

1 in 4 with Diabetes unaware: Are you at risk?

Health Plan of San Joaquin celebrates National Diabetes Month in November. Join us to learn more about risk factors, and the importance of talking to your doctor and getting tested.

Your chances of having type 2 diabetes depend on a combination of risk factors such as your genes and lifestyle. You can't change your family history, age or ethnicity, but you can change lifestyle risks by focusing on eating, staying active and a healthy weight.

You are more likely to have type 2 diabetes if you:

1. Are overweight or obese
2. Are age 45 or older
3. Have a family history of diabetes
4. Are Hispanic/Latino, African American, Alaska Native, American Indian, Asian American, Native Hawaiian or Pacific Islander
5. Have high blood pressure
6. Have a low level of HDL ("good") cholesterol, or a high level of triglycerides
7. Have a history of gestational diabetes or gave birth to a baby weighting 9 pounds or more
8. Are not physically active
9. Have a history of heart disease or stroke
10. Have depression

One in four Americans with diabetes has it, but they do not know it! Take the American Diabetes Association (ADA) Diabetes Risk Test to see if you are at risk for type 2 diabetes:

<http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/>.

Consequences of Uncontrolled Diabetes

Diabetes is a disease that makes it difficult for the body to turn food into energy and there's too much sugar (glucose) in the blood.

Not knowing your blood sugar levels is dangerous. You can quickly go from prediabetes to diabetes. When you don't know you have it, you aren't able to control it.

Talking to your doctor and getting tested is the key here. Your doctor will be able to tell if you have a normal blood sugar (glucose) level, have prediabetes, or diabetes. Fortunately, prediabetes can be reversed with behavior changes. But if you never know and it develops into diabetes, there is a chance it will become uncontrolled. If not treated, uncontrolled diabetes can lead to complications that are disabling or even life-threatening.

Possible complications of uncontrolled diabetes include –

- Cardiovascular disease
- Nerve damage affecting your limbs
- Kidney damage
- Eye damage increasing risk of blindness, cataracts and glaucoma
- Foot damage that may lead to toe, foot or leg amputation

Health Plan of San Joaquin knows all too well the emotional and physical complications that diabetes patients



encounter. For HPSJ members who have trouble controlling diabetes we offer a Disease Management Program. "The patient with diabetes is the most important person on the diabetes care team. They need support from health care professionals, family, friends and community to manage their diabetes," says HPSJ Nurse Care

Manager, Consuelo Casillas, "Our Case/Disease Management nurses are well-informed about diabetes and are available to assist HPSJ members achieve a healthy life by living with diabetes," she adds.

To learn more about diabetes and how to get help, please visit <https://www.hpsj.com/diabetes-education/>.

NATIONAL HEALTH SURVEY UNDERWAY IN SAN JOAQUIN COUNTY

The National Health and Nutrition Examination Survey (NHANES), the most comprehensive survey of the health and nutritional status of the U.S. population is coming to San Joaquin County beginning on October 18, 2017. Why San Joaquin County?

All counties in the United States have a chance to be selected for the NHANES and this year, San Joaquin County is one of 15 counties that was selected to be part of this initiative. NHANES provides important data on public health problems from a na-

tional perspective.

Why Should Every Eligible Resident Participate in NHANES?

- Your participation can help develop and evolve national health programs and policies.
- If you are selected, You will help make a difference in our nation's health!
- If you agree to participate you will receive compensation for your time and travel expenses of up to \$125.
- You will also receive a free and confidential health and nutrition evaluation.

E. & J. GALLO WINERY APORTA \$100,000 PARA COLABORAR CON EL TERREMOTO DE LA CIUDAD DE MÉXICO

MODESTO, California, 5 de octubre de 5, 2017 – E. & J. Gallo Winery anunció hoy que ha realizado una donación adicional de \$100,000 a la Cruz Roja Americana para colaborar con los esfuerzos de rescate en el terremoto que afectó a la Ciudad de México. Estos fondos se suman a los \$300,000 ya donados por la empresa anteriormente a la Cruz Roja Americana para ayudar en los esfuerzos de rescate por el huracán que azotó a Texas, Florida, Puerto Rico y las Islas Vírgenes de los EE.UU.

"Nos complace seguir con nuestro histórico apoyo a la Cruz Roja Americana y a sus más de 2,000 voluntarios que trabajan incansablemente para brindar la ayuda que tanto necesitan las comunidades golpeadas el mes pasado por el terremoto en la Ciudad de México. En nombre de nuestros empleados y sus familias, así como de nuestros proveedores y socios distribuidores, queremos hacer esta contribución adicional para ayudar a todos aquellos afectados por esta catástrofe", dijo Joseph E. Gallo, CEO y Presidente de E. & J. Gallo Winery. "Nuestros corazones están con todas las personas afectadas".

Además, E. & J. Gallo Winery confirmó su compromiso de igualar dólar a dólar las donaciones individuales que realice cada uno de sus empleados a través del Employee Match Program (Programa de Igualación de Contribuciones) de la empresa.

La donación ayudará a la Cruz Roja Americana a brindar refugio, alimento, respuesta inmediata ante catástrofes y asis-

tencia para la recuperación.

Acerca de E. & J. Gallo Winery Fundada por los hermanos Ernest y Julio Gallo en 1933 en Modesto, California, E. & J. Gallo Winery es la bodega familiar más grande del mundo y la reconocida productora de bebidas alcohólicas y vinos premiados que se venden en más de 90 países de todo el mundo. Gallo, una empresa pionera del arte de la viticultura, vinificación, prácticas sustentables, marketing y distribución mundial, elabora e importa vinos y bebidas alcohólicas para una amplia diversidad de gustos y ocasiones, desde ofertas para la mesa diaria hasta vinos boutique y etiquetas de lujo.

La cartera de vinos de Gallo está compuesta por 80 marcas exclusivas, entre ellas, Barefoot Cellars, Dark Horse y Gallo Family Vineyards, así como vinos en caja premium The Naked Grape y Vin Vault. Sus ofertas premium incluyen Apothic, Carnivor, Chateau Souverain, Columbia Winery, Ecco Domani, Edna Valley Vineyard, J Vineyards & Winery, Louis M. Martini, MacMurray Estate Vineyards, Mirassou, Orin Swift, Talbott Vineyards y William Hill Estate, además de vinos importados muy reconocidos como Alamos, Brancaia, La Marca, Las Rocas, Martín Códax, Whitehaven y LUX Wines, importadores de Allegrini, Argiano, Jermann, Pieropan y Renato Ratti. Las bebidas alcohólicas que ofrece Gallo son New Amsterdam Vodka y Gin y E&J Brandy, además de los whiskies Scotch importados de Whyte & Mackay, incluidos The Dalmore, Jura Single Malt y John Barr Blended.

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