



Living with diabetes

Do you have diabetes? If you do, you're not alone. In the last 20 years, the number of adults diagnosed with diabetes has more than doubled. In the U.S., over 34 million adults have diabetes and 1 in 5 don't know they have it.¹

There isn't a cure yet for diabetes, so it's important to stay on top of your preventive care and see your healthcare providers regularly.

These healthy steps can help improve the quality of your life too:¹

- Eat healthy
- Lose weight
- Be active
- Take medicines as prescribed
- Get support
- Learn how to manage it



Wellness Webinar Series

Diabetes and the holidays: Get tips on healthy eating.

November 17, 2020

10:00 AM, 12:30 PM and 4:30 PM, ET

<http://go.activehealth.com/wellness-webinars>

1. Centers for Disease Control, CDC, "What is diabetes?", July 11, 2020, <https://www.cdc.gov/diabetes/basics/diabetes.html>



Coach Quonesha
MHA, Health Coach



Coach's corner

Quonesha's passion is to help others achieve the lifestyle they aspire to by understanding what is truly important in their lives. Her philosophy is; "Be the reason someone smiles. Be the reason someone believes in the goodness of people".

Quonesha's well-being tips:

A is for the A1c test. This blood test measures your average blood sugar level over 3 months. Make sure yours stays in a normal range.

B is for blood pressure. If yours is too high, it makes your heart work too hard. Ask your healthcare provider what your goal should be.

C is for cholesterol. HDL or "good" cholesterol helps remove the LDL or "bad" cholesterol from your blood. Know what your cholesterol numbers are.

D is for diet. Make a diabetes meal plan with help from your health care team. Choose fruits, vegetables, whole grains, bread and cereals, and low-fat or skim milk and cheese. Drink water instead of juice and regular soda.



Chicken Picadillo

This zesty one-pot meal is low in sodium and delicious.
Find more diabetes-friendly recipes at:

MyActiveHealth.com > Library > Healthy Recipes.

8 Surprising things that can spike your blood sugar

Look out for these unexpected triggers that can send your blood sugar soaring:²

- **Sunburn**—the pain causes stress, and stress increases blood sugar levels.
- **Artificial sweeteners**—some studies show they can raise blood sugar.
- **Coffee**—some people's blood sugar is extra-sensitive to caffeine.
- **Losing sleep**—can make your body use insulin less efficiently.
- **Skipping breakfast**—can increase blood sugar after both lunch and dinner.
- **Dehydration**—less water in your body means a higher blood sugar concentration.
- **Nose spray**—some have chemicals that trigger your liver to make more blood sugar.
- **Gum disease**—it's both a complication of diabetes and a blood sugar spiker.

For more tips on how to manage your well-being, visit [MyActiveHealth.com](https://myactivehealth.com)

2. Centers for Disease Control, CDC, "Surprising Things That Can Spike Your Blood Sugar", March 2, 2020, <https://www.cdc.gov/diabetes/library/spotlights/blood-sugar.html>