

“What is the No. 1 killer of people with well controlled diabetes? Nothing – it is well controlled!” ~ Anne Fleetwood



CHAP Weekly Update

March 12, 2021

The ABC's of Diabetes

The No. 1 killer of people with diabetes is Cardiovascular problems (heart, blood vessels, blood cells). The goal of treatment is to protect the heart by paying attention to the ABC's of diabetes.



What are the ABC's?

A: A1C - A measurement of the amount of sugar in your blood.

B: Blood Pressure - A pressure that your heart uses to pump blood through your arteries.

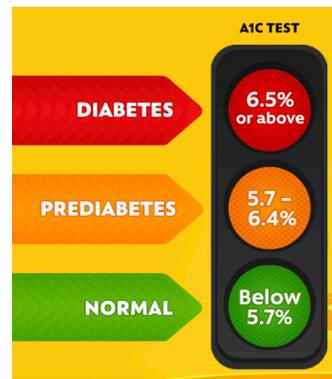
C: Cholesterol - A waxy substance found in your blood. Your body needs cholesterol to build healthy cells, but too much can lead to buildup and blockages of arteries, leading to heart attacks, strokes and peripheral artery disease.

Goals for the ABC's

A1C: After a person is diagnosed with diabetes and is working to control it, an A1C less than 7.0 is considered good. (That is the same as an average blood sugar of about 154, a number that is familiar to a person who is checking their blood sugar at home.)

Blood Pressure

120/80 or lower is the goal for healthy people. Blood pressure that is consistently over 140/90 is usually referred to as “hypertension” and treated with medications.



Cholesterol

LDL: Lousy (“bad”) cholesterol – we want this **Low** (less than 100)

HDL: Happy (“good”) cholesterol – we want this **High** (at least 40 in men and 50 in women)

Triglycerides: A reflection of things we eat/drink in excess – excess fat/sugar/ alcohol. If there are too many triglycerides at one time for the body to use, it builds up. We want this number low, less than 150.

Overall cholesterol goal:

Increase HDL, Decrease LDL, Decrease TG = Decreased Risk of CV disease

Covid by the Numbers

- Alaska cases as of March 11, 2020: **59,451**
- US cases as of March 11, 2020: **29.2 million**
- Alaska average daily cases: **17.1** per 100,000 people. COVID is still spreading, but slowly.
- More information at [Coronavirus.dhss.alaska.gov](https://www.coronavirus.dhss.alaska.gov)



Alaska Vaccine Updates

- Alaska Population Vaccinated: **25.2 %**
- Alaskans Fully Vaccinated **126,145**
- Alaska Vaccine Allocation **288,000** (People who can be Fully Vaccinated)
- The COVID-19 vaccine is now available for anyone living or working in Alaska, age 16 or older.



Let us know what you think! aka-CHAPCOVID-19weeklyupdates@anthc.org

Send questions for presenters and each other, and suggest topics for discussion.



“Just as in the flu world, there is no preference for one vaccine over the other.” ~ Matthew Bobo



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How to Manage Diabetes

Controlling Blood Pressure:

- Lifestyle changes +/- medicines**

BAD: Things that make blood pressure worse: salt (sodium), obesity, tobacco, stress, pain.

GOOD: Things that help lower BP: regular exercise (30 mins a day most days of the week); stop tobacco; decrease or stop alcohol; increase potassium and magnesium in diet; weight loss; dietary changes.



- Medicines:** ACEIs (angiotensin-converting enzyme inhibitors like Lisinopril); ARBs (angiotensin II receptor blockers like Losartan); thiazide diuretics like hydrochlorothiazide (HCTZ); calcium channel blockers like Amlodipine and Diltiazem; beta blockers like Metoprolol.

Controlling Cholesterol:

- Lifestyle changes +/- medicines**

- ◇ Eat fats that are liquid at room temperature (seal oil, vegetable oil, not bacon fat or crisco)
- ◇ Increase fiber from plant foods – beans, grains, vegetables
- ◇ Regular exercise 30 minutes most days of the week
- ◇ Stop tobacco
- ◇ Stop excessive intake of anything (fat, alcohol, sugar, processed foods)



- Medicines:** Statins (a group of cholesterol-lowering medications)

About Sodium

The recommended daily amount of sodium for a healthy adult is 1500 mg – 2300 mg. Too much sodium can make high blood pressure worse.



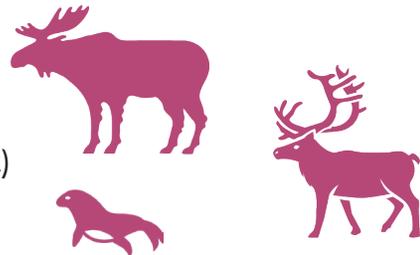
How much sodium is in these foods?

- SPAM:** 790 mg in one serving (A can of SPAM contains six servings, or 4740 mg of sodium!)
- Ramen/Cup Noodles:** (chicken flavor): 1070 mg in one serving/package. The majority of that sodium is in the package of flavoring, so if you love ramen, eat the noodles mixed with healthy foods and throw away the packet of flavoring with all of its sodium.
- Lean Cuisine** (Herb Roasted Chicken): 580 mg in each package/serving.



Healthier Traditional Alternatives:

- Moose meat:** 18.2 mg in one serving, (1 oz)
- Caribou meat:** 16.2 mg in one serving, (1 oz)
- Seal meat:** No sodium!



Diabetes Summary

For folks with diabetes, don't forget to check your ABC's to guard your heart!

- AIC
- Blood Pressure
- Cholesterol





CHAP Weekly Update

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COVID-19 Update

CHA/P on Facebook



Matthew Bobo gave a quick update on available COVID-19 vaccinations in Alaska (Pfizer, Moderna, Johnson & Johnson) and how they are distributed.



Dr. McLaughlin reported that we are starting to see some vaccine hesitancy (people who don't want to get the vaccine even though they are eligible). He asked that we all do whatever we can to encourage people in our communities to get the vaccine. All three types of the COVID-19 vaccine are very safe and effective!

Resource: covid19.alaska.gov – Get all the latest about COVID-19 prevention, current cases, variants, vaccines, vaccine eligibility, etc.

Check out news stories, information and accomplishments of Health Aides around the state. See and share photos of our program and people.

Community Health Aide/Practitioner Facebook page:

www.facebook.com/groups/AlaskaCommunityHealthAidesPractitioners

SAVE THE DATE



March 16, 2021

DHSS will present the new CDC guidelines for fully immunized people, progress with vaccinations here in AK, vaccine hesitancy (including strategies to increase the percentage of people who get the vaccine), and updates from various rural/remote communities.

Please join us AND bring your colleagues. This is a great opportunity to hear from the experts and to make sure that we all have the most up-to-date information!

March 23, 2021

Dr. Phillip McGuiness will talk about acute mental status changes in the elderly.

March 30, 2021

Jennifer Summers will talk about alcohol and substance abuse during the COVID-19 pandemic and community solutions.

CHA/Ps: Earn CE Credit

You can earn CE credit for attending the COVID-19 CHAP Weekly Update zoom meetings every Tuesday, 12pm to 1pm.

Each week has a corresponding CE certificate found online at: <https://anthc.remote-learner.net>

The Distance Learning Network (link above) also offers continuing education courses about influenza, diabetes, COVID-19 and many other health topics.

CE Course: Diabetes Education Basics

12 - 1:00 pm, May 4, 6, 10, 13, 17, 19, 25 (Virtual Class).

An interactive, hands-on virtual course for CHA/Ps that focusses on teaching diabetes education to people with diabetes who live in rural Alaska.

To register contact [Teresa Hicks](mailto:Teresa.Hicks@anthc.org)

Thank you to Anne Fleetwood, for her presentation, "Blood Pressure and Cholesterol in Diabetes – Tips for Caring for your Patients" and to Dr. McLaughlin and Matthew Bobo for Quick Updates on Covid-19 vaccines and variants. To inquire further, contact: Anne Fleetwood, amfleetwood@anthc.org



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ALASKA NATIVE
TRIBAL HEALTH
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