

Top 5 Diabetes Tests to Know About

Are you or someone you know living with diabetes? A yearly wellness visit to your primary care doctor will help keep tabs on your health.

If diabetes is something you're facing, here are 5 tests your doctor will use to determine what steps to take next.

Blood work

- A fasting blood sugar is drawn after not eating for 8-10 hours. A normal fasting blood sugar is 70-100mg/dL. Anything above this range might mean you have diabetes. Diet or medication changes, illness and stress can affect your blood sugar levels. Not all people with diabetes should have the same blood sugar levels. Your labs are unique to you and based on your age and medical history.
- An A1C can be drawn at any time. This gives your doctor an idea what your average

blood sugar has been for a three-month period. A normal A1C is less than 5.7%. So, for example, if your A1C is 7.0%, then your average blood sugar is in the 154mg/dL range. Your A1C level is checked once a year but will be checked more often if your blood sugars or A1C have been high.

- A lipid panel measures both good and bad cholesterol levels. Type 2 diabetes can cause high cholesterol, so it's important for your doctor to include this test when screening for diabetes.

Urine test

Microalbumin, or protein, levels in the urine give your doctor an idea of how your kidneys are working. High microalbumin levels mean that your kidneys aren't as healthy as they should be. Poorly controlled diabetes can damage the kidneys.

Eye exam

Diabetes can cause damage to the blood vessels in your eye. This is called retinopathy,

and it can cause vision loss if left untreated. So it's important for your doctor to check your eyes every year and note any changes over time.

Foot exam

During this test, your doctor will ask you to close your eyes or will hide your feet from view. Then they will press a tool called a microfilament—which looks like a stiff fishing line—against the bottoms of your feet. Diabetes can cause nerve damage, or neuropathy. So this exam of the visual surface and sensation in your feet can be used for comparisons at future exams.

Blood pressure

Your doctor will have goals for you based on your age and, if you have diabetes, how well you've kept it under control in the past. Diabetes can be damaging to the heart and blood vessels. That's why it's important to keep track of your blood pressure and report any high readings.

Resource: diabetes.org

Mindful Moment: Be Present

Mindfulness is simply paying attention on purpose to what is happening in the present. For example, right now, take a minute to notice your surroundings: the brightness of the light, the color of the walls or sky, the way your clothes feel against your skin. Now think about how your stomach feels before a big meeting at work or a tough conversation with a friend: Does it hurt? Feel hollow? Seem fine?

Mindfulness is the practice of accepting these moments as they are and not trying to judge or change them.



Practice Being Present

Start by choosing an activity you do daily and usually without thinking. For example, the next time you brush your teeth—something we often do mindlessly—pay full attention to every aspect of it. Look at the water running onto the

toothbrush when you wet it. Notice how the bristles feel against your teeth and gums. Listen to the swishing sounds the brush makes as you move it back and forth. Breathe the smell of toothpaste into your nostrils. Brushing your teeth may never be the same!

Resource: webmd.com

Sweet and Savory Rosemary Baked Squash

Ingredients:

- 3 to 4 lbs. small winter squash
- 2 Tbsp. soy sauce, to taste
- 3 Tbsp. maple syrup, to taste
- 1 Tbsp. olive oil
- Pinch of cinnamon
- Pinch of nutmeg
- Leaves of 2 sprigs of rosemary

Directions:

1. Preheat oven to 375°F. Partially prebake the squash uncut for 30 minutes. Let squash cool. When cool enough to handle, scoop out seeds and discard. Peel squash and cut into half circles. Arrange in parchment-lined roasting pan.
2. Combine soy sauce, syrup, and oil in a small bowl and stir. Drizzle over the squash, then stir in cinnamon, nutmeg, and rosemary leaves.

3. Preheat oven to 425°F, and roast for 20 to 30 minutes, stirring every 10 minutes, or until nicely glazed and tender.

Nutrition:

Serves 8. Calories: 94; Total fat: 2 g; Sat fat: 0 g; Trans fat: 0 g; Cholesterol: 0 mg; Sodium: 263 mg; Total carbohydrate: 20 g; Dietary fiber: 3 g; Sugars: 8 g; Protein: 2 g

Recipe courtesy of todaysdietitian.com

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