



# Alameda County Public Health Diabetes Program Newsletter



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Diabetes Program (510) 383-5185

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## Preparing for a Doctor Visit

You should always prepare for a visit to your doctor or any health professional by making note of things you need to talk about and taking notes on what the health care professional says. Once at an appointment it is easy to forget things you meant to ask about, and once you leave sometimes we don't remember everything the doctor said, so preparing for your visit will help. Listed below are a few tips that will help you prepare for the visit.

### Prepare

Most visits are approximately 15 minutes not leaving a lot of time to ask questions. Writing down your question before you go to the visit will help you remember what you wanted to ask. Ask your most important question first so if the doctor runs out of time you will receive answers to those questions.

### Take Notes

To help you remember what was said at the visit take notes or record the visit on your cell phone. Always ask the person you are meeting with if they mind if you record the conversation. If neither of these work for you take a family member or friend to help you listen and remember what was said.

### Symptoms

To assist your doctor in better managing your diabetes make sure to share any new symptoms you may be having. You may be having more low or high blood sugars, you might be having symptoms from a new drug or any other physical or emotional symptoms you have experienced.

### Drugs

When your health care provider changes a drug or adds a drug be prepared to ask the following questions.

- Why are changing or prescribing this medication?
- How and when should I take this medication?
- Are there side effects I should be aware of?
- Can it interact with other medications or supplements I am taking?
- How will I know that it is working?
- Will my insurance cover it?

The Pharmacist may also be able to answer some of these questions especially as it relates to your insurance coverage or drug interactions.

### Follow-up Questions

If you don't understand something ask them for an additional explanation. Also you can repeat what you think you heard by saying "If I understand you correctly I should...". You can also ask for things to read such as brochures or other printed materials.

*Diabetes Self-Management Contributor Paul Wynn*

## Medicare

This is a review for those of you who have Medicare and may not understand all of the Parts to your coverage. Medicare or Original Medicare is a National program that is funded by the federal administration and began in 1965. Most people are 65 or older when they receive Medicare and there are a few other groups that may receive it before 65 (disabled).

### **Part A**

Part A covers hospitalizations. If you are hospitalized for an illness, injury or surgery Part A covers these services.

### **Part B**

Covers medical and outpatient services such as doctor visits, labs, equipment, X-rays, diabetes self-management education, meters, strips etc. Part B has a monthly premium that you must pay, which usually comes out of your Social Security.

### **Part C**

Medicare Advantage Plans. These plans are offered by private insurance companies that contract with the government. They cover hospital and medical benefits like Original Medicare with the exception of Hospice.

### **Part D**

Part D is for drug coverage. For people with diabetes it also covers insulin not used in a pump, items to administer insulin (needles, syringes, alcohol swabs) foot exams and treatment and glaucoma tests.

### **Medicare Supplement Plans**

You must be enrolled in Part A and B and live in the state in which the plan is being offered. These plans are sold by private insurance and help to cover the healthcare cost that are not covered by Original Medicare.

### **Medi-Medi**

Medi-Medi is when a person qualifies for Medicare and due to low income level also qualifies for Medi-Cal. In this situation both the federal government and state are covering your medical cost.

Medicare traditionally pays for 80% of an approved service so having a Supplement Plan or Medi-Cal is very important so that you don't end up paying 20% of a bill. There are some agencies that will assist you in deciding to best plan for you, if you need assistance please contact HICAP in Oakland at (510) 839-0393.

## Blueberry-Almond Waldorf Salad

Serves 4; serving size: 1 cup

### **Ingredients**

¼ cup sliced almonds  
¼ cup plain low-fat yogurt  
1 tsp honey  
½ tsp whole grain or regular Dijon mustard  
1 large Gala or red apple, halved, cored and cut into ½ inch pieces  
1 large Granny Smith or Golden Delicious apple, halved, cored and cut into ½ inch pieces  
½ cup blueberries  
2 cups baby spinach

### **Preparation**

1. Place almonds in small nonstick skillet over medium-low heat. Cook 3-4 minutes until lightly toasted, stirring frequently. Transfer to plate to cool.
2. Stir yogurt, honey and mustard in a large bowl until smooth. Add Apples, blueberries, spinach and almonds; toss to coat. Serve immediately.

### **Nutrition Information**

Calories: 107  
Total Fat: 3.0 g  
Sodium: 34 mg  
Total Carbohydrate: 19 g  
Dietary Fiber: 4 g  
Protein: 3 g

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Department

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*This publication has been brought  
to you by your friends at the  
Diabetes Program*

*Brenda Yamashita – Director*

*Rajinder Singh – Registered Dietitian*

*Kathy McFadden – Registered Dietitian*

*Leticia Somoza – Program Clerk*

The Diabetes Team provides education and counseling for patients with Type 2 diabetes. The Team provides education on meal planning, medication management, blood glucose monitoring, and helps clients link with local services.

## Come and join our diabetes support groups!

English: Dublin Senior Center 7600 Amador Valley Blvd, Dublin  
1<sup>st</sup> Tuesday of every other month beginning 2/6/18,  
10:00 am – 12:00 pm.

English: Livermore Parks & Rec. 4444 East Ave, Livermore  
2<sup>nd</sup> Tuesday of every other month beginning 1/9/18,  
10:00 am – 12:00 pm.

English: Castro Valley Kenneth C. Aitken Senior & Community Center  
17800 Redwood Road, Castro Valley  
2<sup>nd</sup> Tuesday of every other month beginning 1/9/18, 1:00 – 3:00 pm

English: Oakland Eastmont Mall 7200 Bancroft Ave., Ste. 202, Oakland  
3<sup>rd</sup> Tuesday of every other month beginning 1/16/18,  
10:00 am – 11:30 am

English: Alameda Recreation and Parks, Mastick Senior Center  
1155 Santa Clara Avenue, Alameda  
4<sup>th</sup> Wednesday of every other month beginning 1/24/18, 1pm - 3 pm

English: San Leandro Senior Community Ctr 13909 E. 14th St, San  
Leandro  
4<sup>th</sup> Tuesday of every other month beginning 1/23/18,  
10:00 am – 12:00 pm

Spanish: Hayward La Familia Counseling Service 22366 Fuller Ave,  
Hayward  
1<sup>st</sup> Tuesday of every other month, 10:30 am – 12:00 pm

Spanish: Oakland Eastmont Mall 7200 Bancroft Ave., Ste. 202  
1<sup>st</sup> Thursday of the month, 10:00 am – 12:00 pm **Also** Quarterly May 19,  
2018 10:00 am – 12:00 pm

For details go to our website <http://www.acphd.org/diabetes.aspx>