

Diabetes News

A Special Newsletter for MVP Health Care[®] Members **Issue 2, 2023**

Diabetes and Kidney Health

Diabetic kidney disease (sometimes called diabetic nephropathy) is damage to the kidneys from diabetes.

The kidneys have many tiny blood vessels that filter waste from your blood. High blood sugar from diabetes can destroy these blood vessels. Over time, the kidneys don't work as well and in severe cases, may stop working completely. This is called kidney failure.

Diabetic kidney disease is treated with medicine to slow or prevent further kidney damage. It can often be prevented by keeping blood sugar levels within a target range.

You can also prevent diabetic kidney disease by:

- Maintaining a healthy weight
- Exercising regularly (ask your doctor what is right for you)
- Taking medicine as prescribed
- Following your diabetes treatment plan
- Going to all your doctor appointments and have all your tests and exams done on time

Are you due for an annual test?

Diabetic kidney disease usually has no symptoms in its early stages. Having an annual urine protein test checks for signs of kidney problems. Call your doctor to see if you are due for this test.

Contact Us

1-866-942-7966

Monday–Friday,

8:30 am–5 pm

TTY 711

We Value Your Opinion

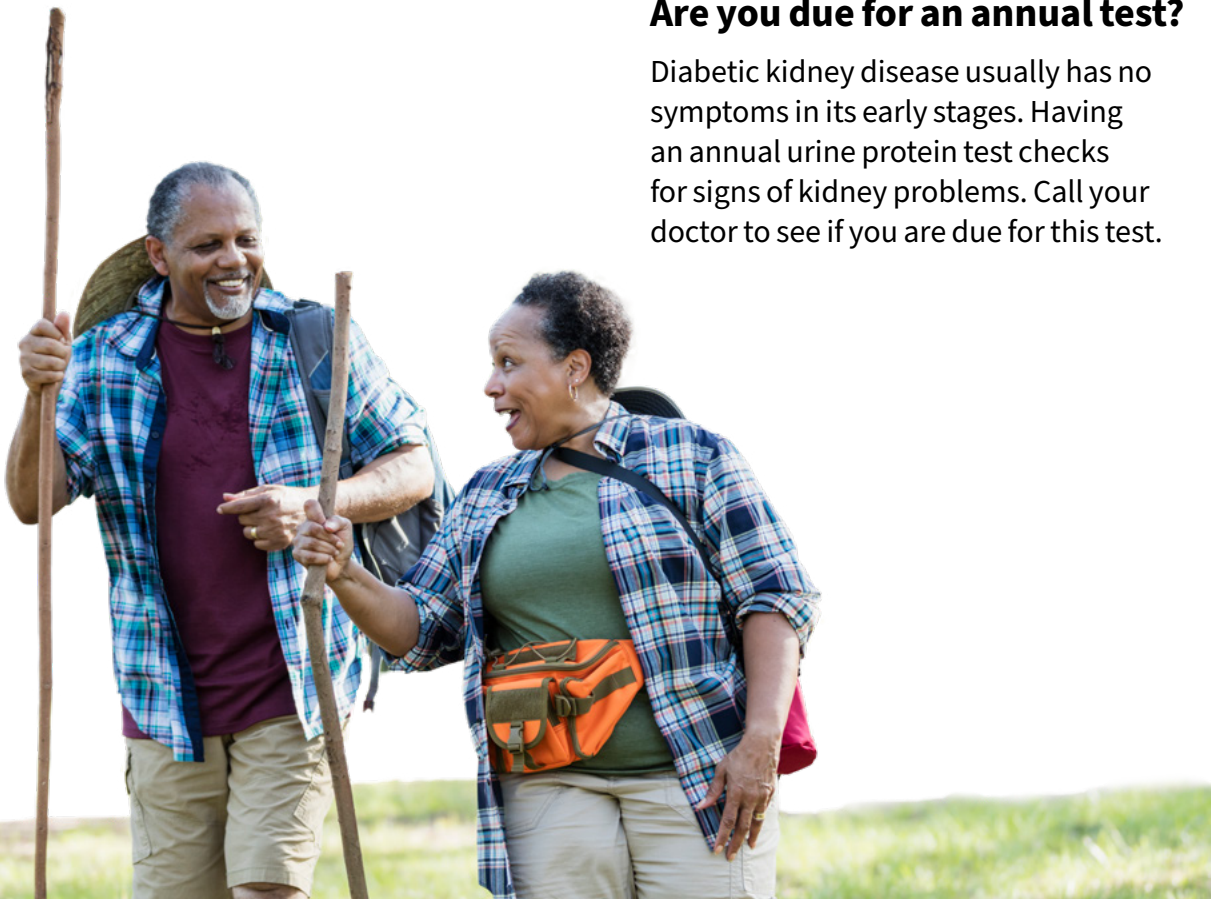
Please fill out a brief, anonymous survey at mvplistens.com.

All responses are 100% confidential and help create a better experience.

MVP Health Care offers a health management program for members living with diabetes. For more information or to see if you qualify, call **1-866-942-7966**. The MVP Diabetes Care Program is based on guidelines for adult diabetes care developed by the American Diabetes Association: *A Collaborative Guideline for the Management of the Adult Patient with Diabetes*.

Information in this newsletter does not constitute medical advice. If you have questions about your health, talk to your doctor.

Health benefit plans are issued or administered by MVP Health Plan, Inc.; MVP Health Insurance Company; MVP Select Care, Inc.; and MVP Health Services Corp., operating subsidiaries of MVP Health Care, Inc. Not all plans available in all states and counties.



The 411 on Carb Counting

Carb counting helps you learn how much carbohydrate (sugar and starch) is in the foods you eat. Then you can adjust food and portions to meet your carbohydrate goal. This helps prevent high blood sugar after you eat and drink. A registered dietitian can help you learn to count carbs and plan meals and snacks. Learn which foods have carbs, and how many per serving.

Carb Type	Carbs Per Serving	Serving Size
Bread, cereal, pasta, rice	15 grams	One slice of bread, ½ cup cooked cereal, ⅓ cup cooked pasta or rice
Fruits	15 grams	One small fresh fruit (like an apple or peach), ½ medium banana, ½ cup canned or frozen fruit, ½ cup fruit juice, one cup melon or berries, two tablespoons dried fruit
Milk and Sugar Free Yogurt	15 grams	One cup milk, ¾ cup no-sugar-added yogurt
Starchy Vegetables	15 grams	½ cup mashed potatoes or sweet potatoes, one cup winter squash, ½ small baked potato, ½ cup cooked beans, ½ cup cooked corn or green peas

Here is an example of a carb guideline for an adult.

Your carb needs may be different.

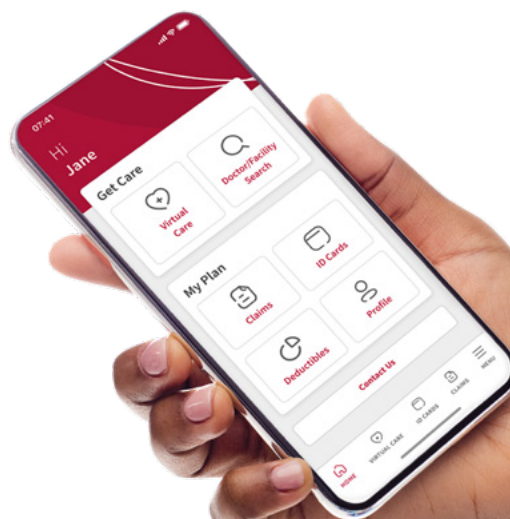
- 45–60 grams at each meal
- 15–20 grams at each snack

A dietitian can help you understand your carb needs. Looking for a dietitian? Go to mvphealthcare.com/FindaDoctor to find one that participates with your MVP health plan.



Access to Care, When You Need It

For urgent medical needs or questions, the *Gia*® by MVP mobile app is here when you need it. Gia is available 24/7 and quickly connects you to a doctor via phone or video. Gia is a good option when you can't get to your doctor's office, do not have transportation, or cannot get time off work.



Scan the code with the camera on your mobile device, or visit GoAskGia.com to get the app.

Try Gia for flu, strep, ear and sinus infections, and more.

Lower Your Risk of Influenza (Flu) and Pneumonia

It is important to get vaccinated against the flu each year, and pneumonia as directed by your doctor.

Pneumonia is a lung infection that can cause mild to severe illness in people of all ages. Signs of it include coughing, fever, fatigue, nausea, vomiting, rapid breathing or shortness of breath, chills, or chest pain. Many pneumonia-related deaths are preventable through vaccination and appropriate treatment.

Certain people are more likely to become ill with pneumonia:

- Adults age 65 or older
- Children younger than age five
- People under the age of 65 who have underlying medical conditions (like diabetes or HIV/AIDS)
- People ages 19–64 who smoke cigarettes
- People ages 19–64 who have asthma

Simple steps for preventing the flu and pneumonia:

- Wash your hands regularly
- Clean hard surfaces that are touched often (like doorknobs and countertops)
- Cough or sneeze into a tissue, your elbow, or sleeve
- Limit your exposure to cigarette smoke
- Take steps to treat, control, and prevent conditions like diabetes and HIV/AIDS

Get vaccinated.

Several vaccines prevent infections that can cause pneumonia, including pneumococcal, pertussis (whooping cough), and seasonal flu vaccines. Talk to your doctor for more information.

Have a Health Question?

Our Health Library is your one-stop resource for the latest health information. Visit mvphealthcare.com/HealthandWellness.



Health and Wellness or Prevention Information

Copyrighted material adapted with permission from Healthwise, Incorporated. This information does not replace the advice of a doctor.

Living Well Programs from MVP

The MVP Health Promotions team is proud to offer a variety of classes, discount programs, and vouchers throughout our service area. To learn more, find classes by you, or to register for any of our programs, check out mvphealthcare.com/calendar.

Stay a Step Ahead with Preventive Care

Preventive care helps you stay healthy by screening for illnesses early on when treatment is more effective. Talk to your doctor to find out if you are due for screenings or any other preventive care services.



625 State Street
Schenectady, NY 12305-2111
mvphealthcare.com

PRSR STD US
Postage
PAID
MVP Health Care

