

Achieve

A Newsletter
for AvMed
Members

▶ YOUR HEALTHIEST LIFE WITH DIABETES

You've been diagnosed with diabetic retinopathy — now what?

Over time, high blood sugar can damage small blood vessels in the retina, leading to vision changes or even vision loss.

Find an ophthalmologist

An ophthalmologist is a medical doctor who specializes in eye care. You can find in-network providers on www.AvMed.org.

Schedule an exam

Your doctor will screen you to see what stage of retinopathy you have. There are two stages:

- Early stage, or nonproliferative retinopathy
- Advanced stage, or proliferative retinopathy

"If a patient only has mild damage, we may have them continue with yearly eye examinations," says Dr. Purnima Patel. But for those with progressed retinopathy, "we may need to see them sooner."

Consider your treatment options

At a certain point, you may need treatment. The most common ones are:

- Injections of medications called anti-VEGF drugs
- Lasers that shrink blood vessels and stop leakage

- Vitrectomy, or eye surgery to remove the vitreous from your eye and replace it with a saline solution

These treatments slow the progression of diabetic retinopathy, but they don't reverse vision loss.

Focus on managing your diabetes

Work with your primary care doctor to take care of your diabetes. Good sugar control may even bring back some of your vision.



Ask the pediatrician

Q How can I help my child handle diabetes burnout?

A Managing diabetes can be exhausting for kids. Here's how to support your child and help them feel empowered rather than overwhelmed.

Psychologist Nusha Nouhi, Ph.D., offers some advice to help kids with this condition cope and feel more confident in how they navigate each day.

Start with education and empowerment. From the moment of diagnosis, you'll want to get the right providers on board. "Find the endocrinologist that clicks with your child, and add an educator and a



nurse for further support," says Nouhi.

Gradually build autonomy. Allow your child to take small steps toward independence, like checking their own blood glucose.

"These moments teach ownership, confidence, and comfort in managing their (now) routine health needs," says Nouhi.

Normalize frustration and burnout. The emotional fatigue is real. "Create

space to talk about the hard days and moments without judgment," stresses Nouhi. "Let them know that burnout doesn't mean failure — it's part of living with a chronic condition."

Watch your language. Avoid labels like "good" or "bad" numbers or foods. Use neutral, factual language. "The way children hear that language improves their knowledge and helps reduce fear," says Nouhi.



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



The magic of fiber

Fiber is a nutritional powerhouse. Here's how much you need — and how to get it every day.

When you think about important nutrients, fiber might not top your list. But fiber supports nearly every part of your health. Plus, it keeps you feeling fuller for longer.

Most adults don't get enough fiber. Luckily, it's easy to add more to your diet once you know how.

What is fiber?

Fiber is a carbohydrate that your body can't digest. Instead, it moves through your system.

There are two main types:

- **Soluble fiber** helps lower cholesterol and blood sugar.
- **Insoluble fiber** aids in digestion.

Easy ways to get more fiber in your diet

Small swaps can make a big difference. Try these:

- Choose whole-grain bread, pasta, and rice.
- Add chia seeds, almonds, or flaxseeds to cereal or yogurt.
- Toss extra veggies into soups and stir-fries.
- Swap beans for meat in chili or tacos once or twice a week.

How much fiber do you need?

Your daily needs depend on your age and gender.

Women 50 and younger	25 grams
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Men 50 and younger	38 grams
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Women over 50	21 grams
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Men over 50	30 grams
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Recipe



Matcha Chia Breakfast Pudding

Nutrition facts Calories 420 | Fat 16 g | Saturated fat 1.5 g | Sodium 220 mg | Carbs 48 g | Protein 24 g | Fiber 15 g

Health and wellness or prevention information.

Ingredients

- 1 cup Fair Life chocolate milk
- ¼ cup chia seeds
- ½ scoop unflavored protein powder
- 1 tsp matcha powder
- 1 Tbsp granola
- 2 Tbsp blueberries
- 1 Tbsp slivered almonds

Directions

1. Combine milk, chia, protein powder, and matcha in a pint jar.
 2. Cover with lid, shake for 30 to 60 seconds to dissolve matcha and protein powder, and refrigerate overnight.
 3. The next morning, top with granola, blueberries, and almonds and take it to go.
- If you can't find Fair Life chocolate milk, swap in another high-protein brand.