

# STEP INTO WELLNESS



Diocese of Palm Beach  
2022 Healthiest Employers Award Honoree



## November is Diabetes Awareness Month

The diagnosis of prediabetes is like a flashing warning sign – change to a healthier lifestyle now and you may bypass a future of fighting diabetes. Here's what you need to know about prediabetes.

Diabetes is a common health condition that most people have heard of or may be familiar with, but are you familiar with prediabetes? Prediabetes is a serious health condition in which blood sugar levels—similar to diabetes—are higher than normal, but not quite high enough to be diagnosed as type 2 diabetes.

Approximately 84 million Americans—more than 30%—have prediabetes, and of those individuals with prediabetes, 90% don't even know they have it. If you have prediabetes, you have an increased risk of developing type 2 diabetes, heart disease and stroke.

There is some good news, however. If you already have prediabetes, you can still make lifestyle changes that can delay or even prevent type 2 diabetes and other serious health issues.

### What Causes Prediabetes?

Your pancreas makes insulin, a hormone that allows blood sugar into cells to use as energy. If you have prediabetes, the cells in your body don't respond as they normally should to insulin. So your pancreas makes more insulin to offset this and try to make the cells respond the way they're supposed to. Eventually, your pancreas isn't able to make enough insulin and your blood sugar rises, setting the stage for prediabetes—and possibly type 2 diabetes later on.

### What Are the Symptoms & Risk Factors of Prediabetes?

It's possible to have prediabetes for years and yet have no clear symptoms. So it often goes undetected until a more serious health problem like type 2 diabetes surfaces.



Make sure to talk to your doctor about getting your blood sugar tested if you have any of the following risk factors for prediabetes:

- Are overweight
- Are 45 years or older
- Have a parent, brother, or sister with type 2 diabetes
- Are physically active less than three times a week
- Have ever had gestational diabetes (diabetes during pregnancy) or have given birth to a baby who weighed more than nine pounds
- Have polycystic ovary syndrome
- Are in one of the following higher risk race/ethnic groups:
  - African American
  - Hispanic/Latino American
  - American Indian
  - Pacific Islander
  - Asian American

### Getting Tested

Taking a simple blood sugar test will let you know if you have prediabetes. Ask your doctor to see if you should be tested, especially if you have any of the risk factors previously mentioned.

### How Can I Prevent Type 2 Diabetes?

If you have prediabetes and are overweight, you can lower your risk of developing type 2 diabetes by losing just a small amount of weight and by getting regular physical exercise— at least 150 minutes a week of brisk walking or a similar activity.

The American Diabetes Association has many excellent resources to help you navigate a diagnosis of Diabetes. For more information visit [www.diabetes.org](http://www.diabetes.org) or call 1-800-DIABETES (800-342-2383).

Nov 2022

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### Tips For Dental Health Care

To avoid costly and painful dental issues and enjoy healthy teeth and gums, you should:

- **Receive proper dental care and strive to control your insulin levels.** This can help prevent gum disease.
- **Maintain good dental health care to prevent mouth infections.** Mouth infections require immediate treatment. Your dentist may prescribe antibiotics, medicated mouth rinses and more frequent cleanings to help you avoid complications related to bacterial infections.

**Monitor your blood sugar levels and have your triglyceride and cholesterol levels checked regularly.** There may be a direct correlation between unhealthy levels and elevated chances of developing periodontal disease.

If your blood sugar isn't under control, you should talk with both your dentist and physician about receiving proper dental care. Dental procedures should be as short and as stress-free as possible.

<https://www1.deltadentalins.com>

## November is Healthy Skin Month!

Your skin is your body's largest organ, so it's important to take good care of it. How you wash your face can make a difference in your appearance. Follow these tips from dermatologists to help you keep your face looking healthy.

Use a gentle, non-abrasive cleanser that does not contain alcohol. Wet your face with lukewarm water and use your fingertips to apply cleanser. Using a washcloth, mesh sponge, or anything other than your fingertips can irritate your skin. Resist the temptation to scrub your skin because scrubbing irritates the skin.

Rinse with lukewarm water and pat dry with a soft towel. Apply moisturizer if your skin is dry or itchy. Be gentle when applying any cream around your eyes so you do not pull too hard on this delicate skin. Limit washing to twice a day and after sweating.

Wash your face once in the morning and once at night, as well as after sweating heavily. Perspiration, especially when wearing a hat or helmet, irritates the skin. Wash your skin as soon as possible after sweating.

Follow these tips to protect your skin from the sun's damaging ultraviolet rays and reduce your risk of skin cancer:

- Seek shade when appropriate, remembering that the sun's rays are strongest between 10 a.m. and 2 p.m. If your shadow is shorter than you are, seek shade.
- Wear sun-protective clothing, such as a lightweight and long-sleeved shirt, pants, a wide-brimmed hat and sunglasses with UV protection, when possible. For more effective sun protection, select clothing with an ultraviolet protection factor (UPF) label.
- Apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher. Broad-spectrum sunscreen provides protection from both UVA and UVB rays.
  - Use sunscreen whenever you are going to be outside, even on cloudy days.
  - Apply enough sunscreen to cover all skin not covered by clothing. Most adults need about 1 ounce — or enough to fill a shot glass — to fully cover their body.
  - Don't forget to apply to the tops of your feet, your neck, your ears and the top of your head.
  - When outdoors, reapply sunscreen every two hours, or after swimming or sweating.
  - Use extra caution near water, snow, and sand, as they reflect the damaging rays of the sun, which can increase your chance of sunburn.
  - Consider using a self-tanning product if you want to look tan, but continue to use sunscreen with it.

**Perform regular skin self-exams** to detect skin cancer early, when it's most treatable, and see a board-certified dermatologist if you notice new or suspicious spots on your skin, or anything changing, itching or bleeding.

<https://www.aad.org/public/diseases/skin-cancer/prevent/how>

## November Happenings Calendar

|            |   |
|------------|---|
| Nov 1 - 30 | American Diabetes Month   |
| Nov 1 - 30 | Diabetic Eye Disease Month  |
| Nov 1 - 30 | National Alzheimer's Awareness Month  |
| Nov 1 - 30 | Lung Cancer Awareness Month   |
| Nov 1 - 30 | National Healthy Skin Month   |
| Nov 24     |  Thanksgiving Day |



### Session 1: Thursday, Nov 3<sup>rd</sup> at 1:00pm

Copy and Paste The Quick Link Below To Register:  
[bit.ly/3Dmq1vF](http://bit.ly/3Dmq1vF)

Join us for an interactive webinar to learn more about steps to take to manage diabetes so you can feel well today and prevent complications in the future.

This three-part series educates participants about diabetes and how it affects the body, the importance of monitoring your blood glucose and overall self-care behaviors for healthier living.

This program is facilitated by a doctor, registered nurse educators and a pharmacist to help review your medications.

**Registration for the subsequent sessions will be given after each webinar.**

Have an idea, suggestion or comment? Contact your Wellness Coordinator, Carol Waring at [cwaring@diocesepb.org](mailto:cwaring@diocesepb.org) or 561-775-9572. Have a benefits question? Contact your Benefits Assistant, Sandy Maulden at [smaulden@diocesepb.org](mailto:smaulden@diocesepb.org) or 561-775-9574. Be sure to visit the wellness web page at [www.diocesepb.org/wellness](http://www.diocesepb.org/wellness) for helpful links and information.

## Know Your Health and Wellness Benefits! Blue 365

As a Florida Blue member, you have access to an exclusive discount program that can help you achieve your health goals without straining your wallet.

**Blue365 Deals is a national discount program that offers special deals and discounts on fitness equipment, gym memberships, nutritious food and many other products that promote healthy living.** There are also many travel deals for when you need some well-deserved rest and relaxation. Members can also find savings on their mortgage and even discounts on pet supplies.

Blue365 partners with many well-known national brands such as Fitbit, Nutrisystem, Jenny Craig, Philips Sonicare, Garmin, Reebok and Skechers.

For those who feel more comfortable working out from home, Gympass is a new Blue365 vendor that helps members stay active from anywhere. The platform offers online classes, wellness resources and virtual personal training.

Most Blue365 discounts can be redeemed online or in person, making the program even more convenient and easy to use. Members can also recommend deals they would like to see Blue365 offer.

All you need to do to start taking advantage of these exclusive discounts is register for Blue365 on their website. It's free to join and only takes a few simple steps:

1. Click the join button at the top of the Blue365 website.
2. Enter your member information using the first three characters on your member ID card.
3. Complete your registration by entering your personal information and accepting the terms and conditions.

Check out Blue365 to start saving today.

***NOTE: This program is available to employees covered under Florida Blue through the diocese or other Blue Cross Blue Shield insurance.***

# 2022 Pink It Out !!! For Breast Cancer Awareness



St. Jude School Boca



Pastoral Center



St. Helen Parish



St. Christopher Parish



St. Jude Tequesta Parish



Our Lady Queen of Apostles



St. Anastasia School Staff