Peas and Carrots

November 2025

Control the ABCs of Diabetes

If you have diabetes, three key steps—the ABCs—can help you better manage it and lower your risk of heart attack and stroke. Learn about the ABCs and keep track of your progress for each one.

A
A1C Test

- The A1C test is short for hemoglobin A1C.
- It measures your average blood sugar (glucose) over the last 3 months.
- It lets you know if your blood sugar level is under control.
- Controlling your blood sugar level will help prevent complications.
- Get this test at least twice a year.
- **Number to aim for: below 7**

Date of my A1C test:				
My number:				

B
Blood pressure

- The higher your blood pressure, the harder your heart has to work.
- Get your blood pressure measured at every visit to your healthcare provider.
- **Work with your provider to set a blood pressure goal that is right for you.**

Date I checked:				
My number:				

C
Cholesterol

Cholesterol levels are measured in milligrams (mg) of cholesterol per deciliter (dL) of blood.

- Maintain a normal cholesterol level (under 200 mg/dL).
- HDL should be 60 mg/dL or higher.
- Triglyceride level should be below 150 mg/dL.
- LDL should be below 100 mg/dL. LDL or "bad" cholesterol builds up and clogs your arteries.
- Get your cholesterol tested once per year.
- **Number to aim for: LDL below 100 mg/dL.**

Date I checked:				
My total cholesterol number:				
My HDL number:				
My triglyceride number:				
My LDL number:				

Tips to prevent and control diabetes

Get active!

- Do physical activities with moderate effort for a total of at least 2 hours and 30 minutes each week.
- If ready, do physical activity with vigorous effort for a total of at least 1 hour and 15 minutes each week.
- Do muscle strengthening activities, like yoga or lifting weights, at least 2 days each week.

Eat less sodium, saturated fat, cholesterol, carbohydrates, and sugar.

- Trim the fat off meat and the skin off chicken.
- Bake, broil, boil, or grill instead of frying.
- Use a small amount of vegetable oil instead of lard or butter.
- Cut down on sausage, bacon, and fried foods.
- Drink water and sugar-free beverages.

Eat more fiber.

- Choose whole grains, vegetables, fruits, and beans.
- Add fruit to your lunch.
- Add vegetables and beans to soups and casseroles.

Stay at a healthy weight. Try to lose weight if you're overweight.

- Eat smaller portions—don't go back for a second serving.
- Drink water or other calorie-free drinks.

If you smoke, stop.

- Ask your healthcare provider, family, or friends to help you quit smoking.
- Find additional help at **smokefree.gov**.

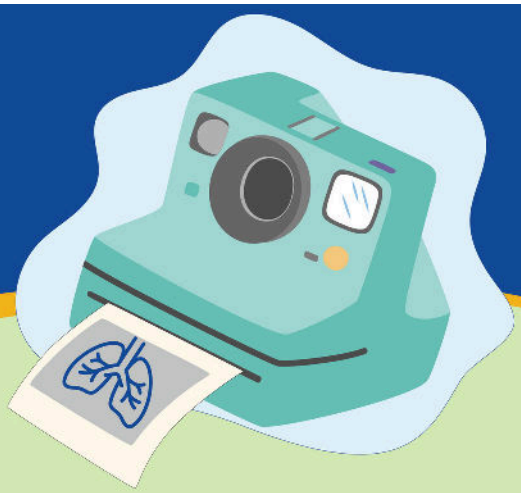
If you already have diabetes, add these steps to control it.

- Check your blood sugar (glucose) levels as your healthcare provider tells you.
- Take medicines as your provider tells you, even when you feel fine.
- Ask your provider about taking aspirin to prevent a heart attack.
- Check your feet every day. Check for cuts, bruises, red areas, or swelling.
- Brush your teeth and use dental floss every day.
- See your eye doctor once a year, or more often if you have eye problems.
- Find support to help you handle stress.

Be sure to ask your healthcare provider:

- What are my ABC numbers?
- What should my ABC numbers be?
- What do I need to do to reach healthy ABC numbers?
- How can I find a local diabetes program for education and support?

COPD:
Portraits of Lung Health at Any Age



About 1 in 7 older adults has COPD.

I'm over 60.

I manage my COPD by:

- **Sticking with** my treatment plan
- **Knowing** the benefits of pulmonary rehabilitation, good nutrition, and physical activity
- **Staying current** with flu, pneumococcal, and COVID-19 vaccines
- **Seeking help** to quit smoking to slow down my COPD

nhlbi.nih.gov/breathebetter

National Heart, Lung, and Blood Institute

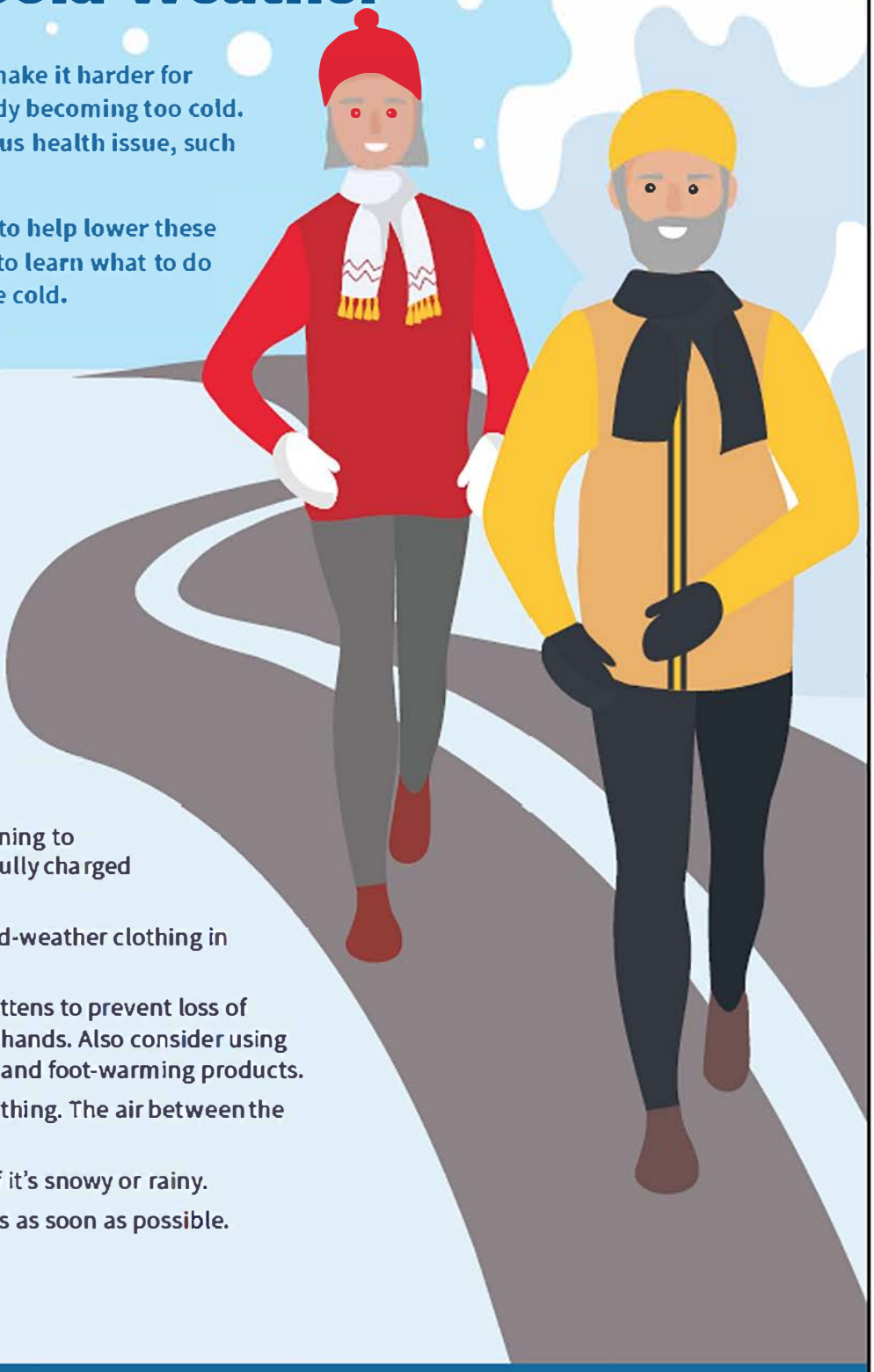
LEARN MORE BREATHE BETTER®

NIH National Institute on Aging

Tips for Older Adults To Stay Safe in Cold Weather

Changes that come with aging can make it harder for older adults to be aware of their body becoming too cold. This can quickly turn into a dangerous health issue, such as hypothermia or frostbite.

Use the information and tips below to help lower these risks during the colder months and to learn what to do in the case of unsafe exposure to the cold.



Staying Warm When It's Cold Outside

- Check the weather forecast for windy and cold days. A heavy wind can quickly lower your body temperature — try to stay inside or in a warm place.
- If you must go out on windy, cold, or damp days, don't stay outside for very long.
- Let others know when you're planning to spend time outdoors and carry a fully charged mobile phone.
- Keep warm blankets and extra cold-weather clothing in your car.
- Wear a hat, scarf, and gloves or mittens to prevent loss of body heat through your head and hands. Also consider using disposable or rechargeable hand- and foot-warming products.
- Wear warm and loose layers of clothing. The air between the layers helps to keep you warm.
- Wear a waterproof coat or jacket if it's snowy or rainy.
- Change out of damp or wet clothes as soon as possible.

What Is Hypothermia?

Hypothermia is a medical emergency that occurs when the body's core temperature drops below 95°F. It is often caused by exposure to cold temperatures, but it can also occur at cool temperatures (above 40°F) if you become chilled from rain, sweat, or being in cold water. Hypothermia affects the brain and makes it difficult to think clearly, so people may not realize what is happening and that they need help.

What To Look For

Be aware of warning signs and early symptoms:

- Cold feet and hands
- Puffy or swollen face
- Pale skin
- Shivering or shaking
- Slowed or slurred speech
- Feeling sleepy, angry, or confused

Later symptoms of hypothermia can include:

- Stiff and jerky arm and leg movements
- Slow heartbeat or breathing
- Loss of consciousness

What To Do

Hypothermia is a medical emergency. If someone has signs of hypothermia, **call 911 right away.**

After you call 911:

- Help the person move to a warmer place, if possible.
- Offer them a warm drink.
- Wrap them in dry blankets, towels, or coats.
- Don't use a heating pad.
- Don't rub the person's legs or arms.
- Don't try to warm the person in a bath.

What Is Frostbite?

Frostbite is injury to the skin caused by exposure to temperatures below freezing. It can lead to a loss of feeling and color in the affected areas — often, the hands, feet, nose, and ears. Frostbite can permanently damage the body. Because the frozen parts of the body are numb, people may not know they have frostbite.

What To Look For

In the warning stage of frostbite (called frostnip), affected areas of skin may experience:

- Redness
- Pain
- Sensation of pins and needles

If cold exposure continues, frostbitten skin may become:

- Numb
- White or grayish yellow
- Unusually firm or waxy feeling

What To Do

If you notice any signs of frostbite, seek medical care. In addition:

- Protect any exposed skin and get into a warm car or room.
- Avoid walking on frostbitten feet or toes.
- Put the frostbitten area in warm water.
- Use body heat, such as an armpit, to warm the frostbitten area if warm water is not available.
- Don't rub or massage the frostbitten area.
- Don't use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming.

To learn more about cold weather safety, visit www.nia.nih.gov/cold-safety.

National Institute on Aging Information Center
800-222-2225
www.niaic@nia.nih.gov | www.nia.nih.gov/health
NIH Publication No. 24-AG-0001 | May 2024

NIH National Institutes of Health
Turning Discovery Into Health

Word Search Bank

ACTIVITIES
BACTERIA
CHOLESTEROL
GLUCOSE
HEMOGLOBIN
LEFTOVERS
PNEUMOCOCCAL
PULMONARY
REFRIGERATE
SODIUM
STRENGTHENING
SUBMERGE
THANKSGIVING

Word Search

S	U	B	M	E	R	G	E	B	O	G	H	L	L
E	E	T	A	R	E	G	I	R	F	E	R	O	T
A	I	R	E	T	C	A	B	S	M	S	P	R	H
O	N	F	E	R	C	T	R	O	E	E	U	E	A
B	R	O	E	E	I	E	G	I	G	M	L	T	N
B	S	G	N	T	V	L	T	B	U	U	M	S	K
H	C	A	V	O	O	I	E	I	N	V	O	E	S
E	O	N	T	B	V	O	D	E	B	B	N	L	G
H	C	F	I	I	T	O	C	K	G	T	A	O	I
P	E	N	T	R	S	S	L	B	Y	S	R	H	V
L	H	C	M	I	I	I	I	A	P	E	Y	C	I
L	A	C	C	O	C	O	M	U	E	N	P	M	N
G	N	I	N	E	H	T	G	N	E	R	T	S	G
S	V	I	E	S	O	C	U	L	G	I	G	R	M

The Mental Health Benefits of Exercise and Physical Activity

Have you been feeling down lately? Try exercising to help improve your mood! Exercise can:

To learn more about the benefits of exercise visit www.nia.nih.gov/exercise.

NIH National Institute on Aging

Creamy Mashed Cauliflower

Courtesy: https://www.eatingwell.com/recipe/8028735/one-pot-pasta-with-spinach-and-tomatoes/

Servings: 4 Serving Size: ¾ cups

Nutrition Facts: Calories 107
Total Carbohydrates 10g; Dietary Fiber 4g; Total Sugars 5g; Protein 5g; Total Fat 7g; Saturated Fat 1g; Cholesterol 3mg; Vitamin C 87mg; Sodium 33+ mg; Calcium 41mg; Iron 1mg; Magnesium 18mg; Potassium 29mg

Ingredients:
8 cups bite-size cauliflower florets (about 1 head)
4 cloves garlic, crushed and peeled
1/3 cup nonfat buttermilk)
4 teaspoons extra-virgin olive oil, divided
1 teaspoon butter
1/2 teaspoon salt
freshly ground pepper to taste
Snipped fresh chives for garnish

Directions:

1. Place cauliflower florets and garlic in a steamer basket over boiling water, cover and steam until very tender, 12-15 minutes. (Alternatively, place florets and garlic in a microwave-safe bowl with ¼ cup water, cover and microwave on High for 3 - 5 minutes.)
2. Place the cooked cauliflower and garlic in a food processor (alternative equipment: immersion blender, blender, hand masher). Add buttermilk, 2 teaspoons oil, butter, salt and pepper; pulse several times, then process until smooth and creamy. Transfer to a serving bowl. Drizzle with the remaining 2 teaspoons oil and garnish with chives, if desired. Serve hot.

INCONNECT ALLIANCE

Scan the QR Code below to access this month's menu.

SCAN ME

Contact Us

Contact the Division of Aging at
1-888-673-0002
Monday through Friday
8 a.m. to 4:30 p.m. EST

Division of Aging
402 W. Washington St., Room W454, MS21
Indianapolis, IN 46204