

long term care
connection

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things to know
**Diabetes
and your eyes**

It's wise to take care of your eyes when you have diabetes.

Having diabetes makes you more likely to have eye problems. High blood sugar levels can lead to vision loss and blindness.

The longer you have diabetes, the more likely you are to have eye problems.

But there are steps you can take to protect your eyes.

First, you should see an eye doctor at least once a year. Finding early signs of eye disease and getting treatment can help you avoid more serious problems later on.

To take good care of your eyes:

- Keep your blood sugar under control
- Bring down high blood pressure
- Don't smoke
- See your doctor right away if you have blurred vision or eye pain

If you do have eye problems, there are good treatments

available. Talk to your doctor about the best treatment plan for you.

Sources: American Diabetes Association; National

Institutes of Health



Flu shots can be especially important for some people, such as:

- Children 6 to 23 months old
- Adults 50 and older
- Those with health problems, such as heart disease or asthma
- Women who will be pregnant during flu season

Do you need a flu shot?

A blanket and a bowl of soup might make you feel better if you get the flu.

But not getting the flu in the first place is better medicine.

So ask your doctor if you or others in your family should get a flu shot. It's one of the best ways to stay healthy.

And you might need a shot if you spend time with others who are at high risk.

Sometimes there may not be enough flu vaccine for everyone, so check with your doctor to see if you should get a shot.

Some people should not get a shot, such as babies less than 6 months old.

There is also a flu vaccine that comes in a nose spray instead of a shot. It can be given to healthy people ages 5 to 49.

Source: U.S. Centers for Disease Control and Prevention



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Why cholesterol counts

If your cholesterol is too high, that's a problem. It doesn't matter how old you are. Or if you're a man or woman. High cholesterol puts you at risk for heart disease.

Cholesterol is a fatty substance in the blood. When too much of it builds up, it can clog the arteries of the heart.

You can have a heart attack if blood doesn't go to the heart.

High cholesterol can cause strokes if it blocks blood to the brain.

All adults should have their cholesterol checked. Talk to your doctor if you haven't. Most people need it checked every five years.

Your doctor can tell you how to lower cholesterol if it's high.

Eating better can help lower it. So can exercising more.

Avoiding saturated fats helps too. These fats are in red meat, cheese and many sweets.

Your doctor may also give you medicine to lower cholesterol.



A recipe from the American Diabetes Association

Vegetable rice and beans

Need a delicious dinner idea?

This simple skillet dish is quick, tasty and healthy.

What you need:

- 4 cups cooked white or brown rice
- 2 teaspoons olive oil
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 2 medium tomatoes, finely diced
- 1 carrot, peeled and diced
- 1 15-ounce can red kidney beans (with the liquid)
- 1 teaspoon dried thyme

How to make it:

1. Heat the oil in a heavy skillet over medium heat. Add the onion and garlic and cook for 5 minutes.
2. Add tomatoes and carrot and cook 5 to 8 more minutes. Mix in beans and thyme and turn heat to low. Simmer 5 minutes. Add a little pepper, if you like.
3. Pour the vegetable bean mixture over hot cooked rice.

Nutrition facts

Makes 6 servings, 1 cup each
Calories per serving: 248
Total fat: 3g
Sodium: 277mg

Total carbohydrates: 48g
Sugars: 6g
Protein: 8g
Fiber: 4g