

hapitimes



Diabetes Update *Living with Type 2 Diabetes*

Managing diabetes can be challenging, but support from family members can make it much easier. Here are four key steps to help you control your diabetes and live a long, active life.

Step 1: Learn about diabetes.

Talk with your doctor or a diabetes educator about your condition and learn everything you can. Knowledge is power!

Step 2: Know your diabetes ABCs.

Talk with your healthcare team about how to manage your A1C (blood glucose or sugar), Blood pressure, and Cholesterol. This will help lower your chances of having a heart attack, a stroke or other diabetes problems.

Step 3: Manage your diabetes.

Many people are able to avoid serious long-term problems related to diabetes by taking good care of themselves. Work with your healthcare team to reach your ABC goals.

Step 4: Get routine care to avoid problems.

See your healthcare team at least twice a year to find and treat any diabetes-related problems in the early stages.

— Source: American Diabetes Association

Diagnosing Diabetes and Prediabetes *Understanding Common Tests*

Blood tests are used to diagnose diabetes and prediabetes because, early in the disease, type 2 diabetes may have no symptoms. All diabetes blood tests involve drawing blood. Measuring glucose levels via finger-stick devices is not accurate enough for initial diagnosis. Tests can include:

- an A1C test, also called the hemoglobin A1C, HbA1C or glycohemoglobin test
- a fasting plasma glucose (FPG) test
- an oral glucose tolerance test (OGTT)

Another blood test, the random plasma glucose (RPG) test, is sometimes used to diagnose diabetes during a regular health checkup.

Symptoms of diabetes may include:

- increased urination
- increased thirst
- unexplained weight loss

Other symptoms can include fatigue, blurred vision, increased hunger and sores that don't heal.

— Source: National Institute of Diabetes and Digestive and Kidney Diseases

Inside the Landmark



Giving Thanks

Hapi programs would not succeed without the help of volunteers, sponsors—and, of course, the families and kids!

In honor of Thanksgiving, it seems fitting to show our gratitude. Pictured are some very hard-working and dedicated friends of Hapi who help us with our after-school program and community events.

Brad Herrington, Chelsea Herrington, Chef KJ Bradford, Michael Cook, Lillie Merchant, Brent Landry, Leah Laing, Leah Laing, Ireland Laing, Drew Barnes, Tyrese, Chris, and Logan. (Not pictured: Regina McPherson and Ellen McIntosh).

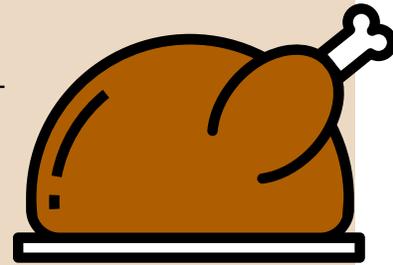
Thanks to one and all! And while we are on the subject of gratitude, here is a holiday tip for you: dish out a "thank you" generously. Trust us, it will make the people in your life (and you!) feel good.

Hapi Meals

Make good use of Thanksgiving leftovers with good-for-you and easy-to-make snacks or meals. Here are two to try:

Turkey Cucumber Sandwiches

Place turkey inside two cucumber slices for a bite-size treat. Optional: Add mayonnaise or mustard.



Turkey Soup

Add turkey meat to a vegetable soup (homemade or store-bought).

On the Playing Field

Instead of telling your kids to go outside to play, join them for some old-school fun and games, like we recently did at a community event. Tug-of-war, one-legged sack run, dance-off contests are fun AND keep you fit.

