



Five Diabetes Facts

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Making the Grade

Five diabetes facts we all need to know

Knowledge is power, but Americans failed a 2009 survey testing their knowledge of diabetes, according to the American Diabetes Association, which commissioned the survey. For example, only one-third of survey respondents knew it's a myth that diabetes results from eating too much sugar. (Sugar intake may contribute if it leads to weight gain, but it doesn't cause diabetes directly.)

Type 2 diabetes occurs when the pancreas produces little or none of the hormone insulin, or the body's cells don't respond well to insulin. As a result, blood sugar, or glucose, can't move from the bloodstream into the cells, where it's needed for energy. Diabetes is a leading cause of disability and death in the U.S., so it's important to pass the test when it comes to understanding the disease. Here's your chance to study up on type 2 diabetes and how to prevent it.

Myth #1:

Type 2 diabetes develops only in significantly overweight or obese people.

Fact: Many people with diabetes are at a healthy weight or only moderately overweight. Excess weight increases risk for the disease. Being slimmer reduces risk, but it doesn't guarantee protection. People at any weight may be affected.

Other risk factors include being African-American, Hispanic, Asian-American or Pacific Islander, or American Indian/Alaska Native; having a parent or sibling with diabetes; being older than age 45; being inactive; and having had gestational diabetes (a form that affects some women during pregnancy).

Myth #2:

People who have type 2 diabetes risk factors, such as a family history of diabetes, are destined to get the disease.

Fact: The choices people make about eating and exercise have an important influence on whether and how early they develop diabetes. This holds true even if they have some risk factors they can't change, like their ancestry or age.

Myth #3:

Diabetes can be managed, so it isn't serious.

Fact: Careful diabetes management helps regulate blood glucose and reduce the risk for diabetes-related complications or death. Even so, diabetes can have serious, even fatal, consequences. About two-thirds of people with diabetes die of heart disease or stroke. Diabetes increases your risk for blindness, kidney failure, and amputation.

Myth #4:

A person who is developing type 2 diabetes will know something's wrong because the symptoms will be obvious.

Fact: Nearly one-quarter of people in the U.S. with diabetes don't know they have it. An estimated 57 million Americans have pre-diabetes; that means they have higher-than-normal blood glucose but not high enough to be diabetes. Some have no symptoms of diabetes or don't recognize the symptoms, which include fatigue, increased urination, increased thirst and hunger, and unexplained weight loss. Since symptoms may not be noticeable, ask your doctor if you should have a blood test to check for pre-diabetes or diabetes, based on your age, weight, and other risk

Myth #5:

Reducing your risk for diabetes requires a major lifestyle overhaul.

Fact: Small steps can add up to significantly reduce the risk for diabetes or delay its onset. No special foods or Olympian-like exercise regimens are required. Experts such as those from the National Institutes of Health recommend sensible adjustments, such as eating smaller amounts of high-fat foods and walking more.

Medicare Advantage

WELBORN HEALTH PLANS— A HEALTH PLAN THAT HELPS YOU STAY HEALTHY

Preventive care can help you and your doctor detect changes in your health early.

Preventive care can also help maintain your current health.

Welborn Health Plans Medicare Advantage Plan members have all Medicare preventive services included in their plans at \$0 copay. Preventive services include:

- Bone mass measurement
- Colorectal screening exams
- Flu vaccine
- Pneumonia vaccine
- Hepatitis B vaccine
- Mammograms
- Pap smears and pelvic exams
- Prostate cancer screening exams
- Medicare-covered initial preventive physical exams
- Annual wellness visits
- Diabetes monitoring
- Diabetes and end-stage renal nutritional therapy
- Abdominal aortic aneurysm and EKG screenings
- Cardiovascular screening
- One annual oral dental exam
- One annual dental cleaning
- One annual dental X-ray

The benefit information provided herein is a brief summary, not a comprehensive description of benefits. For more information, contact the plan. You may also refer to your Evidence of Coverage (EOC) for further details.

A Friendly Reminder

If you have changed plans or intend to change this year, remember a few easy steps:

- Show your Welborn Health Plans ID card to all your doctors, including primary care and specialists.
- If you have a plan that includes prescription drug coverage, make sure you update the pharmacy with your new ID card before ordering or refilling a prescription.



Shoveling Snow



Shoveling snow is one of the most intense exercises

you can do. Shoveling uses all the major muscle groups. Low back issues can occur when shoveling is done improperly. Injuries may occur if you lift with your back rather than with your legs.

Safely shovel snow with these tips:

STAY IN SHAPE: Exercise on a normal basis to stay in great shape throughout the year; 2.5 hours of exercise per week are recommended.

WARM UP: Make sure your muscles are warm and stretched before shoveling. Don't just jump out of bed and grab the shovel. Dress in layers when you head outside to keep your body warm and loose.

SELECT THE RIGHT SHOVEL: Choose a shovel that is appropriate for your height. A shovel that is too long or too short will cause you to bend at your waist excessively. Also, make sure the shovel is not heavy for your strength level.

USE PROPER TECHNIQUE: Pushing the snow is better than lifting the snow. If pushing the snow is not an option, squat down to lift the shovel with your legs, making sure you do not bend at the waist. Try not to twist or rotate your body as you dispose of the snow; walk over to the pile where the snow is being dumped rather than throwing it.

SHOVEL SNOW IN INTERVALS: Rather than shoveling your driveway all at one time, shovel for 10 minutes, then take a five-minute break. During this break, take time to stretch your muscles. Here are some suggested stretches (hold each stretch for a count of 20 and breathe while stretching):

Make sure the shovel is not heavy for your strength level.



Hamstring stretch



Child's Pose



Chest Stretch in Doorway

Lemon Lover's Cornish Hens

You can use the lemon-garlic herb mixture with any skin-on poultry, but little birds look especially pretty. The flavoring will stick to the meat and you can discard the skin.

INGREDIENTS

- 2 Cornish hens
- 2 tbsp. lemon peel
- 1 tbsp. fresh rosemary, chopped
- 2 tbsp. fresh parsley, chopped
- 2 or 3 garlic cloves, finely chopped
- 1 tsp. olive oil

DIRECTIONS

Remove giblets and cut any visible extra fat from Cornish hens. Rinse inside and out and pat dry.

Zest the lemon by lightly grating the lemon peel. Cut the remaining lemon in half and put each half in the cavity of the hens. Add the lemon zest and garlic to the chopped herbs. Mix in the olive oil.

Carefully separate the skin of the hens and gently rub on the herb mixture, pushing it into the legs and under the skin. Roast the Cornish hens in a 350-degree oven for about an hour. Skin should be golden and an instant-read thermometer should show 180 degrees.

Cut hens in half, remove skin, and serve with pan juices.

Makes four servings. Each serving contains about 164 calories, 5 g fat (1 g saturated fat, 0 trans fat, 117 mg cholesterol), 72 mg sodium, 1 g carbohydrate, less than 1 g dietary fiber or sugar, and 26 g protein.

NOTE: If you don't have fresh herbs, dried will do, but measure by teaspoon instead of tablespoon.



Provider Additions

Family Practice

Advanced Pain Care

Evansville, IN 47714
Randall Oliver, MD
812-477-7246

Cullen Medical Professionals

Washington, IN 47501
Stephen Cullen, DO
Amy Campbell, DO
Jason Campbell, MD
812-254-4650

Evansville Multi-Specialty Clinic

Evansville, IN 47714
Arifa Siddiqui, MD
Edward Lagunzad, MD
812-491-1948

Good Samaritan Hospital Physician Services, Inc.

Vincennes, IN 47591
Michael J. Kelly, MD
812-886-6565

Internal Medicine

Cooperative Health Services*

Owensboro, KY 42303
Nagarathna Manjappa, MD
270-688-2000

Good Samaritan Hospital Physician Services, Inc.

Vincennes, IN 47591
Charles E. Hendrix, Jr., MD
812-885-8497

Pediatrics

Leitchfield Pediatric Clinic

Leitchfield, KY 42754
John Evans, MD
Tarek El-Masri, MD
270-259-5641

Chiropractic

Jeffrey Schaub, DC
Washington, IN 47501
812-254-7003

Ross P. Hartings Chiropractic

Evansville, IN 47715
Ross P. Hartings, DC
812-423-9146

General Surgery

St. Mary's Podiatry Clinic

Evansville, IN 47714
Prasad Gade, MD
812-485-1814

Mental Health

Advanced Pain Care Clinic

Evansville, IN 47714
Rebecca B. Edwards, LCSW
812-477-7246

Brentwood Meadows

Newburgh, IN 47630
James Given, MD
812-858-7200

Counseling Associates*

Owensboro, KY 42301
Ivory Howell, LPCC
270-686-7999

Deaconess Cross Pointe

Evansville, IN 47715
Frederick Webber, MD
812-476-7200

Evansville Psychiatric Associates

Evansville, IN 47711
Charleen M. Moore, LCSW
812-422-7974

Gregory Goffinet, PsyD

Evansville, IN 47714
812-402-5625

Midwest Behavioral Health

Evansville, IN 47715
Henry Kaplan, MD
Vicki L. Lane, PhD
Stanley K. Metzger, LCSW
Marideth Kates, LCSW
812-401-8008

Lisa Provost, LMHC

Evansville, IN 47715
812-479-1242

RiverValley Behavioral Health*

Owensboro, KY 42301
Frederick J. Stocker, MD
Kathryn E. Englert, LPCA
Laura M. Fritz, LCSW
270-689-6500

St. Mary's Physician Network

Evansville, IN 47714
Alaina F. Everitt, PhD
812-485-6694

Solutions Counseling

Evansville, IN 47714
Cynthia Brizius, LCSW
812-475-3420

Southwestern Behavioral Health

Evansville, IN 47714
Ramona Ambrose, LCSW
812-476-5437

Obstetrics & Gynecology

Center for Women's Health*

Owensboro, KY 42303
Joseph L. Hudgens, MD
270-688-6590

Good Samaritan Hospital Physician Services, Inc.

Vincennes, IN 47591
Shalin Arnett, DO
812-885-8030

Oncology/Hematology

Good Samaritan Hospital Physician Services, Inc.

Vincennes, IN 47591
Haitham Al-Okk, MD
812-885-6565

Optometry

Cox Family Eye Care

Princeton, IN 47670
Conway Cox, OD
812-385-5520

Orthopedic Surgery

Tri-State Orthopaedic Surgeons

Evansville, IN 47715
Zachary C. Hamby, MD
812-477-1558

Otolaryngology

Midwest Ear, Nose & Throat Surgery

Evansville, IN 47714
Eric Johnson, MD
812-473-2060

Pain Management

Center for Spine and Sports Medicine

Evansville, IN 47715
Vaibhave Parikh, MD
812-962-7890

Pediatric Gastroenterology

Deaconess Riley Children's Specialty Clinic

Newburgh, IN 47630
Mark R. Corkins, MD
812-858-3131

Radiation Oncology

Cooperative Health Services, Inc.*

Owensboro, KY 42303
Samuel Faught, MD
270-688-3600

Provider Updates

Therapy Associates, Inc.

3135 Zion Rd.
Henderson, KY 42420
LeAnn Wood, PT
Tore Stuen, PT
Jennifer Forker, MSPT
Nancy Todd, PT
Slade Forker, PT
Traci Cotter, PT
Stacy Thompson, OT
270-826-0028
~Now accepting Medicare patients~

Cooperative Health Services*

815 E. Parrish Ave., Ste. 450
Owensboro, KY 42303
444 South Main St.
Madisonville, KY 42431
Dirck Curry, DO
270-821-4444
270-691-8040
~Additional locations~

*Not a participating provider for Medicare Cost and/or Advantage members.
Provider listings are subject to change.

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Health or Wellness or Prevention Information

CEO: Chris Reef

MARKETING: Janet Burnett

MEMBER SERVICES: Heather Burns

MEMBER EDUCATION: Beth Phillips, RN

Provider Additions *Continued from previous page*

Deaconess Riley Children's Specialty Clinic

4133 Gateway Blvd., Ste. 220
Newburgh, IN 47630

Stacy J. Blankenbuehler, PhD
812-858-3131

~Additional location~

St. Mary's Physician Network

1312 Professional Blvd.
Ste. 200

Evansville, IN 47714

313 S. Jefferson St., Ste. D
Princeton, KY 42445

Andrew Piering, MD

James Evanson, MD

Mariellen Dentino, MD

Richard Sloan, MD

Richard D'Mello, MD

Vijay Bhasin, MD

Svetlana Jones, MD

Dilip Unnikrishnan, MD

Mary Lynn Markham, MD

812-479-3125

270-365-4505

~Additional locations~

St. Mary's Physician Network

721 W. 13th St., Ste. 202

Jasper, IN 47546

Robert A. Rieti, DO

John C. Rodrigues, MD

Peter A. Rosario, MD

812-485-6030

~Additional location~

Pain Management Center of Southern Indiana

1919 State St., Ste. 100

New Albany, IN 47150

Venu Madhipatla, MD

812-944-7246

~Additional location~

Associates in Dermatology, PLLC

2241 Green Valley Rd.
New Albany, IN 47150

Soon Baharami, MD

Janine Malone, MD

L.G. Owen, MD

812-948-1148

~New location~

Associates in Dermatology, PLLC *

10216 Taylorsville Rd.
Ste. 200

Louisville, KY 40299

Timothy Brown, MD

Michael McCall, MD

502-266-5558

~New location~

James Mooney, MD

1116 Millis Ave., Ste. 201B

Boonville, IN 47601

812-897-7408

~New phone number~

Primary Care West

2007 W. Franklin St., Ste. B

Evansville, IN 47712

David Hayes, MD

812-422-7244

~No longer accepting
new patients~

St. Mary's Physician Health Group

3801 Bellemeade Ave.,

Ste. 200B

Evansville, IN 47714

Michael Sebastian, MD

812-485-3737

~No longer accepting new patients~

Primary Physician Network

6221 E. Physicians Ct.
Evansville, IN 47715

William Blanke, MD

812-491-3236

~No longer accepting
new patients~

Green River Heart at OMHS

815 E. Parrish Ave., Ste. 240

Owensboro, KY 42303

Satya V. Garimella, MD

Christopher Havelda, MD

Roshan Mathew, MD

Albert Mercer, MD

Frank Schwender, MD

270-688-0808

~New practice name, formerly
Green River Heart Institute~

Alere Women's and Children's Health LLC

1850 Parkway Place

Marietta, GA 30067

800-759-4035

~New name, formerly
Matria Women's and
Children's Health, LLC~

Pharmacy Updates

New Additions Now Available:

Pancreaze, tier 2

Creon, tier 2

Effient, tier 2

*Not a participating
provider for Medicare
Cost and/or Advantage
members. Provider listings
are subject to change.