



of Tennessee

Living Healthy with **DIABETES**

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For BlueCare® and
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Diabetics Can "Pick Up the Pace" To Improve Health



A new Canadian study of overweight adults with type 2 diabetes shows that they can get more out of their daily walks by picking up the pace.

The study shows that boosting the speed and intensity of walking by diabetics led to some huge health benefits. Namely, it improved the response of their heart rate to exercise. The activity also helped with their breathing. Plus, the stepped-up pace lowered their blood sugar. Those who took part were already walking a little more than the advised 10,000 steps per day.

Those in the study used a pedometer to find out their normal walking pace. A pedometer is a tool that keeps track of the number of steps a person takes when walking. The data was then used to come up with a training pace 10 percent higher than their normal pace.

For example, if someone usually walked 90 steps in a minute, they bumped up the pace to 100 steps per minute. During the program, those in the study walked at their training pace for 30 minutes a day, three days a week. The program lasted for 12 weeks.

Check Health Information Library

You can listen to 13 different recorded messages about diabetes. Just call the Health Information Library. The number is 1-800-999-1658. The recorded messages are available 24 hours a day. Press the 1 key on your touch-tone phone, and then follow directions. Codes for diabetes subjects are 3900 through 3910. Plus, topics 4704 and 5223.

Sprint Prevents Low Blood Sugar After Exercise

A recent Australian study shows that a sprint right after a moderately intense workout cuts the risk of low blood sugar in young, type 1 diabetics on insulin.

The study gives proof for the first time that a short run after working out is more effective in slowing down a sharp decline in blood sugar than resting.

The authors of the study advise young, type 1 diabetics without complications to sprint after working out. They suggest that diabetics do this mainly if there is no sugar in the form of drinks or food at hand.

The authors say that sprinting after such activity is a new and simple way to fight low blood sugar after a workout. They predict that the approach will totally change the way blood sugar is managed in type 1 diabetics. But the authors warn that it would be too early to push for mass adoption. The reason is that much more research is needed to find out the kind of type 1 diabetics most likely to benefit from sprinting.



Race Linked to Insulin Resistance

New research shows that black women may be at greater risk for insulin resistance. This may be true even if their weight is normal.

Insulin resistance is a condition linked to diabetes, high blood pressure and heart vessel disease. It occurs when the body does not use insulin to create sugar in an effective way. This forces the pancreas to make more insulin.

The goal of the research was to see how obesity is linked to insulin resistance in three ethnic groups. The groups were blacks, whites and Hispanics.

During the study, the authors split data from 1,625 females into different groups based on BMI. BMI stands for body mass index. BMI is a measure of body fat based on a height and weight formula. A BMI of less than 25 is thought to be normal. For example, a woman who weighs 148 pounds and is 5 feet, 6 inches tall has a BMI of 25.

The results show that 47 percent of black women of normal weight had insulin resistance. That compared to less than 20 percent of the Hispanic and white women.

Studies have shown that both insulin resistance and the odds of getting type 2 diabetes rise as obesity rises. But it was not known prior to this study that race alone might cause insulin resistance. Type 2 diabetes can occur when the body does not make enough insulin. Or it can occur when the body does not react to very high levels of insulin. These problems cause sugar to build up in the blood. Type 2 is the most common form of diabetes.

It is not known how many people with insulin resistance have diabetes and heart vessel disease. But it is assumed that treating insulin resistance with weight loss and exercise will prevent those diseases.

The research was done by Wake Forest University School of Medicine.



Holiday Meal Planning

The holidays can be a demanding time for families. This is mainly true for families dealing with diabetes. But there is no reason you cannot take it all in stride. With a little planning and some diabetes know-how under your belt, you will be ready to face any holiday head-on.

Check out this quick guide to surviving the holidays. Then start on your way!

Holiday Planning

The most important thing about managing diabetes during any holiday season is to plan ahead. The more you know about what's going to happen, the better you can plan for good diabetes care. Let us look at a few details.

Schedules

What does your family schedule look like for the holidays? Are you



going out of town? Having visitors stay with you? Do your plans often include a lot of parties and events with food? Or are your holidays more active? Do they include events, such as the annual family Thanksgiving football game? Getting a handle on what your schedule will look like ahead of time will help out a great deal as you tackle each day.

Menus

Once you know what your day will consist of, you should then look at your menus. Do you have the usual dishes that you make every year? There is no need to do your menu all over again just because of diabetes. But you may want to fine-tune it a bit. Planning ahead can help. For example, maybe there are some ways you can make your usual holiday foods a bit healthier. Will that casserole taste just as good with fat-free or light sour cream instead of regular? Can you steam the green beans this year instead of sautéing them in butter?

There are plenty of ways to lower fat, sugar, and carbs in your favorite foods. You can do this while still keeping the taste and texture you love. If your family looks forward to Aunt Selma's Heavenly Fudge every year, go ahead and make it. But first talk to your diabetes educator. Find out about ways to work a piece or two into the meal plan. It may mean eating less of other treats. It may also mean getting more exercise. Plus, it may involve boosting insulin doses. Or it may mean doing all three. But you can do it!

New Insulin Delivery Option

Until recently, insulin shots were the only choice for the more than 5 million people in the U.S. who need to take insulin. But now there is an option. Exubera can be inhaled. The drug is a powdered form of insulin. This is the first new way to take insulin since the hormone was discovered in the 1920s.

The safety and ability of Exubera to treat diabetes has been studied in about 2,500 diabetics. In the studies, the drug reached peak levels more quickly than some insulin shots.

In type 1 diabetes, Exubera may be added to longer-acting insulins in place of short-acting insulin taken with meals. In type 2 diabetes, it may be used alone, along with oral pills that control blood sugar. Or the inhaled drug may be taken with longer-acting insulins.

The Food and Drug Administration has approved Exubera. The drug is not advised if you smoke or if you just quit smoking. Exubera is also not advised if you have asthma, bronchitis or emphysema.



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Quick Facts About Diabetes

- Every 30 seconds at least one person is diagnosed with diabetes.
- Diabetes is the sixth leading cause of death in the U.S. .
- Nine out of 10 people with diabetes have type 2.



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No one is treated in a different way because of race, color, birthplace, language, sex, age, religion, or disability. Do you think you've been treated unfairly? Do you have more questions? Do you need more help? You can make a free call to the Family Assistance Service Center at 1-866-311-4287. In Nashville, call 743-2000.

Para información acerca de TennCare en español llame al 1-866-311-4290. For more information about interpretation and translation services, which are free to the enrollee, BlueCare members call 1-800-468-9698. TennCare**Select** members call 1-800-263-5479.

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