



# November Wellness Newsletter

# National Health Observance

## American Diabetes Month

# Great American Smokeout

November's health observances are American Diabetes Month and Great American Smokeout. Check out the following UnitedHealthcare educational resources:

- Life with diabetes
  - Managing blood sugar (glucose)
  - The realities of vaping
  - Quitting smoking

## Managing blood sugar (glucose)

## What's blood sugar? The job of glucose and insulin<sup>1</sup>

Glucose, also known as blood sugar, is the main source of energy for our cells. It mainly comes from the foods we eat and may go up or down depending on when and how much we eat. Our pancreas helps manage these levels by making insulin, a hormone.<sup>2</sup> The job of insulin is to take the glucose from our blood and help it move into our cells, creating energy for our bodies.

What happens if our insulin may be out of control?

With diabetes, the body may either stop making insulin, slow way down or "forget" how to use insulin. When the insulin is either gone or not working properly (also known as "insulin resistance"), the glucose can't get into the cells where it needs to go. This is what happens with **type 2 diabetes**.<sup>1</sup>

With **type 1 diabetes**, there's no insulin to let glucose into the cells, so sugar piles up in the bloodstream.<sup>3</sup> In response, the kidneys may go into overdrive, trying to get rid of that glucose. This may make a person urinate more often or feel really thirsty, tired or hungry, among other side effects. Many of these side effects may be symptoms of diabetes.<sup>4</sup>



## **Health Tip Flier of the Month**

# Living tobacco free

Learning about common health topics is one way to help support your health and wellness.

Check out this month's  
Health Tip Flier on  
Living tobacco free.

[English](#) | [Spanish](#)

# Consejo de salud: Vivir sin consumir tabaco

*¿Sabía que el consumo de tabaco es la principal causa de muerte y enfermedad preventables en los Estados Unidos? El cigarrillo es responsable de más de 16 millones de muertes prematuras y de enfermedades crónicas, como la bronquitis, el cáncer, enfermedades cardíacas, diabetes y enfermedades cerebrales, entre otras.*

**UnitedHealthcare | Consejo de Salud**

**Health tip: Living tobacco free**

Did you know tobacco use is the single largest cause of preventable death and disease in the United States? Cigarette smoking may cause many health problems including cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease. Specifically, more than 480,000 Americans die living with a disease caused by smoking, in which it is responsible for more than 480,000 deaths per year in the United States alone.<sup>1</sup> No tobacco product is safe. This includes cigarettes, cigars, pipes, hookah, e-cigarettes, and smokeless tobacco products such as chewing tobacco and snuff. While the nicotine in tobacco products is highly addictive, the benefits of quitting outweigh tobacco use altogether. In fact, health benefits occur only 20 minutes after the first quit and continue to improve over a matter of weeks.<sup>2</sup>

There are approximately 600 ingredients in cigarettes. When burned, cigarettes create more than 7,000 chemicals. At least 60 of these chemicals are known to cause cancer, and many are toxic.<sup>3</sup> There is a long list of serious health risks associated with smoking, and knowing these may help motivate you to quit.

**Using tobacco products may put you at a greater risk of:**

- Developing certain cancers, including throat, mouth, esophagus, stomach, pancreas, kidney, and lung cancer
- Developing lung problems such as chronic obstructive lung disease, emphysema, chronic bronchitis, and asthma
- Developing a stroke or coronary artery disease which can lead to angina and heart attacks

**The benefits of quitting tobacco begin almost immediately<sup>3</sup>**

- 20 minutes – Heart rate and blood pressure drop
- 24 hours – The carbon monoxide level in your blood drops to normal
- 2 weeks to 3 months – Your lung function begins to improve
- 1 to 12 months – Coughing, sinus congestion and shortness of breath decrease
- 1 year – The risk for heart attack drops dramatically
- 5 to 10 years – The risk of mouth, throat and esophageal cancer is half that of a smoker's
- 15 years – The risk of developing coronary heart disease is that of a non-smoker's

**United Healthcare**

## United at Work Presentation of the Month

### Eating with Diabetes

[Click here for the Eating with Diabetes presentation.](#)

During this presentation, you will review the nutritional recommendations for individuals with diabetes or pre-diabetes and discover eating strategies that may help stabilize blood sugar.

You will also identify cooking and snacking tips, as well as considerations when dining out.



### Eating With Diabetes Questionnaire

 Quiz & Answers - English  
 Quiz & Answers - Spanish



### Eating With Diabetes

United Healthcare



[Click here for the entire United at Work catalog.](#)

### Next Month's Preview...



### Health Observance

Self care for the Holidays



### Health Tip Flier of the Month

Financial Well-being



### United at Work Presentation

Self Care: Invest in Yourself