

February 1, 2015

Ask the Nurse Practitioner



Diabetes

Q: I have Diabetes Type II. How often should I eat?

A: You may want to eat several small meals placed evenly through the day to stay in your target range. Pay attention to what keeps your glucose steady. Don't wait until late in the day to get most of your calories as this can lead to blood glucose rising or falling sharply.

Q: What foods contain the most carbohydrates?

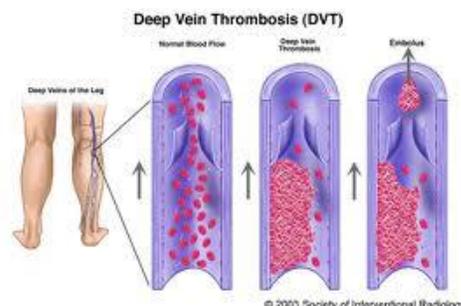
A: The main types of carbohydrates are starches, sugars and fiber. Examples of carbohydrates include bread, pasta, cereal, potatoes, peas, corn, squash and beans. Natural sugar can be found in dairy products, fruits and fruit juices. Fiber is found in plant food, such as fruits, vegetables and whole grains.

Q: How can I manage my diabetes while eating at restaurants?

A: Eat half of your meal and take the other half home. Avoid fried or breaded food, and food that is sautéed in butter or cream. Devote your plate to vegetables and a green salad, and ¼ each to starch and protein.

Lower Extremity Deep Venous Thrombosis (DVT) in Professional Truck Drivers: Recognition and Prevention

Lower Extremity DVT is the development of a blood clot in a deep vein that is located in the legs, pelvis or abdomen. The clot might then cause the blood flow to slow down, resulting in swelling and pain in the extremity. If a little piece of the blood clot breaks free and travels to the lung, this causes a Pulmonary Embolism (PE), which can be life threatening.



The risk factors for developing a DVT include:

- Sitting for extended periods of time,
- Increasing age,
- Smoking cigarettes,
- Obesity,
- Certain medications, and
- Certain other medical conditions (co-morbidities).

Although most DVT's are asymptomatic (silent), the most common symptoms with a DVT are swelling in one leg only, pain in one leg only, dilation or distention of the superficial veins, and red or discolored skin. If you suspect a DVT, you need to report to a medical facility immediately for evaluation. It is important to start blood thinning medications as soon as possible to dissolve the clot before it can cause a PE.

To prevent developing a DVT, you need to stop and walk around at least every 4 hours. You also need to maintain your ideal body weight with a healthy diet and regular exercise. And if you smoke cigarettes, you need to quit smoking.

If you do develop a DVT and are being treated for it with blood thinners, this does not necessarily prevent you from driving a commercial motor vehicle. It may require more frequent monitoring, but does not exclude you from your profession entirely.

Living Well With Diabetes

By Patricia Smith, FNP – Knoxville, TN

Diabetes is a disease in which the body does not produce enough insulin and/or does not properly use insulin. Insulin is a hormone produced by the pancreas that moves glucose from the bloodstream into cells, so that the body can utilize the glucose for energy. Over time, elevated blood glucose levels can cause health problems, including damage to the heart, kidneys, eyes, and feet. Diabetes is clinically defined as a fasting blood glucose level in excess of 100mg/dL. Anyone can develop diabetes. It can affect people of all ages and backgrounds.

Some of the common risk factors for diabetes include: family history of diabetes, lack of physical activity, being overweight, being over age 45, a history of gestational diabetes and being African American, Native American, Hispanic, Asian American, Asian Indian or a Pacific Islander.

There are several steps involved in managing diabetes. First, one must understand diabetes, and this might involve spending time with a diabetes educator or a practitioner well versed in diabetes education. Blood glucose monitoring is the method of determining the success of management of diabetes. Often times, this can be accomplished with a blood glucose meter or a test called a Hemoglobin A1C, which tracks the blood glucose level for 3 months. Being physically active every day can help manage blood glucose, blood pressure and cholesterol. Begin with 10 minutes of activity, such as walking daily and increase up to 30 minutes daily. Always wear a form of medical identification for any medical conditions you may have. Also, take medication as prescribed and make sure you have an adequate amount if you are traveling. Some of the possible causes of hyperglycemia (high blood glucose) include being sick, eating more carbohydrates than usual, increased stress and less activity than usual. Hypoglycemia (low blood glucose) could be caused by drinking alcohol without eating, eating a late meal, more activity than usual, skipping meals and taking diabetes medicine (this is why monitoring is necessary).

There are many ways that someone with diabetes can enlist help with understanding and managing diabetes. Your primary healthcare provider should provide resources for meal planning, blood glucose monitoring and long term management. The nurse practitioners at Urgent Care Travel are trained in diabetes and management, and will spend time helping someone with diabetes to live well and take charge of their health.



We Want to Hear From You

Road to Better Health is a new publication designed to provide you with relevant health and wellness information. We seek your input and comments to improve the newsletter.

- What questions would you like answered by our Nurse Practitioners?
- What recipes or other food information would you like to share with the readership?
- What topic would you like to see discussed more thoroughly in an article?

Please send an e-mail to services@urgentcaretravel.com with your feedback, suggestions, input, etc.

Feel free to share Road to Better Health with your colleagues. UrgentCareTravel can also make this newsletter available to companies and their employees. If your company is interested in distributing Road to Better Health or you are not subscribed to Road to Better Health, please send an e-mail request to services@urgentcaretravel.com.

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The Wellness Corner: The Benefits of Walking

What simple, everyday activity can cut your risk of disease and early death dramatically when done on a consistent basis? It's walking. The health benefits from consistently walking at even a slow and steady pace are astonishing. And furthermore, walking requires no special equipment, skill, or knowledge....just a commitment to make the time in our typically hectic lives to step away from it all for the good of our health.

Though walking outside is usually preferred and doesn't require much planning, don't let bad weather, especially in the winter months, prevent you from walking. Consider indoor venues for walking, including malls, and big box retailers like Walmart, Target, Lowe's and Home Depot.

In addition, some people find it helpful to wear pedometers or fitness trackers as these devices help remind them to walk and stay active.

Below are just a few of the benefits of walking. Though various statistics are provided, don't get caught up in all the details. The key message is that consistent walking is very beneficial to your health in many ways.



Weight Maintenance: Studies have shown that slow and steady trumps fast, furious, and inconsistent. The weight of subjects tracked over a 4 year period showed that those walked to work maintained their weight better than those who drove to work even though they were physically active at other times of the day.

Energy Dips: A 15 minute walk after eating a meal helps regulate blood-sugar levels and enables you to avoid that sluggish feeling.

Mood: Just 10 minutes of walking at a quick pace can boost your mood for 2 hours. Walking 30 minutes per day can significantly reduce symptoms of depression.

Memory and Brain: Walking 40 minutes three times a week protects the brain region associated with planning and memory and can reduce your risk of stroke by 30%.

Heart: 30 to 60 minutes most days of the week drastically lowers your risk of heart disease.

Longevity: 75 minutes a week of brisk walk can add almost 2 years to your life.

So sneak in a few minutes of walking every day and start transforming your health, body and mind!

About UrgentCareTravel

UrgentCareTravel (UCT), in partnership with Pilot Flying J, addresses one of the trucking industry's biggest challenges of offering easily accessible and affordable healthcare services for truck drivers. Located at Pilot Flying J Travel Centers, UCT Healthcare Centers offer DOT/non-DOT physicals, minor illness & injuries services, chronic disease screening and management, sleep apnea screening and drug screens.

UrgentCareTravel's affordable **Healthcare Membership** programs include physicals, primary care visits, access to onsite fitness centers (where available) and 24x7 Telemedicine (phone consultations) with a licensed medical professional. With health insurance plans costing more, providing less medical coverage and requiring higher deductible payments, UrgentCareTravel's **Healthcare Membership** program is a cost-effective option to address the healthcare needs of drivers, local businesses and communities.

