

Achieve

A Newsletter
for AvMed
Members

▶ YOUR HEALTHIEST LIFE WITH DIABETES

How these diabetes screenings help you stay healthy from head to toe

Diabetes affects more than blood sugar. These easy tests can help detect problems early.

Diabetes is a full-body condition. That means regular screenings are key to avoiding complications — not just with blood sugar, but with your eyes, heart, kidneys, and more.

To better manage your condition, here are some important tests to keep up with.

A1C test: This test measures average blood sugar over the past few months. It helps your care team spot trends so they can adjust your treatment plan.

Kidney function tests:

Blood and urine tests can catch early signs of kidney damage, which is common in people with long-term high blood sugar.

Eye exams: A dilated retinal exam checks for signs of diabetic eye disease, which can lead to vision loss if not treated early. What's more, it often has no symptoms until the disease has already progressed.

Blood pressure and cholesterol checks:

These screenings can reveal your risk of heart disease and stroke.

Dental cleanings: Gum

disease is more common in people with diabetes and can affect blood sugar levels.

Foot exams: Diabetes can affect circulation and nerve function in your feet. Regular exams help prevent infections and ulcers.

Depression screenings:

Diabetes can increase your risk of depression, which can make it harder to manage your condition.

Each test plays a role in protecting your overall health. Talk with your Provider about what you need and how often to get checked.



Ask the pediatrician

Q My child is getting teased about their CGM/pump. How can I help boost their confidence?

A If your child wears a CGM (continuous glucose monitor) or insulin pump, they may face questions or even teasing from other kids. Here's how to help them feel more confident:

Let them choose how much to share

Some kids are fine with their devices showing. Others prefer to wear them under clothes. Help your child pick the option that feels most comfortable to them.

Practice simple answers

You can help your child come up with responses they can use when asked about their device:

- "It helps me stay healthy."
- "It's kind of like eyeglasses — I need it every day."
- Or something fun, like "I'm part cyborg!"

Connect them with others

Talking to other folks with diabetes can help your child feel less alone

and give them ideas for handling tough moments.

Involve the school

Ask teachers if you can give a short presentation or send home a flyer to classmates. Even a brief "Diabetes 101" lesson can reduce stigma.

Let them move at their own pace

Your child doesn't have to explain their condition to everyone. But when they're ready, helping educate others can build pride and confidence.



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

THE FIBER FIX:

Why most people don't get enough and how to sneak more in

Fiber helps support heart, gut, and blood sugar health. These easy tips can help you close the gap without overhauling your whole diet.



Most people think of fiber as just a digestion aid, but it does much more behind the scenes to keep your body running smoothly. Fiber supports heart health, stabilizes blood sugar, and promotes a healthy gut by:

- **Lowering LDL (“bad”) cholesterol.**
- **Slowing digestion,** helping prevent blood sugar spikes.
- **Supporting regular bowel movements** and a healthy microbiome.

Still, most adults get less than half the recommended amount each day. According to Mayo Clinic,

- **Women need at least 21 to 25 grams per day**
- **Men need at least 30 to 38 grams per day**

Try these easy tips to sneak more fiber into your diet:

- **Add a veggie:** Toss spinach into scrambled eggs or top tacos with shredded cabbage.

- **Swap your carbs:** Choose whole-grain bread or brown rice over white versions.
- **Snack smart:** Try nuts, seeds, popcorn, or fruit with skin (like apples or pears).
- **Start slow and hydrate:** Increasing fiber too quickly can cause bloating — go gradual and drink plenty of water.

Even small changes can go a long way toward supporting your overall well-being.

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