and certain factors can put you at greater risk. They include:

- Being 45 years of age or older
- Having a parent, brother, or sister who has diabetes
- Being African American, Hispanic/Latino, American Indian, Asian American, or Pacific Islander
- Being overweight
- Being physically inactive (exercise fewer than three times a week)

- Having high blood pressure or taking medication for high blood pressure
- Having low HDL (good) cholesterol and/or high triglycerides
- Having had diabetes while pregnant (gestational diabetes), or given birth to a baby that weighed more than nine pounds
- Being diagnosed with Polycystic Ovary Syndrome

Get checked for prediabetes if you experience any symptoms that are normally associated with Type 2 diabetes, such as blurred vision, fatigue, increased thirst, or frequent urination. Your doctor will most likely order an A1C test, which reveals your blood sugar levels for the past few months. Levels below 5.7 are considered normal but levels between 5.7 and 6.4 could indicate prediabetes.

Ignorance is definitely not bliss: Left untreated, prediabetes can progress to Type 2 diabetes, which can trigger



other serious challenges, including amputations, blindness, heart disease, high blood pressure, high cholesterol, kidney failure, and stroke. Talk about your risk factors with your doctor. Learn more by taking the **CDC's Prediabetes Screening Test** at <http://www.cdc.gov/diabetes/prevention/prediabetes.htm>.

### Want more?

Find more helpful facts, news, and tips inside this issue, at your company's wellness website, or your [mynurturlife](http://mynurturlife) website.

Need help? Call Transformations at **1-866-439-2041**.

# Diabetes and Your Eyes

According to the American Diabetes Association, almost 30 million children and adults in the U.S. currently have diabetes. A whopping 86 million are in the danger zone for prediabetes and at serious risk for developing Type 2 diabetes.

Eye exams often provide the earliest chance of detecting diabetes at its onset. Blurry vision can sometimes be a warning sign for either Type 1 or Type 2 diabetes, although symptoms for Type 2 diabetes can also largely go unnoticed. Be sure to schedule regular preventive eye checkups either annually or every two years, depending on your doctor's recommendation.

Those who have had Type 1 diabetes for five years should get a dilated exam once a year; those with Type 2 should also go annually. Some eye doctors may generally recommend dilated exams every two or three years, following one or two regular eye exams where your eyes are categorized as "normal." Pregnant women should be sure to see their eye doctor during the first three months of expecting.



Eye diseases related to diabetes include:

- **Cataracts** (clouding of the eye's lens)
- **Glaucoma** (increased fluid pressure in the eye), causing optic nerve damage and sometimes vision loss
- **Diabetic retinopathy** (damage to the retina's blood vessels) — the leading cause of blindness in American adults.

Exercise, better nutrition, and maintaining a healthy weight can help prevent Type 2 diabetes. Talk to your doctor about risk and prevention. If you've been diagnosed with the disease, learn how to better manage it, with a healthy game plan (including a Health Coach in your corner!).

Visit [www.diabetes.org](http://www.diabetes.org) for more information.

## Creamy **Squash Soup** with Shredded Apples

High in protein (18 grams) and low in fat (4 grams total), this hearty soup will warm you up (and only takes about 10 minutes to prepare!).

### Ingredients

2 boxes (16 oz. each) frozen pureed winter butternut squash  
2 medium apples (try Golden Delicious or Gala)  
1 tbsp. olive oil  
½ tsp. pumpkin pie spice  
2 cans (12 oz. each) fat-free evaporated milk  
1/8 tsp. salt

Defrost the squash in the microwave on medium power for 5-10 minutes, until mostly thawed. Peel and shred or finely chop apples into thin strips. Set aside ¼ cup. Warm oil in a 4-quart saucepan over medium heat. Add all but ¼ cup of apples and cook for about 5 minutes, until soft. Stir in thawed squash and pumpkin pie spice. Add evaporated milk about ½ cup at a time. Stir frequently. Season with salt and pepper. Cook and stir over high heat until boiling. Serve in bowls. Top with cooked apples.

Source: National Institutes of Health

# We've Got Your Back This Season

Preparing your home for seasonal and holiday festivities can be a last-minute scramble and also invite mishaps. Outside, you may be on the tail end of raking and bagging those last remnants of falling leaves, covering up or stowing outdoor furniture, or clearing gutters. That's before you make your way to bulldozing away indoor clutter, decorating, and finally welcoming family and friends.

Along with the chores (and, eventually, the fun part), comes sore muscles and potential injuries that can befall anyone who isn't careful.

Follow these tips this season to stay out of harm's way:

- Never sling or twist bags over a shoulder (that only invites neck or back injuries). Make two trips, use a cart, or ask for help.
- Wear protective gear when working outside. Stow away yard tools (and make sure anything motorized is turned-off and cooled down before doing any maintenance).
- Test the weight of an object before picking it up (that includes that mammoth turkey in the oven).
- Tighten up stomach muscles, keep objects close to your body, and distribute weight evenly (good advice for shopping bags, too, this season!).



- Bend at the knees (never at the waist!), and use your legs when doing any heavy lifting. Don't overfill, whether it's a lawn bag, boxed goods for donation, or those ornaments in the attic.
- Never climb a ladder unassisted, indoors or outside (especially in high wind)! Have someone "spot" you and brace the base. Should an accident occur, someone can get help fast.
- Position ladders on firm ground; indoors free of clutter and outside, free of mud or wet leaves, not on ice or on a slope. Wear shoes that grip the rungs—*never* climb barefoot or in socks.
- Always supervise children and never leave hammers, nails, or scissors within reach. Be careful about items like dried flowers, potpourri and tinsel that can find their way into both toddlers' and pets' mouths.

Source: *The National Safety Council and the American Academy of Orthopedic Surgeons.*



## Did You Know...?

About 15 to 30 percent of people with prediabetes will develop Type 2 diabetes within five years. You can delay or prevent Type 2 diabetes by losing just five to seven percent of your body weight (10 to 14 pounds for a 200-pound person), and by getting at least 150 minutes of exercise each week.

Source: [www.cdc.gov](http://www.cdc.gov)

# Smoking and COPD: Commit to Quit

We're all acutely aware of the dangers of smoking, but if you're dealing with other health conditions, it can also greatly impact your ability to effectively manage those conditions. In the case of diabetes, for example, smoking can make it much harder to control, impacting eye and vascular health, foot problems, nerve damage, and more. Smoking is also a road that can lead to heart and kidney disease, lung cancer, and chronic obstructive pulmonary disease (COPD).

Sometimes called chronic bronchitis or emphysema, COPD (the third leading cause of death in the U.S.) is a debilitating inflammation and thickening of the lungs' airways that destroys the tissue where oxygen is exchanged. The harder it becomes to get rid of carbon dioxide waste, the harder it is to breathe. While other factors can contribute to COPD (air pollution, dust, fumes, workplace chemicals, and heredity), 85 to 90 percent of all COPD cases are caused by cigarette smoking and the 7,000-plus chemicals that are released into the lungs by a burning cigarette.

- **Pick a way to quit with your doctor.** Options are cold turkey, stop-smoking products, or cutting down gradually per day.
- **Set a quit deadline.** Assign a date that has a special meaning to you, so you'll stick with it.
- **Remove temptation.** Get rid of all ashtrays and cigarettes from your car, home, and work.
- **Start exercising!** Walking boosts energy, metabolism, and also helps with cravings. (Work up to 30 minutes, five days a week). Choose another fun activity that you enjoy to help you focus on something *other* than smoking.
- **Build a support network.** Get a little help from your friends (and family) to keep you on track.



About 12 million people are diagnosed with COPD in the U.S., and 120,000 die from it each year. An additional 12 million may have it without knowing. COPD doesn't discriminate between men and women, but women's lungs are more vulnerable to lung disease due to smaller size and the impact of estrogen's ability to worsen the condition.

While medication and therapies can help manage COPD, commit to quit smoking now, so you don't have to live with COPD — or the many other life-threatening diseases smoking can cause.

Sources include: [www.cdc.gov](http://www.cdc.gov), [www.lung.org](http://www.lung.org), and [www.nih.gov](http://www.nih.gov).

## We're listening!

Got a comment (or a success story)? Whether you're a long-time reader of *TransFormations*, or this is your first issue, we'd love to hear from you! Email us at: [newsletters@nurturhealth.com](mailto:newsletters@nurturhealth.com).

# Your Healthy Holiday Game Plan



As the holidays approach, we look forward to happy times spent with family and friends. What we don't relish is the stress of last-minute preparations and the after effects that holiday celebrations can have on our health.

The average person gains from one to five pounds between Thanksgiving and New Year's Day. This may not sound like a big deal, but that could mean an extra 10 or 20 pounds in 10 years!

With a little planning, your holidays can be happy and healthy:

- **Don't pass on your favorite holiday treats.** Have them, but be very stingy with portion sizes. Denying yourself that piece of pumpkin pie will make you crave it all the more.
- **Check menu calorie counts and eat a healthy snack before heading out to holiday gatherings.** Boost willpower and make smart choices.

- **Bring a healthy dish to the party.** If you have diabetes, you'll be able to plan on one low-carb-friendly item.
- **Drink up! (Water, that is.)** It will help you stay hydrated and satisfy your appetite. Limit alcoholic beverages (try a "mocktail"). Choose lower-calorie hot apple cider over eggnog. Designate a driver if you do drink.
- **Get some down time and exercise.** Activities compete for our time during the holidays. Short on time to work out? Break up your normal 30 minutes of exercise into 10 minutes each. Get enough sleep so you stay rested and in the holiday spirit!

## It's About Transformations... Yours!



Almost 50 percent of the American population deals with at least one chronic health issue. Whether it's a condition like asthma or COPD; depression, diabetes or heart disease, having a chronic condition means you could be challenged *by* it and living *with* it for the long haul. Maintaining a healthy weight through good nutrition and exercise is important throughout your life, too, in order to stay strong and fit – not only for general good health, but to help you take on whatever life throws your way.

**Transformations** is a guide that offers education, plus fun, timely ideas, and support as you take more control of these challenges to live life well. If you have a success story to tell, we'd love to hear it. Questions? Our expert Health Coaches are here to help. Call us toll-free: **1-866-439-2041**.



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## Questions?

Call us toll-free at 1-866-439-2041.

Our Health Coaches are happy to talk with you about your health and healthcare options. Our coaches include registered dietitians, registered nurses, diabetes educators, exercise physiologists, respiratory therapists and other healthcare specialists. They have made it their life's work to help people like you. Talk with one today.

National Health Happenings  
and Resources Include:

### November

American Diabetes Month  
[www.diabetes.org](http://www.diabetes.org)

COPD Awareness Month  
Lung Cancer Awareness Month  
[www.lung.org](http://www.lung.org)

Diabetic Eye Disease Month  
[www.preventblindness.org](http://www.preventblindness.org)

## Find Your Balance (and Your Bliss)

Life is a balancing act (in a three-ring circus, it can sometimes seem!). The change of seasons means a flurry of new activities and schedules, plus holiday planning, entertaining, and shopping bearing down.

Well, take a breath. With a growing checklist comes a need for more balance. While easier said than done, balance helps you hit the pause button, recognize and reflect on what's most important, what you need (and what you want) — and find bliss amid the mayhem.

- **Learn to prioritize and say “no.”** You can't do it all; just recognizing this will take some of the pressure off.
- **Make time for you.** Walk away from the cell and computer, and leave work at work. *It'll keep.* Grab a book, find your corner, and sip something soothing.
- **Exercise regularly.** Do it for 30 minutes, five times a week to stay fit, lower cortisol (stress hormone) levels and release feel-good endorphins.
- **Laugh a Lot!** It's a fun stress-reducer, too.
- **Eat healthier.** Include more veggies, lean meats, fresh fruits, and whole grains into the mix.
- **Don't run on empty.** Re-charge (and boost your metabolism), with seven to eight hours of sleep per night.

Put your health at the top of your to-do list this season (and always)!

Sources include [www.mayoclinic.org](http://www.mayoclinic.org).