

Employee Wellness Counts!

Newsletter (November 2020)



November is **American Diabetes Month**. Diabetes is a condition that occurs when the body can't use glucose (sugar) normally. Glucose is the main source of energy for the body's cells. The levels of glucose in the blood are controlled by a hormone made by the pancreas called insulin. Insulin lowers blood glucose. Lack of, not enough or the body's inability to use insulin properly causes diabetes. There are three main types of diabetes; Type 1, Type 2 and gestational diabetes. Gestational diabetes occurs during pregnancy and affects about 18% of all pregnancies, according to the American Diabetes Association. Women who develop gestational diabetes are at risk of developing Type 2 diabetes after pregnancy. Type 1 diabetes is also called insulin-dependent diabetes. It is an autoimmune disorder and happens when your body attacks your pancreas with antibodies. Your pancreas becomes damaged and doesn't make insulin. Treatment involves injecting insulin just under your skin. Type 2 diabetes is the most common type. With type 2, your pancreas can usually create some insulin but it's not enough. Overweight people have an especially high risk of type 2. Excess weight often causes insulin resistance. Your pancreas has to work harder but can't make enough insulin to keep your blood sugars where they need to be. Treatment for type 2 diabetes involves keeping your weight at a healthy level, eating right and exercising. Medication may be needed as well.



Hello! My name is Charlene Anderson and I am the new Wellness Nurse for Wayne County. I received my nursing degree from Wayne Community College in 1996. Most of my nursing career has been in Nephrology (kidney) so I know the importance of controlling your diabetes and high blood pressure. Wellness really does count! Our daily choices can make a positive or negative effect on our wellbeing, physically and mentally. Together we can encourage each other to focus on our health so we can reach and maintain a more healthy lifestyle!

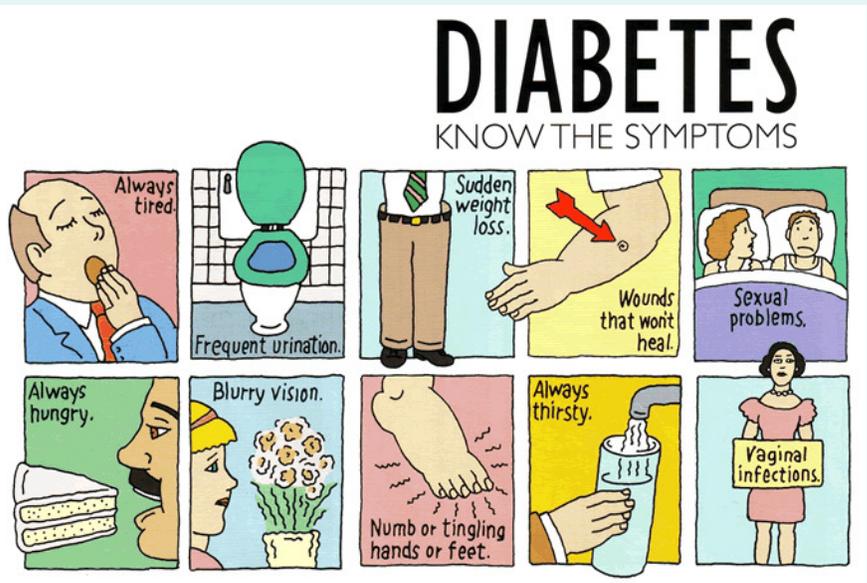
Up Coming Events!

December 1st-- Wellness Counts Holiday Calendar Challenge

Prediabetes is the state that occurs when a person's blood glucose levels are higher than normal, but not high enough for a diagnosis of diabetes. People with prediabetes have an increased risk of developing Type 2 diabetes. Many people are not aware they have prediabetes until symptoms of Type 2 diabetes begin to show.

Regularly seeing your healthcare provider is important for screening, and management of diabetes.

If you do not have a healthcare provider, I will be happy to assist you in finding one. Come see me at your Wellness Clinic!



Join HealthMapRx™ Today!

Wayne County Government employees, dependents and retirees that are currently covered under the health insurance benefit have HealthMapRx™ available to them. This great resource is sponsored by your Wayne County government and is available at NO COST to members. This useful benefit can help you manage your diabetes or pre-diabetes, earn \$\$\$, and reduce your out-of-pocket medical costs.

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Charlene Anderson, RN
Employee Wellness Nurse
218 E. Walnut Street
Goldboro, NC 27530