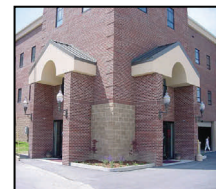




## Diabetes Center of Excellence—Floyd County

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The Floyd County Health Department was one of six local health departments across the state of Kentucky to receive funding to establish a Diabetes Center of Excellence. In his announcement of the new program, Governor Ernie Fletcher said, “A new approach to diabetes management, which includes preventive practices, can improve the lives of those who suffer from this disease.”



While the Floyd County Diabetes Center of Excellence plans to target the Medicaid population, the program will be open to all Floyd County residents who are 18 and older, non pregnant, and have a diagnosis of diabetes. People who meet this criteria can self-refer to the center or be referred by their primary care physician. In addition, the agency will contact Floyd County residents who have diabetes and are on Medicaid to discuss the care management components of the program and encourage them to enroll. This unique partnership will involve the patient, primary care physician, local health department and community resources.

For more information on this care management program, please contact Thursa Sloan or Cheryl Younce at (606) 886-2788. Enrollment is expected to begin

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## Chronic Kidney Disease

If you have high blood pressure, diabetes or a family history of kidney disease, you're at risk for chronic kidney disease (CKD). But the news isn't all bad. Preventing the loss of kidney function is not as difficult as you might think. **March is National Kidney Month** and below are some tips on preventing kidney failure from the National Kidney Foundation:

- ✓ Find out your family's health history if you don't already know it. Let your healthcare provider know if anyone in your family has CKD, diabetes, high blood pressure (hypertension), coronary heart disease or protein or blood in the urine.
  - ✓ Visit your healthcare provider for regular checkups for the above diseases and request blood and urine tests to check for CKD. One vital CKD blood test is a check for your glomerular filtration rate (GFR), a test that can see how well your kidneys are filtering wastes.
  - ✓ Follow your healthcare provider's instructions to keep hypertension and diabetes in control.
  - ✓ Keep your weight in check. Follow a balanced diet recommended by your healthcare provider.
  - ✓ Start exercising by walking for 30 minutes at least three times a week. Check with your healthcare provider before starting any exercise program.
  - ✓ Limit salt intake to control high blood pressure.
  - ✓ If you smoke, quit.
  - ✓ Limit your intake of alcoholic beverages.
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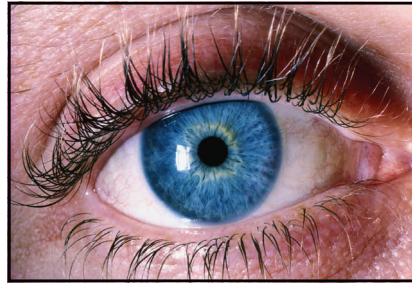
## Eye Care

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There are steps you can take to avoid eye problems.

1. Keep your blood sugar levels under tight control. High blood sugar levels may make your vision temporarily blurry.
2. Bring high blood pressure under control. High blood pressure can make eye problems worse.
3. Quit smoking.
4. See your eye care professional at least once a year for a dilated eye exam. Having your regular doctor look at your eyes is not

enough. Nor is having your eyeglass prescription tested by an optician. Only ophthalmologists can detect the signs of retinopathy.



5. See your eye care professional if:
  - your vision becomes blurry

- you have trouble reading signs or books
- you see double
- one or both of your eyes hurt
- your eyes get red and stay that way
- you feel pressure in your eye
- you see spots or floaters
- straight lines do not look straight
- you can't see things at the side as you used to.

## When to See an Eye Care Professional

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- If you have diabetes, you should have an annual dilated eye exam.
- If you are 30 or older, you should have an annual dilated eye exam, no matter how short a time you have had diabetes. More frequent exams may be needed if you have eye disease.
- If you have any changes in your vision.
- You should have a dilated eye exam if you are pregnant or planning to get pregnant.

## Smoking Cessation

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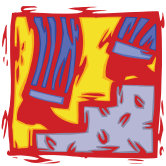


For the first time, Kentucky Medicaid will offer nicotine replacement products for members. Beginning February 1, 2007, any Medicaid member who wants to stop smoking will have the opportunity to call and sign up with the Kentucky Tobacco Quit Line. The "Quit Line" counselor will work with the member to create a smoking cessation plan, provide nicotine replacement products and offer education and counseling at least every 2 weeks. Also, free Cooper-Clayton Smoking Cessation Classes may be available at your local Health Department. The most important thing to remember is **YOU** have to want to stop smoking. If you haven't started smoking, please **DON'T**. The Kentucky Tobacco Quit Line number is 1-800-QUIT NOW (1-800-784-8669).

## Small Steps to Your Health

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There are many things you can do to get to and stay at a healthy weight and prevent type 2 diabetes: Choose healthy foods...make healthy meals...be active 30 minutes a day. It's not easy to do all of this every day living in today's fast-paced and fast-food world. It can be even harder if you have a lot of changes you want to make.



It's easier to make lifestyle changes one step at a time—over months and years. Making changes one step at a time gives you the best chance to reach and stay at a healthy weight and prevent type 2 diabetes.

The good news is that making just a few small changes can make a big impact on your weight and health.

### See your healthcare provider

People with pre-diabetes and diabetes may have other diabetes-

related problem. Because of this you should get your healthcare provider's ok before starting any exercise plan. Talk to your healthcare provider about your plans for activity. Learn from your healthcare provider how to stay safe while you exercise.

### Get Started

*Find a few activities you enjoy.* Make sure these fit into your busy schedule. Select one activity that helps you burn calories and glucose (like walking or biking) and another one that helps you build muscles (like lifting or walking with light weights).

*Start slowly.* Set your first goal at three 10 minute walks each week or even less. If you reach this goal, increase the number of minutes you walk. Then increase the number of times a week you walk.

*Find a partner or join an exercise group.* This can help you stay on track and make exercise

more fun. Look in your area for a mall or local walking program.



*Be active in 10 minute spurts.* It's just as good to add up 10 minutes here and 10 minutes there for a total of 30 minutes. This may be easier to fit in.

*Be more active all day.* Think about what you do each day and how you can work in more steps. Can you take the stairs more often instead of an elevator? Can you park further away from where you work, shop or do errands? Can you get up to change the TV channel rather than using the remote? You'll be amazed at how these extra minutes and steps add up.

## Exercise Safety

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If you have diabetes, keep in mind that you may need to be more careful about safety. You'll want to prevent low blood glucose and damage to your feet. Follow these steps to stay safe.

- Wear diabetes ID.
- Wear sneakers and socks that fit well and feel good to protect your feet.
- Check your blood glucose before exercise. (Learn how your blood glucose reacts to becoming more active. If you take diabetes medicines and your blood glucose often gets too low, ask your healthcare provider about lowering your doses.)
- Carry a healthy snack to eat if you'll be active for a few hours.





Cabinet for Health and Family Services  
 KyHealth Choices  
 Medical Management and Quality Assurance  
 275 E. Main Street, 6C-C  
 Frankfort, Kentucky 40621

## Old-Fashioned Potato Salad

Number of Servings: 8

2 pounds	Yukon Gold or red potatoes cut into 1 inch chunks	1/4 cup	minced red onion
2 Tbsp	fat free sour cream	1/4 cup	minced dill pickle
1 Tbsp	white wine vinegar	2 tsp	Dijon mustard
3/4 cup	thinly sliced celery	1/2 tsp	salt (optional)
1/4 cup	reduced-fat mayonnaise		freshly ground pepper
1	hard cooked egg, sliced (optional)		chopped fresh dill or flat leaf
1/4 cup	nonfat plain yogurt		parsley (optional) for garnish

1. Cook the potatoes in a large pot of boiling water for about 6 to 8 minutes, until tender. Drain well and transfer to a large bowl.
2. Add the sour cream and vinegar to the potatoes; stir to coat evenly. Add the red onion, celery and chopped dill pickle.
3. In a small bowl, combine mayonnaise, yogurt, mustard, salt (if using) and pepper to taste.
4. Pour over potatoes and gently stir to evenly coat. Cover and refrigerate for at least 2 hours or up to 8 hours.
5. Serve cold, garnishing just before serving with the sliced hard cooked egg and chopped dill (if using).

Amount per serving:							
Calories	129	Total Fat	3g	Saturated Fat	0.6g	Cholesterol	3mg
Sodium	177mg	Carbohydrate	23g	Dietary Fiber	2g	Protein	3g

*This information is for educational purposes, it is not intended to replace medical advice from your healthcare provider.  
 Please consult your healthcare provider for advice about a specific medical condition.*