

# Achieve

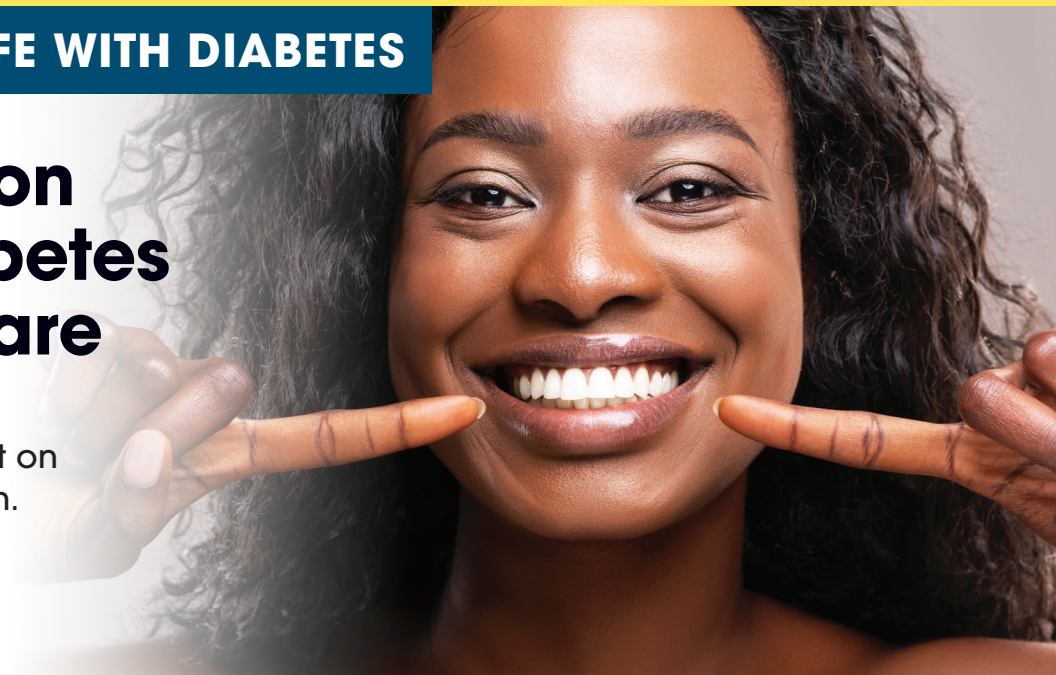
A Newsletter  
for AvMed  
Members

## ▶ YOUR HEALTHIEST LIFE WITH DIABETES

### The connection between diabetes and dental care

AvMed Medical Director  
Joby Kolsun shares his insight on  
the importance of oral health.

**By Joby Kolsun, D.O.**



**O**ral care is often overlooked as a part of chronic disease management. But your dentist is an important part of your care team.

Diabetes can have a big impact on your oral health. It can cause the following problems in your mouth:

- Dry mouth, which makes it easier for cavities to form.
- Cold sores or cuts may take longer to heal.

- High blood sugar fuels bacteria and can cause inflammation.

For every 1% increase in a person's A1c level, their odds of having advanced gum disease increase by 18%. And people who have diabetes and gum disease have worse health outcomes than those who do not have gum disease.

If you have one or more chronic conditions, dentist visits are even more important. Regular

cleanings will help keep your teeth and gums healthy. And your dentist can check for early signs of gum disease or other problems that could make your condition worse.

### Oral health checklist

- Brush your teeth twice a day for two minutes.
- Floss every day.
- Visit the dentist twice a year for a cleaning and exam.
- Cut back on sugary foods and drinks.

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### Ask the Diabetes Doctor



## Is a continuous glucose monitor (CGM) a good option for young children?

**A** “Yes!” says Kathleen

Bethin, M.D., a pediatric endocrinologist and spokesperson for the American Academy of Pediatrics. “If you could only choose one piece of technology, go with the monitor. More than 90% of my patients are on CGMs.” Knowing your glucose numbers is critical to managing diabetes. A CGM makes it automatic and continuous.

CGMs include a fine catheter — the width of a single strand of hair — attached to a sensor placed on your child’s skin, usually on the tummy or arm. It collects glucose



levels continuously and sends them wirelessly to a special handheld device, or to a smartphone or computer. It allows you and your child to see real-time glucose levels and understand how things such as food, activity, illness, and stress impact them. Plus, most devices send an alarm when levels rise or fall rapidly, so it’s easier to respond to changes right away.

**Best of all:** A 2021 study showed that using CGMs can substantially improve blood sugar levels compared to the usual finger-prick method. And they’re a good option for kids who play sports, says Dr. Bethin. “You can place the sensor where it’s not likely to get knocked off. And you can add some tape to make it stick better even when your child is sweating.”

### We’re here for you

Your Case Manager can connect you to the resources you need. Just call **1-833-609-0735**.



## Healthy Eating Made Simple

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

## Stay on track this holiday season

**T**he holidays are all about enjoying friends, family ... and delicious food! But if you’re managing a health condition or have dietary restrictions, the buffet table may feel more like a minefield. Still, you can indulge in seasonal favorites without sacrificing your health. Here are a few tips.

### Avoid mindless grazing

People tend to gather around the food at parties. But when you’re chatting, you may not even realize how much you’re eating. Cut down on mindless eating by moving conversations away from the snacks.

### Be smart about sweets

Sweets aren’t off the table,

but be mindful of how much you have. If there are several things you want to try, have just one or two bites of a few



different things (maybe find a friend to split portions with). Or, if you have your eye on something special, have a whole portion of just that.

### Bring your own dish

If you have specific dietary restrictions, bring your own dish that meets your

needs. The host and the rest of the party will appreciate an extra dish, and you know there will be at least one thing there that you can eat without worry. (Looking for ideas? Try the recipe on the next page. It’s a lighter version of a sweet potato casserole.)

### Go easy on the drinks

Alcoholic (or non-alcoholic) drinks can be loaded with calories and sugar, on top of all the other treats

you’re enjoying. Choose low-calorie options like light beer or wine or use sugar-free mixers like seltzer or diet soda. And stick to just one or two drinks.

### Don’t come hungry

It’s tempting to “save your calories” by skipping meals or eating light before going to a party. But if you’re overly hungry when you get to the party, you’re more likely to overeat. And it will be harder to resist cravings for salt, sugar, and fat.



## Recipe



### Roasted Sweet Potato with cinnamon almond butter sauce

Serves: 4 | Prep time: 10 minutes  
Cook time: 30 minutes

#### Ingredients

2 large sweet potatoes, cut into small cubes  
2 Tbsp. extra virgin olive oil  
½ tsp. garlic powder  
¼ tsp. salt  
2 Tbsp. natural creamy almond butter  
1 Tbsp. warm water  
1 tsp. cinnamon powder

#### Nutrition facts (per serving):

Calories: 190 calories | Fat: 11 g (saturated fat: 1 g) |  
Cholesterol: 0 mg | Sodium: 180 mg | Carbs: 20 g | Fiber: 4 g |  
Sugar: 6 g (added sugar: 0 g) | Protein: 4 g

#### Directions

Preheat oven to 425° F.  
Line a baking sheet with parchment paper. Add the sweet potatoes and toss with olive oil, garlic powder, and salt. Bake for 15 minutes, stir, and return to the oven for 15 minutes.

While the potatoes are roasting, make the sauce: Add the almond butter and water to a small bowl and microwave for 10-15 seconds. Mix in the cinnamon powder. If needed, add more warm water a teaspoon at a time until it's thin enough to drizzle. Drizzle sauce over roasted sweet potatoes and serve.