



# Well Worth It

## ***D is for...***

*The building blocks of wellness are as simple as ABC. In 2010, The Well Worth It newsletter will be a shorter, biweekly feature and focus on aspects of wellness centering around each letter of the alphabet.*

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## *Wellness, it's as simple as A B C...*

### Diabetes

**What is diabetes?** Diabetes is a group of diseases that affects how the body uses blood glucose (also called blood sugar). Diabetes involves having too much glucose in your blood. Type 1 diabetes occurs when your pancreas makes little if any insulin and daily insulin shots are usually needed. Type 2 diabetes affects 90% of those with diabetes and is different from type 1. Type 2 diabetics are able to make insulin however, their body is resistant to the insulin causing the glucose to accumulate in the bloodstream.

**What are the warning signs?** The classic symptoms for both type 1 and type 2 include excessive thirst and frequent urination. Other signs may include constant hunger, flu-like symptoms, blurred vision, slow-healing cuts or bruises, or tingling or loss of feeling in hands and feet.

**I've been diagnosed with diabetes – now what?** The risks of uncontrolled diabetes are too great to ignore! Work with your doctor to develop the treatment plan that is right for you. This will probably involve medication, exercise and dietary changes. Monitor your blood sugar levels as recommended by your physician. You can learn to control and live well with diabetes.

[www.mayoclinic.org](http://www.mayoclinic.org), American Diabetic Association

### Deep Vein Thrombosis (DVT) – Are you at Risk?

[www.cdc.org](http://www.cdc.org)

#### What is DVT?

Deep vein thrombosis occurs when a blood clot forms in a large vein (usually the lower leg, thigh or pelvis). Anyone can experience DVT, but it is preventable and treatable if diagnosed early and correctly. Sitting for long periods of time or major surgery can increase your risk.

#### Risks of DVT

Symptoms of DVT include: swelling, tenderness, pain and redness of the skin (although only 50% of people display symptoms). If part of the blood clot breaks off, it can travel through the bloodstream to the lungs and cause a pulmonary embolism (PE). If you suspect a PE – seek medical help immediately!

#### Prevention of DVT

You can prevent DVT by moving around as soon as possible after having surgery. When sitting for long periods of time (traveling or working) – walk around every few hours and stretch your legs as often as possible. Drink plenty of water and wear loose-fitting clothing. Anticoagulants are also prescribed by a physician.

### Upcoming Events

**March 2, 2010:** Wellness2Go Workshop - Conference Call – FREE

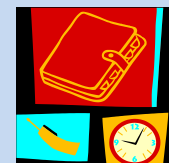
**March 23, 2010:** Worksite Wellness 101 – Morgantown

**April 6, 2010:** KP Smoking Cessation Class – So. Charleston

**April 22, 2010:** Spring Conference; Bridgeport Conference Center

**May 13- 16, 2010:** Greenbrier Bike Trek

Visit [www.wcgv.org](http://www.wcgv.org) for registration information and forms!



# Distracted Driving

According to Forbes magazine's list of the top 10 most dangerous jobs, sales professionals are listed as the ninth most dangerous career (behind logging workers and electrical power line workers). In 2008 alone, there were 815 fatalities among sales professionals. Technological advances, including dialing or texting on cell phones, and laptops or simply eating on the go are all distractions to driving safely. Even if you aren't a sales professional who travels daily, chances are you commute to your workplace. The following safe driving tips can reduce your risk of being in an accident.

- Buckle your seat belt
- Follow the speed limit
- Avoid ALL distractions while driving
- Maintain a safe following distance
- Do not drink and drive
- Plan your route
- Pull over when using technology
- Drive defensively



*Assess your reaction time and ability to text and drive with this game from the New York Times:*

<http://www.nytimes.com/interactive/2009/07/19/technology/20090719-driving-game.html>

*Forbes, www.nhtsa.gov*

## Tobacco Cessation

Looking to provide tobacco cessation activities at your worksite? Contact the Regional Tobacco Prevention Coalition Coordinator at the Wellness Council to assist with tobacco cessation or contact the West Virginia Quitline at 1-877-966-8784.

West Virginia  
**TOBACCO  
QUITLINE**  
**1-877-966-8784**

## Dental Health



There is a growing body of medical evidence that supports the "mouth-body connection" as dental problems are becoming increasingly linked to health problems throughout the body including heart disease, stroke, diabetes, and premature birth. It is easy to hide problems in the mouth and therefore periodontal issues are not taken seriously. However, periodontal disease is an infection involving unhealthy bacteria – that left untreated can travel to the bloodstream – simply by brushing your teeth. Simple, routine preventative measures (including regular dental check-ups) can ensure a healthy mouth and body.

*American Dental Association*

***Leaders aren't born, they are made. And they are made just like anything else, through hard work. And that's the price we'll have to pay to achieve that goal, or any goal.***

*Vincent Lombardi*

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