



# Wellbeing Insights

*Living a Better, More Vibrant Life*



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## Type 1 Diabetes At-a-Glance

Type 1 diabetes (formerly “juvenile diabetes”) is usually diagnosed in children and young adults and accounts for only 5% of the total diabetic population. In Type 1 diabetes, the body does not produce insulin, a hormone the body needs to get glucose from the bloodstream into the cells of the body. With the help of insulin therapy and other treatments, even young children can learn to manage their condition and live long, healthy lives.

### Quick Facts:

- 1.25 million Americans are living with Type 1 diabetes, 200,000 of which are youth.
- 40,000 people are diagnosed with Type 1 diabetes each year in the U.S.
- 5 million people in the U.S. are expected to have Type 1 diabetes by 2050, including nearly 600,000 youth.

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# Type 1 Diabetes At-a-Glance

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- Type 1 diabetes is associated with an estimated loss of life-expectancy of up to 13 years.

If a Type 1 diabetic does not have enough insulin to provide the glucose they need for energy, their body can begin to burn fat for fuel instead, the byproduct of which is ketones.

Ketones can build up in the body and make it more acidic. High levels of ketones can poison the body and lead to Diabetic Ketoacidosis (DKA). DKA is the leading cause of morbidity and mortality in diabetic children. It accounts for more than 100,000 hospital admissions and at least 4,000 deaths per year in the U.S.

DKA usually develops slowly; however, when vomiting occurs, this life-threatening condition can develop in a few hours.

## Early symptoms include the following:

- Thirst or a very dry mouth
- Frequent urination
- High blood sugar
- High levels of ketones in the urine

## Then, other symptoms appear:

- Constantly feeling tired
- Dry or flushed skin
- Nausea, vomiting or abdominal pain
- Difficulty breathing
- Fruity odor on breath
- A hard time paying attention or confusion

# Diabetic Eye & Foot Care

Diabetes causes damage to nerves and blood vessels, which can lead to serious consequences, especially when it comes to your vision and your feet. The best thing you can do to reduce your risk of all diabetes-related complications is to control your blood sugar. However, there are further important steps that you should take to help prevent or offset problems with your eyes and feet.

## Eye Care

Diabetes can damage the blood vessels in the eyes, leading to serious preventable problems like cataracts, glaucoma and retinopathy. In fact, a person with diabetes is 40 to 60% more likely to get cataracts or glaucoma than someone who doesn't have diabetes.

- With **cataracts**, the eye's lens becomes cloudy, blurring vision. While anyone can get cataracts, they may develop at an earlier age and progress more quickly if you have diabetes.
- **Glaucoma** occurs when pressure builds inside the eye due to fluid not draining properly. The pressure

damages the eye's nerves and blood vessels, harming vision.

- **Retinopathy** is caused by blood vessel damage in the eyes, and if not diagnosed and treated early, it can lead to blindness. In the beginning, retinopathy may not have any noticeable symptoms so early detection and treatment is very important to prevent further damage and future vision loss.

**You should see your eye care professional for a dilated eye exam once per year.** Choose an eye doctor who treats people with diabetes; having your regular doctor or an optician check your eyes is not enough. Only Optometrists and Ophthalmologists can perform a dilated eye exam and detect retinopathy, and only an Ophthalmologist can actually treat retinopathy.

See your eye care professional between yearly checkups if you experience blurred or double vision, pressure around or behind the eyes, painful or red eyes, trouble reading, or spots or floaters.

## Foot Care

Common foot problems such as athlete's foot, fungal infections, calluses, corns, blisters, bunions, dry skin, hammertoes, ingrown toenails

and plantar warts can happen to anyone and may sound like no big deal. However, they can become very serious for a diabetic. Nerve damage can cause numbness and reduced feeling in your feet, which prevents you from feeling the pain associated with these conditions, so they may be overlooked and continue to get worse. Poor blood flow associated with diabetes slows the healing process and makes you more prone to infection. To prevent foot problems, follow these guidelines:

- ✓ **Check your feet daily.** This will help you catch small irritations and get them treated before they become serious. Make it part of your daily routine; it doesn't take long. Inspect the tops, sides, soles, heels and in between the toes for:
  - Dry and cracked skin
  - Blisters or sores
  - Bruises or cuts
  - Redness, warmth or tenderness
  - Firm or hard spots



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## On the Menu

### Loving on Leeks

If you are a fan of onions or garlic in your cooking then you'll love their close family member – the leek. Leeks are often an underrated vegetable but are a great replacement for or addition to onions in most savory dishes, providing a delicate but sweet flavor to your meals. You can try them chopped and roasted with autumn root vegetables or blend them into cold-weather soups for a velvety, subtle flavor.

Leeks have been loved as far back as Egyptian times when they were often traded for items like oxen or beer. You can even find leeks as an ingredient in the oldest-known cookbook. The Roman emperor, Nero, was also a lover of leeks. It's been said that he ate leeks daily and was referred to as "The Leek Eater."

In addition to their tasty flavor, leeks are rich in nutritional benefits. Eating leeks regularly has been seen to:

- **Suppress tumor growth:** Leeks are a great source of a compound called allyl-sulfides, which has been known to suppress the growth of tumor tissue.
- **Lower elevated blood pressure:** Leeks contain a flavonoid called Kaempferol, which provides protection to the lining of blood vessels and increases nitric oxide in the body, which helps with natural blood vessel dilation.
- **Help with anemia:** Leeks are high in folic acid, which is essential for DNA synthesis and blood cell repair. They also contain high amounts of iron, which help to increase hemoglobin levels in the blood.
- **Fight chronic inflammation:** Polyphenols found in leeks help ward against inflammation in situations such as diabetes, obesity and rheumatoid arthritis.
- **Provide support with healthy digestion:** Due to their unique fiber content, leeks help repopulate the healthy type of bacteria in the colon, which can reduce intestinal bloating and aid in digestion.

#### Keep It Fresh

Select leeks that are firm and straight with dark green leaves and white necks. They should not be yellowed or wilted. Fresh leeks can be stored unwashed and

untrimmed in the refrigerator for 1 to 2 weeks. Cooked leeks are highly perishable and should be eaten within 1 to 2 days. They can also be blanched and frozen, keeping for up to 3 months.

### Classic Vichyssoise (Potato & Leek Soup)

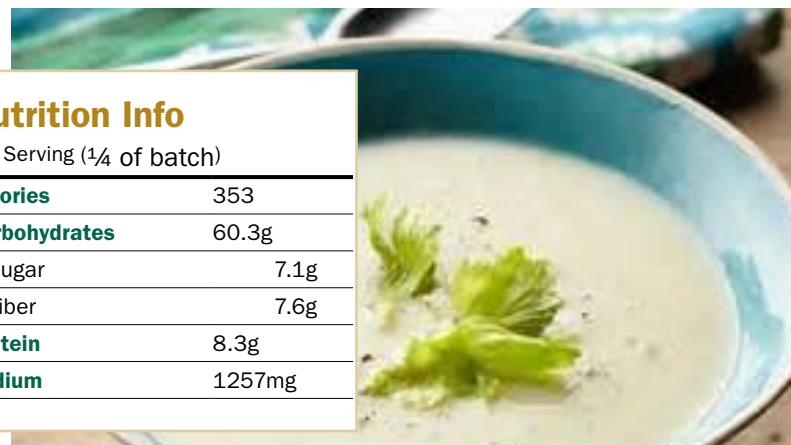
#### Ingredients:

- 5 potatoes, peeled and thinly sliced
- 5 cups chicken stock
- 3 leeks, bulbs only, sliced into rings
- 1 white onion, sliced
- ¼ cup whipping cream
- 1 Tbsp. butter
- ¼ tsp. dried thyme
- ½ tsp. dried marjoram
- 1 bay leaf
- Salt and pepper to taste

#### Directions:

Melt butter over low heat in large stock pot. Add leeks and onion, cover and cook for 10 minutes. Add in potatoes, salt, pepper, thyme, marjoram and bay leaf and stir well. Cover and cook another 12 minutes. Add chicken stock and bring to boil, reduce heat and cook partially covered for another 30 minutes. Puree soup in blender and cool. Prior to serving, add in whipping cream.

Adapted from [www.allrecipes.com](http://www.allrecipes.com).



Nutrition Info	
Per Serving (1/4 of batch)	
<b>Calories</b>	353
<b>Carbohydrates</b>	60.3g
Sugar	7.1g
Fiber	7.6g
<b>Protein</b>	8.3g
<b>Sodium</b>	1257mg

# Mindful Minute



Think back to a time when you felt passionate, happy, fulfilled or invigorated. Perhaps you were in love, had a child, started a new career or otherwise felt nourished by family and friends, faith or physical health, for example. When we are thriving in all domains of wellbeing – including our social, community, career/purpose, financial and physical wellbeing – we tend to feel our most energized, both physically and emotionally.

On the contrary, when there are gaps in any domains of our wellbeing, we often feel imbalanced and unsatisfied.

**Physical cravings** for food, drink, tobacco and the like can intensify as ways (often subconscious) to fill the void in our wellbeing. While addressing cravings by focusing on nutrition and exercise can be effective in the short term, doing a broader assessment of wellbeing, including

what's going well in our lives and areas that are lacking, can be a powerful process in rebalancing and finding inherent satisfaction and joy.

Begin by doing an **inventory of each wellbeing domain**, asking yourself how satisfied you are in each area. For more information on the domains of wellbeing, [click here](#).

If you find yourself regularly struggling with **overindulgence or cravings**, be it food, alcohol, tobacco, television, shopping or some other vice, take a mindful pause and ask yourself:

1. What am I truly lacking right now that is leading to this craving?
2. Will this indulgence lead me to feel more fulfilled 24 hours from now?
3. Is there something else I could do in this moment that might serve me in a more meaningful way?



When you **do something beautiful** and nobody notices, do not be sad. For the **sun every morning** is a beautiful spectacle and yet most of the audience still sleeps.

- JOHN LENNON



## DIY: Autumn Simmer Pot

Nothing beats the warm, comforting smell of autumn baking. Simmer pots are a simple way to fill your home with your favorite memory-inducing, stress-easing fragrances without all the work of making an apple pie.

### The Base:

Bring a saucepan with 6 to 8 cups of water to a boil on the stove. Then, add your chosen ingredients and reduce to a simmer. You may need to add water over time, just keep an eye on your pot every hour or so.

### Recipes:

- Cinnamon sticks, apple peels and whole cloves
- Orange rinds and a few drops of vanilla
- Evergreen sprigs or pine needles, cinnamon sticks, whole cloves, bay leaves, orange and lemon rind



### Tips:

Make a habit of saving your rinds for simmer pots. Another option is to play with substituting juice or drops of essential oil for actual peels and rinds.

# Diabetic Foot Care

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Call your doctor right away about any foot problems. Do not try to treat them yourself first. Even small sores or blisters can become big problems if infection develops or they worsen due to lack of feeling in the feet.

- ✓ **Visit a foot doctor every 2 to 3 months.**
  - Ask them to show you how to cut your toenails. Cut the nails straight across and not too short. Short, curved nails are more likely to become ingrown.
  - If you have dry or cracked feet, ask your doctor about an appropriate salve to use. Do not use any moisturizers between your toes or try to shave off calluses without speaking to your doctor. Also, consult your doctor before using any over-the-counter treatments for warts, corns, etc.
- ✓ **Do not use a heating pad or hot water bottle on your feet.**
- ✓ **Dry your feet thoroughly before putting on your shoes.** Make sure you dry between the toes.
- ✓ **Wear shoes at all times to protect your feet from injury.** Before you put them on, check the inside of your shoes for stones or other small objects that may hurt your feet. Your shoes should be comfortable when you buy them. Don't buy a tight pair of shoes, hoping they will stretch. Break in new shoes slowly; wear them only one or two hours a day for the first few weeks. When possible, change your shoes every five hours to alter the pressure points on your feet. Avoid flip flops and socks/stockings with seams, and never go barefoot in sand or on hot pavement.

## Thinking of Breaking Up with Tobacco?

### Considerations for Kicking the Habit

Quitting tobacco is no easy feat. This life-changing process starts with the decision to try. Even considering quitting can induce anxiety, put up defenses and actually make you cling to the very thing you are considering letting go of. No matter what stage of the journey you're on, here are some questions to ask yourself to take the next step.

**Do you have low confidence in attempting to quit?** Answer the following and consider writing down your answers:

- What would have to happen for you to know it was time to try to quit?
- Imagine you are not a tobacco user. How would your life be different? What would change for the better? For the worse?
- Still imagining yourself as a non-smoker, how would your perception of yourself be different? How would others' perception of you be different?
- How does your tobacco use impact those you care about? How might it affect them if you quit?

**Have you recently attempted to cut back or quit? Are you currently seriously considering quitting?** Answer the following and consider writing down your answers:

- What are the advantages to continuing to smoke? What are the disadvantages?
- What are you afraid of or concerned about when you consider change? What would be the worst possible outcome of these fears were valid (i.e., the worst happened)?
- What type of support would you need to succeed?
- What is going to get in your way? Are there things you can do to plan ahead for these barriers?

**Have you recently quit using tobacco?** Answer the following and consider writing down your answers:

- When you committed to quit smoking, you did it for a reason. What was it? Ask yourself:
  - What are your biggest triggers for cravings?
  - How might you continue to be successful at working through them?
- How has your life changed so far?
- Are you getting the support you need? What type of support is out there that you are not tapping in to?

For more information and resources to support you in quitting, visit [www.smokefree.gov](http://www.smokefree.gov).



# Social Security 101

Social Security is a retirement benefit that the majority of Americans depend on, but many people do not know how the system works. For two thirds of retirees, Social Security is more than 50% of their retirement income. Here are some basic facts about Social Security. Knowing them can lead to a more secure retirement.

## 1. Benefits are skewed in favor of lower-paid individuals.

Retirement benefits are calculated limiting a person's salary to the taxable wage base for the year. More important, Social Security replaces a higher percentage of the income of people who earned less when working. An individual who made \$20,000 (and comparable amounts in previous years) will get about \$12,000 a year from Social Security, which would replace about 60% of their income. A worker who has always earned around the maximum taxable amount would get benefits that replace about 25% of prior earnings (e.g.,

\$100,000 in average earnings equates to \$25,000 social security benefit).

## 2. The SSA uses 35 years of earnings to calculate your monthly benefit.

If you continue to work, it doesn't only mean extra salary for living expenses and more opportunity to save for retirement; it may also mean a bump in your Social Security monthly payments. In many cases, continued work will increase your benefit because you may be replacing a year when you earn a higher salary for a year with a lower salary.

## 3. You may be eligible for three different types of benefits (but not at the same time).

As a general rule, if you worked and paid Social Security taxes for more than 10 years you will be eligible for the "worker's benefit." If you are married, you may also be eligible for a "spousal benefit." Finally, if your spouse dies, you may be eligible for a "survivor benefit." The possibility of receiving three types of benefits leads to some serious planning implications and claiming strategies.

## 4. A divorced spouse qualifies for spousal or survivor benefits if marriage lasts 10 years or more.

The following conditions must be met:

- You must be currently unmarried.
- You must be at least age 62 for spousal benefits or age 60 for survivor benefits.
- The ex-spouse needs to be entitled to Social Security retirement (age 62) or disability benefits (even if he/she hasn't filed for benefits).
- You must be divorced for two years to get spousal benefits. However, if the ex is already claiming Social Security, once the divorced spouse reaches his/her full retirement age the two-year requirement is waived.

If you qualify for benefits based on more than one ex-spouse or deceased spouse's records, you can claim benefits based on the ex-spouse's record that provides the greatest benefit. Your claiming of benefits does not affect the amount your former spouse is entitled to get.

You can check your Social Security projected benefits online at [www.ssa.gov](http://www.ssa.gov).



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