Understanding Diabetes

Diabetes is a common disease that can cause health problems including heart disease, stroke, eye disease, foot problems, and gum disease. Although diabetes is serious, your Commonwealth Care Alliance® care team can work with you to manage the disease successfully.

What are the risk factors for diabetes?

Being overweight is one risk factor, but people who are a normal weight or only moderately overweight can also develop diabetes. Other major risk factors include how much physical activity you get, your family background, and your age.

Is diabetes caused by eating too much sugar?

A diet high in calories from sugar or other sources can cause weight gain. Weight gain increases your risk for diabetes, so eating a healthy diet is important. However, eating sugar is not the only cause of diabetes.

Do sugary drinks cause diabetes?

Yes, drinking sugary drinks can help lead to diabetes. You should avoid regular soda, fruit drinks, energy drinks, sports drinks, and sweet tea.

Can people with diabetes eat bread, potatoes, pasta, and rice?

Yes, these foods can be part of a healthy meal, but portion size is important. When you eat these foods, your portion size should be small to moderate.

Can people with diabetes eat sweets or chocolate?

Yes, but you should only eat these foods in very small portions. Try to save them for special occasions.

Fruit is a healthy food, so is it okay to eat a large portion?

Fruits do raise blood sugar, so you should talk to your CCA care team about what kinds of fruit you can eat and how often to eat them.

Information from the American Diabetes Association. Please visit diabetes.org to learn more.
Did you receive a recorded telephone call from CCA recently? If so, please call back and take 5 minutes to answer a few questions. We might call on Thursday, Friday, Saturday, or Sunday. Your answers tell us which services work best for you and how we can improve our care.

- If we don’t call at a good time, you can call the number back whenever you like.
- If the recording doesn’t understand what you say, press the number on the keypad instead.
- If you don’t hear the question, press 9 and the question will be repeated.
- The surveys are spoken in English and Spanish. At the beginning of the call you can select the language you speak.

If you are one of the many members who have already answered a survey, thank you! Your feedback matters!

Please Don’t Hang Up…CCA Might Be Calling You!

Ingredients (2 servings)
- ½ tablespoon cornstarch
- ¼ cup reduced-sodium soy sauce
- ¼ cup water
- 1 tablespoon canola oil
- ½ pound beef strips
- 1 small onion, cut into thin wedges
- 1 ½ cups frozen vegetables, defrosted

Directions
1. Mix cornstarch, soy sauce, and water until smooth. Set aside.
2. In a large frypan, heat 1 tablespoon oil over medium-high heat.
3. Stir-fry beef until browned, 2-3 minutes. Remove from pan.
4. Stir-fry onions and defrosted vegetables in the remaining oil for 3 minutes.
5. Add cornstarch mixture to pan. Bring liquid to a boil. Cook and stir until thickened and bubbly, 1-2 minutes.
6. Stir in beef and heat through.

Nutrition Facts (1 serving)
- 259 calories, 12 grams fat, 10 grams carbohydrates, 27 grams protein

Healthy Eating: Beef and Vegetable Stir-Fry
November is National Diabetes Month. This tasty, low-carb dinner is recommended for people with diabetes—and others!

Flu season is here. Get your free flu shot today!

Getting a flu shot every year is your best protection against the flu. The flu virus is constantly changing so you need a new shot every year.

Flu shots are safe and do not cause the flu. Sometimes, you may have mild side effects like soreness, redness, and swelling where the shot was given. These side effects are not dangerous.

Every adult needs a flu vaccine! The flu is especially dangerous for people who have long-term health conditions. However, the good news is you can protect yourself by getting a flu shot.

Call your care provider or CCA care partner today to schedule an appointment!

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Taking Care of You: Managing Diabetes
Follow these tips to manage your health and to prevent complications from diabetes or high blood pressure:

Visit your care provider regularly for:
- Blood pressure checkups
- Blood sugar and kidney tests for diabetes

Visit your eye doctor every year because:
- Diabetes increases your risk of eye diseases.
- An eye exam can find problems early so they can be treated.

Take your medications on time every day!
- CCA offers free services to help you manage your medications.

Do you know about statins?
Medications called “statins” reduce your risk of heart attack and stroke. Statins work by lowering cholesterol. Look for the word “statin” at the end of your medication name. If you have diabetes, talk with your care provider or CCA care partner to find out if a statin is right for you.

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