

# Priorities in Health: A Healthy Mind in a Healthy Body

## 1 Patient in Action: Meet Vaneska

When Vaneska found out she was pregnant, she and her husband Eric decided to take advantage of the free prenatal classes offered at SCVMC. As a first time parent, Vaneska wanted to learn more about what to expect during labor, and how to take care of herself and her baby. Also, Eric wanted to learn how to support her.

Vaneska and Eric loved all the classes (labor preparation, mother and newborn care, breastfeeding, and infant CPR) because they were taught in Spanish, very dynamic, and easy to understand. There was plenty of time for questions and hands on practice. After completing the courses, they both felt much more confident, prepared, and relaxed.



## 2 The ABCs of Diabetes

**A** The **A1C** test shows you what your blood sugar (glucose) has been over the last three months. High blood sugar levels can damage your heart and blood vessels, kidneys, feet, and eyes.

**B** High **blood pressure** can cause heart attack, stroke, and kidney disease.



**C** One kind of **cholesterol**, called LDL (low-density lipoproteins), can build up and clog your blood vessels. It can cause heart attack or stroke.

**S** Stop **smoking**. Nicotine can cause immediate changes such as heightened blood pressure. It can also lead to reduction in the secretion of insulin that is important in absorption of carbohydrates in the body.



When you're ready to quit tobacco, help and support are here. For more information about the **Tobacco-Free Program**, please call the **Ambulatory Health Education Department (AHED)** at **408-885-5436** and check us out at [www.scvmc.org/ahed](http://www.scvmc.org/ahed).

**DID YOU KNOW?** You are at risk for developing prediabetes or type 2 diabetes if you: are overweight, age 45 or older, have a parent or sibling with type 2 diabetes, and are physically active less than 3 times a week. 3 ways to delay or prevent type 2 diabetes:

EXERCISE



EAT HEALTHY

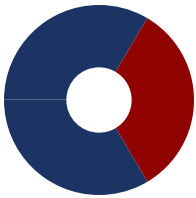
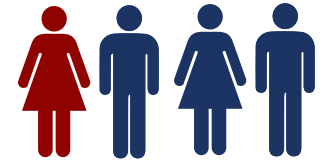


MANAGE WEIGHT



## 3 November is American **Diabetes** Month

More than 30 million people in the United States have diabetes, and **1 in 4** of them don't know they have it. **Make an appointment with your provider to be screened.**



**A third** of 84 million American adults has prediabetes, and **90%** of them don't know they have it. **Anyone who has been diagnosed with prediabetes is recommended to get tested every year.**

## 4 Steps to **Prevent** Type 2 Diabetes?

**What is prediabetes? 1 in 3 adults are at risk for prediabetes.** “Pre” means before. Prediabetes is a wake-up call that you are on the path to diabetes. But it is not too late to start making healthy changes to turn it around.

### Diabetes Prevention Program (DPP)

“DPP” is proven by the Centers for Disease Control and Prevention (CDC) to **prevent or delay Type 2 Diabetes!**



- It's a lifestyle change program for people with **pre-diabetes** or **border line diabetes**.
- It can help you lose 5-7% of your body weight. So if you weigh 200 pounds, this would mean losing 10-14 pounds.
- It supports you in increasing your physical activity routine to 150 minutes per week.
- You will learn new skills like: ways to stay motivated, being active as a way of life, stress management, and carbohydrate and calorie counting.
- A Lifestyle Coach will support you for 1 year in DPP classes!
- If you are a patient of the **Valley Health Center Clinics**, this program is **free** to you with your **Valley Health Plan** or **Santa Clara Family Health Plan-VHP network coverage**.
  1. To sign up for a DPP class, please contact YMCA at **(408) 351-6440**.
  2. The YMCA DPP includes **free YMCA membership** for you to use their gym and swimming pools, and offers **free** childcare.
- The DPP will be available to **ALL** Medi-Cal Full Scope patients in January 2019, and Medicare also covers the cost of the program. Join a DPP class near you:
  1. Talk to your doctor or clinic about DPP
  2. Call your health insurance plan to request DPP

To learn more, please visit: [www.SCCPreventDiabetes.org](http://www.SCCPreventDiabetes.org)



For more information about our **FREE** classes and programs, including Maternal Health & Baby Education, Prenatal Yoga, Tobacco-Free, Gentle Yoga for Patients with Cancer and Chronic Conditions, and Healthier Living with Chronic Conditions, please call our department on **Monday-Friday** from **8 am to 5 pm**.

Main: **408-885-5436** | Healthier Living Program: **408-885-2486**

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