



## Diabetic Management Requires a Trustworthy Health Care Team

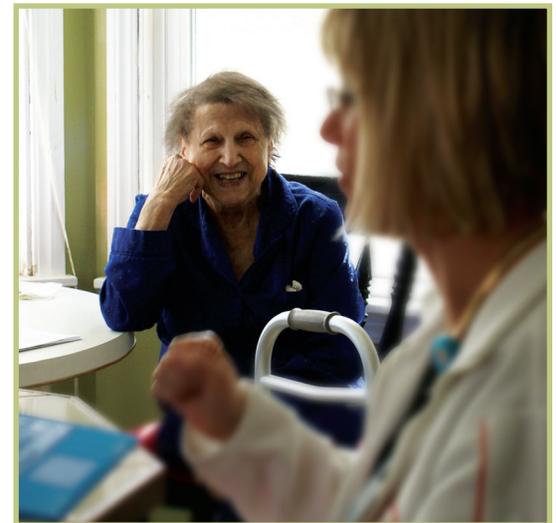
The good news is that seniors do not have to deal with diabetes alone. Their family doctor and others on the health care team, including Capital Health Home Care, can help manage symptoms, treat diabetes and provide the education and direction needed to stay on track.

### THE HEALTH CARE TEAM

- **Primary Care Provider** may be a general practitioner, internist, nurse practitioner, or physician's assistant. This is the person who you probably see most often.
- **Endocrinologist** is a specialist who takes care of people with diabetes.
- **Ophthalmologist** is an eye doctor. This is the specialist who diagnoses and treats eye problems.
- **Optometrist** is a specialist who prescribes glasses and contact lenses. He or she can diagnose and treat certain eye conditions and diseases.
- **Podiatrist** is a specialist who treats foot problems. He or she can help you keep your feet healthy and give you regular foot exams and treatment.
- **Dietitian** or licensed nutritionist teaches people with diabetes how to plan meals. He or she also helps with weight control.
- **Other health care providers may include** a Nephrologist (a kidney doctor), Cardiologist (a heart doctor), Dermatologist (a skin doctor), Pharmacist and Dentist.

Seniors who are having trouble managing diabetes may qualify for home health care which is 100% covered by Medicare.

**Call Capital Health Home Care today to learn more!**



## Honoring World Diabetes Day

According to the American Diabetes Association, half of all Americans age 65 and older have pre-diabetes and are at risk for developing type 2 diabetes. **Nearly 26% of Americans 65 plus have already been diagnosed with diabetes.** One out of every three Medicare dollars is spent on diabetes. Those figures are expected to continue to rise but they do not have to...we know how to prevent or delay type 2 diabetes.

On Tuesday, November 14<sup>th</sup> we will join in the celebration of **World Diabetes Day**. The awareness campaign reaches a global audience of over one billion people in 160 countries.

**Please read on to learn how to live healthy with diabetes.**

# Gratitude Is Good Medicine

*"We can complain because rose bushes have thorns, or rejoice because thorns have roses."*

-Alphonse Karr, A Tour Round My Garden

Researchers from Harvard Medical School to the Mayo Clinic and beyond all agree that practicing gratitude will significantly increase your well-being – including improved physical, mental and emotional health. Here are five ways gratitude can positively impact your life, according to the research:

## 1. Improved Sleep

A 2009 study in the *Journal of Psychosomatic Research* found that grateful people sleep longer and better than those who do not practice gratitude. Simply writing down a list of a few things to be grateful for before bedtime has been shown to improve quality of sleep.

## 2. Improved Physical Health

Grateful people report fewer aches and pains, exercise more regularly and attend regular medical check-ups more often than ungrateful people, according to a 2012 study published in *Personality and Individual Differences*. Gratitude is said to boost immunity and decrease the risk of disease.

## 3. Increased Empathy & Decreased Aggression

"Gratitude motivates people to express sensitivity and concern for others," researchers wrote in a 2012 paper in *Social Psychology and Personality Science*. Gratitude was attributed to an increase in empathy and a decrease in aggression.

## 4. Increased Happiness & Decreased Depression

Robert A. Emmons, Ph.D., a leading gratitude researcher, has concluded that gratitude reduces an array of toxic emotions like envy, resentment and frustration which works to improve overall psychological health. For example, grateful people are less likely to become resentful of others and more likely to show appreciation for other people's accomplishments.

## 5. Increased Resilience

Numerous studies, including a 2006 study in *Behaviour Research and Therapy*, found that Vietnam War veterans with high levels of gratitude were less likely to be impacted by post-traumatic stress disorder. Generally speaking, research has demonstrated that gratitude reduces stress and improves one's ability to overcome trauma.



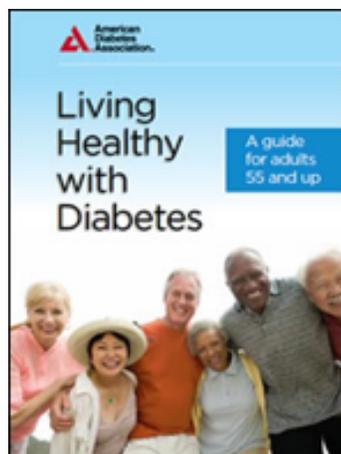
## Order Your Free Diabetes Guide Today!

The National Diabetes Prevention Program (DPP), designed to provide evidence-based community programs to prevent type 2 diabetes, reports that individuals with pre-diabetes can significantly reduce the risk of type 2 diabetes with lifestyle changes. Older adults (60 plus) in one clinical study reduced their risk by 71% with improved nutrition, increased physical activity and weight loss of 5-7%.

As people get older, their risk for type 2 diabetes increases. Those who already have diabetes may find that they need to adjust how they manage the condition as the years go by.

The American Diabetes Association offers a free guide, *Living Healthy with Diabetes*, for older adults.

To Order a FREE Copy Today, Call 1-800-DIABETES.



CAPITAL HEALTH  
HOME CARE

## DEC ANNOUNCEMENTS:

### » Winter Safety for Elderly Info

» Stay Tuned for info on our Melodies & Memories Program

### First Day of Winter

December 21<sup>st</sup>

### Merry Christmas

December 25<sup>th</sup>

### New Year's Eve

December 31<sup>st</sup>



## Our Locations:

Ashtabula Office  
1100 Lake Avenue  
Ashtabula, OH 44004  
T: (440) 964-3332  
F: (440) 427-4014

Dayton Office  
275 Regency Ridge Drive, Suite A  
Centerville, OH 45459  
T: (937) 279-0641  
F: (937) 279-0860

Dublin Office  
6479 Reflections Drive, Suite 100  
Dublin, OH 43017  
T: (614) 923-7000  
F: (614) 689-0081

Steubenville Office  
201 Luray Drive, Suite 2-A  
Wintersville, OH 43953  
T: (740) 264-8815  
F: (740) 264-8825

West Virginia Office  
210 Three Springs Drive, Suite 2  
Weirton, WV 26062  
T: (304) 914-4473  
F: (304) 914-3090

Home Care Concierge  
6479 Reflections Drive, Suite 160  
Dublin, OH 43017  
T: (614) 793-8845  
F: (614) 793-8852

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