

## UC BENEFITS/HEALTH & WELLNESS NEWSLETTER

### UC Receives Gold Level Fit-Friendly Status



UTICA, NY — The American Heart Association is recognizing 14 Utica-area organizations as Fit-Friendly Worksites. Each company promotes physical activity and health in the workplace. Through the Fit-Friendly Worksite designation, the AHA works locally with area employers on their wellness and health programs. These companies are being recognized for efforts in the most recent application period.

The American Heart Association congratulates the following four organizations on their new Gold level Fit-Friendly status:

AmeriCU Credit Union

Charles A. Gaetano Construction

NBT Bancorp

Sitrin Health Care Center

Nine Utica-area organizations renewed their Gold level Fit-Friendly status:

ECR International, Inc.

Faxton St. Luke's Healthcare

Fiber Instrument Sales

First Source Federal Credit Union

NYCM Insurance

Rome Memorial Hospital

St. Elizabeth Medical Center

The House of the Good Shepherd

**Utica College**

### NOVEMBER IS DIABETES AWARENESS MONTH

Over 17 million people in the United States (over 5.9 million undiagnosed) have some form of diabetes. Every three minutes someone dies from diabetes, the leading cause of kidney failure, adult blindness, and non-traumatic amputations, a leading cause of nerve damage, heart attack, and stroke, according to the American Diabetes Association (A.D.A.). The U.S spends \$105 billion every year in health-related costs to cope with this disease.

#### What is type 1 diabetes?

Type 1 diabetes mellitus is a lifelong disease that develops when the pancreas can no longer produce insulin. Insulin lets sugar (glucose) enter your body's cells, where it is used for energy. Without insulin, sugar builds up in your blood. The level rises above what is safe for your body. Over time, high blood sugar levels can damage blood vessels and nerves throughout your body and increase your risk of eye, heart, blood vessel, nerve, and kidney disease.

Type 1 diabetes can develop at any age. But it usually develops in children and young adults. In the past, type 1 diabetes was called juvenile diabetes and insulin-dependent diabetes mellitus (IDDM).

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Keep visiting the Health & Wellness website for the latest information <http://www.utica.edu/hr/wellness/>

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## What causes type 1 diabetes?

Insulin is made by certain cells (beta cells) in the pancreas. Type 1 diabetes develops because the body's immune system destroys the beta cells and therefore the pancreas's ability to produce insulin.

Some people inherit the risk for type 1 diabetes. But even these people may not develop type 1 diabetes unless something else triggers it, such as being exposed to certain viral infections.

## What are the symptoms of high blood sugar and low blood sugar?

The main symptoms of high blood sugar from diabetes are:

- Increased thirst.
- Increased urination.
- Weight loss.
- Fatigue.
- Increased appetite.
- Blurred vision.



These symptoms usually develop over a few days to weeks. Some people have these symptoms before they are diagnosed, but they do not realize the symptoms are caused by diabetes. They may believe the symptoms are caused by the flu or some other illness.

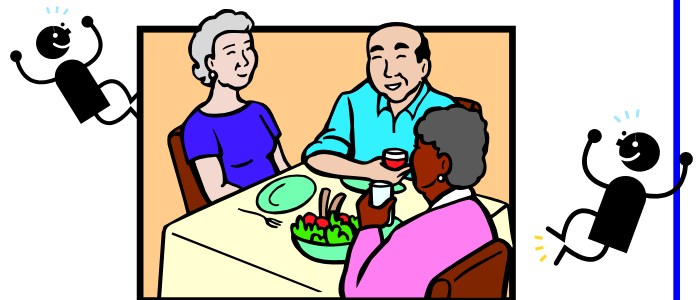
When insulin levels drop very low, blood sugar can rise very high and a life-threatening situation called diabetic ketoacidosis (DKA) can develop. DKA is an emergency. Symptoms include:

- Flushed, hot, dry skin.
- A strong, fruity breath odor.
- Restlessness, drowsiness, or difficulty waking up. Young children may lack interest in their normal activities.
- Rapid, deep breathing.
- Loss of appetite, belly pain, and vomiting.
- Confusion.

WEBMD

**LET SODEXO COOK  
YOUR DINNER!  
IT WILL MAKE YOUR  
LIFE EASIER!  
IT'S EXCITING!  
IT'S TASTY!**

**\$6 person**



**FREE.....ZUMBA WITH DOREEN  
WEDNESDAYS 5:15 – 6:15 IN THE MINI GYM  
CLARKE ATHLETIC CENTER (NO CLASS 11/21)**

**FUN!**