



## November is Diabetes Awareness and Tobacco Cessation Month

**LT Shauna KingAnderson, BSN, NC, USNR**  
Department Head,  
Health Promotion  
Naval Medical Clinic  
Pearl Harbor

### Take Charge of Your Diabetes Care

In recent years the focus of medicine has emphasized empowering the patient through education, self-care and prevention. What an amazing concept! – To be in charge of your well being and take an active role in your health plan! Unfortunately, there are still a few people who have not realized their potential to become effective participants in their health. If you have Diabetes, there are many ways you can be involved in the management of your care. These days people are so busy they no longer trust memory alone and instead rely on Palm Pilots, day timers, electronic calendars and email reminders to keep their hurried lives organized. I recommend that if you have diabetes the following "Diabetes To Do List" should definitely be in your organizer of choice. People with diabetes can live long and healthy lives by taking charge of their health. Make today the day you "Take Charge!"

#### DIABETES TO DO LIST

1. Work with your primary care manager (PCM). It's important to work with a PCM with whom you are comfortable. Be sure that your PCM is available to listen to your concerns and will explain things in a way that is understandable.
2. Do your own homework. PCMs make decisions based on information you give them, such as your daily glucose readings, food and exercise journals, stress levels and symptoms (frequent urination, burning sensation in toes, blurry vision.)

3. Exercise every day. Food is fuel and must be burned in exercise. Eating every day means exercising everyday. Not using the food you eat as fuel means higher glucose readings. (Walking is a great exercise!)
4. Get to your ideal weight. Your PCM can refer you to a registered dietician or certified diabetic educator who can get you started on a healthy diet and gradual weight loss plan.
5. Know your A1c level and get it below 7%. The A1c indicates your three-month average blood glucose level and is one of the most important predictors of diabetic control.
6. Test your glucose as recommended. Learning what your numbers are throughout the day will help you determine how food, exercise and stress affect your glucose values. This information will assist you to make healthy lifestyle changes.
7. Understand diabetes complications. Uncontrolled diabetes can affect every system in your body. Make sure you have annual dilated eye exams, kidney function tests and cholesterol screenings along with regularly scheduled foot exams, blood pressure screenings and dental visits. Be sure to check with your PCM to determine a schedule for these tests.
8. Know the symptoms of hypoglycemia (low blood sugar) and hyperglycemia (high blood sugar) and how to treat each. Contact your PCM or a certified diabetic educator to learn more.

9. Have a plan for sick days and travel. Illnesses, like the flu, can cause dramatic changes to your glucose. Travel can be stressful and change the times you eat and sleep; these three can affect your glucose level control. Talk to your PCM or certified diabetic educator about a plan for sick days and travel.
10. Finally, commit to being a student of diabetes. Learn all you can from journals, research and the Internet. Knowledge is power. Talk to your PCM about information that you have learned and ask questions if you do not understand.

**You are in charge!** Enjoy a healthy life with diabetes by doing all you can to keep your glucose levels controlled.



### Tobacco Awareness: Have You Tried to Quit Tobacco Before?

**Leanne Logan, RN**  
Health Promotion  
Naval Medical Clinic  
Pearl Harbor

Are you feeling discouraged about quitting smoking or smokeless tobacco? Have you tried to quit tobacco several times? Did you succeed for a while but then went back to it?

The good news is that your chances of success will improve if you can learn from your past experience. Don't think of it as failure, instead consider it an opportunity to do things differently next time. How did you get off track last time? Was it the thought that "Just one won't hurt"?



Tripler Army Medical Center



Hickam Air Force Base



Was it a highly stressful time and you thought that starting tobacco again would help you to cope? (It's time to find some new coping strategies!) Did you start smoking again out of boredom? (Try to develop new interests.) Prepare yourself to deal with the issues that have sabotaged your plan in the past. Quitting tobacco is a process, and not one that happens overnight. Success is more likely if you plan ahead and take it one step at a time. Here are some things to consider when you are making your plan:

- Find support:
- Tell your family, friends, and co-workers exactly what you want them to do to help you to succeed.
  - Take a class or join a support group of other committed "quitters".
  - Talk to others who have successfully quit tobacco.
  - Quit with a "buddy".
- Find substitutes for tobacco:
- Sugar-free gum or candy.
  - A new hobby.
  - Carrot or celery sticks.
  - Exercise.
  - Rubber bands or paper clips to keep hands busy.
  - Sunflower seeds.
- Avoid your "triggers":
- Take a break from drinking alcohol.
  - Hang out with non-smokers.
  - Stay away from the smoking area at work.
- Make a list of your reasons to quit:
- Health
  - Children
  - \$\$
  - Social stigma
  - The smell
- When you are getting ready to quit, your military treatment facility can help you through the process. Talk to your PCM about what support is available, or call one of the numbers listed in this newsletter.

The Naval Medical Clinics at Pearl Harbor and the Kaneohe Marine Corps Base have made some changes to the Tobacco Cessation program. Instead of four 1-hour sessions you can now finish the educational course in two 2-hour classes. There are morning, afternoon, and evening classes available. You may be a candidate for medications that will help you quit tobacco, such as Zyban and nicotine patches or gum. If you want more support once your course is done there will be an ongoing support group.

**Web Sources:**  
[www.diabetes.org](http://www.diabetes.org)  
[www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)  
[www.lungusa.org/ffs/](http://www.lungusa.org/ffs/)

Health Care Information Line (HCIL)	
<b>Call 1-800-611-2883 and then press 1 to use the Audio Health Library.</b>	
Code	Topic
1500	What is Diabetes?
1502	Diabetes Type II
1503	Nutrition Tips for Diabetics
1841	Smoking and Your Health
1842	Breathing Others' Smoke
1843	Smokeless Tobacco
1844	Smoking: How To Quit

**Naval Medical Clinic Pearl Harbor**  
A variety of classes are offered monthly throughout the command:

- Healthy Heart
- Tobacco Cessation
- Nutrition/Weight Mgt.
- ShipShape Wt. Mgt.
- Asthma Education
- Self Care

To enroll, call Central Appointments:  
BMC Makalapa 473-0247  
BMC Kaneohe Bay 257-2131  
BMC Barbers Point 684-6201  
Information and referrals about services and classes can be obtained by calling the Health Promotion Office at 471-WELL. Or enroll on the internet at: [www.nmclph.med.navy.mil](http://www.nmclph.med.navy.mil)

**TAMC Health Education and Promotion Center**  
Classes: Stress Management, Hypertension, Exercise, Fitness Walking, Body Fat Testing, and MicroFit Assessment. Call 433-1463 or 433-1462 for information.

**Health & Fitness Center Schofield Barracks**  
Classes: Yoga, Hi-Low Impact, Body Shaping, Prenatal, Physical Training for soldiers, Tai Chi, Mom & Baby Morning, Personal Training and Water exercise. For more information, class fees, schedule and availability, please call: 655-8789 or 655-8007.  
For more information regarding fitness programs please log on to the MWR website at: [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com)

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**Schofield Barracks Community Health Nursing**  
Offering Healthy Lifestyle Classes, Counseling and Resources. Self-Care Classes every Tuesday 1300-1400. MicroFit Fitness Assessments, by appointment, every Tuesday afternoon. Blood Pressure, Body Fat Screening

**Tripler Army Medical Center Nutrition Care**  
Classes: Cholesterol Management, Hypertension, Diabetes and Weight Management. Call 433-4950 for information.

**Health and Wellness Center (HAWC) Hickam Air Force Base**  
Classes: Blood Pressure Screening, Body Fat Testing, Cholesterol Reduction, Exercise, Microfit Assessment, Nutritional Counseling, Relaxation, Smoking Cessation and Weight Mgt. Video and book library checkout. Call 448-HAWC for class dates and times. For more information regarding fitness programs please call the MWR at 449-1044 or log on to [www.hickamservices.com](http://www.hickamservices.com)

**Kaneohe Bay Marine Corps Base Health Promotion Program**  
Classes: Tobacco Cessation, Physical Fitness, Injury Prevention, Nutrition, Stress Management, Suicide Awareness, Alcohol and Substance Abuse, Hypertension and STD/HIV Awareness. For more information, class fees, schedule and availability; please call the Health Promotion Director at 254-7636. For more information regarding fitness programs please log on to the MCCC website at: [www.mccshawaii.com](http://www.mccshawaii.com)

**Health Promotion and Wellness Center U.S. Coast Guard**  
Classes: Stress Management, Physical Fitness/Activity, Alcohol and Drug Abuse Prevention, Tobacco Cessation/Avoidance and Health Risk Assessment. Call 541-1583 for more information on classes and education.



For more information contact your Wellness Center	
Tripler AMC	433-1472
Schofield Barracks	433-8675
Hickam AFB	448-HAWC
Naval Medical Clinic Pearl Harbor	471-WELL
U.S. Coast Guard	541-1583