



Diabetes Resource Program

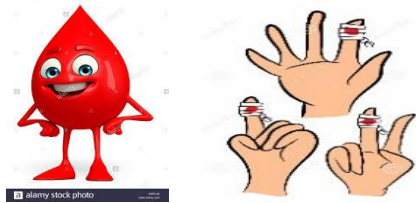
Employers' Health Coalition

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NEW TECHNOLOGY:

No finger stick glucose testing!

Finger-prick tests for blood glucose monitoring may soon be a thing of the past!!



One innovative approach detects the level of blood sugar by directing a specialized laser at a person's palm and measures the amount of absorption of sugar in the body. The laser targets dermal interstitial fluid, which reads your blood sugar.



Scientists have developed an adhesive skin patch that measures glucose levels every 10–15 minutes. This can also be attached to your phone.



NO MORE FINGER STICKS.

The non-invasive blood sugar technology was approved March 2018 by the FDA.

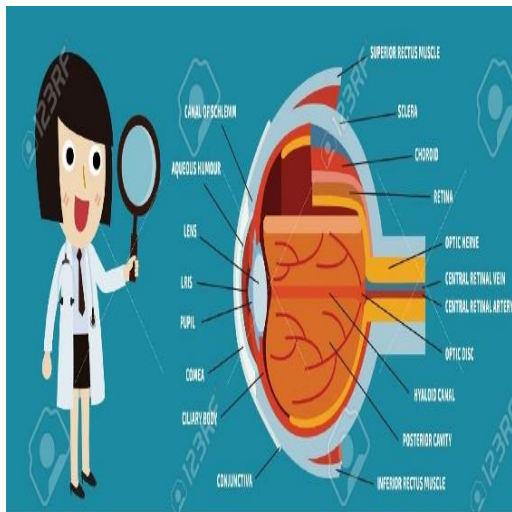
Unhealthy Diet: I know we constantly hear that we must eat certain foods and keep our weight down to stay healthy

and prevent us from developing diabetes. One day Sam went to his physician for blood tests because he was feeling anxious, confused, light headed and weak. When Sam feels this way he usually gets a bag of potatoes chips and eats a whole bag at a time. Sam is busy, so he thinks he doesn't have time to eat healthy and it is easier to eat chips. The physician's office calls him back and said come in as soon as possible. Sam is anxious again and eats chips and drinks a little beer to settle his nerves. The physician walks in the room starring at Sam; and explains what his lab work means. If you keep eating like this, you will decrease the quality of your life and die at an early age. Sam, all you need to do is eat a healthy diet and walk around your yard every day. Sam said, I don't have the money to eat healthy. The physician told him the two bags of chips you eat every day will cover the cost of healthy food. Nurse, call the DRP program, so they can teach him how to eat healthy and keep his blood glucose in control. The program is free, and they mail

the information to you and do follow up calls, you don't even have to go anywhere for the education you need. Sam, see me in a month and sign up for the DRP program. **Diabetes Prevention Program (DRP):** The program gives you information on how to Prevent or Decrease Symptoms of Diabetes. **Your employer offers this program free for you.** The education information is delivered to you by mail, at your place of work, and phone call follow ups to see how you are doing. DRP also provide help if you are having problems getting your diabetes supplies. **You can call 479-434-4145 or 479-431-4154 any time to sign up for DRP and leave messages as needed.** EHC web site www.ehcark.org



"High sodium, high cholesterol, lots of toxins - your blood test is remarkably similar to a potato chip."



DIAGNOSING DIABETIC EYE DISEASE:

What Is Diabetic Eye Disease?

Diabetic eye disease refers to a group of eye problems that people with diabetes may face as a complication of this disease.

All can cause severe vision loss or even blindness.

Diabetic eye disease may include:

Diabetic retinopathy -- damage to the blood vessels in the retina.

Cataract -- clouding of the eye's lens.

Glaucoma -- increase in fluid pressure inside the eye that leads to optic nerve damage and loss of vision.

Cataract and glaucoma also affect many people who do not have diabetes.

What Is the Most Common Diabetic Eye Disease?

Diabetic retinopathy. This disease is a leading cause of blindness in American adults. It is caused by changes in the blood vessels of the retina. In some people with diabetic retinopathy, retinal blood vessels may swell and leak fluid. In others, abnormal new blood vessels grow on the surface of the retina. These changes may result in vision loss or blindness.

What Can You Do to Protect Your Vision?

Finding and treating the disease early, before it causes vision loss or blindness, is the best way to control diabetic eye disease. So, if you have diabetes, make sure you get a dilated eye examination at least twice a year.

HOW TO EYES CARE

