

PURSUIT

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Florida Blue 
BetterYou 

A monthly wellness newsletter from Better You

You Can Lower the Risk of Developing Diabetes During Pregnancy

Gestational diabetes mellitus (GDM) is diabetes that develops during pregnancy. Fewer than 10 percent of pregnant women in the United States develop gestational diabetes. Those who do have healthy pregnancies and healthy babies. But if left untreated, GDM can create problems for both mom and baby.

GDM causes more than high blood sugar caused by diabetes. It can lead to preeclampsia. That condition can cause high blood pressure and damage to the liver, kidneys or other organs. GDM can cause the baby to weigh more than 8 pounds, 13 ounces, which could complicate the delivery.

Other complications include premature birth, low blood sugar and breathing problems. Also, the baby can get jaundice after birth. And GDM puts both you and your baby at higher risk for obesity and diabetes later in life.

If you're 25 or older, or are overweight and not physically active, you may be more likely to develop GDM. That's also true if you have prediabetes, a history of GDM or diabetes in your family.




Other risk factors include high blood pressure, heart disease or polycystic ovarian syndrome. Polycystic ovarian syndrome is a hormone imbalance that often affects a woman's reproductive health. Women of African, Asian, Native American and Hispanic backgrounds also have higher risk for GDM.

But women with no risk factors also develop GDM. That's why your doctor tests you for it between 24 and 28 weeks of pregnancy.

Here are some ways you can reduce the risks to both you and your baby:

- Go to all your prenatal visits
- Eat a healthy diet
- Maintain a healthy weight
- Move your body and stay active
- Follow your doctor's treatment plan

GDM usually goes away after you have your baby. Seeing your doctor every year is important to keep healthy.

Florida Blue members who are pregnant can enroll in the **Healthy Addition® Prenatal Education Program.** 

Email: healthyaddition@floridablue.com

or

Call: **800-955-7635**, option **6**

Resources: marchofdimes.org; acog.org; cdc.gov

IN THIS ISSUE

Gestational Diabetes

Tips for Good Health

Recipe of the Month

Here's a Tip for Good Health: Be Happy

Studies show that a strong attitude of gratitude improves physical health as well as happiness. There's a lot at play. Gratefulness opens the door for better relationships in your life. It's a natural way to reduce aggression and enhance your compassion. Being grateful works out the unseen side of yourself much like a gym session works out your body. It helps you get better sleep and improves your physical and mental health.

Here are a few tips on how to increase gratitude:

- **Keep a gratitude journal.** When you make note of things like a funny moment with a pet or a kind gesture from a stranger, it adds up. You'll be pleasantly surprised by how many good things happen to you every day!
- **Use gratitude cues.** Any new habit needs to be kept fresh in your mind, and cues are a great way to remember. Keeping a photo, a note or memento in view can emphasize feelings of gratitude.
- **Make a gratitude jar.** Keep an empty jar, scratch paper and a pen in a convenient place. Ask family members to write down something they're grateful for and drop it in the jar. In the evening take a few of the notes out of the jar and share them with one another.

Resources: WebMd.com



Why not set out on a course to grow an attitude of gratitude? Chances are good that you'll be happy you did! For tips on how to stay positive during the holidays, join Florida Blue Behavioral Health Clinical Pharmacist Dr. Kim Sundling for a live webinar on **Thursday, November 18, at 1:00 p.m. ET.** You can register for Resilience During the Holidays by clicking [here](#) or visiting <https://tinyurl.com/5f4wttjw>.

Zucchini Ribbon Pasta (Serves 4)

Ingredients:

- ¾ pound whole-wheat fettuccini
- 2 medium green zucchini (about 1 pound)
- 2 medium yellow zucchini (about 1 pound)
- 3 tablespoons olive oil
- 4 cloves garlic, chopped
- 1 cup low-sodium chicken broth
- ¼ cup grated (1oz) Parmesan (lightly packed), plus 2 tablespoons
- ½ cup finely minced parsley leaves, plus more for garnish
- 1 cup thinly sliced basil leaves, plus more for garnish

- ½ teaspoon red pepper flakes
- ½ teaspoon fresh ground black pepper
- Salt

Directions

Cook pasta so it's al dente, 1 or 2 minutes less than package instructions recommend. Drain.

Meanwhile, slice off ends of zucchini and discard. Cut zucchini in half lengthwise. Slice zucchini into very thin (about ⅛-inch) ribbon slices, trying to keep some skin on each piece for color. Stack slices and cut in half lengthwise. Reserve zucchini ribbons in a large bowl.

In the pasta pot, heat the olive oil over low-medium heat. Add garlic and cook until soft and translucent

but not browned, about 1 minute.

Add zucchini ribbons and ¼ cup chicken broth, raise heat to medium-high and cook until zucchini is still somewhat firm but just cooked, about 3 minutes. Return pasta to pot and add remaining chicken stock; cook for 2 to 3 minutes, until liquid has mostly absorbed into the pasta.

Add ¼ cup of the Parmesan, parsley, basil, red pepper flakes, black pepper and toss to combine. Season with salt, to taste.

Serve garnished with additional parsley, basil and the remaining 2 tablespoons of cheese.

Recipe courtesy of FoodNetwork.com; for nutritional information click [here](#).

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ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).

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