



# MyTru Advantage

Wellness Quarterly

Summer 2024



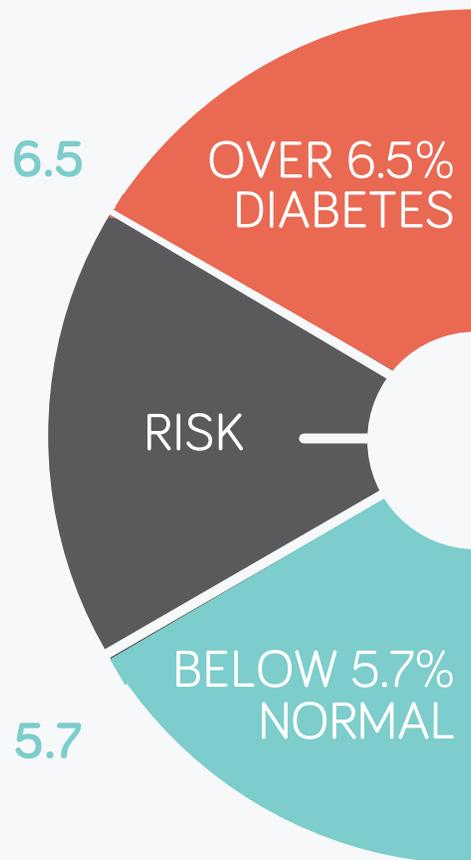


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# Type 2 Diabetes

## Has your primary care provider checked your blood glucose level or HbA1c lately?

- In 2018, 34.2 million Americans had diabetes. Of that 34.2 million people, 7.3 million were undiagnosed. (ADA, 2021)
- Early detection of diabetes is vital. Once diabetes is diagnosed, it can be treated!



### Diabetes can cause:

- heart disease
- kidney disease
- foot complications
- nerve damage
- eye complications
- skin complications
- other health problems
  - (ADA, 2021)

### What is prediabetes?

Prediabetes means you have a higher than normal blood sugar level. It's not high enough to be considered Type 2 diabetes yet, but without lifestyle changes, adults and children with prediabetes are more likely to develop Type 2 diabetes. (Mayo Clinic, 2021). Prediabetes is indicated by an A1c test result between 5.7 and 6.5. (ADA, 2021)

#### Sources:

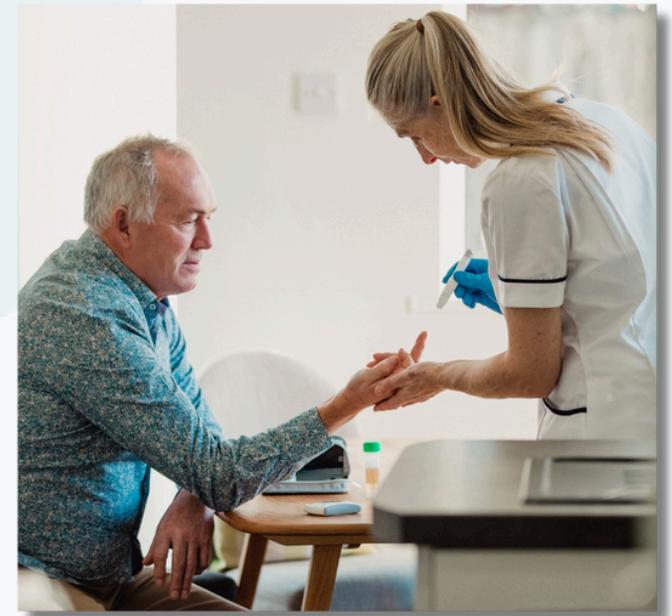
American Diabetes Association - <https://www.diabetes.org/resources/statistics/statistics-about-diabetes>  
Mayo Clinic - <https://www.mayoclinic.org/diseases-conditions/prediabetes/symptoms-causes/syc-20355278>  
HealthCentral - <https://www.healthcentral.com/condition/diabetes>  
ADCES - <https://www.diabeteseducator.org/living-with-diabetes/Tools-and-Resources>

## What can be done?

- A hemoglobin A1c test is an easy blood test that can identify diabetes or prediabetes. Most doctors recommend having this test yearly as a screening for diabetes or prediabetes. This test is included in your preventative health benefit.
- If you are diagnosed with diabetes, lifestyle changes such as checking your blood sugar, being more active, eating fewer carbohydrates and eating more lean protein help to lower glucose levels.
- There are several different medications to help control diabetes. Ask your doctor what the right course of action is for you.

## What are some symptoms of diabetes?

- You drink enough water but still feel thirsty.
- You're peeing more than usual.
- Your eyesight is blurry.
- You feel starved, even though you just ate.
- You're getting more infections, like UTIs.
- You're losing weight without trying.
- You're exhausted no matter how much you rest.



**However, you may experience no symptoms at all! It is important to get routinely tested by your doctor.**

# Diabetic Shoes

## Why do diabetics need special shoes?

People with diabetes have several issues due to high glucose levels. Two of those issues are neuropathy and poor circulation.

- Peripheral neuropathy is damage to the nerves in the feet and legs caused by high glucose levels in the blood. The tiny veins in the feet are swollen and may be blocked due to sugar buildup in the veins or arteries. This is a condition that can cause a person to not be able to feel an injury, blister, callous or burn to their foot. This could lead to infections if the person does not know the injury is there and does not address it, which can lead to serious complications such as systematic infections or even amputation.
- Poor circulation to the feet in a diabetic makes the blood vessels hard and narrow. This reduces the circulation in the lower legs and feet, which slows the healing of injuries and increases the risk of infection.



## What do diabetic shoes do for me?

- Diabetic shoes provide comfort by not being too loose, too tight, pinching or rubbing on areas of the feet causing blisters or calluses.
- They also provide protection by having a wider toe box to prevent injuries from the toes rubbing together and by protecting feet from things being kicked or dropped on them.
- Diabetic shoes also provide pressure distribution that spreads pressure evenly across the foot, which reduces the risk of injury to the foot. They usually have thicker soles and extra depth to provide this distribution of pressure.

## Are all diabetic shoes ugly?

- Many diabetic shoes today are made with fashion in mind. You, of course, probably will not find a pair of stilettos, but many companies are now trying to create styles that not only protect your feet but look fashionable or sporty as well.



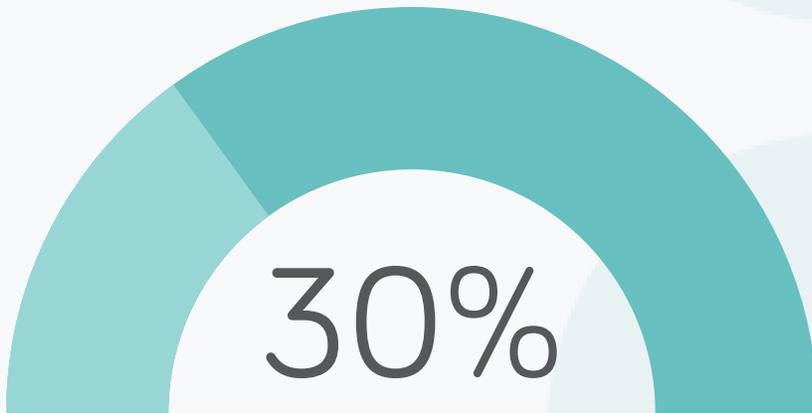
**Our member services representatives are available to answer questions you have about diabetic shoe benefits.**

### Sources:

The Bone & Joint Center - [www.bone-joint.com](http://www.bone-joint.com)

# Diabetic Eye Exam

Find eye diseases early by having yearly check ups.



- According to the American Diabetes Association, “Diabetic Retinopathy is the most common diabetic eye disease and the leading cause of blindness in American Adults.” It affects approximately 30% of people with diabetes.
- It is important for diabetics to have yearly eye exams that include an evaluation of the retinal vessels. This is to check for diabetic retinopathy, which is damage caused by the leaking of tiny vessels in the retina. In the early stages, retinopathy has no symptoms, but damage is being done. This damage leads to blind spots in vision. Annual eye exams can detect retinopathy before symptoms start. Early detection and treatment can prevent blindness. In the past, it was necessary to dilate the eyes to see these vessels. While that is still the most common type of retinal exam, there are other options, including retinal scans. Your eye doctor can guide you on what type of exam is best for you.

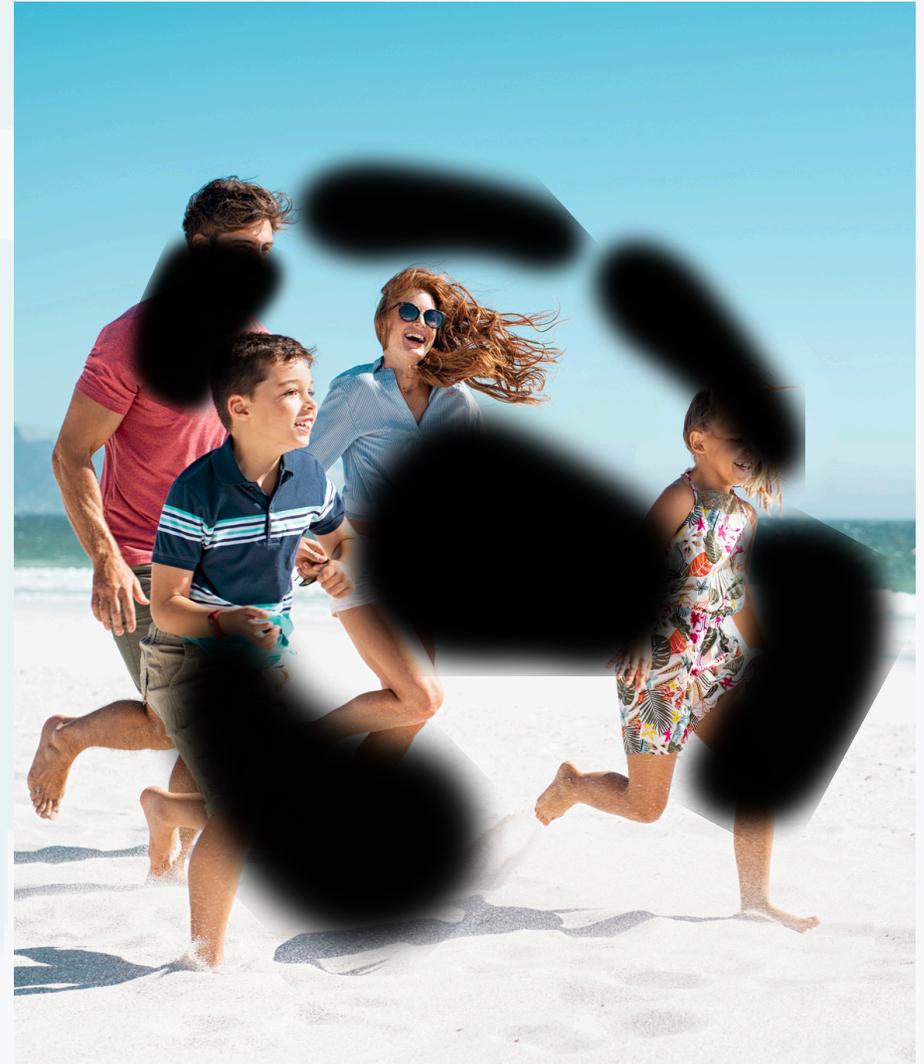
**Sources:**

Optos - <https://www.optos.com/blog/2023/november/Diabetic-Eye-Exams/>  
American Diabetes Association - <https://diabetes.org/sites/default/files/2023-10/FOD-HVM-0-10-17-23.pdf>  
RetinaRisk - <https://www.retinarisk.com/blog/how-to-prevent-diabetic-retinopathy/>

## What do you see?



**Normal** Vision



**Diabetic** Retinopathy

# Diabetes Care Guide

## Yearly Checklist

- Urine tests to evaluate kidney function
- Cholesterol screening
- Dilated eye exam by eye doctor
- Foot exam
- Flu vaccine

\*Values and Frequencies listed are generally accepted guidelines, but your provider may set different goals based on your condition & treatment plan.

## As Needed Checklist

- Pneumococcal vaccine as indicated for your age and health status
- Other preventative vaccinations such as Singles, COVID & necessary boosters
- Diabetes nutrition/selfcare training annually as needed. This is a covered benefit under your plan.\*

\*Contact member services for specifics and discuss the training with your provider if you feel this may be helpful to you.

### Sources:

[guidelinecentral.com/guideline/14119/#section-anchor-1226404](https://guidelinecentral.com/guideline/14119/#section-anchor-1226404)  
[diabetesjournals.org/clinical/article/40/1/10/139035/Standards-of-Medical-Care-in-Diabetes-2022](https://diabetesjournals.org/clinical/article/40/1/10/139035/Standards-of-Medical-Care-in-Diabetes-2022)  
[diabetesjournals.org/care/article/44/Supplement\\_1/S40/30474/4-Comprehensive-Medical-Evaluation-and-Assessment](https://diabetesjournals.org/care/article/44/Supplement_1/S40/30474/4-Comprehensive-Medical-Evaluation-and-Assessment)

## Fill in the blanks with your numbers and track your progress!

### A1C:

- Measured at least every 6 months
- **GOAL** = less than 8.0%

Fill in your measurements below:

1. \_\_\_\_\_

2. \_\_\_\_\_

### Blood Pressure:

- Every routine diabetes checkup
- **GOAL** = less than 120/80\*

Fill in your measurements below:

1. \_\_\_\_\_

2. \_\_\_\_\_

\*Your provider may prefer less than 140/90

**Keep in mind that MyTru Advantage also offers free diabetes coaching support. Feel free to contact us by email or phone:**

**Amanda Luse, BS, CMA, CWP**

Health Coach Diabetes Specialist | [Cares@mytruadvantage.com](mailto:Cares@mytruadvantage.com)

Local: (812) 348-4593 | Toll-Free: (866) 760-2228

# Mediterranean Diet

Studies have shown the Mediterranean diet can prevent heart disease and stroke. It is thought to do this by reducing the amount of cholesterol and by lowering blood pressure. The Mediterranean diet may also help stabilize blood sugar levels and decrease insulin resistance.

## What is included in a Mediterranean diet?

- Plenty of fruits, vegetables, and whole grains.
- Olive oil as the main source of fat.
- Low-fat or fat-free dairy, fish, poultry, non-tropical vegetable oil, and nuts in moderation.
- Avoid or limit sugars, processed foods, refined carbs, saturated fat, red meat, and processed meats.

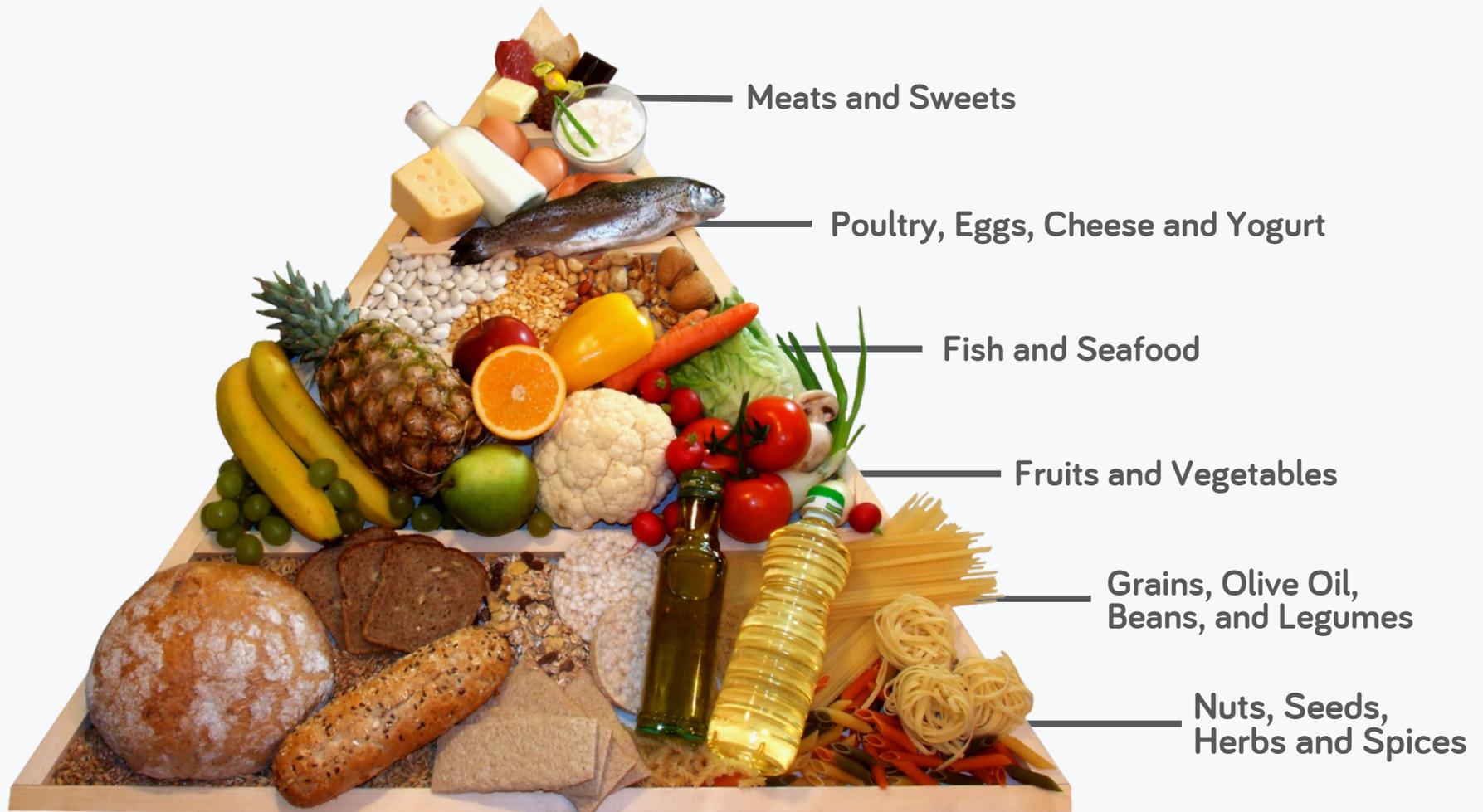


### Sources:

[healthline.com/nutrition/mediterranean-diet-meal-plan](https://www.healthline.com/nutrition/mediterranean-diet-meal-plan)  
[heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/mediterranean-diet](https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/mediterranean-diet)

## How to start a Mediterranean diet?

- When changing to this diet, you can do it slowly. Start by decreasing processed foods to 10-20% of your diet, and make the rest of your foods from the Mediterranean Food Pyramid below. Gradually increase healthy foods and decrease processed foods until you only have processed foods occasionally.



# Urinary Incontinence

**Urinary incontinence is a loss of bladder control. The two main types are:**

- Stress Incontinence: urine leaking caused by coughing, sneezing, jumping, or lifting heavy items. It is most common in women and is often caused by damage to pelvic muscles during childbirth, smoking, or being overweight.
- Urge Incontinence: the bladder suddenly empties without warning due to the brain, spinal cord, and bladder not working together. This may also cause an overactive bladder, where you feel like you must urinate frequently.
- It is possible to have both stress and urge incontinence together.

**Risk factors for developing urinary incontinence include:**

- Age: decreasing strength of your bladder and pelvic muscles.
- Being overweight: excess weight puts pressure on the bladder and pelvic muscles, weakening them.
- Smoking.
- Family history: having close family members who are incontinent, especially urge incontinence, increases your risk of having it.
- Certain diseases, specifically neurological diseases or diabetes, affect nerves that control urine flow.

## Incontinence can:

- Cause activities and social interactions to be restricted.
- Affect your quality of life.
- Increase the risk of falling when hurrying to the bathroom.
- Be a symptom of a more serious health problem.



If you are having urinary incontinence, do not be embarrassed to talk to your health care provider. There are multiple treatments available. Your provider can help determine which is best for you.

### Sources:

[mayoclinic.org/diseases-conditions/urinary-incontinence/symptoms-causes/syc-20352808#:~:text=Overview,to%20a%20toilet%20in%20time.](https://mayoclinic.org/diseases-conditions/urinary-incontinence/symptoms-causes/syc-20352808#:~:text=Overview,to%20a%20toilet%20in%20time.)  
[hopkinsmedicine.org/health/conditions-and-diseases/urinary-incontinence/solutions-for-a-leaky-bladder](https://hopkinsmedicine.org/health/conditions-and-diseases/urinary-incontinence/solutions-for-a-leaky-bladder)

# Contact Us

## Member Services:

Phone: 1-844-425-4280 (TTY: 711)

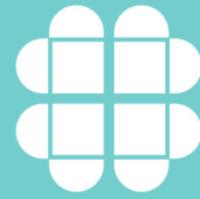
Email: [MemberServices@MyTruAdvantage.com](mailto:MemberServices@MyTruAdvantage.com)

- **October 1 – March 31: 7 days a week, 8:00am – 8:00pm, Local Time**

On Thanksgiving and Christmas Day, leave us a message and we'll return your call within 1 business day.

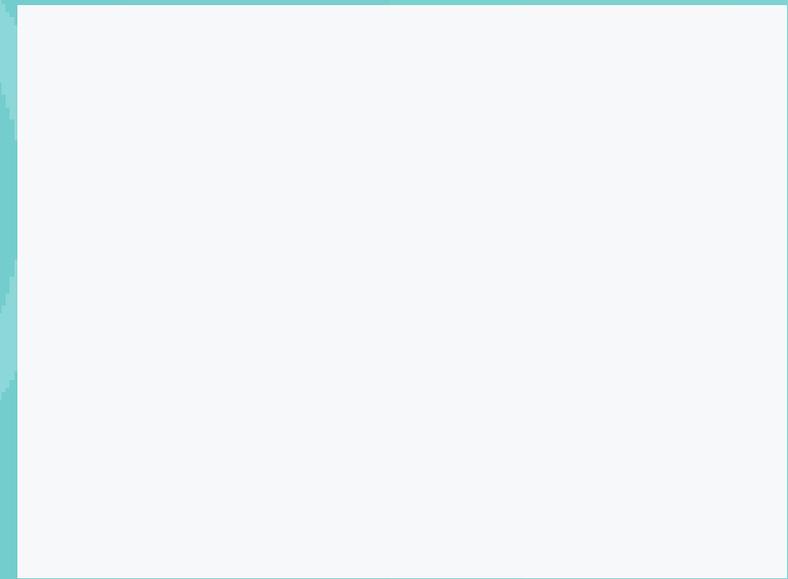
- **April 1 – September 30: Monday – Friday 8:00am – 8:00pm, Local Time**

On weekends and holidays, leave us a message and we'll return your call within 1 business day.



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