1. What are the risk factors for diabetes? There are several risk factors for diabetes which differ based on the type of diabetes you have, such as type 1, type 2, etc. Type 1 diabetes generally has a strong genetic predisposition, which is often unmasked by environmental triggers. Risk factors for type 2 diabetes are more numerous, and in addition to a genetic risk, include belonging to a minority ethnicity, being overweight or obese, leading a sedentary lifestyle, smoking, alcohol consumption, poor sleep hygiene, unhealthy dietary composition, having a history of gestational diabetes, and receiving medications such as steroids or antirejection medications after organ transplantation.

2. What is “pre-diabetes” and why is it important? Diabetes is a continuum. Patients will usually progress from a state of normal blood glucose levels towards frank diabetes via an intermediate step of pre-diabetes. It is that state in which your blood glucoses are not low enough to be normal, nor high enough to be labeled diabetes. It is important to diagnose this condition, since initiating a weight loss plan with a combination of a healthy diet and regular physical activity, can result in a normalization of blood glucose values. This stage is important since it gives us a small window of opportunity to truly prevent diabetes.

You spoke and we listened. Changes have been made to simplify the user experience!

For more information and to log in to the Health Plus Health Guide to get started, visit vanderbi.lt/gftg.

SAVE THE DATE

Flulapalooza Returns on September 27!

Flulapalooza® is an annual event providing flu vaccination to faculty, staff and students at no charge. This year’s event will be held on September 27 from 6:00 a.m. to 6:00 p.m. behind Light Hall. Over 14,000 people were vaccinated at this one-day event last year, so mark your calendars and be sure to drop by to get the fastest and most fun vaccine you’ll ever receive!
Work/Life Connections-EAP

The Counselor’s Corner

Chad A. Buck, PhD
Clinical Psychologist, WLC-EAP
Psychological Support Consultant, Health Plus

Q: Dear Counselor,
I read from my tablet instead of watching TV before bed, and I limit caffeine daily. I have a small glass of wine in the evenings to help me unwind and fall asleep as well. Why do I still wake up in the night and feel drowsy after sleeping 7 to 9 hours?

Restless

A: Dear Restless,
You are on the right track with limiting caffeine, but there are possible explanations why your routine is not working.

1. Exposure to bright light from any electronic device before bedtime disrupts sleep. Our bodies interpret the “blue light” emitted from screens as daylight. Light from your tablet can reduce restorative sleep, leaving you drowsy even after getting the recommended 7 to 9 hours of sleep each day. Try turning off all devices for an hour or more before bedtime. If that’s not possible, dim the brightness on your screen or use a circadian screen adjustment app (e.g., Twilight, Dimly, or f.lux) that helps change the screen colors from blues to reds and yellows.

2. A glass of wine in the evening is fine, but not right before bedtime. It’s true that alcohol has a sedating effect that might make you fall asleep faster, but that effect wears off during the second half of the night, makes you more likely to toss and turn, and reduces time spent asleep, overall. On the practical side, drinking right before bedtime may also lead to the need to go the bathroom in the middle of the night.

If you have chronic sleep issues, speak with your PCP about having a sleep study. You can also call Work/Life Connections-EAP at 615.936.1327 for assistance with finding information and resources. Finally, watch the great Game Plan for Your Health video, Rest for Success, in Step 3 of the Go for the Gold program!

How does your team come together and bond?
We laugh together by trying to find humor in every day events. We also order food and go out as a group a few times a year. We take the attitude that we are all in this together and that we can make a patient’s life better by functioning as a team.

What strategies do you use to effectively communicate with your team?
The head and neck providers talk to the team members every day. In clinic days, we all spend 8 or more hours together. We talk about patient care issues and allow each other to express feelings about cases that pull on our heart strings.

How do you focus on your personal well-being while still managing responsibilities at work?
This is always a challenge. When work gets crazy, I take a brief “time out” and walk outside and sit in the sun. When I get home, I sit in the garden or read a book on the porch. My husband and I share these times of reading and peace almost nightly.

How do you encourage your fellows to find well-being during their training years at VUMC?
This year we held a resiliency workshop and series for our first-year fellows that will continue next year as well. This 8-week series provided them with tools to reframe events with a mindset of self-care and wellness. Moreover, I remind them that, just like on an airline, they have to put the oxygen mask on themselves before they can help someone in need.
3. How can diabetes be prevented?
We can attempt to prevent type 2 diabetes by maintaining a healthy body weight via a combination of regular activity and a healthy diet, in addition to trying to prevent all the risk factors mentioned previously. The American Diabetes Association recommends doing this by trying to pursue a modest weight loss of 5 to 10% of body weight, engaging in moderate intensity exercise for at least 30 minutes daily and preventing smoking. In addition, medications such as metformin have also been shown to be effective in type 2 diabetes prevention in clinical studies. There are currently several research clinical trials underway to educate us about methods of preventing type 1 diabetes.

4. How is diabetes typically treated and managed?
There are a variety of treatments that can be used to treat diabetes, based upon whether it can be broadly categorized into type 1 or type 2 diabetes. Type 1 diabetes is currently treated with insulin therapy. Research is underway to see if other medications can be combined with insulin, while maintaining long-term efficacy and safety. Type 2 diabetes in earlier stages can be treated with oral medications. Over time with progression of the disease, patients will frequently need the addition of other types of medication therapy that increase insulin secretion from the pancreas, modulate gastrointestinal hormones that control appetite and blood glucose levels, increase the urinary loss of glucose, etc. Surgical weight loss treatments may be considered in patients who are unable to lose weight to treat obesity, with lifestyle and medication management.

No Matter Your Age, Stay Engaged With Your Health

Muktar Aliyu, MD, DrPH
Associate Professor of Health Policy & Medicine, VUMC
Physician, Occupational Health Clinic

September is Healthy Aging Month. A healthy lifestyle is essential to healthy aging. “It’s incredibly important to remain physically and mentally active as you get older,” said Consuelo H. Wilkins, MD, Associate Professor of Medicine in the Division of Geriatrics at Vanderbilt University Medical Center. “Don’t be afraid to try new activities, especially if you need to replace hobbies due to changes in geography, interests or physical abilities.” Here are some other tips to help you stay healthy with each passing year.

Exercise regularly: Regular exercise can increase muscle strength, improve sleep and memory, improve balance and decrease the risk of certain diseases like diabetes, hypertension and osteoporosis. The Centers for Disease Control and Prevention (CDC) recommend older adults get at least 150 minutes of moderate intensity aerobic exercise (brisk walking) every week.

Eat healthy: Eat more fruits, vegetables and whole grains. Cut down on saturated and trans fat intake.

Get adequate sleep: Many older adults experience problems with sleep. Older adults need 7 to 9 hours of sleep each night, according to the National Institute on Aging. Adopt a regular sleep schedule. Avoid daytime napping and caffeinated drinks. Shun large meals and vigorous exercise close to bedtime.

Stay mentally active: Some researchers suggest stimulating the brain through active learning can slow memory decline. Read books. Try crossword puzzles and memory games. Socialize with family and friends.

Stay connected: Build a support network through family, friends and community. Volunteer with groups that work on causes that are important to you.

Cope with stress: Stress is common in the elderly. Relieve stress with adequate sleep and exercise, and not-so-common techniques like meditation and yoga.

Protect yourself from accidents: Falls are a common cause of injuries in the elderly. To avert a fall, use assistive devices if needed, undergo regular vision checks, install grab bars and handrails where desired and use nonskid footwear.
Go for the Gold

Check out the highlights from **Rest for Success**.

“A lot of people think sleep is overrated because it cuts into what they think is their productivity. What people do not realize is that if you get sleep, you will actually be far more productive.”

– Beth Malow, MD, MS

“Sleep is one of the things that helps us regenerate. It can take us to places internally that we do not visit during the day. So, if we are not sleeping, we are not visiting those deeper places within us.”

– Phillis Sheppard, PhD

### 4 Ways to Get Your Best Rest

1. **Reduce Artificial Light at Night**
   The blue light from screens can cause poor sleep quality. Turn off all screens well before bedtime.

   “There is a wonderful setting on your iPhone called Night Shift. That white-blue light is not still energizing you, and that is turned a pale yellow cool light that is more relaxing. For Android users, we have to download a second app called Twilight.”

   – Margie Gale, RN, MSN, CEAP

2. **Keep Your Sleep Schedule Consistent**
   Varying your sleep schedule can throw off your biological clock. Find a schedule that works for you and stick to it.

   “There are some kinds of adaptations we can do to improve the stability and regularity of our biological clock. The main thing is a very regular schedule. That means both regular sleeping and waking cycles so that we go to bed and wake up about the same time every day.”

   – Carl Johnson, PhD

3. **Have a Proper Transition to Bed**
   Bringing stress to bed interferes with sleep. Take time before bed for calming activities.

   “I really encourage people not to be reading a work-related report from their bed or sending emails from their bed, but to really have your sleeping area to be a protected space that you go to only as a restful, relaxing haven from the stresses of the day.”

   – David Sacks, PhD

4. **Get Screened for Sleep Disorders**
   If poor sleep continues to be an issue, it may be time to seek medical attention for a potential sleep disorder. Sleep disorders can include sleep apnea and insomnia.

   “Some of the common symptoms associated with sleep apnea include poor sleep quality, feeling unrefreshed in the morning, falling asleep at work, falling asleep driving, and so it is really important if you snore and feel tired, you should come in to be evaluated.”

   – Raghu Upender, MD
August is Kids Eat Right Month and it’s a great time for families to focus on the importance of healthful eating. The Academy of Nutrition and Dietetics encourages families to take the following steps:

• **Shop Smart.** To encourage a healthy lifestyle, get your children involved in selecting the food that will appear at the breakfast, lunch or dinner table.

• **Cook Healthy.** Involve your child in the cutting, mixing and preparation of meals. They will learn about food and may even try new foods they helped prepare.

• **Eat Right.** Sit down together as a family to enjoy a wonderful meal and the opportunity to share the day’s experiences. Research indicates that families who eat together have a stronger bond, and children have higher self-confidence and perform better in school.

• **Healthy Habits.** Help kids form healthy habits by setting a good example. Fill half your plate with fruits and vegetables and make the grains your family eats whole grains. For beverages, choose water over sugary drinks.

Get started making positive, healthful changes for the whole family with the fun recipe below!

**Egg Muffins**

1. In a large bowl, beat eggs. Add onion, green pepper, tomatoes, salt, garlic powder and black pepper. Stir in cheese.

2. Spoon into muffin cups coated with cooking spray. Bake at 350°F for 20 to 25 minutes or until a knife inserted near the center comes out clean.

Spinach, mushrooms and broccoli are other great veggie add-ins!

Makes 6 servings. Nutrition information per serving (serving size 2 egg muffins): 156 calories, 11 g total fat (4 g saturated fat), 475 mg sodium, 3 g carbohydrates, 1 g fiber, 12 g protein

Modified from: tasteofhome.com/recipes/scrambled-egg-muffin
Relax and enjoy your vacation: we’ve got you covered

When you’re on vacation, the last thing you want to be thinking about are the “what ifs.” What do you do when faced with an emergency when traveling away from home? Vanderbilt University Medical Center’s healthcare plan provides emergency health coverage to you and your dependents while traveling, whether in the United States or in a foreign country.

Aetna
If you are traveling outside the United States and are in need of emergency or urgent care, Aetna will cover the cost of that care at the Tier 2, or Aetna in-network level. Non-emergency claims in a foreign country are paid at the Tier 3 level, or out-of-network. You’ll need to pay the provider up front and submit a claim form to Aetna for reimbursement. Visit hr.mc.vanderbilt.edu/benefits/2015AetnaClaimForm.pdf to download a claim form. If you’re traveling inside the United States, you can find an in-network physician or facility by visiting the Aetna provider directory.

MetLife Travel Assistance
If you have at least $10,000 of AD&D insurance from MetLife, you are eligible for MetLife’s Travel Assistance. With travel assistance protection, you have access to worldwide medical, travel, concierge, legal and financial assistance services, including medical referrals and appointments with English speaking doctors, dentists and specialists; emergency evacuation; air and ground ambulance service; and lost document and luggage assistance. Download the MetLife Travel Assistance brochure at hr.mc.vanderbilt.edu/benefits/MetLifeTravelAssistance.pdf.

Navitus pharmacy coverage
Whether traveling near or far, filling your prescriptions while on vacation can be a major concern. If you are traveling for an extended period of time and need more than a 90-day supply of your medication, contact Navitus at 1.866.333.2757. Have your itinerary and reason for the prescription handy. If you are traveling overseas and need your prescription filled, Navitus will cover the cost at the out-of-network level, and you will need to file a claim. You can download a claim form at hr.mc.vanderbilt.edu/forms/documents/NavitusForeignClaimForm.pdf.

Numbers to Know
- Aetna: 1.800.743.0910
- Navitus: 1.866.333.2757
- MetLife Travel Assistance: 1.800.454.3679 (inside the U.S.) and 1.312.935.3783 (collect, outside the U.S.)
October 13:15:00
10:00 a.m. to 11:30 a.m.
VMG Orthopedic Clinic, 324 Cool Springs Blvd
Smoking is on the decline at Vanderbilt University Medical Center. The smoking rate at VUMC decreased from 12.1% in 2003 to 3.5% in 2016. Among the 12,079 employees who participated in Go for the Gold in 2016, only 427 were smokers. The type of tobacco or nicotine products were: 323 cigarettes, 59 e-cigarettes, 24 smokeless, 13 cigars, 2 pipe, 6 other. If you need help quitting smoking, the Occupational Health Clinic’s Quit Rx Program is here for you. Visit healthandwellness.vanderbilt.edu/news/2011/09/quit-rx for details.

Data sources:
Vanderbilt: Go for the Gold reports

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.” – Aristotle