

Healthy Connections



MEMORIAL'S GUIDE TO HEALING AND WELLNESS • SPRING 2018

A plan for life

Take charge when the diagnosis is diabetes

WHEN YOU FIRST learn that you have diabetes, it may be a hard fact to face. Without question, diabetes is a serious disease that can have life-altering consequences. And even though it's normal to feel uneasy about the diagnosis, now is not the time for denial.

What you need now is information and a plan—so you can manage your condition and get on with enjoying your life.



A team effort

The main goal of diabetes treatment is to control your blood sugar (glucose) levels. When blood sugar isn't controlled, it can lead to eye, kidney and nerve damage. It can also put you at higher risk of infection and raise your risk of heart disease.

But you don't have to go it alone. Your doctor will develop a care plan that sets target levels for your blood sugar, and he or she will monitor your progress.

For additional help, your doctor may refer you to other team members, such as a nurse educator, a dietitian, a dentist, specialists to monitor problems with your eyes and feet, therapists, and pharmacists.

Still, you are the most important person on your healthcare team. You are the one who needs to care for your condition every day.



Your plan of action

To properly manage your diabetes, your care plan will include (among other things):

- Instructions on how to measure and record your blood sugar levels
- A plan for taking your medication
- Advice on eating and exercise
- A schedule for your follow-up health care, including seeing specialists, such as an eye doctor, a dentist and a foot doctor

Your plan should be unique to you. It should take into account your work and home life and any additional medical problems you have, such as high blood pressure or high cholesterol.

Be open with your doctor about your current habits, and discuss how you can change them if necessary. For example, if you smoke, your doctor can help you with a plan to quit.



Follow up, follow through

If you have a concern or don't understand something about your care, be sure to bring it up with your doctor.

Source: American Diabetes Association

Free Diabetes Management classes!
To register, please call
(606) 598-1095.

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210 Marie Langdon Drive
Manchester, KY 40962



To learn more
about living
well with diabetes,
look inside! >>>



Have diabetes?

Know your risk for kidney disease

YOU MAY NOT give your kidneys a second thought unless they suddenly cause trouble. But when you have diabetes, these vital organs need your close attention on a regular basis. Here's why:

Diabetes is the No. 1 cause of kidney disease—as many as 1 in 4 people with diabetes has kidney disease. The longer you have diabetes, the greater the risk of damage to your kidneys.

That's why it's crucial to take these steps to help protect your kidneys:

Control your blood sugar. High blood sugar can damage the small blood vessels in your kidneys, and this can hurt your kidneys' ability to remove waste from your blood. Work with your doctor to set a target range for your blood sugar that's right for you. Follow advice about diet, exercise and medications to meet your blood sugar goals.

Keep your blood pressure in check. High blood pressure, which often goes hand-in-hand with diabetes, is another major risk factor for kidney problems. If you need medication to help control your blood pressure, take it as directed.

Adopt healthy habits. These can also help prevent kidney disease:

- If you smoke, try hard to quit. Smoking raises your blood pressure, which increases the risk for kidney disease.
- Reach and maintain a healthy weight. If you're overweight, your blood sugar and blood pressure can be harder to control.
- Exercise regularly. It can help manage your weight, control your blood sugar and lower your blood pressure.
- Manage stress. Too much stress can raise your blood sugar and blood pressure.
- Have your kidneys checked. You can have kidney disease and not know it. Your doctor can order urine tests that will show how healthy your kidneys are. Get tested at least once a year.

Sources: American Diabetes Association; National Institute of Diabetes and Digestive and Kidney Diseases; National Kidney Foundation; UpToDate

HEARTFELT ADVICE

Know your numbers

Talk with your doctor about your personal risk of heart disease. Here are four types of numbers to know—and to keep an eye on:



BLOOD PRESSURE

High blood pressure makes your heart and blood vessels work harder.



BODY MASS INDEX (BMI)

BMI is an estimate of your body fat based on your weight and height.



CHOLESTEROL

Unhealthy levels can raise your risk of a heart attack.



BLOOD SUGAR

When your blood sugar is high, it can lead to diabetes, which is a major risk factor for heart attack.



NEED A DOCTOR? We've got you covered. You can search for a provider online at manchestermemorial.org/find-a-doctor or call **(606) 598-5104**.

Sources: American Heart Association; National Heart, Lung, and Blood Institute

DRIVING WITH DIABETES

Take this quiz



How much do you know about driving when you have diabetes? You may want to pass this test before you pull into traffic.

1. Diabetes can affect your ability to drive.

- A. True
- B. False
- C. Maybe

2. You should check your blood sugar level before driving.

- A. Always
- B. Sometimes

3. You need to pull over as soon as possible if you experience signs of low blood sugar when driving.

- A. True
- B. False

Answers:

1: C. Most people with diabetes can safely operate a motor vehicle. However, if you have long-term complications of the disease—such as vision problems or nerve problems that cause a lack of feeling in your feet—your ability to drive safely may be compromised.

The same is true if within the past year you've had bouts of low blood sugar (hypoglycemia) that came on without warning, that caused you to lose consciousness or that required help from someone else to treat.

Talk to your doctor if you have any of these complications. He or she can help you better manage your glucose levels to avoid severe problems with hypoglycemia.

Your doctor can also refer you to a driving specialist who can determine if diabetes is affecting your driving. This specialist may also offer training to improve your driving skills.

2: A. You need to measure your blood sugar level every time before you get behind the wheel and at regular intervals if you're driving for an hour or more. If your blood sugar goes too high or too low, you may become sleepy, dizzy or confused. Your vision might also become blurred, and you may have a seizure or become unconscious.

3: A. You need to get off the road quickly and stabilize your blood sugar. Always stash a quick-acting form of glucose, such as hard candy or glucose tablets, in your car. Don't start driving again until your blood sugar is back in balance.

Sources: American Diabetes Association; National Highway Traffic Safety Administration

KEY SCREENING TESTS

By age for WOMEN

These recommendations are for most women. Talk with your doctor about what's right for you.

CHLAMYDIA

If sexually active, test yearly through age 24.

20

BLOOD PRESSURE

Be screened at least every 2 years.

CHOLESTEROL

Be screened every 4 to 6 years.

CERVICAL CANCER

Starting at 21, have a Pap test every 3 years.

25

CHLAMYDIA

Continue screening depending on risk factors.

30

CERVICAL CANCER

Have a Pap test plus an HPV test every 5 years (preferred) or a Pap test every 3 years.*

45

BREAST CANCER

Start having mammograms.

DIABETES

Be screened at least every 3 years (or earlier based on risk factors).

50

COLORECTAL CANCER

Talk with your doctor about screening options.

55

LUNG CANCER

Be screened annually based on your history of smoking.

65

OSTEOPOROSIS

Start screening (or earlier based on risk factors).

*Women who have been screened regularly and had normal results can stop screening at age 66.

Sources: American Cancer Society; American Diabetes Association; American Heart Association; U.S. Preventive Services Task Force



KEY SCREENING TESTS

By age for MEN

These recommendations are for most men. Talk with your doctor about what's right for you.

20

BLOOD PRESSURE

Be screened at least every 2 years.

CHOLESTEROL

Be screened every 4 to 6 years.

45

DIABETES

Be screened at least every 3 years (or earlier based on risk factors).

50

COLORECTAL CANCER

Talk with your doctor about screening options.

PROSTATE CANCER*

Ask your doctor about screening.

55

LUNG CANCER

Be screened annually based on your history of smoking.

65

ABDOMINAL AORTIC ANEURYSM

Be screened once between ages 65 and 75 if you've ever smoked.

70

OSTEOPOROSIS

Start screening (or earlier based on risk factors).

*African American men should talk with their doctor at age 45.

Sources: American Cancer Society; American Diabetes Association; American Heart Association; National Osteoporosis Foundation; U.S. Preventive Services Task Force



Be alert to diabetes

By some estimates, there are 7 million adults in the U.S. who have diabetes but don't realize it. Most of them have type 2 diabetes—the most common form of the disease, which often develops slowly, over the course of several years. And its symptoms can be so mild that they're easy to miss or shrug off.

You're more likely to develop type 2 diabetes if

you're 45 or older, though younger people can and do get the disease. You may have diabetes if you:

- › Feel very thirsty and need to urinate a lot
- › Feel hungry all the time
- › Feel fatigued
- › Have blurred vision
- › Have frequent infections or slow-healing cuts and sores

› Have tingling, pain or numbness in your hands or feet
Be sure to tell your doctor if you have any of these symptoms. Left untreated, type 2 diabetes can harm your heart, kidneys, eyes and nerves. But working with your doctor to control diabetes can help you stay healthy.

Sources: American Diabetes Association; Centers for Disease Control and Prevention; National Institutes of Health

Turkey fajitas with baby spinach and red peppers

Makes 4 servings.

Ingredients

Seasoning marinade

- ½ teaspoon chili powder
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground cumin
- ¼ teaspoon garlic powder
- ⅛ teaspoon finely ground coffee
- ⅛ teaspoon ground black pepper

Filling

- ½ tablespoon canola oil
- 1 pound turkey cutlets or boneless turkey breast, cut into ¾-inch-by-3-inch pieces
- 4 taco-size (9-inch) whole-wheat tortillas
- 1½ cups lightly packed baby spinach
- ½ cup salsa verde
- 2 (½-inch) slices red onion, halved crosswise
- 12 (½-inch) strips red bell pepper



Directions

- In small bowl, whisk together chili powder, cinnamon, cumin, garlic powder, coffee and black pepper.
- Place canola oil and turkey in mixing bowl and add dry seasoning marinade. Using a fork or your hands, mix to coat turkey evenly with marinade. Set aside for 20 to 30 minutes.
- Heat medium cast-iron skillet over medium-high heat. Lay a large sheet of foil on your work surface. One at a time, heat tortillas in dry pan until they are flexible, about 1 minute, turning them after 30 seconds.
- Stack tortillas on foil, covering them with an inverted plate until all tortillas are warmed, then seal tortillas in foil, and set them aside.
- Heat grill-pan or stovetop grill over high heat until a

drop of water flicked onto it dances. Using tongs, arrange seasoned turkey pieces in rows on grill, placing them ½-inch apart. This may require cooking turkey in 2 batches.

- Grill for 6 minutes, turning pieces every 1 minute so they cook evenly and to avoid burning. Transfer cooked turkey to serving plate.
- To assemble fajitas, place warm tortilla on a dinner plate, preferably warm. Arrange ¼ of spinach in center of tortilla. Add ¼ of turkey. Spoon on ¼ of salsa, top with half an onion slice and 4 pepper strips. Fold in top and bottom of tortilla, then sides. Serve immediately.

Cook turkey to 165 degrees to help prevent foodborne illness.

Nutrition information

Serving size: 1 fajita. Amount per serving: 317 calories, 6g total fat (less than 1g saturated fat), 31g carbohydrates, 34g protein, 2g dietary fiber, 492mg sodium.

Source: American Institute for Cancer Research



Manchester Memorial Hospital welcomes Dr. Maxey and Parkway Medical Associates

Parkway Medical Associates clinic, located in London, is now a member of Manchester Memorial Hospital (MMH), and Jackie Maxey, MD, is now on board as a part of MMH's physician enterprise. With more than 22 years of experience, Dr. Maxey has been providing a full spectrum of family medicine services in Laurel County and brings with him a wealth of knowledge and expertise.

"I believe that Parkway Medical Associates is dedicated to the same principles of high-quality, value-based health care that defines us," said Erika Skula, MMH President and CEO. "With this acquisition, we will have a broader reach across southeastern Kentucky, allowing us to not only strengthen relationships, but also to extend our mission beyond Clay County and expand our legacy of 150 years of whole-person care to a larger population base as we improve the lives of individuals, families and communities."

How are we doing?

We constantly strive to offer the very best care and customer service and appreciate your feedback. We welcome a letter or email detailing your patient care experience. Excellent, good, bad, indifferent—let us know how we are doing!

Contact us

Please write to:

Patient Satisfaction
Manchester Memorial Hospital
210 Marie Langdon Drive
Manchester, KY 40962

Or send an email via manchestermemorial.org

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