

****MANAGEMENT NEWSLETTER**** *Archives*

Below, a compilation of selected health-related articles from Gulfstream's Management Newsletter archives:

DIABETES CAN LEAD TO COMPLICATIONS: Diabetes can lead to **serious complications** – some life-threatening – **if not detected and controlled.**

Diabetes is:

- The leading cause of **blindness** in people age 25-74
- The leading reason for **kidney failure**
- The leading cause of lower limb **amputations** not related to traumatic injury

People with diabetes are:

- 2 to 4 times more likely to experience **heart disease**
- 5 times more likely to suffer a **stroke**
- likely to suffer mild to severe **nerve damage**

Employees should contact their doctor to be tested for diabetes if they experience the following symptoms:

- always being thirsty
- frequent urination
- extreme hunger
- rapid weight loss
- tiredness
- dry, itchy skin
- numb or tingling feet
- blurred vision
- frequent infections
- slow-healing cuts and sores

People already diagnosed with diabetes should follow their physician's guidance – such as getting a hemoglobin A1c test at least once every six months, annual lipid profiles and an annual dilated eye exam.

HEALTHY VISION MONTH: GOOD TIME FOR DIABETIC EYE EXAMS: With May being "Healthy Vision Month," this is a good time to remind everyone with diabetes to get an annual eye exam. Diabetes is the leading cause of blindness in people ages 25 to 74. Diabetics have a high risk of developing glaucoma, a build-up of internal pressure in the eye, and retinopathy, a slow degenerative process of the eye's retina. Up to 24,000 people lose their sight each year because of diabetes, according to the American Diabetes Association (ADA). **The ADA strongly recommends that all diabetics get an annual dilated pupil eye exam to ensure that their disease is not affecting their vision.** If you (or a family member) are diabetic and have not received an eye exam within the last 12 months, schedule one with your eye doctor as soon as possible.

ANNUAL EYE EXAM COULD SAVE A DIABETIC'S SIGHT: The American Diabetes Association strongly recommends that all diabetics get an annual dilated pupil eye exam to ensure their disease is not affecting their vision. Diabetes is responsible for 8 percent of all legal blindness in the United States – with about 12,000 to 24,000 people losing their sight each year because of diabetes. Diabetics are at a high risk of developing glaucoma, a build-up of internal pressure in the eye, and retinopathy, a slow degenerative process of the eye's retina. It is critical that people with diabetes have an annual dilated eye exam to search for indications of these complications. If detected early, both glaucoma and retinopathy can be treated to prevent blindness.

Our goal is for 100 percent of our diabetics to receive an annual eye exam. If you (or a member of your family) are diabetic and have not received an eye exam this year, please schedule one with your eye doctor as soon as possible.

DIABETES AMONG EMPLOYEES MAY BE GOING UNDETECTED: Approximately 20 million Americans have been diagnosed with diabetes – a chronic disease with life-threatening complications and the leading cause of adult blindness. The American Diabetes Association estimates that 7% of the American population has diabetes and over six million of those people are unaware they have the disease. In Savannah, only 4 % of those covered by the Gulfstream Medical Plan are currently diagnosed and being treated for diabetes. Based on these national statistics, more than 300 Gulfstream employees and their dependents could have diabetes and not know it. Complications from diabetes can be avoided if affected people know that have the disease and are properly treated. Get with your primary care physician to be tested if you are experiencing any of the following symptoms of diabetes:

- always being thirsty
 - frequent urination
 - extreme hunger
 - rapid weight loss
 - tiredness
 - dry, itchy skin
 - numb or tingling feet
 - blurred vision
 - frequent infections
 - slow-healing cuts and sores
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DIABETES CONTROL ESSENTIAL: Diabetes is the 5th leading cause of death in the U.S. Over 200,000 Americans die of complications from diabetes each year. Most of these deaths can be prevented if the diabetes is kept under control. Some results of uncontrolled diabetes are blindness, kidney failure, amputations of leg, foot or toe, strokes and heart attacks. Gulfstream employees and their dependents that have diabetes are strongly encouraged to ensure that their physicians are giving them a hemoglobin A1c test at least twice a year. This test reports your average blood sugar level over a two or three month period of time and is a key measure of whether your diabetes is under control. In addition to the A1c, diabetics should also have an annual lipid profile.
