

# Achieve

A Newsletter  
for AvMed  
Members

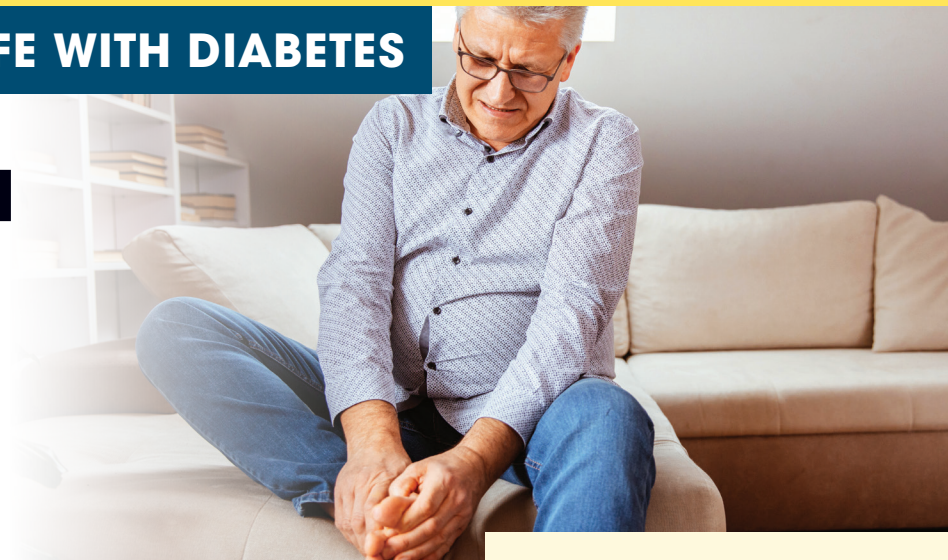
## ▶ YOUR HEALTHIEST LIFE WITH DIABETES

### Diabetes and your feet

**Y**ou might know that diabetes can lead to complications

like heart disease, eye problems, and kidney disease. Another area of concern? Your feet.

Over time, high blood sugar can cause nerve damage, often in your feet and legs. This nerve damage can lead to numbness, which means you might not feel pain from things like cuts, sores, or blisters. Diabetes can also decrease blood flow to your feet, making it harder for wounds to heal. That means that even a small wound, if unnoticed, can get infected and lead to a much more serious problem.



That's why foot care is an important part of your diabetes management routine. It's a good idea to check your feet every day for cuts, blisters, ingrown toenails, and other sores. Other tips to keep your feet healthy include:

- Wash your feet daily with soap and warm water.
- Always wear shoes and socks.
- Trim your toenails regularly.
- Smooth away corns and calluses gently.
- Don't wear tight socks that constrict blood flow.
- Wiggle your toes and ankles throughout the day to promote blood flow in your legs.

#### 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

Call your doctor if you notice any problems with your feet, such as a wound that won't heal or a spot that is red, warm, or painful. And ask your care team to do a thorough exam of your feet at each visit.

## Ask the Diabetes Doctor

**Q** How can I partner with my child's school to help manage his/her diabetes?

**A** The first step is to get to know your child's school nurse. "School nurses are fantastic. It helps to be on friendly terms and keep the lines of communication open," says Kathleen Bethin, M.D. She's a pediatric endocrinologist and spokesperson for the American Academy of Pediatrics. Here's what else you can do to prepare your child for a safe and healthy school year.

**Share your child's medical management plan.** It details everything from medications and supplies to optimal times for meals and snacks. Check in with the doctor to update it yearly, or whenever your child's treatment plan changes.

**File a 504 plan.** All public schools are required to provide for kids with diabetes. "The 504 plan is the only way to make sure your child gets the services that help them stay healthy and safe," says Dr. Bethin. It covers all your child's needs, like allowing staff members to administer medications.

**Teach the teachers.** Show your child's teacher and other staff how

to recognize high or low blood sugar and administer insulin or glucagon. Plus, tell them where to find your child's emergency supplies.

**Be prepared.** Provide supplies for the school nurse, including insulin, a blood glucose meter, and glucagon. Pack an emergency supply kit for your child and keep it stocked. And don't forget to add some extra snacks.

### Case Manager Spotlight

**Donna Lynn** has been with AvMed for almost two years and a Registered Nurse for 22 years.

"My favorite thing about being a case manager is meeting our members where they are in life and being a part of their journey of managing their condition and achieving their health goals."





## Healthy Eating Made Simple

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

### What to snack on?

Fiber and protein are the keys to a satisfying snack. These nutrients help keep you full. And, when paired with carbs — like fruit or crackers — they lessen the impact on blood sugar.

Look for packaged snacks that are lower in salt and added sugar. Trail mix, peanut butter crackers, or a granola bar are healthier options with protein and fiber.

Or try one of these simple, DIY snacks:

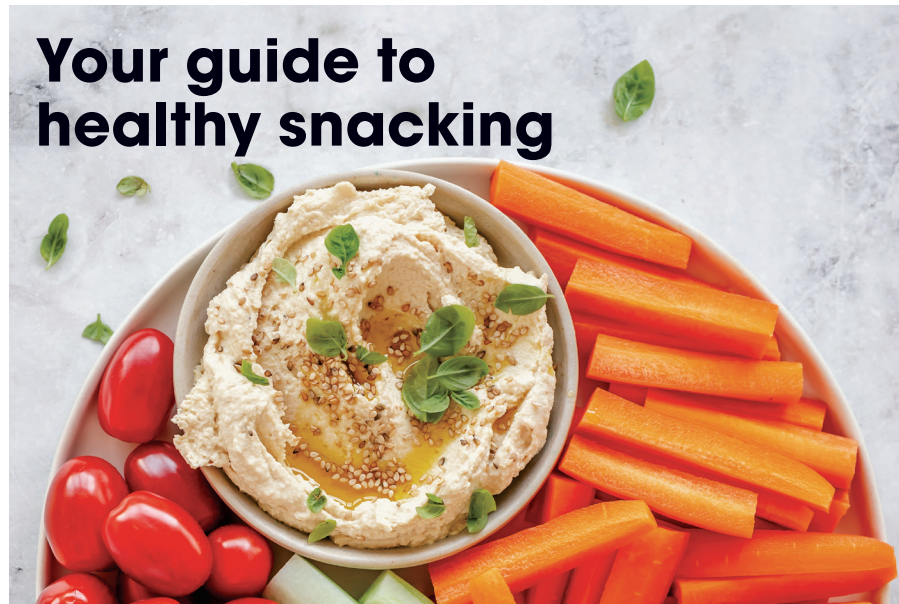
**½ cup cottage cheese  
+ ½ cup sliced peaches  
(120 calories)**

**¼ cup hummus  
+ ½ cup baby carrots  
(125 calories)**

**1 tbsp nut butter  
+ 1 apple (200 calories)**

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

To opt in, scan the QR code with your phone. Log in or register to the member portal and select "Set My Preferences."



## Your guide to healthy snacking

**Y**ou know you need three square meals a day — but what about snacks? The truth is snacks are not a mandatory part of a healthy diet.

In fact, if you're trying to lose weight, cutting out snacks can be a good place to start. But if you tend to get a bit hungry between meals, add a small snack (100 to 200 calories) so you're not starving (and prone to overeating) when your next meal comes around.

If you're trying to gain weight or are struggling to eat enough calories (for example, if you have COPD), adding high-calorie snacks (300 to 500 calories) like nuts, avocado, and Greek yogurt can help you meet your goals.

Snacks can also help if you have diabetes. Blood sugar-lowering medicines can cause hypoglycemia if you go too long without eating. Small snacks can help keep your blood sugar in range.

## Recipe



# Chocolate Peanut Butter “Nice Cream”

Serves 2 | Prep time: 5 minutes

Frozen bananas blend into an ice cream-like treat with no added sugar or dairy.

### Ingredients

2 ripe bananas, frozen  
2 tbsp no-salt-added peanut butter  
1 tbsp unsweetened cocoa powder

### Nutrition Info

Calories 171 | Fat 9g (Sat Fat 2g) | Cholesterol 0mg | Sodium 5mg  
| Carbs 19g | Fiber 3g | Sugar 12g (inc. 0g Added Sugar) | Protein  
5g | Vit D 0µg | Calcium 15mg | Iron 1mg | Potassium 340mg

### Directions

Break the frozen banana into small pieces. Add to a food processor or blender with the peanut butter and cocoa powder. Blend until smooth. Serve immediately or freeze for later.

### TIP:

Got bananas that are past their prime? Bananas get sweeter and softer as they ripen, so those brown, overripe bananas are perfect for this recipe. Peel them and break them into small pieces, then stash them in the freezer for later.