

Three-Time Super Bowl Champion and NASCAR Team Owner Joe Gibbs Is Helping Others Defy Diabetes

Joe Gibbs knows how to win. As an NFL head coach, he led the Washington Redskins to four NFC titles and three Super Bowl championships. And since becoming a NASCAR team owner and launching Joe Gibbs Racing, he's won three NASCAR Cup Series Championships, one with driver Bobby Labonte and two more with Tony Stewart.

Today, this Pro Football Hall of Fame coach is taking his winning attitude in a new direction by raising awareness about diabetes, a disease that Gibbs has managed successfully for more than two decades. *HealthPoint* recently talked to Coach Gibbs about how diabetes has affected his life and his passion to help the almost 26 million Americans who have the disease.

When did you find out you had diabetes?

It was during the 1991 football season. Being an NFL head coach is an incredibly demanding job. I was putting in long hours of work and only getting four or five hours of sleep each night. I wasn't eating well either. Near the end of the season, I had just finished running on a treadmill when I noticed my legs were tingling from the knees down. When the season was over, I consulted some doctors and found out I was prediabetic. I tried for about 18 months to get my blood sugar under control, but eventually I had to go on insulin.

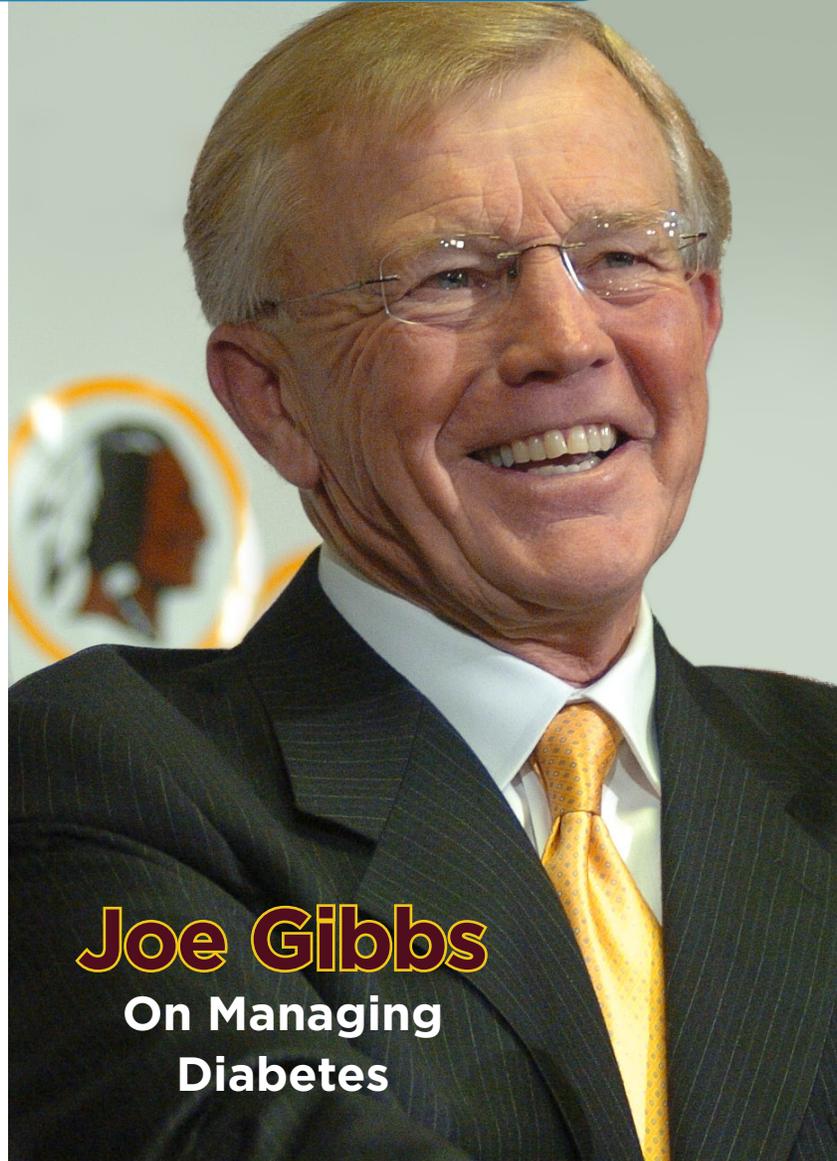
What was your reaction to the diagnosis?

I really kind of panicked. I had an uncle who died early because of his diabetes. I knew I had to get serious about managing the disease.

So how do you keep your diabetes under control?

I tell people that managing diabetes is a lot like taking care of a racecar. If you're not committed to doing the necessary maintenance, neither the car nor your body is going to keep running for very long. That's the reason I test myself six to eight times each day. I watch my diet. I stay fit and exercise. For the past 22 years, I've really had to commit myself to stay healthy and defy diabetes. It's a day-to-day journey, and a real challenge.

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Joe Gibbs On Managing Diabetes

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Visit: www.RussellvilleHospital.com



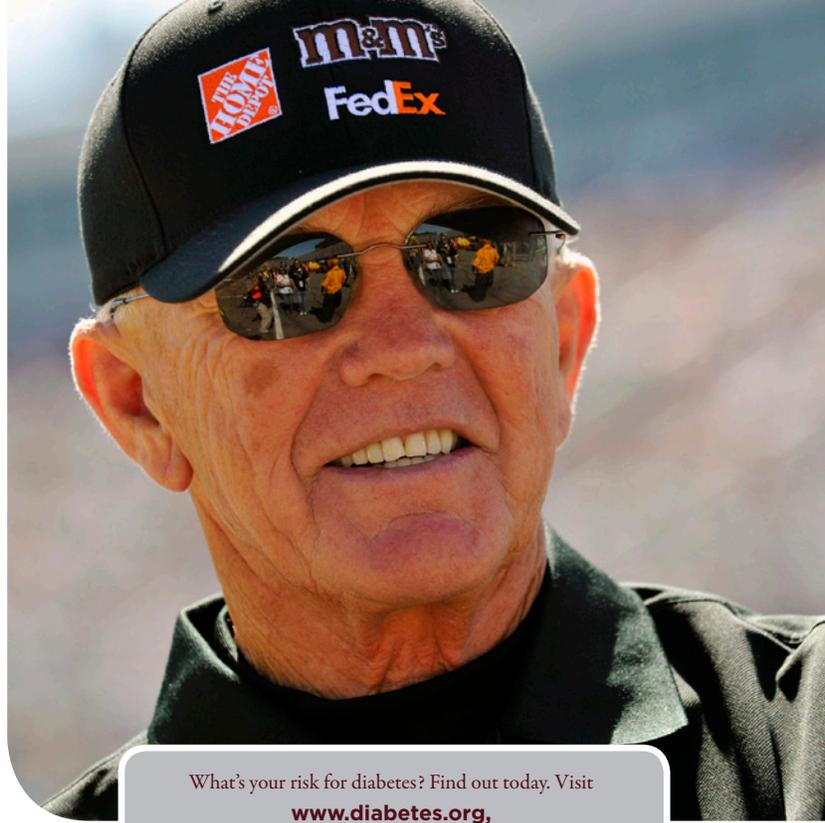
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You recently announced your involvement with Defy Diabetes. Tell us about that.

This is something I'm really excited about. Defy Diabetes is a movement that's connecting people with the support and resources they need to understand both diabetes and prediabetes and to defy the disease. Through social media and local events, Defy Diabetes is serving as a voice of encouragement and a community of support. We're encouraging better and healthier menu options at restaurants and working to develop mobile apps that give people more control over their diet. As part of the campaign, I'm also working with physicians to develop a series of "Coach's Corner" videos to inform and motivate others to defy diabetes. You can learn more at www.defydiabetes.com.

Why are you so passionate about this cause?

Diabetes in this country is an epidemic. If we don't take action, half of all Americans will be diabetic or prediabetic in just seven years. Having lived with Type 2 diabetes for more than 20 years, I know firsthand how important this issue can be in a person's life. It's time we took action.



What's your risk for diabetes? Find out today. Visit www.diabetes.org, search for "Diabetes Risk Test," and answer seven simple questions about yourself.

Are You At Risk?

Almost 26 million Americans suffer from diabetes. Even more disturbing is the fact that seven million people have the disease but have not been diagnosed. Type 1 diabetes usually occurs in childhood or adolescence. Type 2 diabetes, which accounts for more than 90 percent of all cases, usually occurs in people 45 and older.

Other risk factors for Type 2 diabetes:

- Being obese or overweight
- Sedentary lifestyle, not enough exercise
- Family history of diabetes
- High blood pressure

Women who have had gestational diabetes as well as certain ethnic groups, such as African Americans and Hispanic Americans, also have a higher risk for Type 2 diabetes.



Live What You Learn

Diabetes is a chronic illness that occurs when too much glucose (sugar) stays in the blood. Symptoms of diabetes include unusual thirst, frequent urination, blurred vision, extreme fatigue and frequent infections.

Over time, high blood sugar levels can cause a number of serious health complications, including heart disease, blindness, kidney failure and amputation.

Anyone overweight and 45 or older should be tested. All it takes is a simple blood test by your doctor. Here are three steps you can take to help prevent diabetes.

1) Every Pound Counts: Studies show that losing just seven percent of your body weight can prevent or delay diabetes. For example, if you weigh 145 pounds, losing just 10 pounds can make a huge difference in lowering your risk.

2) Get Your Heart Pumping: A good goal is to walk 30 to 45 minutes a day, five days a week.

3) Watch What You Eat: Buy leaner meats and low-fat or skim milk and yogurt. Increase the fiber in your diet by eating more whole-grain breads and cereals. Stay away from soda, sweets, chips and other snack foods.



Miranda Decker, M.D.
Internal Medicine



Sources: American Diabetes Association, CDC



All The
Ways We

Care

The Comprehensive Diabetes Care Program at Russellville Hospital

Should you be concerned about diabetes? Consider this startling fact: an estimated 105 million Americans have either diabetes or prediabetes. Russellville Hospital is committed to providing our community with all the resources to test, prevent, manage and treat this disease.

Testing

The American Diabetes Association offers the following testing guidelines for Type 2 diabetes and prediabetes.

Overweight and 45 or older: you need to be tested for diabetes during your next routine medical office visit.

Normal weight and 45 or older: ask your doctor during your next office visit if testing is appropriate.

Younger than 45: your doctor may recommend testing if you have other risk factors. These include:

- High blood pressure
- Low HDL cholesterol and high triglycerides
- Family history of diabetes
- History of gestational diabetes

The most common way to diagnose diabetes or prediabetes is the Fasting Plasma Glucose Test. It's a simple blood test performed by your physician. With this test, levels below 100 are considered normal. Levels between 100 and 125 can indicate prediabetes. Levels of 126 or higher typically lead to a diagnosis of diabetes.

Education and Support

Nutrition Education: Diet plays a critical role in managing diabetes. Our staff and registered dieticians provide nutritional counseling to help with meal planning, cooking instruction and healthy food choices.

Weight Control: Maintaining a healthy weight is one of the most effective ways to manage and delay diabetes. People with prediabetes can lower their risk for Type 2 diabetes by losing 7 percent of their body weight.

Exercise: Regular exercise also helps control and delay diabetes. Our staff can develop an exercise program to help patients receive long-term, sustainable results.

Diabetes Support Groups: Support groups give encouragement, motivation and advice to help diabetics make the necessary lifestyle changes. Our nurse educators and other staff members help patients manage their day-to-day self-care.

Sources: American Diabetes Association, CDC, American Diabetes Services

Treatment

BLOOD GLUCOSE CONTROL

Our expert staff helps diabetics monitor and control blood sugar levels using the latest tools and techniques.

MEDICATIONS

Insulin plays a critical role in the treatment of diabetes. With more than 20 types available, your doctor can help you find the right type of insulin for your situation.



Vineet Nair, M.D.



Russell Bien, C.R.N.P.

Accepting New Patients

For treatment of diabetes, Internal Medicine physician Dr. Vineet Nair and Nurse Practitioner Russell Bien are accepting new patients. North Alabama Internal Medicine offers comprehensive adult care.

North Alabama Internal Medicine

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Think you need to be tested for diabetes or prediabetes? Visit our website at www.RussellvilleHospital.com and click on "Find A Physician" for a list of internists and family practice physicians.



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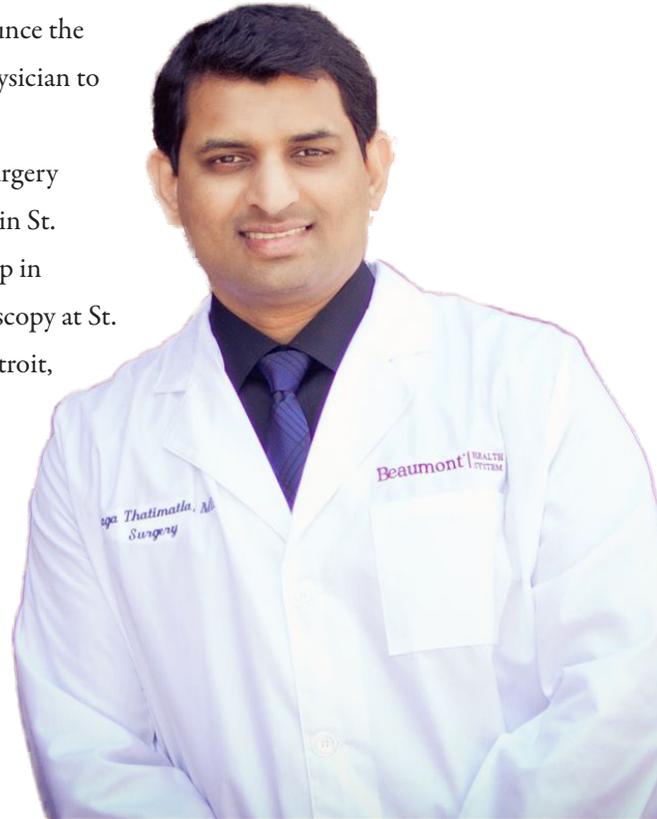
Russellville Hospital Welcomes General Surgeon

Naga Thatimatla, M.D.

Russellville Hospital is pleased to announce the arrival of Dr. Naga Thatimatla as a new physician to our community.

Dr. Thatimatla completed his general surgery residency at St. Louis University Hospital in St. Louis, Missouri. He completed a fellowship in advanced laparoscopy, bariatrics and endoscopy at St. John's Hospital and Medical Center in Detroit, Michigan.

Dr. Thatimatla will be welcoming new patients at his office located at 15225 Highway 43, Suite I, in Russellville. Appointments may be made by calling 256-332-1533.



BY THE NUMBERS

Diabetes:

- **25.8 million:** Americans with diabetes.
- **7 million:** Americans with diabetes who have not been diagnosed.
- **79 million:** Americans with prediabetes.
- **1.9 million:** New cases of diabetes each year in U.S.
- **\$176 billion:** Annual medical costs of treating diabetes in the U.S.
- **26.9%:** Americans 65 and older who have diabetes.

Source: American Diabetes Association



Ram Sapkota, M.D.
Cardiology

Cholesterol:

Total Cholesterol
Desirable: less than 200
Too High: 240 and above

Good (HDL) Cholesterol
Desirable: 60 and above
Too Low: less than 40 for men
and less than 50 for women

Bad (LDL) Cholesterol
Desirable: less than 100
Too High: 160 and above

Triglycerides
Desirable: less than 100
Too High: 200 and above

Source: American Heart Association

All adults age 20 and older should have these four cholesterol levels tested at least every five years. All it takes is a simple blood test.