

Achieve

A Newsletter
for AvMed
Members

▶ YOUR HEALTHIEST LIFE WITH DIABETES

How to protect your vision for life

When you have diabetes, you have a greater chance of developing diabetic eye disease, a group of serious conditions that can harm your vision. What's more, certain diabetes-related eye diseases don't always show symptoms early on, when they're most treatable. Here's how to be proactive about protecting your vision.

VISION PROTECTION TIP #1 Get regular eye exams.

The National Eye Institute says early detection and treatment of diabetic eye disease can lower the risk of blindness by 95%.

VISION PROTECTION TIP #2 Avoid smoking — or quit.

Smoking can put you at greater risk of developing diabetic retinopathy, glaucoma, and age-related macular degeneration. And people who smoke are two to three times more likely to develop cataracts than nonsmokers.

VISION PROTECTION TIP #3 Eat foods that benefit the eyes.

Vitamins and minerals such as A, C, E, zinc, and omega-3 fatty acids are sight-saving superstars. Find them in foods such as:

- Dark leafy greens (kale, spinach, collard greens)
- Sweet potatoes
- Beans
- Citrus fruits and berries
- Salmon and tuna
- Almonds

VISION PROTECTION TIP #4 Control blood pressure and cholesterol.

High blood pressure can damage blood vessels in the eye, and high LDL ("bad" cholesterol) has been linked to a greater risk of developing glaucoma. Regular exercise can help keep your blood pressure and cholesterol numbers in check.



Ask the pediatrician

Q How might diabetes affect my child's mental health (and how can I help)?

Anyone with a chronic condition is going to be more susceptible to mental health issues, and kids are no exception. One study found that teens with diabetes had 50% more mental health conditions, including depression and anxiety, compared to those without the disease.

Here's how you can help your child navigate these emotions, according to pediatric endocrinologist Kathleen Bethin, M.D., Ph.D.

- **Talk about their feelings.** Reassure your child that it's normal to feel sad, angry, or anxious about having diabetes. And when they feel that way, to come to you and share. Then listen



and support your child as best you can.

- **Find a support group.**

The American Diabetes Association (ADA) runs camps for kids so your child can connect with others facing the same challenges.

- **Have a school plan.**

The ADA also has resources to help parents navigate school, including

a 504 plan. This will help kids delay a test if they have low or high blood sugar. Or leave class a few minutes before lunch to test their blood sugar.

- **Encourage them to take a role in their care.**

They can ask questions during doctor visits, or learn what to eat to avoid low blood sugar. This can help them feel less helpless about their disease.

Case Manager Spotlight

Gracelynn Harris has been with AvMed for two years and a Registered Nurse for 20 years.

"My favorite thing about being a case manager is educating and empowering our members to achieve optimal health and wellbeing."

To reach us, please call 1-833-609-0735.





Healthy Eating Made Simple

We're sharing our favorite tips for happier, healthier meals — without feeling deprived.

How to decode a nutrition label

You don't need to spend precious minutes at the grocery store poring over labels. Once you know what to look for, you can scan the back of a packaged food item and decide whether it's healthy enough. Here's what to know.

If you eat more than 1 serving, double or triple the number of calories.

5% or less is low. 20% or more is high.

You want these numbers to be as low as possible.

Keep daily sodium intake below 2,300 mg. If the amount of sodium is greater than the total calories, it's too high.

There's no DV for protein. Aim for 50 g a day.

Nutrition Facts

Serving Size 1 cup (240g)
Serving Size per container 4

Amount Per Serving

Calories 280 Calories from Fat 120

% Daily Value*

Total Fat 9g **12** %

Saturated Fat 4.5g **23** %

Trans Fat 0g

Cholesterol 35mg **12** %

Sodium 850mg **37** %

Total Carbohydrate 46g **17** %

Dietary Fiber 7g **25** %

Sugars 12g

Protein 10g

Vitamin D 0mcg 5% ● Iron 6mg 35%

Calcium 260mg 20% ● Potassium 240mg 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | | Calories 2,000 | 2,500 |
|--------------------|-----------|----------------|---------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300mg | 375mg |
| Dietary Fiber | | 25g | 30g |

This is the typical amount most people eat. It's not a portion recommendation.

Not all fats are bad. Try to limit saturated and trans fats.

You want this to be under 5% if possible.

The higher the fiber, the better. Try to get at least 5 g or more per serving.

Aim for less than 50 g of added sugar a day.

These are good nutrients, so the higher the amount the better.

***Nutrients to eat less of: saturated fat, sugar, sodium**

Unencrypted email makes it easier to communicate with your case manager!

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Recipe



Chickpea pasta and veggies

Serves 6 | Prep time: 30 min

This is a delicious way to add fiber to your meal. And the leftovers are just as yummy served up as a cold pasta salad.

Ingredients

- 1 box (8 oz.) Banza chickpea penne pasta
- 2 tsp olive oil
- 2 bell peppers, chopped
- 1 small zucchini, chopped
- 3 garlic cloves, minced
- 2 medium tomatoes, chopped
- 1 cup frozen edamame

Instructions

- 1.** Cook pasta according to package directions. While it's cooking, warm the olive oil in a skillet over medium heat.
- 2.** Add the peppers and zucchini and cook until

tender, about 10 minutes.

- 3.** Add the garlic and cook until just fragrant, about 1 minute.
- 4.** Add the tomatoes and cook for 5 minutes.
- 5.** Transfer the skillet contents to a food processor or blender, puree until smooth and return to the skillet.
- 6.** Add the cooked and drained pasta to the skillet and toss to coat. Add the edamame and stir, until heated through, about 2 minutes. Season to taste.

Nutrition facts Calories 410 | Fat 19 g | Carbs 46 g | Fiber 12 g | Protein 20 g