

## Dexcom G6

This coming June 2020, Dexcom will discontinue the provision of transmitters for the Dexcom G4 PLATINUM and Dexcom G5 System in the United States. In addition, Dexcom cannot guarantee the continued availability of sensors for Dexcom G4 PLATINUM or Dexcom G5 CGM Systems beyond the end of this year. ProCare Rx wants our members to experience the latest in CGM technology and invite you to learn more about the Dexcom G6.

Further, as of June 30, 2020, Dexcom will no longer support the Dexcom Share 2 app and it will cease to function after this date. Therefore, Dexcom Follow app users currently receiving glucose data from patients on the Dexcom G4 PLATINUM system will no longer receive these updates.



**Previous issues of Newsflash can be viewed under “PBM Resources>Newsletters>Clinical” at: [www.MC-Rx.com](http://www.MC-Rx.com)**

## How to Stay Healthy When Stuck at Home

*Courtesy of Hackensack Meridian Health*

Due to the COVID-19 outbreak, citizens around the world are faced with the reality of carrying on everyday routines within their home, including telecommuting and schooling. Staying home is essential for “flattening the curve” and preventing the spread and potential exposure of COVID-19, but the change in routine is leaving many in unfamiliar territory – especially when it comes to leading a healthy lifestyle.

Here are some tips for staying healthy during home quarantine:

**Keep a clean home environment.** If you must venture out to the grocery store or pharmacy, be mindful that contact with other individuals increases your risk of being exposed to COVID-19 and spreading bacteria. Reduce your risk of spreading germs in the home by:

- Immediately washing your hands with soap for 20 seconds or longer upon each return home
- Cleaning and disinfecting high-touch surfaces daily, including door knobs, light switches, remotes, toilets and sinks

**Keep your workouts going virtually.** With many states mandating closures of public facilities, including gyms, those who have committed to a fitness routine are finding themselves in a bind. Fortunately, there are plenty of exercises that can be done at home with little or no equipment, such as:

- Taking a long walk around the neighborhood
- Watching a yoga video on YouTube
- Performing bodyweight exercises, such as push-ups, pull-ups, wall squats and sit-ups
- Utilizing paid apps that offer flexible livestreamed or rerecorded programs for people at every fitness level

**Try to stick to a meal schedule.** If you have stocked up the kitchen in preparation of being quarantined, you or your family member may be finding it difficult to follow a regimented meal plan and feel inclined to reach into the cabinets for extra snacks throughout the day. Meal preparation and designated meal times will help to:

- Regulate consumption and prevent overindulgence
- Ensure a well-balanced diet
- Avoid the temptation of ordering take-out foods that can be highly processed or packed with more saturated or trans fats

**Take care of your mental health.** While it's important to stay abreast of the latest information regarding COVID-19, it's easy to become wrapped up in the information about the pandemic, increasing stress and anxiety levels. Stress-reducing strategies include:

- Giving yourself breaks from the news and social media
- Getting plenty of sleep
- Practicing meditation
- Engaging in video chat with friends and family

**Stay hydrated.** Adequate water and fluid intake helps to keep your body strong and have the ability to fight off viruses and infection, but inevitable home distractions may get in the way of ensuring you're drinking enough water. Follow hydration techniques such as:

- Tracking fluid intake through various apps that are available
- Drinking a glass of water before every meal
- Adding natural flavor to water through fruit infusion
- Utilizing a large reusable water bottle
- Replacing other drinks like soda or coffee with water or seltzer

## Too Many Food Choices Can Make You Gain Weight

*Courtesy of Consumer Reports*

For decades, nutrition experts have advised that eating a wide variety of foods is key to controlling weight and staying healthy. But that seemingly commonsense mandate might not always add up to the healthiest diet, according to a new scientific advisory from the American Heart Association.

Indeed, heeding the advice to eat a more diverse diet could lead to increased calorie consumption, weight gain, and an unhealthier diet overall. The new advisory points out that there are many ways to define a varied diet, and some of them aren't so healthy.

For example, some people might think that instead of eating an array of mostly unprocessed whole foods, a "varied diet" means eating different types of meats, refined grains, and foods that are high in sodium or sugar, says lead author Marcia C. de Oliveira Otto, Ph.D., assistant professor in the department of epidemiology, human genetics, and environmental sciences at the University of Texas Health Center at Houston.

"The mantra of 'everything in moderation' — even refined grains, sugary foods, and processed foods — has left consumers confused," says Amy Keating, R.D., a nutritionist at Consumer Reports. "And I think this new advisory shows that taking that 'variety' message too far is not ideal."

**Food Choices and Weight:** Several of the studies examined in the AHA advisory found that more often than not, people who ate a large number of different types of foods ate more processed meats, sugar-sweetened beverages, refined grains, and salty snacks "Even in diets that included a wide variety of healthy foods, we didn't see the benefits—like lower risk of diabetes and obesity—we expected, possibly because those diets also included high quantities of unhealthy foods," Otto says.

But the potential downsides of diet diversity go beyond eating some unhealthy foods. Studies have shown that having too many choices leads to eating more food—and consequently, more calories.

For instance, in one study cited in the AHA review, overweight people who were offered a variety of foods for their snacks ate 25 percent more snack servings per week than people who were told they could eat any amount of one favorite snack.

The same goes for meals—having more types of dishes on the table could lead to overconsumption. "When people are exposed to different tastes in one meal, the feeling of being full is delayed and they eat more," Otto says.

**Rethinking Variety:** "It remains a good idea to eat a variety of foods, but they have to be healthy foods," Otto says. That way, you'll have a better chance of taking in enough of all the essential nutrients you need.

So go ahead and stock your kitchen with a number of different foods from healthy food groups—fruits and vegetables, lean proteins, nuts, beans, and unprocessed whole grains.

And, yes, you can still have the occasional cookie. But this is where it pays to limit variety. Instead of filling the pantry with a slew of different treats, keep just one favorite on hand. With few unhealthy choices hanging around, you'll be less likely to overindulge.

"The goal is to aim for controlled, mindful diversity in your diet," Otto says. "That means that even if there are some unhealthy foods in the mix, the scale needs to tip toward the healthy."

## Spring Into Wellness: Tips for a Healthy Season

*Courtesy of Chiro One Wellness Centers*

Spring has finally sprung, and now's the perfect time to fine-tune your focus on a wellness lifestyle; check out these helpful tips!

**Natural Allergy Adversaries.** Looking for natural ways to fend off seasonal allergy symptoms? Sometimes solutions are simple!

- **Keep allergens out!** Keep windows closed or certain rooms pet-free to limit your exposure.
- **Cold and caffeine for puffy eyes.** Caffeine-based creams or cold compresses can be really soothing for irritated eyes.
- **Get buzzy!** Some studies show pure, raw, local honey may help build natural antibodies to pollen.
- **Try a neti pot.** This ancient Indian tradition provides a natural method of nasal cleansing.
- **Track pollen counts.** Watch the news, listen to the radio or visit local weather websites to check pollen levels before you head out.

**Foods that Pack a Fight!** Did you know you can eat your way to allergy relief? Many common foods have anti-inflammatory and antihistamine properties that soothe allergy symptoms.

- **Apples** (contain flavonoids that fend off inflammation)
- **Red grapes** (boast antioxidants and resveratrol; both fight inflammation)
- **Citrus fruits** (their dose of vitamin C does wonders for cold and allergy symptoms)
- **Collard greens** (rich in carotenoids which reduce allergic reactions)
- **Fish and nuts** (both have properties that boost immunity and fight inflammation)

**Outdoor Ergonomics.** Yard work and gardening require stretching, caution and hydration just like traditional workouts do. Next time you work in the yard, be sure to follow these tips:

- If using mechanical equipment, use a strap secured across your body to normalize your center of gravity.
- Alternate using equipment on each side of your body.
- Take frequent breaks.
- Use proper lifting techniques.
- Hold heavy equipment close to your body.

**Spring Cleaning.** Feeling the need to open the windows and clean the closets? Make sure to clean out your cleaning supplies, too. Rid your home of those that contain these toxins:

- Sodium hypochlorite, butyl cellosolve, nitrobenzene and thiourea

