

Achieve

A Newsletter
for AvMed
Members

▶ YOUR HEALTHIEST LIFE WITH DIABETES

These diabetes medications can treat heart disease, too

Discover the surprising heart health benefits of some diabetes drugs.

Managing diabetes often means taking multiple medications, but did you know that some of these drugs can also help protect your heart? Here's what you need to know.

SGLT2 inhibitors

These medicines help lower blood sugar by preventing the kidneys from reabsorbing glucose, allowing excess sugar to leave the body through urine. Beyond blood sugar control, these medications have been shown to reduce the risk of heart failure and kidney disease in people with diabetes.

GLP-1 receptor agonists

These medicines mimic a hormone that helps regulate blood sugar levels after eating. They also slow digestion, promote feelings of fullness, and support weight loss—an important factor for heart health. Additionally, research shows they may help lower the risk of heart attack and stroke in people with diabetes.

A dual approach to better health

Because diabetes and heart disease are closely linked, taking

medications that address both conditions can be a game-changer. By improving blood sugar control and reducing cardiovascular risks, these drugs provide a powerful tool for managing your overall health.

If you have diabetes and heart disease, talk to your doctor to see if an SGLT2 inhibitor or a GLP-1 receptor agonist could be right for you. With the right treatment plan, you can take steps to protect both your heart and your long-term well-being.



Ask the pediatrician

Q What are your favorite tricks for teaching kids about carb counting?

With the right approach, learning about carbs can be engaging and age appropriate.

A One of the simplest ways to introduce kids to carb counting is through hands-on activities. Flashcards and visuals can make learning fun. Measuring and weighing food at home also helps children understand portion sizes, making it easier for them to estimate carbs in different meals.

For families who prefer tech-based tools, apps like

MyFitnessPal, Carbs4Kids, and Carb Counting with Lenny are great and easy-to-use options for kids.

The right time to start teaching carb awareness varies by child, but generally, ages 6 and up is a good range to begin introducing the concept. By ages 8 to 10, most children have developed the math skills needed to start carb counting more effectively.

Explaining carbohydrates in simple terms helps kids

grasp their importance. Carbs act as fuel for the body, providing energy for growth and daily activities. The classic “lock and key” analogy — where insulin acts as the key that unlocks the body’s cells to use glucose — is an effective way to illustrate the process.

With a little prep, parents can empower their children to develop a lifelong understanding of healthy eating and carb management.



To reach a Case Manager

Simply call 1-833-609-0735 or email DM@AvMed.org or scan the QR code provided.



Healthy Eating Made Simple

Your inflammation-fighting shopping list

Here's what to add to your plate to help reduce inflammation and support better health.

Chronic inflammation has been linked to serious health conditions like heart disease, diabetes, and arthritis. Eating these foods can help reduce inflammation and support overall well-being.



Fatty fish. Salmon, tuna, and mackerel are rich in omega-3 fatty acids, which may help reduce inflammation.



Berries. Blueberries, strawberries, and blackberries are packed with antioxidants that combat inflammation.



Leafy greens. Spinach, kale, and Swiss chard are high in vitamins and

polyphenols, which support immune health and reduce inflammation.



Nuts. Almonds and walnuts contain healthy fats and antioxidants that may help lower inflammatory markers.



Olive oil. A staple of the Mediterranean diet, extra virgin olive oil is loaded with anti-inflammatory compounds.



Tomatoes. Rich in lycopene and vitamin C, tomatoes help fight inflammation and protect against chronic diseases.



Turmeric. This bright yellow spice contains

curcumin, a powerful anti-inflammatory compound that may help relieve joint pain.

Whole grains.



Brown rice, quinoa, and whole wheat contain fiber that supports gut health and may lower inflammation.

Green tea.



Loaded with antioxidants called catechins, green tea has been shown to reduce inflammation and support heart health.

Pair these additions to your eating plan with a balanced lifestyle that includes regular exercise, stress management, and adequate sleep for the best results.

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Recipe



Springtime Chopped Salad

Serves 4 | Prep time: 5 min
Cook Time: 10-12 min

Ingredients

2 fennel bulbs, sliced into
¼" pieces
1 teaspoon light olive oil
4-5 cups mixed greens

1 cup alfalfa sprouts
¼ cup raw almonds,
chopped
¾ small white onion, cut into
rings
1-ounce goat cheese
crumbles

Dressing:

2 ½ teaspoons light olive oil
1 tablespoon water
1 tablespoon apple cider
vinegar
¼ small white onion, grated
finely
1 teaspoon poppyseeds
½ teaspoon Dijon mustard
1 teaspoon honey

Directions

1. Heat olive oil in a non-stick skillet on medium-high and stir in fennel. Cook for 10-12 minutes until lightly browned, flipping halfway through. Set aside to cool.
2. Toss fennel and salad ingredients in a large bowl, minus goat cheese.
3. Chop salad to desired texture. Whisk dressing ingredients in a separate bowl. Toss with salad.
4. Arrange in bowls and top with goat cheese and crusty wholegrain bread.

Nutrition facts Calories 154.2 | Fat 9.7 g | Saturated fat 2.3 g
Polyunsaturated fat 1.6 g | Monounsaturated fat 5.3 g | Cholesterol 5.6 mg
Sodium 131.1 mg | Fiber 5.5 g | Protein 5.4 g