

Achieve

A Newsletter
for AvMed
Members

▶ YOUR HEALTHIEST LIFE WITH DIABETES

This is why annual kidney tests matter

Kidney problems often have few symptoms early on. That's why regular kidney tests are important — especially if you have diabetes.

What do the kidneys do?

Your kidneys are two bean-shaped organs that filter your blood for waste (which turns into urine). They also help control blood pressure and balance important chemicals in your body.

How does diabetes affect them?

Diabetes is one of the top causes of kidney disease. High blood sugar can damage their tiny blood vessels, making it more difficult for them to remove toxins.

How soon can problems start?

Kidney damage often happens slowly. Many people feel fine for years before symptoms arise. But when kidney damage is found early, you and your physician can take steps to help protect them.

What are the tests?

Both are quick and easy:

- A **urine test** checks for protein. Protein in the urine can be an early sign of kidney damage.

- A **blood test** shows how well your kidneys filter waste.

How can I protect the health of my kidneys?

Everything you do to help manage your blood sugar also helps protect your kidneys. But staying on top of screening is still important. These simple tests help your physician track how well your kidneys are working, and they can help determine if you need any changes to your care plan.



Ask the pediatrician

Q Can diabetes affect my child's sleep quality?

A It absolutely can. That's why we asked Shadi Tabba, M.D., a pediatric endocrinologist at Orlando Health Arnold Palmer Hospital for Children, to share more about the connection and what kids (and parents) can do.

What happens during sleep? Blood sugar levels can rise and fall during the night. When levels are high, your child may feel very thirsty and need to use the bathroom more often. When they drop, the body releases adrenaline, a stress hormone that may wake them up.



How can we help avoid the ups and downs?

"Some of the more modern insulin pumps have the ability to help manage blood sugars overnight and at least minimize the chances of these disruptions from happening," says Dr. Tabba.

Another approach is looking for patterns in your child's blood sugar during the day and evening. That way you can take action before your child

goes to sleep to prevent nighttime disruptions .

When to loop in your child's care team

"If you notice ongoing sleep problems or frequent blood sugar swings at night, don't wait until the next appointment to speak up," says Dr. Tabba. Reach out to your physician and your child's care team. They can help adjust your child's treatment plan to help bring more peaceful sleep.



To reach a Case Manager

Simply call 1-833-609-0735, email DM@AvMed.org or scan the QR code provided.



Healthy eating made simple



What “low sodium” and “reduced sugar” really mean

Nutrition labels can be confusing and healthy-seeming descriptions may not be healthy at all. Here’s how to decode a few of the most common claims.

Bright, colorful phrases on the front of food packages are designed to catch your eye. But what exactly are they claiming? Here’s how to find out.

What does “low” mean?

“Low” means the nutrient is below a specific limit

set by the FDA for each serving.

For example, “low sodium” means 140 milligrams of sodium or less per serving. “Low fat” means 3 grams of fat or less per serving.

What about “reduced” or “less”?

“Reduced” or “less”

means the product has at least 25% less of a nutrient than the regular version.

“Reduced sugar” does not mean sugar-free. It only means the product has less sugar than the original version.

Is “no added sugar” the same as “sugar free”?

“No added sugar” means no sugar was added during processing. The food may still contain natural sugars, such as those found in fruit or milk.

“Sugar free” means the product has less than 0.5 grams of sugar per serving.

What does “light” mean on food labels?

“Light” (or “lite”) can mean a few things. It may mean fewer calories or less fat than the regular version. In some cases, it describes color or texture instead of nutrition.

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Recipe



Sunrise berry smoothie

This simple smoothie is full of vitamin C and antioxidants. Making it for one? Cut the ingredients in half, or save the extra for later.

Ingredients

- 2 cups mixed frozen berries
- 1 cup plain 2% fat Greek yogurt
- 1 cup orange juice

Directions

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Pour into two serving cups.

Nutrition facts (per serving)

Calories 180 | Fat | Saturated fat 1
Carbs 31 | Protein 10 | Fiber 4 | Sugar 22 | Sodium 31
Potassium 546 | Vitamin C 180% DV | Calcium 16% DV