

BETTER HEALTH 4 YOU

SMART LOCAL 36 BENEFIT FUND

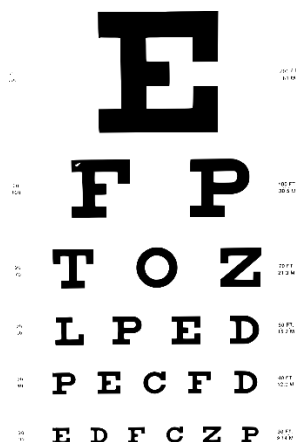
DIABETES

Microvascular Disease Due to Diabetes

*You are at more risk
for eye and kidney
damage with diabetes.*

Diabetic Retinopathy

This is the most common eye problem from diabetes. It is the leading cause of blindness among U.S. adults. Diabetes can damage the retina; this is the nerve tissue at the back of the eye. This tissue is sensitive to light. And, it sends visual images to the brain. Changes in the tiny blood vessels that send blood here cause eye damage.



There are early and late stages of eye disease.

EARLY STAGES Nonproliferative Retinopathy

- Blood vessels of the retina get weak and develop bulges (called micro aneurysms)
- These may leak blood (hemorrhage), or they may leak fluid into the tissue around the retina
- Vision is rarely affected at this stage
- See an eye doctor for yearly exams

LATER STAGES Proliferative Retinopathy

- New, fragile blood vessels start to grow on the retina and into a jelly-like substance inside the back of the eye

Slow Cooker BBQ Chicken Sliders

- 1 lb. skinless chicken breasts
- ½ tsp. garlic powder
- ¼ tsp. ground black pepper
- 1 small onion, sliced
- 1 cup water
- 1/3 BBQ sauce (try to find low-carb)

8 mini whole wheat buns

Place the chicken breast in the slow cooker. Add garlic powder, pepper, onion and water. Cover and cook on low for 6 hours, or until done.

Drain the cooking water.

Shred the chicken with 2 forks. Mix in the BBQ sauce and stir to coat the chicken. Heat through for an additional 15 minutes.

Assemble the sandwiches, using 1/3 cup BBQ chicken for each bun.



Calories 180, Carb 22g, Protein 16g, Fat 3.5g, Sat Fat 0.8g, Sugar 5g, Dietary Fiber 3g, Cholesterol 30mg, Sodium 240mg, Potassium 225mg

- These abnormal vessels are prone to rupture and bleed into the back of the eye
- Blurred vision or temporary blindness occurs



Studies show that keeping your blood sugar in control can reduce how many people develop eye damage and prevent eye damage from getting worse.

If you get eye disease, laser surgery can treat it. And, vision can be preserved if the eye damage is found early. About half of those who do not get treated will become blind in 5 years.

But, only 5 percent who do get treated may become blind. Routine eye exams are key; this is the best way to detect eye damage in its treatable stages.

Nephropathy

Kidney disease develops in about:

- 1 out of 3 people with type 1 diabetes
- 1 out of 5 people with type 2 diabetes.

This disease can lead to kidney failure. The number of people who get kidney disease is going down, though. This is because we now know that tight control of blood sugar can help. It cuts the risk of kidney damage in half. And, use of medicine (“ACE inhibitors”) can help stop kidney damage.