

# Company Health News

## Healthy News from Your Company

### Diabetes in the United States

Diabetes has become a growing healthcare concern in the United States, as it now serves as the seventh leading cause of death. As of 2015, 30 million U.S. adults were living with diabetes, while another 84 million live with prediabetes, a condition that will likely lead to type 2 diabetes within five years if left untreated.



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### SMCI & Diabetes: How Can We Help?

At SMCI, 4 of the top 5 brand name drugs consumed by employees are used to treat diabetes. In addition, of the total amount spent on the top 25 brand name drugs used by the SMCI employees in our health plan, \$80,000 is spent on drugs controlling diabetes. Understanding risk factors and the disease itself is crucial in protecting yourself, while utilizing methods of prevention and cost-effective treatments like generic medications can make managing diabetes cheaper and healthier. To learn more about diabetes and your risks and prevention, [click here](#).

### Type I Diabetes

Most prevalent in children and young adults, type one diabetes occurs when the body's immune system attacks insulin-producing cells preventing the pancreas from generating enough insulin, the hormone used to convert glucose in our food to energy for our bodies to use. Type one diabetes, which cannot be prevented, represents only 5-10% of diabetes cases and can be managed with insulin injections.



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## Type 2 Diabetes

Type two diabetes represents 90-95% of diabetes cases and predominantly affects adults, though more cases are beginning to show up in children. This type occurs when the body resists insulin, meaning muscle and fat cells use insulin inefficiently, leading to an increase in blood glucose levels. If left untreated, type two diabetes can lead to heart disease, blindness, kidney failure, Alzheimer's disease, skin infections, and death.

## Symptoms

- > Increased thirst and urination frequency
- > Extreme hunger and weight loss despite increased eating
- > Blurred vision
- > Fatigue
- > Slow-healing sores and frequent infections
- > Dark skin patches in folds of the body



## Risk Factors

- > Obesity and physical inactivity
- > Genetics: Having a sibling or parent with the disease
- > High blood pressure and/or abnormal cholesterol levels
- > Age: Risk increases above the age of 45
- > Giving birth to a baby weighing more than 9 pounds
- > Ethnicity: African Americans, Pacific Islanders, and Latinos are at a higher risk

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**Prevention and**

## Management

- > Know your risks and discuss them with your doctor. Make sure to ask for a routine diabetes screening.
- > Manage your weight. Reducing your body weight by 5% can lower your risk by more than half.
- > Increase physical activity levels. Aim for 30-60 minutes per day to improve heart health and manage blood sugar levels.
- > Eat whole grains and vegetables.
- > If diagnosed with diabetes:
  1. Follow a specific mealplan
  2. Take prescribed medication and keep records of glucose levels and symptoms



## Recommended Tests

It is recommended that anyone over the age of 45 be tested for diabetes, as well as those under 45 who are overweight or obese:

- > Fasting plasma glucose test: Measures blood glucose after not eating for over eight hours.
- > Oral glucose tolerance test: Measures blood glucose after eight hours of not eating and two hours after drinking a beverage containing glucose.
- > Random plasma glucose test: Measures blood glucose regardless of when last meal was consumed. Usually administered in addition to an analysis of present symptoms.



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