



## November is Diabetes Awareness Month

Diabetes Awareness Month is all about shining a light on this condition, risks factors for diabetes, and encouraging people to make healthy changes to prevent diabetes. Level Up will provide you with a variety of resources and information to educate and inform you about diabetes.

### Managing Diabetes

Diabetes can affect many aspects of your life and can cause serious health problems over time. The good news is you can help keep your diabetes under control. It can be easier than you might think and, best of all, you have help along the way. Here are some simple tips to help you take charge of your health.

### Take Control of Your Health

- **Take advantage of a full care team.** In addition to a primary care doctor, you can leverage a full health care team for a more complete approach to maintaining your health such as your: dentist, optometrist, podiatrist etc.
- **Make the most of your visits.** Make a list of questions beforehand. While you're there, ask about what immunizations you need to keep from getting sick. Preventing illness is an important part of taking care of your diabetes. Before you leave your appointment, be sure you understand everything you need to know about taking care of your diabetes.
- **Adopt a healthy eating plan.** Your doctor can connect you with a dietitian who has experience with healthy eating plans geared toward people with diabetes. Although healthy eating plans will vary depending on whether or not you take insulin, the overall intention is not to be restrictive (e.g., cutting out carbs completely). It's about learning how to eat the right amounts of the right foods, including a healthy balance of all major food groups.
- **Be physically active.** Being physically active is especially important if you have diabetes. When combined with healthy eating, it can help keep blood glucose, blood pressure and cholesterol in check. Adults should aim for 30 minutes of moderate activity at least five days of the week. If you want to lose weight, you may need to do 60 minutes or more of physical activity five days of the week. Keep in mind that every little bit can help and not all physical activity has to take place at the same time.
- **Monitor your diabetes.** With a blood glucose meter, you can easily check and record your blood glucose levels right at home. Depending on your levels, you'll be able to tell if you're on the right track to manage your diabetes.
- **Take your medicines as prescribed.** If a healthy eating plan and physical activity are not enough to lower blood glucose levels, medicines may help. Diabetes medicines come in pill and shot form. The amount and frequency will be determined by your doctor. People who take diabetes medicines may also need insulin shots for a while.

Have questions or concerns about your diabetes risk? Talk with your doctor, who can make the appropriate recommendations based on your health history.

## Diabetes Awareness Month Events:

# Register Now for Webinars

Take charge of your health! [Browse the offerings and sign up today!](#)

Here are the winners for Week 1:

- **Apple iPad:** Michelle Jackson ~ Office of the Sheriff
- **\$100 Gift Card:** Thomas Sothern ~ Fire-EMS Department
- **Ninja Pressure Cooker:** Laida Joseph ~ Health Department
- **Hamilton Beach Big Mouth Plus 2-Speed Juicer:** Janet Curtis ~ Police Department

Each week, Level Up will raffle off one of the following giveaways:

- **Apple iPad**
- **\$100 Gift Card**
- **Ninja Pressure Cooker**
- **Hamilton Beach Big Mouth Plus 2-Speed Juicer**

**To be entered into the random drawing each week, you must register and attend at least one (1) class scheduled for that week.** Prize winners will be announced during the weekly Wellness Wednesday articles. Prizes will be distributed at the end of the month.

### Additional Resources:

- [Free webinar sponsored by INOVA](#) – open to all employees
- [Free webinar sponsored by Cigna](#) – open to all employees

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