



# DIABETES NEWS

A SPECIAL NEWSLETTER FOR MVP MEMBERS

ISSUE 1, 2016

## WHAT IS TYPE 2 DIABETES?

Type 2 diabetes happens when your body can't use insulin the right way or when the pancreas can't make enough insulin.

Insulin is a hormone that helps the body's cells use sugar (glucose) for energy. It also helps the body store extra sugar in muscle, fat, and liver cells. Without insulin, this sugar can't get into your cells to do its work. It stays in your blood instead. Your blood sugar level then gets too high.

High blood sugar can harm many parts of the body, such as the eyes, heart, blood vessels, nerves, and kidneys. It can also increase your risk for other health problems (complications).

[READ MORE INSIDE](#) ➔

Y0051\_2927 (02/2016)

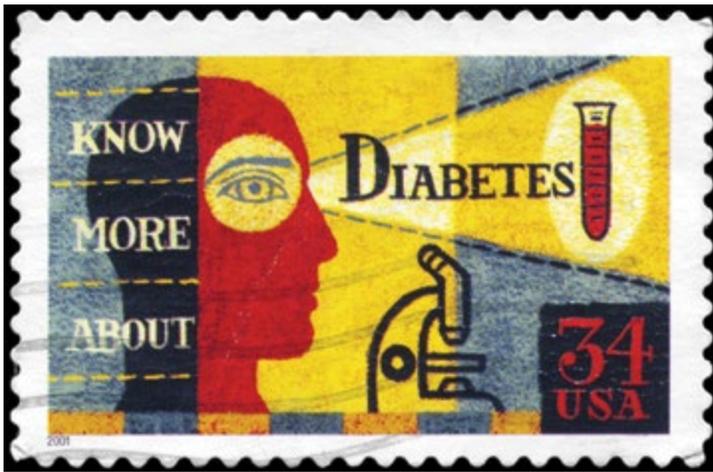
### INSIDE THIS ISSUE:

Know More About  
Type 2 Diabetes

Taking Care of Your Feet

Quick Tips for Being  
Prepared to Talk to  
Your Doctor

Online Health  
Encyclopedia



**Type 2 diabetes** is different from type 1 diabetes. In type 1 diabetes, the body's immune system destroys the cells that release insulin, so that over time the body can't produce insulin at all. In type 2 diabetes, the body still makes some insulin, but it can't use it the right way.

### What Causes Type 2 Diabetes?

You can get type 2 diabetes if:

- Your body doesn't respond as it should to insulin. This makes it hard for your cells to get sugar from the blood for energy. This is called insulin resistance.
- Your pancreas doesn't make enough insulin.

If you are overweight, get little or no exercise, or have type 2 diabetes in your family, you are more likely to have problems with the way insulin works in your body. Type 2 diabetes can be prevented or delayed with a healthy lifestyle, including staying at a healthy weight, making healthy food choices, and getting regular exercise.

### What Are the Symptoms?

Some people don't have symptoms, especially when diabetes is diagnosed early. This is because the blood sugar level may rise so slowly that a person may not know that anything is wrong.

The most common symptoms of **high blood sugar** include:

- Feeling very thirsty
- Urinating more often than usual
- Feeling very hungry
- Having blurred vision

You can get high blood sugar for many reasons, including not taking your diabetes medicines, eating more than usual (especially sweets), not exercising, or being sick or under a lot of stress.

If you're taking diabetes medicine, you can also have problems with **low blood sugar**. These symptoms include:

- Sweating
- Feeling weak
- Feeling shaky
- Feeling very hungry

### How is Type 2 Diabetes Diagnosed?

If your doctor thinks that you have type 2 diabetes, he or she will ask you questions about your medical history, do a physical exam, and order a blood test that measures the amount of sugar in your blood.

### How is it Treated?

The key to treating type 2 diabetes is to keep blood sugar levels controlled and in your target range.

### All of the following help to lower blood sugar:

- Making healthy food choices. Try to manage the amount of carbohydrate you eat by spreading it out over the day.
- Losing weight, if you are overweight
- Getting regular exercise
- Taking medicines, if you need them

### It's also important to:

- See your doctor. Regular checkups are important to monitor your health.
- Test your blood sugar levels. You have a better chance of keeping your blood sugar in your target range if you know what your levels are from day to day.
- Keep high blood pressure and high cholesterol under control. This can help you lower your risk of heart and large blood vessel disease.
- Quit smoking. This can help you reduce your risk of heart disease and stroke.

It seems like a lot to do—especially at first. You might start with one or two changes. Focus on checking your blood sugar regularly and being active more often. Work on other tasks as you can.

It can be hard to accept that you have diabetes. It's normal to feel sad or angry. You may even feel grief. Talking about your feelings can help. Your doctor or other health professionals can help you cope.

## TAKING CARE OF YOUR FEET

When you have diabetes, your feet need extra care and attention. Diabetes can damage the nerve endings and blood vessels in your feet, making you less likely to notice when your feet are injured. Diabetes can also interfere with your body's ability to fight infection. If you develop a minor foot injury, it could become an ulcer or develop into a serious infection. Ulcers can be found on the bottom of your feet, or on the top or bottom of your toes. With good foot care, you can prevent most of these problems.

Caring for your feet is easy. Most of the care can be done when you are bathing and getting ready for bed. Preventing injury to your feet is merely a matter of wearing properly fitted shoes and socks at all times.

### These steps can help keep your feet healthy:

- Examine your feet every day. And have your doctor examine your feet during every visit.
- Look at foot care as part of your daily routine. Soon it will become as automatic as brushing your teeth.
- Check your shoes for any loose objects or rough edges before you put them on.



- Don't use home remedies to treat foot problems. Home remedies can hurt your feet. Over-the-counter medicine designed to remove calluses could contain chemicals that could burn your skin. Also, trying to cut corns or calluses yourself could lead to infections.
- Get early treatment for any foot problem, even a minor one.

*©1995–2015 Healthwise, Incorporated. [www.healthwise.org](http://www.healthwise.org). Reprinted with permission for personal use only. Content shall not be further distributed. This information does not replace the advice of a doctor. Healthwise disclaims any warranty or liability for your use of this information.*

## QUICK TIPS FOR BEING PREPARED TO TALK TO YOUR DOCTOR

Patients who have good relationships with their doctors are more satisfied with their care and have better results. Here are some tips to help you and your doctor become better partners in improving your health care:

- Write down your questions before your visit. List the most important ones first to make sure they get asked and answered.
- Bring a "health history" list with you, and keep it up to date.

- Always bring any medications you are taking, including over-the-counter, or a list of those medications (include when and how often you take them) and what strength.
- You might want to bring someone along to help you ask questions and remember the answers.
- Find more information and printable forms at [www.mvphealthcare.com](http://www.mvphealthcare.com).

*Source: Agency for Healthcare Research and Quality (AHRQ)*

MVP Health Care offers a condition health management program for members living with diabetes. For more information or to see if you qualify, call **1-866-942-7966**. MVP's program is based on guidelines for adult diabetes care developed by the American Diabetes Association: A Collaborative Guideline for the Management of the Adult Patient with Diabetes.

Information in this newsletter does not constitute medical advice. If you have questions about your health, talk to your doctor.

Health benefit plans are issued or administered by MVP Health Plan, Inc.; MVP Health Insurance Company; MVP Health Insurance Company of New Hampshire, Inc.; MVP Select Care, Inc.; and MVP Health Services Corp., operating subsidiaries of MVP Health Care, Inc. Not all plans available in all states and counties.

## Contact Us

For more information, call **1-866-942-7966**  
Monday–Friday, 8:30 am–5:00 pm.

TTY: **1-800-662-1220**

## WE VALUE YOUR OPINION

Please fill out a brief, anonymous survey at [www.mvplistsens.com](http://www.mvplistsens.com). We will use this information to create a better experience for all of our members. All responses are 100 percent confidential. The survey only takes a few minutes to complete.



MVP Health Care has online resources to help you take charge of your health, available 24 hours a day at [www.mvphealthcare.com](http://www.mvphealthcare.com)!

**Make informed decisions about your health by using the Healthwise® Knowledgebase—our online Health Encyclopedia.**

Want to know more about a medical procedure? Need more information to make an educated health decision? Curious about the medications you take every day? Visit [www.mvphealthcare.com](http://www.mvphealthcare.com) and select *Members*,

then *Live Healthy*, and then *Health Encyclopedia A to Z*—your one-stop resource for the latest health information. You will find guides to help you make simple decisions about whether to call a doctor and what self-care is best, as well as bigger decisions about medications, tests, and surgeries. You can research health questions that are important to you and your family on any of more than 6,000 health topics and find reliable, objective answers in our Health Encyclopedia.

**Calculate the risks and benefits of your health habits with our Health Tools and Calculators.**

If you think you are ready to make a change in your health habits, or are looking for resources to explore healthy ideas that may be right for you, select any of our interactive health tools and calculators for quick, personalized results. Are you ready to quit smoking? Want to learn tips for managing stress? Curious about how many calories you burn during your workout? For answers to these questions and more, visit [www.mvphealthcare.com](http://www.mvphealthcare.com) and select *Members*, then *Live Healthy*, and then *Health Tools & Calculators*.



PRRST STD  
US Postage  
**PAID**  
MVP Health Care

625 State Street, PO Box 2207  
Schenectady, NY 12301-2207  
[mvphealthcare.com](http://mvphealthcare.com)

