November is National Diabetes Month – an opportunity to raise awareness and focus attention on the disease that affects tens of millions of people. 2016’s theme is “This is Diabetes” and will showcase real-life stories of individuals managing diabetes.

The American Diabetes Association’s goal is to “create a sense of urgency about this growing public health crisis.” While one in every 11 Americans currently lives with diabetes, there are 86 million more at risk for developing the disease. In fact, every 23 seconds someone in the U.S. is diagnosed with diabetes.

Diabetes occurs when our bodies are not able to properly break down food for energy. Usually, a pancreas-produced hormone called insulin is present to assist in the conversion of food to glucose, or sugar, in the blood. However, diabetics have inadequate or unusable levels of insulin, resulting in low blood sugar and multiple other symptoms due to lack of glucose in their system.

Type 1 diabetes makes up five to ten percent of the diabetic population. It is generally diagnosed early in life. In this case, the body does not produce insulin and individuals must administer insulin to help maintain their blood glucose levels.

Type 2 diabetes is the more common form of the disease. Here, the body either does not create enough insulin, or the body is not...
able to properly utilize the insulin. Patients may need diabetes medication or insulin therapy to maintain glucose levels.

Individuals may be at risk for type 2 diabetes if they are overweight, exercise less than three times per week, are over 45 years of age, have high blood pressure or high cholesterol, or have a family history of diabetes. Those of African American, Latino, American Indian, Asian American or Pacific Islander descent are also at higher risk of developing the disease.

Lockton’s Nurse Advocate Program assists those already diagnosed with diabetes, while also helping to educate and prevent additional diagnoses. Our nurses have experience working with diabetics and ensuring participants are held accountable for all aspects of their disease management. We recognize that diabetes compliance is more than just checking blood sugars—it’s about maintaining a healthy lifestyle overall.

Advocating for members means Lockton nurses are in contact with participants to remind them to see their doctor for physical exams, visit their eye doctor, make appointments with their diabetes specialist, obtain blood sugar monitoring supplies at the most affordable rates, educate members about low sugar diets, set goals for maintaining blood sugars or weight, and much more.

The Nurse Advocates are not only a resource for those managing diabetes, but for all members of your workforce, no matter the health issue, risk factors, or current life stage. The goal is to help you build a healthier, more productive company, and that starts by helping every employee reach their wellness goals. In doing so, you will see fewer high cost claimants and increased healthcare plan savings.

Contact your Lockton account team to see what the Nurse Advocate Program can do for your employees and your company.
We recognize that diabetes compliance is more than just checking blood sugars—it’s about maintaining a healthy lifestyle overall.

**Nurse Advocates in Action**

A Lockton Nurse Advocate encountered one participant that had been sent to the emergency room because he had a large amount of sugar in his urine.

Abnormally high amounts of sugar in the urine, known as glycosuria, are usually the result of high blood sugar levels. This can occur with diabetes, especially when the condition is left untreated.

In this case, the truck driver was completely unaware that he was diabetic and had such high blood sugar. The visit to the emergency room served as his wake up call.

The Nurse Advocate started working with this participant as soon as possible – teaching him, and his wife, about blood sugar testing and how to control his glucose levels. She also spent time educating them about the diabetes supplies that were available on their insurance plan.

The driver hopes to be fully recovered and back on the road, with healthy blood sugar levels, within the month. Thanks to the Nurse Advocate, he has the knowledge and support necessary to manage this new diagnosis.

**References:**
Our Mission
To be the worldwide value and service leader in insurance brokerage, risk management, employee benefits, and retirement services

Our Goal
To be the best place to do business and to work