

THIS IS HEALTH CARE

SUMMER 2014

OPEN YOUR EYES
TO THE RISKS
OF DIABETES

WHAT WOMEN
NEED TO KNOW
ABOUT HIGH
BLOOD PRESSURE

WHEN HEALTH
NEEDS TURN URGENT:
YOUR GUIDE
TO FAST CARE



EXERCISE IMPROVES YOUR HEALTH AT ANY SIZE



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OSF
ST. MARY
MEDICAL CENTER

OPEN YOUR EYES TO THE RISKS OF DIABETES



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EXPERT DIABETES CARE AT OSF MEDICAL GROUP

Managing diabetes isn't easy. But you've got experts on your side, ready to help. OSF Medical Group – Endocrinology and Diabetes specialists work with you and your physician to facilitate the best care possible.

Our Services Include:

- Intensive diabetes care and management
- Physician consultation

- Medication management
- Insulin pump therapy
- Self-care and self-management
- Individual education
- Group educational classes

Call 309-344-9683 for an appointment or visit www.osfmedicalgroup.org/diabetes.

Yearly eye exams can prevent or delay one of the most devastating complications of diabetes: blindness. But all too often, people with diabetes put off visiting their eye doctor. As a result, they never see vision problems coming. The good news? Proper eye care can reduce your risk of vision loss by 95 percent, even if you already have early-stage eye disease. Controlling your diabetes also protects your sight.

UNDERSTANDING THE PROBLEM

High blood glucose levels and blood pressure in diabetes can damage several parts of your eye. This includes the retina, the light-sensitive lining at the back of your eye. The resulting condition, diabetic retinopathy, blinds an estimated 25,000 Americans annually.

Diabetes also may harm the lens that focuses your vision and your optic nerve, which sends signals between your eye and brain. And if you have diabetes, you also have:

- A 60 percent greater risk for cataracts

- A 40 percent greater risk for glaucoma

Most diabetes eye problems have no symptoms at first. Eventually, you may see floating spots, flashing lights or a dark curtain falling over your vision. If this happens, call your eye doctor immediately.

YOUR VISION SOLUTION

Dilated eye exams can lower your risks. At these visits, drops in your eyes widen your pupils. This way, your eye doctor can look into the back of your eye for signs of trouble.

Experts say everyone with diabetes should do this yearly. But national reports suggest more than one-third of people with diabetes don't comply. A recent study found low-income, young people with diabetes were most likely to skip these exams.

Break the cycle.

Call your eye doctor and schedule a visit. Go each year even if your vision seems

fine. If you have early signs of eye disease, laser treatments or surgery can preserve your vision. Also, save your sight by:

- Following your diabetes treatment plan.
- Reducing your blood pressure.
- Maintaining a healthy weight.
- Staying physically active. Talk with your doctor about your exercise routine. •

Make an appointment with a physician at OSF St. Mary Medical Center by visiting www.osfhealthcare.org/physicians



www.osfmary.org 5

EXERCISE IMPROVES YOUR

HEALTH AT ANY SIZE



One new study proclaims your fitness—not your fitness—determines your long-term health. Another, however, finds all obese people have a higher risk for illness and death than those who weigh less.

Reading the headlines about weight and health can leave your head spinning. But regardless of whether it's lack of exercise or extra pounds that pose the biggest danger, doctors know one thing for sure: Exercise benefits your health in many ways besides shrinking your waistline. And you can reap its rewards no matter what number you see on the scale.

FITNESS PAYOUTS WORTH THE RISKS

Exercise can feel intimidating if you haven't done

much of it before. Self-consciousness and fear can easily stand between you and your gym shoes. And of course, it's hard to find time for working out in an already-busy life.

But the case for physical activity is a compelling one. Exercise builds strength and prevents type 2 diabetes, heart disease, strokes and some cancers. It can also improve your mood, help you sleep and boost your energy.

Given these perks, it's worth facing the challenges of embarking on a fitness routine. Smart planning can help you get your new habit off the ground. And once you start, you may even find yourself having a good time.

YOUR GET-STARTED GUIDE

Approach physical activity as you would any other big project in your life. First, think of the barriers between you and exercise. Then, come up with creative ways to overcome them. A few ideas:

- **To find time, schedule ahead.** Write down everything you do for a week. Then identify 10-minute slots for exercise. Enter it on your calendar just

like any other appointment—and keep it.

- **To avoid injury, start where you are comfortable.** Set a goal of increasing your activity by five minutes a day each week. Take a walk, pedal on a stationary bike or try a stretching video.

- **To enjoy exercise, expand your definition.** You don't have to pound out a hard run or grueling sets of push-ups. Try many ways

to be active until you find two or three you enjoy. Dance to music in your house, do yard work or take brisk walks around the mall or neighborhood.

- **To stay motivated, track your progress.** Keep a journal where you log your activity, how long you did it and how you felt. Build in rewards—such as new workout clothes and shoes—for each milestone you set. •

Let Us Help Keep You in Shape

The Wellness/Fitness program at OSF St. Mary Health and Rehabilitation has state-of-the-art equipment for strengthening and conditioning. Exercise bicycles, treadmills, stair machines, rowers and elliptical equipment provide a great variety for cardiovascular training.

All participants are individually instructed on all the equipment and then allowed to work independently at their own rate. An appropriate exercise program is designed for each participant based on precautions, limitations, restrictions and personal goals.

Put a spring in your step this summer! Call OSF St. Mary Medical Center at 309-344-9662 or 309-344-3161, ext. 5662.

MAKE EXERCISE A FAMILY AFFAIR Young Adults May Not Be as Healthy as They Think

