

SEPTEMBER 2020

# **VELMA B COX FOUNDATION** **NEWSLETTER**

SAVING LIVES. BECAUSE THERE'S NOTHING  
MORE IMPORTANT THAN YOU, ABSOLUTELY  
NOTHING!!

## ***Do You Know Your Numbers?***

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June 22, 2017 goes down to be the worse day of my life. The 22nd day of June in every year thereafter is a day that I just cannot get out of my mind. On this unforgettable date, my mother (Ms. Velma B. Cox), suddenly and unexpectedly died from Type 2 Diabetes Mellitus. Suddenly? Yes, suddenly because she nor I were aware that she had in fact been diabetic.

At 11:15pm, the day prior, I was driving my mother to work, as she worked over night caring for those that were mentally challenged. It was only 30 seconds into our commute that she suffered a sudden seizure, while seated in the passenger seat. It was at the hospital that we were told that she was in a state of diabetic ketoacidosis. While seeking medical care, she experienced a second and sudden seizure that resulted into cardiac arrest. Her heart stopped.

She died at 3:17 am. Just like that? It was over.



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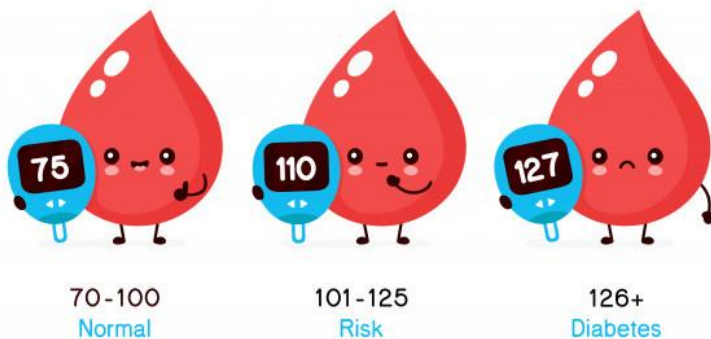
## Do You Know Your Numbers?

~JUANITA COX ND, CNS®, LDN, MSAC., BSC

### *Type II Diabetes...*

...is a chronic and seriously deteriorating disease. It damages blood vessels (arteries, veins), organs such as the heart, liver, spleen, kidney, eyes, skin, along with every tissue and their associated organ system within the entire body. More serious than the disease itself is not knowing that you have it. You may have heard the saying in the world, "What you do not know won't hurt you." Well this worldly saying is not true. It is far from the truth; I will attest to that. On the contrary, what you do not know can not only hurt you but also hurt those that love you. Self-awareness of your blood sugar and your health should be your top priority.

Like my mother, how many people are walking around with this horrific disease and are unaware? How many people will become diabetic after eating their next meal? How many people are experiencing sudden and premature deaths because of diabetes? The answer to all these questions is the same- UNCOUNTABLE.



### *It is IMPERATIVE...*

...that everyone know their blood sugar numbers. By having knowledge of your blood sugar values, you can prevent type 2 diabetes, reduce your risks for sudden death, and maintain a healthier lifestyle.

Regularly having your blood sugar tested is highly recommended and is the first step of acting in managing your blood sugar.

### *What test can I do for find out my blood sugar?*

There are 2 ways in which you can quickly find out your blood sugar values. A **fasting glucose test** and a **HbA1c(Hemoglobin) test** are both used to help determine blood sugar.

**Fasting Blood sugar (glucose)** is best tested after an overnight fast (Hence the name fasting glucose test). Depending on the lab used, a fasting blood sugar level that is **less than 100 mg/dl** is normal and considered healthy. Anything above can be a case of prediabetes or diabetes.

More optimally, it is best to have your doctor perform a second test called hemoglobin A1c test. This is a much better snapshot of your blood sugar because it tells you of your average level of blood sugar over the past 2-3 months. A **test result less than 5.6% is considered normal and healthy**, indicating that you do not have diabetes. **Values above 5.6% is indicative of you having a higher chance of getting diabetes and a much higher value points out that you have diabetes.**

## *Do You Know Your Number?*

~ JUANITA COX ND, CNS®, LDN, MSAC., BSC

### ***These Numbers Can Change...***

...based on your lifestyle (the food that you consume including beverages, weight gain, lack of regular aerobic exercise, etc.) Because these number can easily fluctuate over time, it is especially important to have your healthcare practitioner regularly check and monitor these values. There are even small and portable home machines and devices that you can use to check your blood sugar regularly.

We live in a busy world, where people are working long shifts and the days seem to be getting shorter and shorter. Despite this, it is particularly important that we not only maintain a healthy lifestyle by placing the right foods into our bodies and exercising regularly, but it is equally important for us to know our blood sugar numbers. A healthy blood sugar is essential for health. I only wish my mother had her blood sugar tested more regularly. If she had knowledge of her blood sugar numbers, she would have then had the chance to make lifestyle changes that would support a healthier blood sugar and she would have been here today.

That is why our slogan for the VBC Foundation for Type 2 Diabetes and High Blood Pressure is, **“There’s Nothing More Important Than You, Absolutely Nothing!”**

**Be sure to have your blood sugar tested today!**



Picture Sources:

<https://www.freepik.com/free-photos-vectors/diabetes>

Disclaimer: The information provided is for informational purposes only and is not intended as a substitute for advice from your physician or health care professional.