

# Health Awareness

A County Health Pool Publication



March 2007

## Questions About Diabetes, Answers That Help

**T**he American Diabetes Association publishes diabetes prevention guidelines, makes recommendations and continues to make a positive change in the health community.

They also answer questions requiring special knowledge regarding Diabetes. During the month of March, the subject of diabetes receives special attention. Let's look at some of the various questions that were asked and the answers that were provided. *(Some of the questions and answers were shortened for content.)*

### Diet

**What diet do you recommend, ... one that works to control blood sugar or one to help lose weight?**



It depends on whether you're overweight, and whether weight loss is a goal in your dietary plan. For people with diabetes it is generally best to work with a good nutritionist to assure that your diet is complete with regard to both macro- and micro nutrients -- and that the portion sizes are appropriate for your weight goals.

We truly recommend sensible meals. We try and look at some consistent carbohydrate intake throughout the day. If you take a lot at one time and not another, it is inconsistent. Take in a consistent amount of food and get consistent exercise. This allows for flexibility of choices but the consistency allows you to maintain a more even blood sugar level.

### Detection

### How is diabetes detected?

Diabetes is diagnosed by blood tests. It's a good idea to have blood glucose and cholesterol tests done during your usual annual visit to your primary care provider.

The most sensitive way to detect the tendency for or the development of diabetes is with a test called the glucose tolerance test.

### Control

**Is there any supplement [that] can be used to reduce blood sugar levels?**

There is a very modest amount of data to suggest that chromium picolinate and magnesium may have some beneficial effect. Both of these require further study. These

*(Over)*

## Questions About Diabetes, . . . (Continued)

are both fairly innocuous, and there is reasonably good data that people with diabetes become magnesium deficient. . . . They truly are only supplements to proper care.

If people are eating correctly, they get the nutrition they need and don't need supplements. Supplements may help people who are not eating properly. But that costs money -- and we would rather see people spend their money on good food than on just eating pills.

**Sources:** *Eugene J. Barrett, MD, Carolé Mensing, RN, David M. Nathan, MD, American Diabetes Association, WebMD at [www.WebMD.com](http://www.WebMD.com)*



### Anthem System Conversion

The claims processing issues that have arisen due to the Anthem system conversion are in the process of being remediated. The claims adjudication process is returning to the normal, reliable and timely processing of claims by Anthem that we have come to rely on.

Please notify the CHP staff of any claims issues that have not been resolved. We greatly appreciate your understanding and patience during this conversion.

## 5 Tips for Diabetes Patients

**H**ave you already been diagnosed with diabetes? There are new guidelines for you.

The dietary recommendations for people at high risk for diabetes generally apply to diabetes patients. Additional tips for people with diabetes include:

- Eat healthy carbohydrates.** – Try fruits, vegetables, whole grains, legumes, and low-fat dairy products.
- Limit saturated fats** – Get less than 7% of your total fat intake from saturated fats.
- Minimize trans fats.** – Check nutrition labels on packaged foods for trans fat.
- Curb dietary cholesterol.** – Get less than 200 milligrams of cholesterol in your daily diet.
- Eat fish at least twice weekly.** – Fried fish, however, isn't recommended.

Knowing about glycemic load and glycemic index, which rate carbohydrates' effects on blood sugar, may also be helpful to people with diabetes, according to the American Diabetes Association.

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## Spring Announcement

### It is that time of year again for Health Fairs!

**The Health Fair benefit reimbursement, up to \$40, is a benefit that CHP Members should take advantage of. There are no other groups that Anthem contracts with that offer this benefit. To assure timely reimbursement with minimum delay, we are asking that all employees turn in the following documents to their CHP contact for Health Fair reimbursement: claim form, a receipt from the service provider along with the provider information.**

**Once you have received the documents, please send them to your CHP Benefits Administrator, who will then forward onto Anthem.**

**If you become aware of anyone submitting claims for reimbursement using the correct process and reimbursement was not received, please contact Anthem's customer service at 1-866-698-0087. If the issue is not resolved through Anthem's customer service, contact your CHP Benefits Administrator.**

**The Health Fair claim forms are available at [www.ctsi.org](http://www.ctsi.org) under CHP Documents.**