



# DIABETES PENALTIES

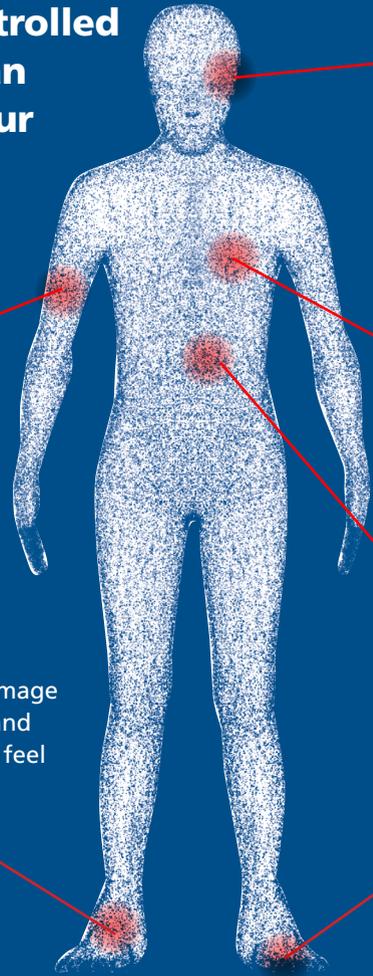


# UCT TRUCKERS HEALTH TEAM



# STUDY BOOK

## How Uncontrolled Diabetes Can Damage Your Body



**Eyes**  
Can cause problems with the eyes including blindness

**Heart**  
Can increase susceptibility to heart attacks

**Kidneys**  
damage can cause swelling in your ankles, weakness & shortness of breath

**Foot Problems**  
High risk of amputation

**Blood Sugar**  
Leads to persistent elevated blood sugar levels

**Nerves**  
Can cause nerve damage making the hands and feet hurt, tingle, or feel numb

It's your time more than ever to take to the field and tackle your chronic condition – turning the tide, taking charge of your health, and living life to fullest. **JOIN THE TEAM TODAY**

### HERE'S HOW IT WORKS:

- 1 Sign Up**  
Enroll and become a UCT Member.
- 2 Complete a self-assessment**  
Complete a self-assessment of your background, health needs, preferences, commitments and goals.
- 3 Personalized Health Plan**  
Based on your priorities and lifestyle, we work with you to create your Personalized Health Plan to reach your health goal.
- 4 Follow-up**  
Your UCT Truckers Health Coach coordinates and arranges for appropriate follow-ups with you and monitors your progress.

# JOIN UCT TRUCKERS HEALTH TEAM

Visit a UCT Clinic, call **(365) 338-8074** or text us for more info



# Kick off a new life with DIABETES



### Sexual & Bladder Problems

Problems like erectile dysfunction, loss of interest in sex, bladder leaks, and retained urine can happen if diabetes damages your blood vessels and nerves.

### Dementia

High blood glucose increases the chance of developing dementia.

Source: American Diabetes Association, diabetes.org



# DIABETES



**I've been diagnosed with a chronic condition. Now what?**

The moment you get a chronic condition diagnosis, it can be very scary. It's likely that a lot of things are running through your mind, especially when you don't know what's coming next.

**Don't do it alone.**

Talking to someone about your diagnosis can help ease some of

the fear or frustration you may be experiencing.

UCT Truckers Health Coaches are here to listen to you and to help you address your specific health needs.

You can rely on them as your coach in the field.

**Your UCT Health Coach is dedicated to helping you create your Personalized Health Plan**

Inspired by football's core pillars of teamwork, commitment, and determination, our Personalized Health Plan is created to help you become a pro in healthy living.

Your Personalized Health Plan educates and guides you on the changes and commitments you'll need to make to manage your chronic conditions and live healthy.



# DIABETES

## Study Books & Play Books

The "Study Books" and the "Play Books" are the key components of Your Personalized Health Plan to address your specific health needs.

You will be able to understand your specific condition and break down your health journey into small, manageable steps that make it simple to achieve your goals.



## PENALTIES

### The dangers of an untreated condition

When players don't adhere to the rules of the sport, they can be hit with game-changing penalties - or even career-ending injuries. Just like the players, you can face penalties if you don't follow the rules and keep your body game day-ready at all times. You can even turn the tide on your condition, gain back lost ground, and feel better than ever, but you need to commit 100%, just like the best athletes.



# DIABETES PENALTIES

## Heart Disease & Stroke

Diabetes is treatable, but even when glucose levels are under control it greatly increases the risk of heart disease and stroke. That's because people with diabetes, particularly type 2 diabetes, may have the following factors that contribute to their risk for developing cardiovascular disease:

- High blood pressure (hypertension)
- High cholesterol and high triglycerides
- Obesity
- Lack of physical activity
- Poorly controlled blood sugars (too high) or out of normal range
- Smoking



## Kidney Damage

When your kidneys are damaged, waste products and fluid can build up in your body. That can cause swelling in your ankles, nausea, weakness, poor sleep, and shortness of breath. Without treatment, the damage can get worse and your kidneys may eventually stop working.

## Foot Problem

Diabetes can lead to peripheral artery disease (PAD). PAD causes your blood vessels to narrow and reduces blood flow to your legs and feet. Not treated, it can increase your odds of amputation.

**Ask Your UCT Truckers Health Coach Now.**

