Welcome to the webinar!

Michigan Public School Employees Retirement System
Don’t sugarcoat it

A lesson in diabetes management and prevention

Presented by Katie Tymkew, Registered Dietician and Health Coach

Medicare Plus Blue™ is a PPO plan with a Medicare contract. Enrollment in Medicare Plus Blue depends on contract renewal.
Today’s topic: Diabetes

- What is diabetes?
- How can I reduce my risk?
- How can I manage diabetes?
Questions as we present?

Send questions to “Host and Presenter”
Defining diabetes

- **Pre-diabetes**
  - At risk for type 2 diabetes
  - Higher than healthy blood sugar levels

- **Type 2 diabetes**
  - Trouble using or producing insulin

- **Type 1 diabetes**
  - Loss of the ability to produce insulin

- **Gestational diabetes**
  - High blood sugar levels during pregnancy
Who’s at risk for diabetes?

Several factors contribute to increased risk:

▪ Overweight or obesity
▪ Family history
▪ Age
▪ Race and ethnicity
▪ History of gestational diabetes
▪ Born with low birth weight
Poll question

People with type 2 diabetes cannot eat foods with sugar in them.
Signs of diabetes

▪ The most common symptoms of diabetes:
  – Frequent urination
  – Feeling thirsty or hungry
  – Blurred vision
  – Shaky, weak
  – Sweaty
  – Tingling, pain or numbness in hands or feet

▪ Symptoms of diabetes often go unnoticed
Poll question

People with diabetes are at greater risk of which complications if their blood sugar is out of control?

A) Serious eye issues
B) Circulation problems
C) Gum disease
D) Heart attack or stroke
E) All of the above
Which complications can diabetes cause?

- Abnormal blood sugar levels
  - Hypoglycemia
  - Hyperglycemia
- Nerve damage
  - Numbness, tingling in hands and feet
  - Loss of sensation
- Vision problems
  - Glaucoma
  - Impaired sight, blindness
- Foot complications
  - Ulcers
  - Poor circulation
How is diabetes diagnosed?

Diabetes can be diagnosed through several types of blood tests. If you are at risk, your doctor will determine which one is right for you.

- **A1C** blood tests measure your average blood glucose for the past two to three months.

- **Fasting plasma glucose** tests measure your blood glucose levels after you haven’t had anything to eat or drink (except water) for at least 8 hours.

### A1C

<table>
<thead>
<tr>
<th>Result</th>
<th>A1C</th>
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</thead>
<tbody>
<tr>
<td>Normal</td>
<td>Less than 5.7%</td>
</tr>
<tr>
<td>Prediabetes</td>
<td>5.7% to 6.4%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>6.5% or higher</td>
</tr>
</tbody>
</table>

### FPG

<table>
<thead>
<tr>
<th>Result</th>
<th>FPG</th>
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</thead>
<tbody>
<tr>
<td>Normal</td>
<td>Less than 100 mg/dl</td>
</tr>
<tr>
<td>Prediabetes</td>
<td>100 mg/dl to 125 mg/dl</td>
</tr>
<tr>
<td>Diabetes</td>
<td>126 mg/dl or higher</td>
</tr>
</tbody>
</table>
How is diabetes diagnosed?

Diabetes can be diagnosed through several types of blood tests. If you are at risk, your doctor will determine which one is right for you.

- **Oral glucose tolerance tests** measure your blood glucose levels before you drink a special sweet drink and again two hours later.

- **Random glucose tests** measure your glucose levels at any time during the day when you have diabetes symptoms.

<table>
<thead>
<tr>
<th>Result</th>
<th>OGTT</th>
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<tbody>
<tr>
<td>Normal</td>
<td>Less than 140 mg/dl</td>
</tr>
<tr>
<td>Pre-diabetes</td>
<td>140 mg/dl to 199 mg/dl</td>
</tr>
<tr>
<td>Diabetes</td>
<td>200 mg/dl or higher</td>
</tr>
</tbody>
</table>

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<th>Result</th>
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<td>200 mg/dl or higher</td>
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</tbody>
</table>
Can I prevent diabetes?

The risk of diabetes can be reduced by:

▪ Maintaining a healthy weight
  – Research shows losing 7% of your body weight can reduce your risk of diabetes by 58%

▪ Regular exercise
  – Moderate exercise (such as a brisk walk) 30 minutes, five day per week

▪ Healthy food choices
How can I manage diabetes?

▪ There is no magic fix for diabetes

▪ Diabetes can be managed if you:
  – See your doctor regularly and ask questions
  – Take your medications
  – Eat healthy
  – Exercise with your doctor’s advice
  – Know your numbers and keep a log of your blood sugar levels and what you eat
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    - Understand your condition and treatment options
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  - Symptoms
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