

Community Health ADVOCATES



Diabetes 101: Understanding the Basics

Source: Missouri Department of Health & Senior Services, 2007 <http://www.dhss.mo.gov/diabetes/>

Most of the food we eat is turned into glucose (sugar) for our bodies to use as energy. The pancreas, an organ near the stomach, makes the hormone insulin, which helps glucose to be absorbed into our body cells.

When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin very well. This problem causes glucose to build up in your blood.

There are 18.2 million Americans with diabetes and nearly one-third of them do not know it. Signs and symptoms may include:

- Being very thirsty.
- Urinating a lot—often at night.
- Having blurry vision from time to time.
- Feeling very tired much of the time.
- Losing weight without trying.
- Having very dry skin.
- Having sores that are slow to heal.

There are three main types of diabetes:

Type 1. A person with type 1 diabetes requires insulin injections to stay alive.

Type 2 occurs when the body does not produce enough or cannot utilize insulin properly. Some adults with type 2 diabetes may also require insulin.

Gestational diabetes is a form of glucose intolerance that is diagnosed in some women during pregnancy.

Diabetes affects many parts of the body and can lead to serious conditions such as blindness, kidney damage; loss of teeth; heart attack; stroke; and lower-limb amputation.

The three most important things for controlling diabetes are 1) what you eat and drink; 2) physical activity; and 3) diabetes medication.

An important goal of diabetes treatment is to provide the individual with the necessary tools to prevent, delay, or stop the complications of diabetes by controlling their weight, making healthy food choices, and getting regular physical activity.

Diabetes and Physical Activity

Physical activity has many benefits for people with diabetes. Physical activity improves blood sugar control in people with Type-2 diabetes. When muscles contract and relax, they use sugar for energy. When they need energy, the body taps into sugar supplies in the blood during and after physical activity. How long and hard you do physical activity determines how much blood sugar is reduced. As physical activity increases, less insulin is needed to take sugar into the cells, which also reduces blood sugar levels.

For more information on diabetes consult your health care provider, local public health department, or visit www.dhss.mo.gov/diabetes.



CareLink

CareLink - Linking Communities to Services

117 N. Potter Avenue
Kirksville, MO 63501
660-665-3455 or
877-539-2227 toll-free

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Happy Holidays Community Health
Advocates from CareLink and the NEMO
Area Health Education Center!

Thank you for all of your hard work and big hearts; to date, you have made ~440 referrals back to CareLink!

Although CareLink funding from the Missouri Foundation for Health ends in December, many of the programs (transportation, prescription drug assistance, and toll-free referral line) will continue. Additionally, we plan to send newsletters for at least six more months to help keep you connected and informed. As services change and new ones become available, we will let you know! You can also check www.nmrhn.org to view services available to help people in your community.

Remember, **community health advocacy** involves helping people you see and contact through your regular daily activities. Advocates do not necessarily search for needy people. Advocates are people who care about people and want to help where they can.

I will contact you via telephone in November and December, and at least quarterly in 2008 regarding referrals. Feel free to call me via cell phone or e-mail csveber@sbcglobal.com or call the CareLink office 877-539-2227 or 660-3455 to let us know what you and your neighbors need. We would love to hear from you!

Also, the NEMO Rural Health Network has received a grant from Missouri Foundation for Health to offer **diabetes self-management training services** to the uninsured and underinsured in Northeast Missouri. Contact CareLink or your local Health Department for information about classes and team training available.

I really enjoy touching base with all of you each month and helping you reach those in your community who so need a little lift now and again. How lucky I am to work with such a diverse group of caring people! Thank you again for your community service efforts!

Happy Regards, Sarah J. Eber RD LD CDE

COMMUNITY HEALTH EDUCATION

Revisiting Vitamin D: What you Need to Know Today

presented by **Erum Jadoon, MD**
Assistant Professor, Dept. of Internal Medicine,
Kirksville College of Osteopathic Medicine

Join us for this **FREE** 30-minute workshop
Wednesday, December 5 - 11:00-11:30am

Learn the importance of Vitamin D in preventing falls, fractures, cancers, osteoporosis and cardiovascular disorders and how to get the recommended daily intake amount.

The workshop will take place at four NEMO locations

- Samaritan Hospital, Macon
- Sullivan County Memorial Hospital, Milan
- Putnam County Memorial Hospital, Unionville
- NEMO Rural Health Network, Kirksville

**Pre-registration is required for all sites
by calling NMRHN office by December 3rd
1-877-539-2227 or (660) 665-0330**

*This Community Health Education workshop is
sponsored by NEMO Telehealth Network and
NEMO Rural Health Network*



CareLink provides **transportation** to health care and social service appointments throughout the eleven-county service region. Call the CareLink Referral Coordinator to schedule rides in advance.

The NEMO Rural Health Network

Prescription Drug

Assistance Program (PDAP) assists uninsured and underinsured residents to acquire medications prescribed by their doctors. The NMRHN staff works with patients to gather the data needed by donating pharmaceutical companies. NMRHN staff will provide a FREE consultation to evaluate if clients qualify for prescription drug assistance. To receive medications, clients must pay an annual membership fee of \$15 and \$7.50 for each medication processed (3 or 6 month supply). Contact NMRHN staff at the CareLink number above for more information on PDAP.

Through information sharing and referral, **CareLink** can help clients locate a number of health, mental health, dental, and social service assistance points. The staff are continually updating the **On-Line CareLink Resource Directory** located at www.nmrhn.org/carelink/resource_directory. If you hear of new resources in your community, please call CareLink and we will update the on-line listings.

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