

# Diabetes Awareness Month



## YOUR CARE TEAM

You may work with many different kinds of healthcare providers who are part of your diabetes care team.



### Primary Care Provider

Gives you routine medical care, including physical exams, lab tests and prescriptions.



### Endocrinologist

Specializes in diabetes and other diseases of the endocrine system.



### Pharmacist

Knows about medicines, what's in them, and how they interact.



### Registered Dietitian

Guides you to use what you eat and drink as tools for managing your blood glucose.



### Fitness Professional

Helps you find exercises that are safe for you, and ensure you get the most out of exercise.



### Mental Health Professional

Helps you deal with everyday challenges as well as emotional issues.

## MENTAL HEALTH

It's important to stay in touch with your emotions as you manage your diabetes. Take time to inventory your feelings and talk honestly and openly about how you feel. Better yet, find a mental healthcare provider to guide you through your emotions. With diabetes, feeling physically good is half the battle. Feeling mentally good is the other half.



## TECHNOLOGY

Diabetes technology has come a long way. Here are some tips on how to choose the right technology for you:

- Some meters are made for simpler operation, with larger buttons, illuminated screens, and audio capabilities.
- Meters have different prices and some insurers only cover specific models.
- Consider if it's important that you can download your results to a computer or mobile device to email it to your doctor.



## TYPES OF MONITORS



### Continuous Glucose Monitor (CGM)

If you have type 1 or type 2 and just want better glucose control, CGM may be right for you. It's a way to check glucose readings in real-time or monitor readings over time.



### Insulin Pumps

Pumps are programmed to release small doses of insulin continuously or as a surge dose close to meal time to control a rise in blood sugar. They work by closely mimicking your body's normal release of insulin.



877.834.4596

<https://wellnesstherightway.hmchealthworkscs.com/>

**HMC HealthWorks**  
Helping you make smarter health decisions

# SUCCESS STORY

## MEMBER

77 Year Old Male

## GOALS

To better manage diabetes and monitor blood pressure on a regular basis.

## SUCCESS

Member was reluctant to see his doctor for a diabetic A1c recheck, because he says he takes his medications and did not want to take any more, nor did he want to see his doctor when he didn't feel he needed to. But after working with his HMC HealthWorks Nurse Health Advocate over the phone, he began to ask questions and became more proactive in changing his diet and health.

## OUTCOMES

Member is monitoring his blood sugar levels and shares his values with his HMC Nurse Health Advocate. He is making a correlation between what he eats and his numbers. Through his conversations with his HMC nurse, member gained a great deal of knowledge, has changed his diet and is now monitoring both his blood sugar and blood pressure on a regular basis.

## IN HIS OWN WORDS

"I was eating 2-3 white potatoes at times because I thought they were high in potassium, but I did not realize it would affect my blood sugar."

**WANT TO SHARE YOUR HMC HEALTHWORKS SUCCESS STORY? EMAIL US [HERE](#).**



## ONE SKILLET APPLE CIDER CHICKEN

### Ingredients

- 4 thighs (bone in and skin on)
- 1-1/2 tbsp. of olive oil
- 3/4 cup of apple cider
- 2 apples
- 2 tsp. Fresh thyme or 1/2 tsp. of dried
- 1 medium sweet onion, cut into half inch pieces
- 1 tsp. of garlic powder
- 1 medium sweet potato, peeled and cut into chunks
- 1 tbsp. of Dijon mustard
- 1 tsp. of cornstarch mixed with 4 tbsp of water

### Directions

1. In a large skillet, heat the oil over medium high heat. Add in the chicken thighs and brown for 5-7 minutes per side depending on the size of your chicken. Remove from skillet and place on a plate covered with foil. The chicken will cook a bit more while it rests.
2. Turn the heat down to medium and add in the sweet potato chunks. Cook for 3 minutes.
3. Stir in the apples and cook for an additional 3 minutes.
4. Add in onion thyme, and garlic powder. Stir to combine and cook for an additional few minutes.
5. Mix in the apple cider and mustard making sure to mix it well and cover everything in the pan with the cider. Making little wells in the skillet, add the chicken back in, cover, and cook for an additional few minutes.
6. Remove chicken and add in the cornstarch slurry. Mix thoroughly and let sit for a couple minutes to thicken the sauce.
7. Divide into 4 servings, topping the chicken and veggies with the sauce.



## ARE DEPRESSION & DIABETES RELATED?

### *Diabetes Awareness Month*

Researchers estimate that people with diabetes are three to four times more likely to have depression than the average person. The good news is that diabetes and depression can be treated together. Effectively managing one can have a positive effect on the other! **Take charge of your diabetes and mental health by calling HMC HealthWorks at 888.369.5054.**



### HOW THEY'RE RELATED

- The rigors of managing diabetes can be stressful and lead to symptoms of depression.
- Diabetes can cause complications and health problems that may worsen symptoms of depression.
- Depression can lead to poor lifestyle decisions, such as unhealthy eating, less exercise, smoking and weight gain — all of which are risk factors for diabetes.



### MANAGING THE TWO CONDITIONS TOGETHER

#### Diabetes Self-Management Programs

Participate in programs that focus on helping people improve their food choices, increase fitness levels, manage weight loss and cardiovascular disease risk factors.

#### Psychotherapy

Participants in psychotherapy have reported improvements in depression, which have resulted in better diabetes management.

#### Medications & Lifestyle Changes

Medications for both diabetes and depression, along lifestyle changes and therapy can improve both conditions.

