

# Achieve

A Newsletter  
for AvMed  
Members

## ▶ YOUR HEALTHIEST LIFE WITH DIABETES

### Prevent diabetic eye disease the right way

**M**anaging diabetes can mean lots of trips to the doctor. One appointment you don't want to skip: an annual eye exam. High blood sugar can damage the tiny blood vessels in your retina, the back part of the eye. If caught early, it can be treated and even reversed. But the only way to catch it early is with regular eye exams.

#### The right kind of eye exam

You'll need a comprehensive checkup that includes a dilated eye exam. Your doctor will put drops in your eyes that widen your pupils. That way they can see the

blood vessels on the retina and check for damage.

#### The right kind of eye doctor

You'll want to see an optometrist or ophthalmologist. An ophthalmologist specializes in treating eye diseases. If your optometrist suspects a diabetes-related eye problem, they might refer you to an ophthalmologist.

#### The right timing

The American Diabetes Association recommends

#### Get these health checks regularly to prevent diabetes complications:

**A1c:** Assesses your average blood sugar over the past few months

**Urine protein:** Screens for early signs of kidney damage

**Dilated eye exam:** Screens for diabetic eye diseases

**Blood pressure:** Monitors risk of hypertension

a dilated eye exam at least once a year. Your care team may recommend getting one more often, depending on your A1c, age, existing eye problems, and other factors.

▶ YOUR HEALTHIEST LIFE WITH DIABETES

Ask the Diabetes Doctor



**Q** What's the best way to raise my child's blood sugar when it's low?

**A** Diabetes is a balancing act — you want your child's blood sugar to be not too high and not too low. Either one can be dangerous, but low blood sugar, or hypoglycemia, can be an emergency. Be alert if your child is:

- Cranky
- Pale
- Drowsy, shaky, or confused
- Sweating excessively
- Slurring their speech

Hypoglycemia can happen if your child doesn't eat at the right time, when they've been very active, or if they're ill. Whatever the cause, hypoglycemia can be scary. It's important

to act fast, says Kathleen Bethin, M.D. She's an endocrinologist and spokesperson for the American Academy of Pediatrics.

"Give your child a quick-acting sugar," she says. Her top pick is 4 ounces of juice or soda. "A juice box is your first line of defense. Make sure you have some with you wherever you go." Or try easy-to-carry glucose tablets. Keep them in your bag and car.

Be prepared with an emergency kit too, says Dr. Bethin. Talk to your doctor about having a supply of glucagon on hand. That's a prescription medicine that raises blood sugar fast. It's given by injection or by nasal spray.

"Or try glucose gel," she advises, "which you can rub on the inside of their cheek" if they lose consciousness. And if your child doesn't revive quickly, call 911.

**Case Manager Spotlight**

**Vicki Calvert** has been with AvMed for 4 years and has been a nurse for 31 years.



**What do you love about your job?**

"Being able to support people as they make lifestyle changes to promote health. I also enjoy getting to know them and sharing a laugh."



**Healthy Eating Made Simple**

Elizabeth Ferrer, R.D., AvMed's Registered Dietitian, shares her favorite tips for happier, healthier meals — without feeling deprived.

**How to stick with your healthy habits for good**

**T**he new year brings new motivation to make healthy changes. But resolutions are almost always easier said than done. Set yourself up for success by setting goals with these criteria in mind:

The more specific you are, the better you'll be able to measure your success.



**1. GET SPECIFIC**

You need to know exactly what to do. Losing weight is a common goal, but it's not specific enough. Ask yourself: What can I do daily to work toward weight loss?

**2. MAKE IT MEASURABLE**

Add numbers to your goal, such as: Eat at least 2 servings of vegetables every day; drink 3 sodas a week instead of 1 a day; do yoga 2 times each week.

**3. BE REALISTIC**

Come up with goals you feel you can actually accomplish. For example, cutting cream and sugar out of your coffee is not realistic if you hate black coffee (consider low-fat or sugar free alternatives). If your provider is helping you set goals, speak up if you think their suggestions will not work for you.

**4. SET A TIME FRAME**

Make a deadline and assess your progress at that time. If it's not going as planned, now is your chance to adjust. Think about why it's not working. Maybe you're struggling to eat more vegetables because you don't know enough ways to prepare them? Set a new goal to try a new vegetable recipe each week.

Finally, don't try to do everything all at once. Three goals is a good place to start. And not every goal has to be a change — you can set a goal to keep up a healthy habit you're already doing.

Remember: Celebrate your wins, learn from your losses, but never give up!

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## Recipe



## Foil-Pack Mediterranean Salmon

Serves 4 | Prep time: 10 minutes  
Cook time: 20 minutes

### Ingredients

1 pint cherry tomatoes	1 lemon, juiced
8 oz broccolini, ends trimmed	1 Tbsp olive oil
8 oz small red potatoes	1 Tbsp salt-free Mediterranean spice blend
1 (14-oz) can white beans, rinsed and drained	4 (5-oz) center-cut salmon fillets

### Nutrition facts (per serving):

Calories 590 | Fat 24g (Sat Fat 5g) | Chol 95mg | Sodium 481mg |  
Carbs 36g | Fiber 12g | Sugar 4g (inc. 0g Added Sugar) | Protein 42g  
| Vit D 20µg | Calcium 150mg | Iron 5mg | Potassium 1,600mg

### Directions

Preheat oven to 400°F. Tear 4 sheets of foil, about 12" x 15" each. Divide the veggies and beans evenly in the center of each foil sheet.

Mix together the oil, lemon juice and spice blend. Drizzle about ½ Tbsp over each veggie pile.

Set a piece of salmon on top of each, and drizzle with the remaining oil mix. Fold up the sides of the foil and crimp together, forming a pouch.

Place pouches on a baking sheet, and bake until fish and veggies are cooked through, 15 to 20 minutes.