



MEDICARE NEWS

August 2019 Edition

My goal with this newsletter is to:

1

KEEP YOU INFORMED

I will be sharing current articles about the changes in Medicare

2

ANSWER YOUR QUESTIONS

I'm available to answer issues specific to you

3

STAY CONNECTED

I want to make Medicare coverage as simple as possible

858-935-9120

Type 2 Diabetes

Diabetes interferes with the body's ability to metabolize carbohydrates for energy, leading to high levels of blood sugar. These chronic high levels of blood sugar increase a person's risk of developing severe health problems.

Many people don't know that Type 2 diabetes can affect anyone, regardless of age. Because most of us are unfamiliar with the early symptoms, an estimated one out of every three people are unaware they are in the initial stages. The following will help arm us with some information to help catch this before it causes serious health issues.

Potential Consequences of High Blood Sugar:

- Nerve problems
- Vision loss
- Joint deformities
- Cardiovascular disease
- Diabetic coma (life-threatening)

Possible Symptoms of Type 2 Diabetes:

Thirst – An increase in thirst is one symptom that is characteristic of this condition. The symptom can accompany other signs like frequent urination, feelings of unusual hunger, dry mouth, and weight gain or loss.

Headaches – When high levels of blood sugar are present in our bodies, this can cause fatigue, blurred vision, and headaches.

Infections – Warning signs such as frequent yeast infections, urinary tract infections, and itchy skin may occur as well as certain infections and sores that take a long time to heal.

Thanks for Your Referrals!

R.J. K referred
Sandra M

Jeff A referred
Bill N

Steve R referred
Gil L

"We try hard to recognize every referral but if we missed anyone, please let us know.

Just send us a quick email so that we can acknowledge you.

We want all of you to know that it is our privilege to serve you.

The greatest compliment you pay us is the referral of your family and friends.

Thank you!!!"

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Birthdays!

August

Richard H
Ernie S
Bill Mc
Cheri W
Joe B
Bruce B
Michael D
Arlette K
Floyd S
Christine C
Kent P
George Z
Carol R
Steven H
Linda S
Dianna L
Dorothy H

Sexual Dysfunction – Since diabetes can damage the blood vessels and nerves in the sex organs, decreased sensation can develop, potentially leading to difficulties with orgasms and impotence.

Increasing Your Risk of Developing Type 2 Diabetes

Certain risk factors related to both lifestyle choices and medical conditions can increase your risk of developing Type 2 diabetes. These include:

- Smoking cigarettes
- Being overweight or obese, especially around the waist
- Lack of exercise
- Consuming a diet that is high in processed meat, fat, sweets, and red meats
- Triglyceride levels over 250 mg/dL and/or Low levels of "good" HDL cholesterol (below 35 mg/dL)

For many people, Type 2 diabetes is preventable. And for most, it is possible to reduce the incidence of complications by eating a healthy diet, getting moderate exercise, and maintaining a healthy weight.

It's also helpful for people at risk to be screened for prediabetes and diabetes so that that management can begin early in the course of the disease. Early detection can reduce the risk of long-term problems. If you are experiencing any of the symptoms listed above, see your doctor and get it checked out.



Activity Ideas That Aren't Walking

Movement is movement, and any time we get off our rears, it's a good thing. In a society that offers more and more passive activities, our new focus is plain and simple... MOVE.

Previously we thought we had to carve out long segments of time for strenuous activities (albeit still useful) new studies show it all adds up. Everything we do during the day, *out of our ordinary routine*, makes a difference.

I was once told that if you looked at a person's calendar and checkbook, you'd know what their priorities were. Well, maybe it's time to audit our own. Here are a few suggestions to get us going.

Stretching—A great place to start is stretching. It helps us feel more relaxed, but it also helps with posture and the ability to do more as we age. A great

place to do this is first thing in the morning before we get out of bed. Our muscles are still warm, from the night before, so as we sit on the side of our bed take just a few minutes to stretch. Here is a short video to guide us. <https://dailycaring.com/12-easy-and-gentle-seated-stretching-exercises-for-seniors-in-4-minutes-video/>

Water Classes—Getting into the water is so good for our bodies. The natural resistance (helps strengthen muscles) means just playing around can make a difference. Even better, check out water aerobics.

Outdoor Clubs—Hands down the best way to make sure we move is to join a club. Adding the social component as well as the accountability will keep us on track better than anything else. Try a hiking or walking club, grab those golf buddies or join a bowling league.



Lessons—Another way to get us up and out is to take lessons. Try dance, tennis or golf lessons to keep us motivated and moving and of course, there are always senior fitness classes

Chase the grandkids—This is still a great way to add movement while creating some lasting memories with those wonderful little ones. And if they're not so little anymore, try taking a walk with them or challenge them to a hula hoop contest.

Movement adds to the quality of our lives. It changes us physically, gives confidence, and can open up how we experience the world around us. It's *never* too late! Just put on those shoes!

[California... It's A Great Place to Live](#)

Cardiff Dog Days of Summer—The 13th Annual Cardiff Dog Days of Summer is a free event featuring over 100 dog-related vendors, rescue groups, pet adoption agencies, and a carefully curated "Maker's Market Row." Activities include dog contests, live music, kids activities, beer & wine garden, food trucks, and more. Join in the fun on Sunday, August 12, 11:00 am 6:00 pm at the Encinitas Community Park located at 425 Santa Fe Drive, Encinitas. <https://www.cardiff101.com/events-list/2018/8/12/cardiff-dog-days-summer>

US Sand Sculpting Challenge & Dimensional Art Expo—We're changing the name of America's 8th largest city between Aug. 31st and Sept. 2nd. We're calling it SANDiego™. For this event, we're building a beach high above the water, bringing 300 tons of sand to the Broadway Pier. This international event brings World Master Sand Sculptors from around the world, and it's like nothing you've ever seen. There's also live entertainment, a sandbox and rides for kids, a dozen gourmet food trucks as well as all the great stuff the Embarcadero has to offer. <https://ussandsculpting.com/>

Bike the Bay—Experience Bike the Bay, and enjoy your only opportunity to ride across the San Diego Coronado Bay Bridge. This non-competitive community 25-mile bike ride is for riders of all abilities and will take you on a scenic, and primarily flat ride, around the San Diego Bay via the

Bayshore Bikeway. Along the way, riders will travel through the surrounding cities of Coronado, Imperial Beach, Chula Vista and National City before finishing back at the start/finish line at Embarcadero Marina Park in downtown San Diego. All riders will return to San Diego for a post-ride festival with food, beverage, beer garden, and entertainment. <http://www.bikethebay.net/>

Orfila's Annual Grape Stomp!—An ultra-premium, small production winery nestled in the picturesque San Pasqual Valley, located just 30 minutes from San Diego, between Interstate 15 and the San Diego Zoo Safari Park. Every year Orfila hosts an annual grape stomp after harvest! Join us this year on Aug. 24th for food, live music, and of course to stomp some grapes! Your ticket gets you wine tasting, gourmet dinner by Crown Point Catering, grape stomping, vineyard tractor rides, lawn games, live music, raffles, special guests! <http://shop.orfila.com/event-409657/Grape-Stomp-2019.html>



[Alyson's Broccoli Salad](#)

Confirmed broccoli haters have changed their minds after tasting this salad. It is great for potlucks or buffet meals. Make a day or so before you wish to serve to meld all the ingredients. Sugar substitutes can be used for the white sugar and it still tastes great! Servings: 6

Directions

1. Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain, crumble, and set aside.

Ingredients

10 slices bacon

1 head fresh broccoli, cut into bite-size pieces

¼ cup red onion, chopped

½ cup raisins

3 tablespoons white wine vinegar

2 tablespoons white sugar

1 cup mayonnaise

1 cup sunflower seeds

2. In a medium bowl, combine the broccoli, onion, and raisins. In a small bowl, whisk together the vinegar, sugar, and mayonnaise. Pour over broccoli mixture, and toss until well mixed. Refrigerate for at least two hours.
3. Before serving, toss the salad with crumbled bacon and sunflower seeds.
4. For the original recipe and video <https://www.allrecipes.com/recipe/16098/alysons-broccoli-salad/?internalSource=hub%20recipe&referringId=96&referringContentType=Recipe%20Hub>

[Medicare Made Easy](#)

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