

# SAFETY & WELLNESS UPDATE



MAY 2019

## Diabetes: Type II

Between 90 and 95 percent of those diagnosed with diabetes in the United States have Type 2 diabetes. Formerly called adult onset diabetes or noninsulin-dependent diabetes, the condition is increasing at an alarming rate due to obesity levels in the United States.

### About the Condition

Type 2 diabetes causes the body to resist insulin, a hormone that controls the absorption of sugar. As a result, normal glucose levels cannot be maintained. People can develop Type 2 diabetes at any age, including during childhood. Unlike Type 1 diabetes, Type 2 is usually preventable with a balanced diet and exercise. Unfortunately, once present, Type 2 diabetes cannot be cured and can be life-threatening if left untreated.

### Causes and Risk Factors

While it is not fully understood why some people develop Type 2 diabetes, research has shown the following factors significantly increase the risk of developing the disease:

- Obesity
- Physical inactivity
- Genetics
- High blood pressure
- Abnormal cholesterol levels
- Ethnicity (being African American, Pacific Islander, Hispanic/Latino, American Indian or Asian American)
- Age (risk increases as you get older, especially after age 45)
- Having pre-diabetes (left untreated, is likely to develop into Type 2 diabetes)
- Previously or currently having gestational diabetes
- Giving birth to a baby weighing more than 9 pounds

### Symptoms

Consult your doctor if you're concerned about diabetes or if the following symptoms appear:

- Increased thirst and frequent urination
- Extreme hunger
- Weight loss despite eating more than usual
- Blurred vision
- Fatigue
- Slow-healing sores or frequent infections
- Patches of dark skin in folds and creases of the body

### Testing

It is recommended that anyone 45 years of age or older consider getting tested for diabetes, as well as those under age 45 who are overweight. The following tests are used for diabetes diagnoses:

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## RESOURCES:

WELLNESS ARCHIVE:  
[LEXINGTONCENTER.ORG/  
WELLNESS](http://LEXINGTONCENTER.ORG/WELLNESS)

TELEMEDICINE PROVIDER:  
[UNITED CONCIERGE MEDICINE](http://UNITEDCONCIERGE.MEDICINE)  
LEXINGTON MEDICAL PLAN AND  
CAFÉWELL LIFE POINTS  
PROGRAM:  
[CDPHP](http://CDPHP)

PRIVATE AND CONFIDENTIAL  
DISEASE MANAGEMENT  
CONSULTATION OPPORTUNITIES  
TO BE OFFERED SOON. WATCH  
FOR FURTHER DETAILS

MANAGERS, PLEASE POST THIS  
INFORMATION AND SHARE IT  
WITH YOUR STAFF.

## Diabetes: Type II continued

- Fasting plasma glucose test — This measures blood glucose after abstaining from eating for at least eight hours.
- Oral glucose tolerance test — This measures blood glucose after at least eight hours without eating and two hours after drinking a glucose-containing beverage.
- Random plasma glucose test — During this test, the physician checks blood glucose no matter when the last meal was consumed. This test is administered in addition to an assessment of symptoms such as increased thirst and urination and unexplained weight loss.



Positive results should be confirmed by repeating the fasting plasma glucose test or oral glucose tolerance test on another day.

### Management

Those diagnosed with Type 2 diabetes need to follow a stringent daily plan to ensure that blood glucose is kept in the proper range, such as:

- Following a specific meal plan
- Being physically active
- Taking prescribed medication, including insulin if needed
- Testing blood glucose as recommended
- Keeping daily records of blood glucose levels and any unusual issues that come up during the day

### Dangers and Complications

Left uncontrolled, there are several serious complications that can arise from type 2 diabetes, such as:

- Heart and blood vessel disease
- Blindness or eye disease
- Kidney failure
- Nerve damage
- Osteoporosis
- Skin infections
- Alzheimer's disease
- Gum infections

### Prevention

Take the following precautions to help avoid developing Type 2 diabetes:

- Get a routine diabetes screening.
- Make healthy food choices—select foods low in fat like fruits, vegetables and whole grains.
- Monitor salt intake and choose foods with a low salt content.
- Get more physical activity—aim for 30 to 60 minutes of moderate physical activity a day. If a long workout is not possible, break it up into smaller sessions spread throughout the day.
- Lose excess weight—even a loss of 10 pounds may lower the risk of developing Type 2 diabetes.

For more information, contact the American Diabetes Association at [www.diabetes.org](http://www.diabetes.org).

## Summer Storms

Summer storms can be fierce. They can come with very little warning and be much more of a threat than one may have thought. These seasonal storms include thunder and lightning, hail, heavy downpours, flash flooding and tornados (or a mixture of these!).

One of the key safety messages regarding summer storms is that **we all need to do our best to anticipate the storms by paying close, regular attention to the weather forecasts and plan outings and travel accordingly.** We likewise need to exercise good judgment and postpone or cancel outings when the conditions warrant.

Why take the risk of being on the road, outdoors, especially long distances away from shelter?



### Take no unnecessary risks!

Always ensure that everyone is prepared for these types of storms by having umbrellas and rain gear as well.

### Tornado Threat

Take cover procedures:

1. When a tornado watch/warning is in effect, STOP all outdoor activities if thunder is heard, lightning is seen or the outside weather conditions look threatening.
2. Summon all persons into the building. Report to the lowest area of the building, such as the cellar, if possible.
3. All persons are to stay clear of glass windows, pull the window coverings and report to interior rooms (rooms without windows or skylights).
4. Report any hazards after the emergency is over immediately to the Maintenance Department, Safety Department, AOC and/or management (all as applicable).
5. Resume normal activities when conditions warrant and weather services' severe/weather statements expire.

### Transportation Times/Outings:

- The Transportation Department or your director will make official calls for delay or cancelling of transportation, but as a reminder, **please do not ever feel that this information needs to get to you before making the "safety call" to delay transportation if safety is questionable.**
- For instance, if it is obvious that a storm is about to hit at your location, please do not begin assisting people onto vehicles or begin driving, as you can make the call to stay inside to ensure safety. We ask that you keep your management informed of your decision and especially make sure that staff at your destination are aware that there is a 30-minute delay (or however long it may be) so that plans may be made appropriately and they are not wondering where you are en route.

**BE SAFE!!!**