Benefits for LCMS Members

Cascade Health provides confidential counseling.

Society Social
Join us October 9th at the Oregon Electric Station!
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YMCA
The Y's Diabetes Prevention Program aims to decrease the number of new Type 2 Diabetes cases by encouraging patients with prediabetes to participate.

PG 24 ▲ The great room at the Heartfelt House provides a place for families to come together.
Photo by Brian Davies

10
COACHING
Shannon O'Leary provides executive and life coaching sessions to help providers prevent burnout and develop leadership techniques.

14
CASCADE HEALTH
Confidential counseling sessions are available with providers who have extensive experience working with healthcare professionals.

21
STRESS REDUCTION WORKSHOPS
Amy Trezona's workshops aim to increase self-awareness and teach mindfulness.

24
PEACEHEALTH
The Heartfelt House located on the PeaceHealth RiverBend campus will offer temporary housing to families of pediatric and adult patients receiving care.
Prediabetes: 
Your Eugene Y and Disease Prevention

BY PAULA CIESIELSKI

Sue is 55, her fasting blood sugars are repeatedly between 100-125. Her grandmother was on insulin at age 60 and Sue doesn't want to end up there. For the past two years you have asked your nurse to remind the patient to eat healthier and exercise more with the call back of lab results. Sue hasn't been able to make the changes she needed to make. Like approximately 84 million other Americans, Sue has prediabetes.

Prediabetes may not be life-threatening itself, but it is not a diagnosis to ignore—particularly because it can be reversed with lifestyle changes that can reduce the risk of developing Type 2 diabetes by more than 58 percent.

From my experience, patients have trouble reversing their risk through weight loss and increased activity on their own. It's why I referred patients to the YMCA’s Diabetes Prevention Program.

The year-long lifestyle change program is led by the Centers for Disease Control and Prevention, and is based on research supported by the National Institutes of Health. Classes are facilitated by an experienced coach who introduces topics in a supportive, small-group environment. Participants gain the necessary tools to create personalized, healthy physical and dietary habits and keep their weight down. Because the program is associated with the Y, class-goers can try different physical activities and find ones that fit their lives.

Participants in the YMCA’s Diabetes Prevention Program aim to reduce their body weight by 7 percent and increase physical activity to 150 minutes per week within the first six months. During the last six months they learn how they will maintain their weight loss and continue their healthy lifestyle after the program has ended.

Right now, there are four classes going on at the Y. Current participants have collectively lost 7.7 to 9.1 percent of their starting weight so far - a 698-pound weight loss.

Research shows that programs like the YMCA’s Diabetes Prevention Program reduce the number of new cases of Type 2 diabetes by 71 percent in people over the age of 60. This is important because more than 50 percent of older adults have prediabetes and 90 percent of them aren’t aware of it.

Join me in promoting prevention programs that work. Encourage patients with prediabetes to reach out to the Eugene Family YMCA. Classes start regularly throughout the year.

\*Program Cost: $429/Year. Partial financial assistance is available.

• Insurance Coverage: The YMCA does not accept insurance for this program.

• Classes begin every few months and accommodate daytime or evening schedules.

• Class size: Between 8 and 15 people

• Follow up: Participants’ healthcare providers receive regular updates on patient progress.

• Long-term prognosis: Older adults who participated in DPP show improved quality of life and lower cardiovascular risk factors 10 years later.

Paula Ciesielksi is a retired internist, former President of the Lane County Medical Society, and Board Member of the Eugene Family YMCA.

Do your patients qualify?

PATIENT QUALIFICATIONS:
1. 18 years or older
2. Overweight (BMI ≥ 25 or BMI ≥ 23 if Asian)
3. Have at least ONE of the following:
   □ A1c 5.7% to 6.4%
   □ Fasting plasma glucose 100-125 mg/dL
   □ 2-hour plasma glucose 140-199 mg/dL
   □ Gestational diabetes during a previous pregnancy
   □ A high risk score from this test: cdc.gov/prediabetes/takethetest/

Qualifying patients can contact the Y about the next class.

Email: prevention@eugeneymca.org
Phone: 541.686.9622
Online: eugeneymca.org/diabetes