

Community



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Understanding Type 1 Diabetes Should You Get Screened?

More than 1.4 million Americans have type 1 diabetes - thought to be caused by an autoimmune reaction where the body attacks its own cells that produce insulin. Although type 1 diabetes is relatively less common when compared to type 2 diabetes, it's anticipated that cases of type 1 diabetes in the U.S. are expected to grow to five million by 2050, underscoring one of many reasons why increased awareness about type 1 diabetes is so important.

Type 1 diabetes can be elusive, meaning that while you may have the disease for months or years, outward symptoms can take time - sometimes even years - to show in a noticeable way, resulting in more advanced disease at initial diagnosis. What's more, when symptoms do finally present themselves, they frequently present with life-threatening complications, such as diabetic ketoacidosis (DKA). In fact, up to 40% of DKA cases are recorded to be from people newly diagnosed with the disease. Type 1 diabetes also cannot be prevented. With this in mind, understanding risk factors of type 1 diabetes is critical in empowering you to take charge of your health by screening early for this condition. Following are three common risk factors to keep in mind:

Family History

If you have a first-or-second-degree relative who has type 1 diabetes, your risk of developing it increases quite significantly. In fact, if just one person in your family has type 1 diabetes, the chances of you or someone else in your family developing it are up to 15x higher. In most instances, individuals inherit risk factors from their parents, and the risk of developing the condition can be as high as 30% if both biological parents have type 1 diabetes.



That said, even more surprising is that about 90% of those who develop type 1 diabetes do not have a family history of the disease. So, while having a family history of type 1 diabetes is a common risk factor for developing the disease, it is a condition that truly does not discriminate.

Age

In the U.S., type 1 diabetes is among the most common chronic diseases that impacts children. In fact, type 1 diabetes was once commonly referred to as “juvenile diabetes.” That said, we’ve gotten more knowledgeable about this disease over time - and now we know that although type 1 diabetes usually develops in children and adolescents, individuals at any age can develop it. This means that young adults and adults are still at risk, with recent data showing that more than half the people who are newly diagnosed with type 1 diabetes are being diagnosed as adults.

Autoimmune Disease

Notably, of individuals with type 1 diabetes, every fifth person also has an additional

autoimmune disease - demonstrating the co-occurring nature of these conditions. As such, if you have certain autoimmune conditions, such as celiac or Hashimoto’s disease, you may be at a higher risk of developing type 1 diabetes.

Get Screened Today

While this list does not encompass all potential risk factors - for example, geography and environmental factors can also increase a person’s risk for type 1 diabetes - the most important takeaway is that no one should wait for common symptoms of type 1 diabetes to get screened because it is possible to identify type 1 diabetes in its earlier stages, before common symptoms occur. That is the goal of Sanofi’s The 1 Pledge movement - to drive a national conversation about and action around the importance of early screening for type 1 diabetes.

Take risk factors seriously and talk to your doctor about getting screened today; the more information you have early, the more you and your family can do to become educated about and get prepared for type 1 diabetes. Make your pledge to get screened at [The1Pledge.com](https://www.The1Pledge.com), which also has more educational information.

Sanofi does not provide medical advice, diagnosis or treatment - information is provided for educational purposes only. Your doctor is the best source of health information. Talk to your doctor if you have any questions about your health or treatment.

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Sick Day Slip-Ups

5 Ways You Might Be Self-Sabotaging Your Recovery When Sick

(BPT) - When an unwelcome sickness or ailment creeps up, your home becomes both a sanctuary and a battlefield in the fight against sickness. Yet, recent research conducted by MDLIVE, an Evernorth company and leading virtual care provider, suggests many U.S. workers may be unknowingly engaging in activities that are hindering their recovery process.

“It’s easy to overlook the subtle ways in which our sick day habits can impede our path to wellness, especially when we’re distracted by our daily responsibilities or the physical symptoms of sickness,” notes Dr. Vontrelle Roundtree, Associate Chief Medical Officer at MDLIVE. “However, navigating the road to feeling better when sick at home requires more than just rest; it involves adopting a holistic approach to self-care.”

Dr. Roundtree sheds light on the common missteps many people make during recovery efforts and offers expert advice on avoiding these pitfalls for a quicker and more effective healing process.

1. You take a hygiene hiatus.

According to the survey, more than half of respondents (52%) put their regular hygiene habits on hold, including showering, skin care and even brushing their teeth. However, maintaining personal hygiene is crucial when you're sick, not only to thwart the spread of illness to others and improve mental well-being but also to help prevent additional health problems for yourself. Bacteria thrive and grow when you're sick, and neglecting oral hygiene, for example, can accelerate bacterial and plaque growth, heightening the risk of dental issues.

2. You bail on a balanced diet.

Whether you avoid certain foods, overindulge with less-than-healthy foods, or simply don't eat altogether when sick, ignoring nutritional needs can delay your body's ability to heal promptly. Remember, vitamin C and chicken soup are merely supportive players rather than miracle cures. Instead, boosting your immune system's response effectively comes from a more balanced approach to nutrition. A diet filled with nutrient-rich foods is the fuel your body needs to fight off illness. Hydration is equally important; drinking plenty of fluids helps flush out toxins and keeps your mucous membranes moist, aiding in the recovery process.

3. You worry over work.

Given the many work obligations and responsibilities, it's natural to try and power through sickness. However, the stress of working while sick can delay recovery more than most realize. Surprisingly, the mental stress from work can directly impact your physical health by increasing cortisol levels, which in turn can suppress immune function, making you susceptible to longer recovery times or, worse, secondary infections. Taking the necessary time to recover can prevent longer-term health issues and ensure you return to work at full capacity, ultimately supporting a healthier, more productive work environment.

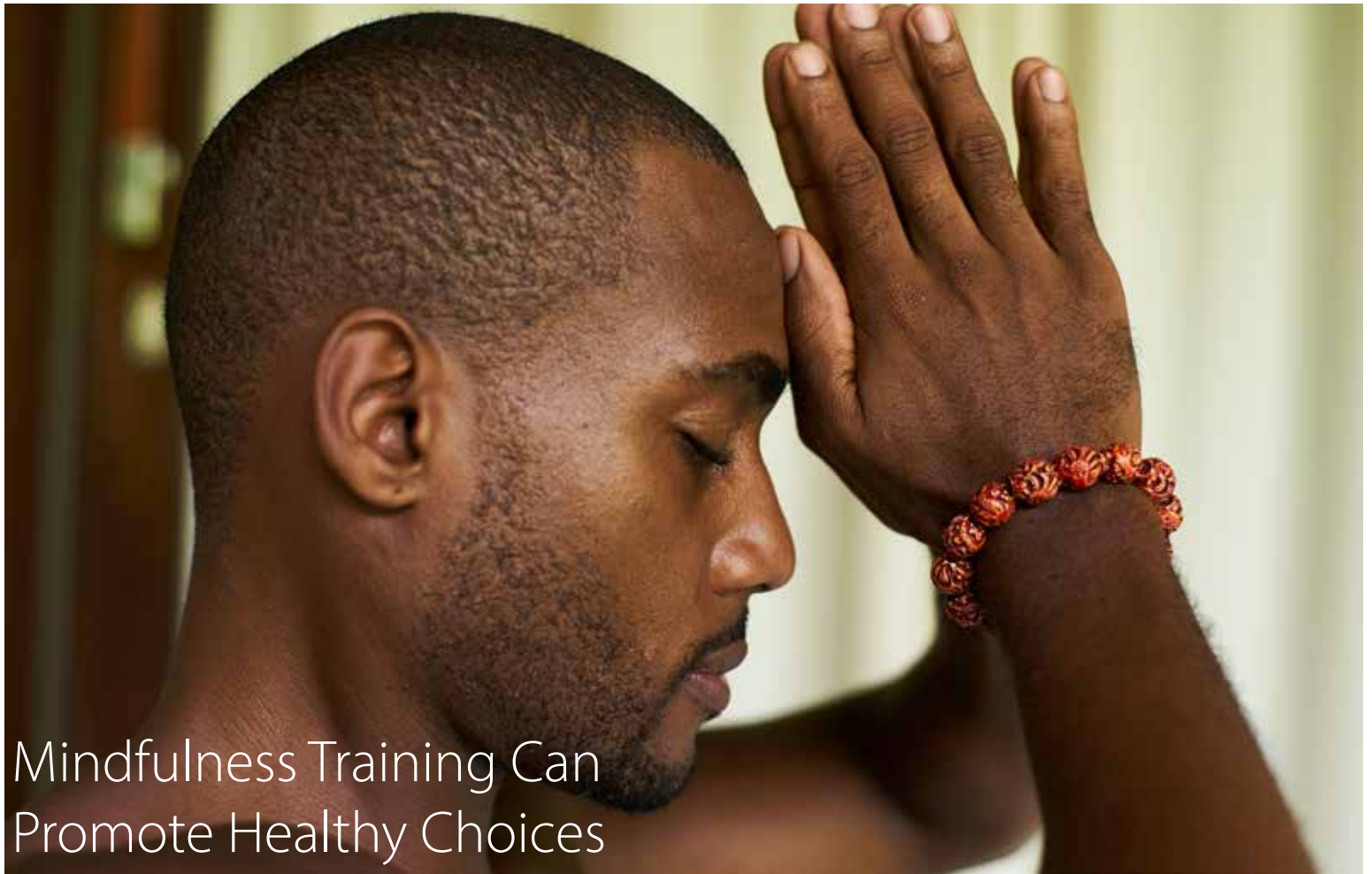
4. You're all rest, no rally.

While rest is essential, particularly in the initial stages of illness, incorporating light to moderate activities can be beneficial for both physical and mental health. In fact, studies have found that exercise, when experiencing an infection or sickness, may not only be safe but could also reduce the severity of symptoms and the number of sick days needed as a result. Of course, it's essential to listen to your body and consult a doctor to help tailor an appropriate balance between rest and activity for your individual needs.

5. You dodge a doctor's diagnosis.

When you're feeling under the weather, the last thing you want to do is pull yourself out of the house to a doctor's office, battling the aches, pains, and fatigue that often accompany illness. In fact, 72% agree that the effort to spend even part of a sick day at the doctor's office is more of a hassle than it's worth, likely due to the time commitment and inconvenience it brings. However, consulting a doctor when sick is crucial for faster, proper recovery. Many conditions, particularly common or mild illnesses, can be effectively diagnosed through telehealth appointments from the comfort of your own home. This approach significantly cuts down on the hassle associated with travel and waiting in a doctor's office or urgent care clinic with other sick people. Telehealth can serve as a convenient option for getting the care you need, with doctors recommending in-person follow-ups when necessary.

In the fight against sickness, knowledge and action are your greatest allies. The journey back to health is not just about overcoming the immediate symptoms but nurturing your overall well-being so that your days spent under the weather are as few and far between as possible.



Mindfulness Training Can Promote Healthy Choices

An eating plan called the DASH diet can lead to heart-healthy changes, like lower blood pressure. The diet encourages eating fruits, vegetables, and whole grains, and avoiding saturated fats. But despite its known benefits, many people have trouble sticking to this eating plan. A new study tested whether mindfulness training might help people follow the DASH diet.

Mindfulness is a focus on the present moment. It makes you more aware of what's going on inside and around you. The training program taught people mindfulness skills. These include yoga, meditation, and self-awareness. It also stressed taking other steps to lower blood pressure. Such steps include increasing physical activity and taking blood pressure medicines.

The study enrolled about 200 volunteers with high blood pressure. Half received usual medical care. The rest received mindfulness training. They were asked

to perform mindfulness practices at home for at least 45 minutes a day, six days a week. They also attended weekly classes and other group training.

After six months, people in the mindfulness group had a significant drop in blood pressure compared to the other group. The mindfulness group also followed the DASH diet more closely. And they had greater awareness of their body's signals, like hunger cues.

"The program gives participants the tools to make heart-healthy diet changes that can lower their blood pressure and decrease their risk of cardiovascular disease," says study leader Dr. Eric B. Loucks at Brown University. The researchers are now testing different adjustments to the training program.

Article reprinted from NIH-News In Health

Log in at usatruckingassoc.com for more information on how you can take advantage of all the benefits available to our members!

NOTICE OF ANNUAL MEETING OF MEMBERS

The Annual Meeting of the Members of USA Trucking Association will be held at 12444 Powerscourt Drive, Suite 500A, St. Louis, Missouri, on Thursday, May 2, 2024 at 11:00 a.m. for election of Directors and for the transaction of such other business as may properly come before the meeting of any adjournment thereof.

The above notice is given pursuant to the By-Laws of the Association.

PROXY
USA Trucking Association
May 2, 2024 Annual Meeting of Members
THIS PROXY IS SOLICITED ON BEHALF OF
USA TRUCKING ASSOCIATION

The undersigned member of USA Trucking Association does hereby constitute and appoint the President of USA Trucking Association, the true and lawful attorney(s) of the undersigned with full power of substitution, to appear and act as the proxy or proxies of the undersigned at the Annual Meeting of the Members of USA Trucking Association and at any and all adjournments thereof, and to vote for and in the name, place and stead of the undersigned, as fully as the undersigned might or could do if personally present, as set forth below:

1. FOR [], or to [] WITHHOLD AUTHORITY to vote for, the following nominees for Board of Directors: Tom McMahon, Tom Ebner, and Perry Turnbull
2. In their discretion, the proxies are authorized to vote upon such other business as may properly come before the Meeting.

This proxy, when properly executed, will be voted in the manner directed by the undersigned member. If no direction is made, this proxy will be voted for the election of directors and officers.

DATED: _____, 2024

Signature _____

Name (please print) _____

Please date and sign and return promptly to 12444 Powerscourt Drive, Suite 500A, St. Louis, Missouri 63131 whether or not you expect to attend this meeting. The Proxy is revocable and will not affect your right to vote in person in the event that you attend the meeting.

St. Louis, Missouri
March 25, 2024
Date



Membership Services Office
12444 Powerscourt Drive
Suite 500A
St. Louis, MO 63131

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USA Trucking Association

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Articles in this newsletter are meant to be informative, enlightening, and helpful to you. While all information contained herein is meant to be completely factual, it is always subject to change. Articles are not intended to provide medical advice, diagnosis or treatment.

Consult your doctor before starting any exercise program.