

Prevent, Understand, and Live with Diabetes

A Guide for Individuals with Developmental Disabilities

A Guide for the Prevention and Management of Type 2 Diabetes



The Horizon Foundation for New Jersey



**Funding for this Project is
Provided by The Horizon
Foundation for New Jersey**

The Horizon Foundation for New Jersey promotes health, well-being, and quality of life in New Jersey's communities. The goals of the foundation are to improve the health of New Jersey residents by promoting quality health-related prevention and education programs, and increasing access to primary health care, and to enhance arts and cultural opportunities for New Jersey residents.



Mainstreaming Medical Care
a special program of The Arc of New Jersey
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This publication is a revision of the Diabetes booklet that was originally published by The Arc of New Jersey in 2006.

The Mainstreaming Medical Care Program of The Arc of New Jersey extends our appreciation to **Leone Murphy, RN, MS, CS**, the lead consultant on the revision of this booklet, and **John Nevins, DO**, Chair, Mainstreaming Medical Care Advisory Board, for his assistance in reviewing and commenting on the medical information.

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Published by The Arc of New Jersey, 985 Livingston Avenue, North Brunswick, NJ 08902
To request a copy of this publication call (732) 246-2525, ext. 35 or email info@arcnj.org.

February 2012

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Preventing Diabetes

Get Tested for Diabetes

Diabetes means that your body is making insulin but not enough to keep your blood sugar (or blood glucose) at a normal level. If your body is not making enough insulin to keep your blood sugar at a regular level, you may need to put the insulin into your body.

Pre-Diabetes

Some people will be diagnosed with Pre-Diabetes. This means that you have some of the risk factors for Diabetes, may be inactive and don't eat a healthy diet. Your blood sugar level may be high but not high enough to diagnose Diabetes.

If you are diagnosed with Pre-Diabetes, you can greatly lower your chance of getting diabetes by:



Exercising every day
Eating a healthy diet

If you have Type II Diabetes, it may mean that you need to take pills once a day, or several times a day. Or your Doctor may even have to add insulin injections. This is nothing to be afraid of and we will discuss this later in this book.

Preventing Diabetes

Get Tested for Diabetes

The only way to know if you have Diabetes is to have your blood tested.

One way to test your blood is to have a fasting blood sugar level test. You will not be allowed to eat any food for 8 hours before the test.

About 1 week after you have your blood test your Doctor will have you make an appointment to come back to the office. Your Doctor will then go over your blood test to tell you if you have Diabetes.

Do not worry if your Doctor tells you that you have Diabetes. Many people have Diabetes and lead normal, happy lives.



This book will help you learn how to
Prevent Diabetes,
how to
Understand Diabetes,
and how to
Live with Diabetes.

Preventing Diabetes

Find Out Early if You Have Diabetes or Are at Risk for Getting Diabetes

Treatment can prevent the serious problems caused by high blood sugar (also known as blood glucose). As you get older, the risk of developing serious problems from Diabetes increases.

Put a check mark next to each risk factor that you have:

- ✓ ☐ My weight is high. My weight puts me at risk.
- ✓ ☐ I have a mom, dad, brother or sister with Diabetes.
- ✓ ☐ My family background is African American, American Indian, Asian American, Hispanic/Latino, or Pacific Islander.
- ✓ ☐ I had Diabetes when I was pregnant, or I had a baby weighing 9 pounds or more.
- ✓ ☐ My blood pressure is 140/90 or higher, or I have been told that I have high blood pressure.
- ✓ ☐ I am fairly inactive. This means that I exercise fewer than three times a week.
- ✓ ☐ My cholesterol levels are not normal. Cholesterol is a word your doctor will talk to you about and explain to you what it means. If you do not understand, ask the doctor or the nurse.



Preventing Diabetes

Exercise Daily

Exercise helps you to:

- Lose weight or stay at a healthy weight
- Lower your blood sugar
- Have more energy
- Feel better



Decide on an exercise program that works for you. Talk to your Doctor if you have health problems. Walking is something many people can do. If 30 minutes is too much at one time, walk for 10 minutes three times each day.

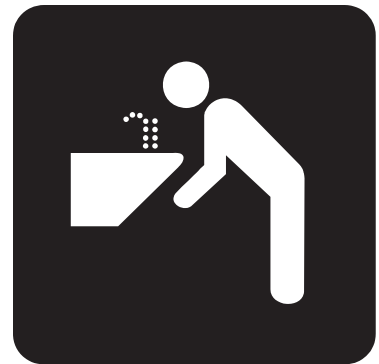
Other types of exercise are:

- Swimming
- Dancing
- Biking
- Housework
- Exercise Video tapes or DVDs

Your goal should be to exercise 30 to 60 minutes at least 5 days each week. Start slowly and increase your exercise time each day. Be sure to talk to your Doctor or Nurse before you start exercising.

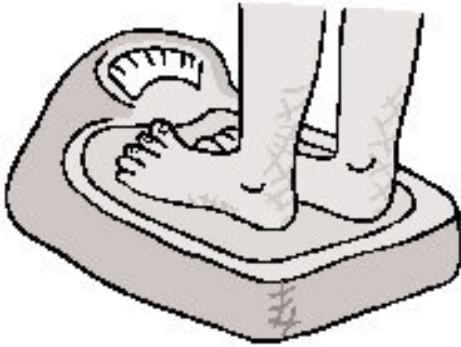
**Turn off the TV one hour each day
and get moving.**

Remember to drink lots of water.



Preventing Diabetes

You Should be at a Healthy Weight



Your Doctor, Nurse, Nutritionist/Dietician, or health care professional will talk to you about what your healthy weight should be. You will also talk together about what you should eat and if you need to lose weight.

Your Doctor, Nurse, or Nutritionist/Dietician will talk to you about your BMI or Body Mass Index, as well as the best weight to help you to prevent Diabetes.

Your B.M.I. or Body Mass Index is a measure of your total body fat. It is based on how tall you are and how much you weigh.

- If your B.M.I. is below 18.5, it means you are underweight.
- If your B.M.I. is between 18.5 – 24.9, it means you are at a healthy weight.
- If your B.M.I. is between 25.0 – 29.9, it means you are overweight.
- If your B.M.I. is above 30, it means you are obese (really overweight).

Only your Doctor, Nurse or health care professional can direct you to the right weight to be healthy.

Do not start a diet until you talk to your Doctor, Nurse or health care professional.

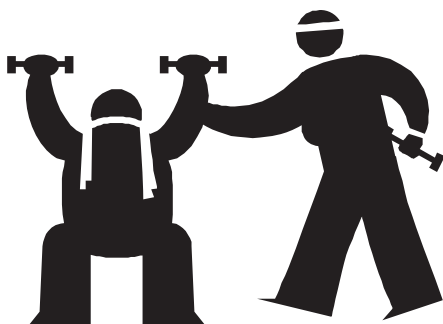
Preventing Diabetes

Charts for You to Use

Here is a chart for you to write down what you weigh. This chart can also help you if you are trying to lose weight.

Be sure to talk to your Doctor or the Nurse before you try to lose weight or start an exercise program—you want to be sure to lose weight and still be healthy!

TODAY'S DATE IS	TODAY I WEIGH



Preventing Diabetes

Charts for You to Use

Here is a chart for you to use to keep track of your exercise. Write down the date and how long you exercised and what type of exercise you did, for example walking, bowling, dancing, using an exercise tape.



Just turn off the TV and GET MOVING!

Again, be sure to talk to your Doctor or the Nurse before you try to lose weight or start an exercise program—you want to be sure to lose weight and still be healthy!

TODAY'S DATE IS	HOW LONG DID I EXERCISE?	WHAT I DID TODAY

Preventing Diabetes

Eat Healthy Foods

Foods you should eat often include:

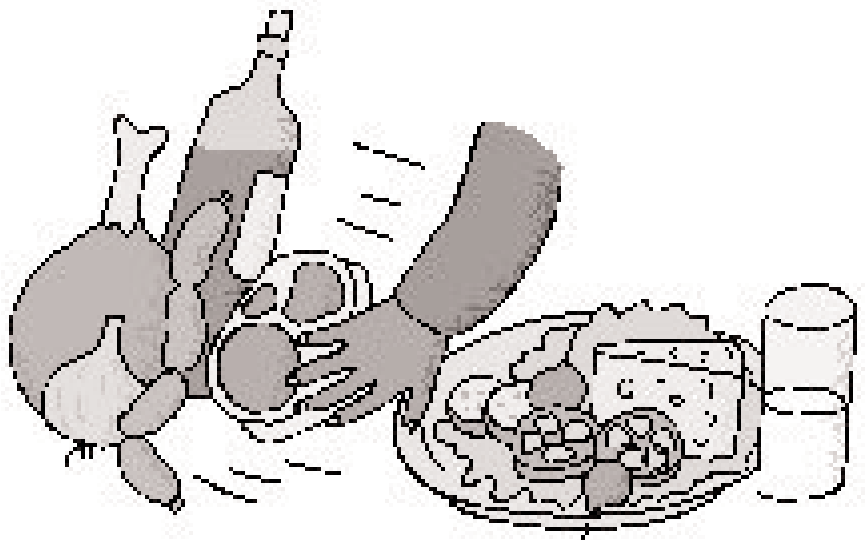
- Fresh fruits and vegetables
- Whole grain bread and cereals
- Lean meat, chicken and fish
- Skim milk

Foods you can eat sometimes are:

- Low fat, no sugar added ice cream
- Diet soda - but no more than one can each day because new studies show that diet soda and dietetic foods make you feel more hungry and are **not** healthy choices.
- Dietetic or Diabetic foods such as dietetic cookies – look at the calorie content, as they may be HIGH IN CALORIES.

Foods you should not eat are:

- Cookies, cake
- Jelly and candy
- Donuts and pastries
- Sugared cereals
- Alcohol
- Foods high in fats like bacon, butter, fried foods
- Regular soda
- Junk Food
- Fast Food



Preventing Diabetes

Eat Healthy Foods

Plan Your Menus

Each week before you go grocery shopping, plan your menus for all your meals and snacks.

- You can cook extra-lean meats and chicken to use later in the week.
- Bake, Broil, Grill or Boil (DO NOT FRY!!!) your food.
- Trim the fat off meat.
- Do not add salt. Use lemon juice, garlic or basil to season your food.
- Measure or weigh portions.
- Buy a set of measuring cups and a food scale.
- Get to know what a serving size looks like.

FOOD	MEASURE	LOOKS LIKE
CHEESE	1 OUNCE	FOUR DICE
RICE	1/2 CUP	HALF OF A BASEBALL
BAGEL	4 OUNCES	A HOCKEY PUCK
MEAT	3 OUNCES	A DECK OF CARDS
PASTA	1 CUP	A TENNIS BALL

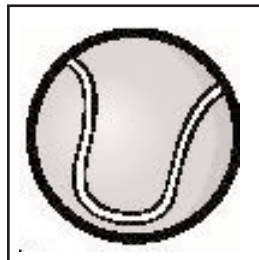
Talk to your Doctor or Nurse, or your Dietician/Nutritionist about proper serving sizes for foods. They will talk to you and show you what you should eat or what you should not eat.



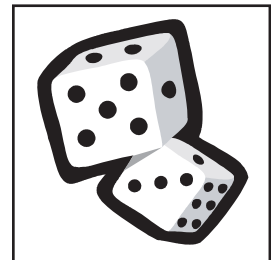
Deck of Cards



Baseball



Tennis Ball



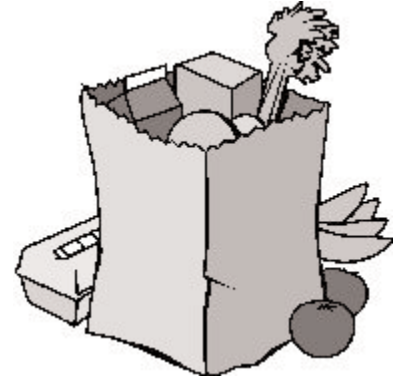
Dice

Preventing Diabetes

Eat Healthy Foods

Shop Carefully

- Read the ads from the grocery store to help plan your menus and to take advantage of the “specials.”
- Use coupons whenever possible to save money.
- Don’t be tempted to buy something just because “it’s on sale.”
- Be sure to read package labels to see what ingredients have been used and how many servings there are.
- Stay away from the bakery aisle.
- Do most of your shopping in the produce section where there are lots of fresh fruits and vegetables.
- Again, **DO NOT BUY JUNK FOOD!**








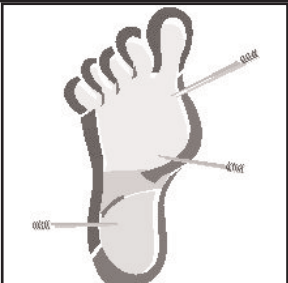
TODAY I WILL BUY	I WILL EAT THIS FOR: (BREAKFAST, LUNCH, DINNER, OR SNACKS)	IS THIS A “HEALTHY” FOOD? (YES OR NO)

Understanding Diabetes

Warning Signs and Symptoms of Diabetes

Please tell your Doctor, your Nurse, your staff or your family if you have any of the following feelings, symptoms or conditions:

- You feel unusually sleepy all the time
- You are very thirsty and feel like you have to drink all the time
- You are always running to the bathroom to urinate
- You have a cut or a sore area that just won't get better
- You have a close relative who has Diabetes
- You are hungry, and eat your usual meals, but are losing weight
- Your eyes bother you and you have blurred vision
- You are very moody, cranky, tired, and lack energy all the time
- Your skin is very dry and itchy
- Someone tells you that your breath smells like fruit
- You have yeast infections that keep coming back
- You feel pins and needles in your hands and/or feet

Feel Sleepy	Feel Thirsty	Running to Bathroom
		
Blurred Vision	Smell Fruity Breath	Feels Like Pins in Feet
		

Understanding Diabetes

Warning Signs and Symptoms of Diabetes

The only way to know if you have Diabetes is to have your blood tested.

Once you know you have Diabetes, how do you take care of yourself?

People with Diabetes need to take care of themselves. There are many people, including Doctors, Nurses, family members and staff who will help.

- **Taking Care of Your Diabetes Means Early Treatment of Problems**
 - See the Doctor or Nurse as soon as any medical problems start
- **Taking Care of Yourself Means Diabetes Education**
 - Get as much information as you can



Understanding Diabetes

Blood Sugar Testing

Blood Sugar Testing

- Once you tell your Doctor about all the changes/symptoms you have, your Doctor may think that you have a high blood sugar (or blood glucose) level.
- The tests will usually be blood tests, and you will have to have them done early in the day **before** you eat breakfast.
- Your Doctor will look over your blood tests. If your Doctor finds that your blood sugar (or blood glucose) level is too high, your Doctor will tell you what needs to be done.



So You May Be Diabetic

- If you are told you have Diabetes, you are usually told to watch your diet for too much fat or sugar and to lose weight.
- If that doesn't work, the Doctor will start medicines to lower the blood sugar. The medicines must be taken every day to work in the right way.
- Ask your Doctor or Nurse to write down exactly when and how to take your medicine.
- If your Doctor says you have Diabetes, ask your Doctor to arrange a visit with a Nutritionist or Dietician.

Living With Diabetes

Check Your Blood Sugar



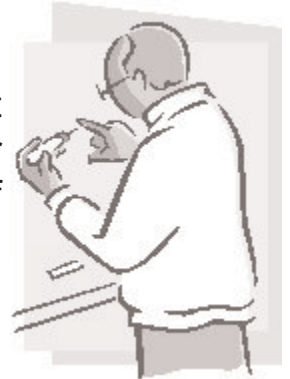
If you are put on medicine for Diabetes, your Doctor will usually ask you to check your blood sugar or blood glucose.

Blood sugar and blood glucose are the same thing. (Your Doctor or Nurse will use both words).

The blood sugar (or blood glucose) is tested with a glucometer. This machine measures the blood sugar with just a drop of blood. Your Doctor will give you a prescription for the glucometer and the supplies you will need. Your Doctor will tell you when and how often to check your blood sugar. Usually it is done before meals and at bedtime.

You will want to write down the times, the date and the number you get from your glucometer. You can use a calendar, your own notebook, or the chart on the next page. Many of the glucometers keep a record of your tests in case you forget to write them down.

You can always ask for help in checking your blood sugar.



It is important to keep your blood sugar in the normal range because new studies show that there is a link between high blood sugar readings and getting dementia or Alzheimer's Disease later in life.

Living With Diabetes

Check Your Blood Sugar

Important Numbers for Blood Sugar

- In general, your blood sugar before breakfast should be between 90 and 130.
- In general, your blood sugar 2 hours after the biggest meal of the day should be less than 180.
- If your blood sugar is not in this range, you should tell your doctor.

Here is a chart to write down your blood sugar (or blood glucose) readings:

DAY	GLUCOSE NUMBER BEFORE BREAKFAST	GLUCOSE NUMBER BEFORE BEDTIME	GLUCOSE NUMBER IF I FEEL SICK
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			



Living With Diabetes

Signs and Symptoms of Low & High Blood Sugar



Signs and Symptoms of Low Blood Sugar

If your blood sugar gets too low you may have these symptoms:

- Sweating
- Rapid Heart Beat
- Dizziness
- Headache
- Trembling
- Hunger
- Blurred Vision

Test your blood sugar right way. If it is below 70:

- Have a glass of orange juice
- Or a small piece of hard candy
- Or a teaspoon of sugar

Wait 15 minutes and test your blood sugar again.

Signs and Symptoms of High Blood Sugar

If your blood sugar gets too high you may have these symptoms:

- Thirsty
- Hunger
- Blurred Vision
- Headache
- Feeling Tired



Test your blood sugar and see what the reading is. Ask your Doctor when you should call the office if your reading is high. Sometimes if you are sick (like with a cold), your blood sugar will be higher than usual. Or you may have gone out to eat and eaten too much. It is important to write this down so your Doctor can treat your diabetes better.

Living With Diabetes

Stress and Diabetes

Stress is part of everyday life. If you have Diabetes, too much stress can make your blood sugar go too high or too low and make you feel sick. Stress can make you feel sad, afraid or worried. Good things can also make you feel stress such as moving into a new home or your first day at a new job.

Ways to Deal with Stress



Exercise is a great way to deal with stress. Exercise such as walking, jogging, playing sports or gardening are good choices.

Deep Breathing Relaxation Exercises will help you breathe slower and deeper. Try to do these on a regular basis and they will help to lower your blood pressure and blood glucose levels.

Try this deep breathing exercise if you are feeling stressed:

- While sitting or lying down, place one hand on your stomach and your other hand on your chest.
- Close your eyes
- Breathe IN through your nose and count to three
- Breathe OUT through your mouth to a count of five (nice and slow)
- Do this for five minutes



Ways to Get Rid of Stress

- Talk to someone. Think about someone who will listen to you and be able to help you
- Learn to accept what you can't fix. You may have a bossy coworker who upsets you. Speak to your staff about how to handle this.
- Keep a positive attitude!
- Listen to music, watch TV, or read.

Living With Diabetes

Diabetes and Dental Care

When you have diabetes, high blood sugar can hurt your whole body, even your teeth. If you have diabetes, it is important to take care of your teeth and visit your dentist regularly.

The higher your blood sugar (blood glucose) level, the higher your risk of:

- Tooth decay (cavities).
- Early gum disease (gingivitis).
- Advanced gum disease (periodontitis).

Tooth decay and gum disease can be worse in people who have diabetes because diabetes makes it harder for your body to fight germs and makes healing slower.



An infection in your mouth can also cause your blood sugar level to rise, which makes your diabetes harder to control. Preventing and treating tooth decay and gum disease can help you control your diabetes better.

Living With Diabetes

Diabetes and Dental Care

To help prevent damage to your teeth and gums, it is important to:

- Control your diabetes. Check your blood sugar the way your Doctor tells you to and take any medicines your doctor gives you.
- Brush your teeth at least twice a day.
- Floss your teeth at least once a day.
- Have your teeth cleaned by a dentist twice a year.
- Look for early signs of gum disease. Tell your dentist if you have redness and swelling in your mouth, or bleeding gums.
- If you're having dental surgery, ask your dentist to talk to your regular doctor before the surgery. You may need to adjust your diabetes medications or take an antibiotic to prevent infection.
- Don't smoke. Smoking is bad for you and can make your diabetes worse and cause gum disease.



Living With Diabetes

Healthy Eating

The key to healthy eating is to eat the right amounts—this is called **“portion control”**. Try serving your meals on smaller plates so it will seem like more food. **Drink water with all your meals.**

Grains and Starches are foods like bread and pasta, as well as potatoes and corn. **Choose 6-8 servings per day.** A serving is 1 slice of bread, $\frac{1}{2}$ an English muffin or pita bread, $\frac{3}{4}$ cup dry cereal, $\frac{1}{2}$ cup cooked cereal, $\frac{1}{2}$ cup potato, yam, peas, corn, or cooked beans or $\frac{1}{2}$ cup of rice or 1 cup of pasta. Choose more whole grains such as whole wheat bread or whole wheat pasta.

Vegetables are foods like spinach, broccoli, cabbage, cauliflower, carrots, tomatoes, cucumbers, and lettuce. **Choose at least 3-5 servings per day.** A serving is 1 cup raw or $\frac{1}{2}$ cup cooked vegetables.



Fruits are foods like blackberries, cantaloupe, strawberries, oranges, apples, bananas, peaches, pears, apricots, and grapes. **Choose 2-4 servings per day.** A serving is $\frac{1}{2}$ cup canned fruit, or 1 small fresh fruit, 1 cup of melon or raspberries, or $1\frac{1}{4}$ cup of whole strawberries.

Milk—Choose 2-3 servings per day. A serving is 1 cup non-fat or low-fat milk or 1 cup of yogurt. Choose the “light,” reduced calorie yogurt.



Meat and Meat Substitutes include beef, chicken, turkey, fish, eggs, tofu, dried beans, cheese, cottage cheese and peanut butter. **Choose 4-6 oz per day divided between meals.** A serving size is 3 oz of meat, 1 egg, 1 Tbsp peanut butter, or $\frac{1}{2}$ cup tofu.

Fats, Sweets, and Alcohol are things like potato chips, candy, cookies, cakes, crackers and fried foods. They contain a lot of fat or sugar. They aren't as nutritious as vegetables or grains. Keep your servings small and save them for a special treat! Serving sizes include $\frac{1}{2}$ cup ice cream, 1 small cupcake or muffin, or 2 small cookies.

Living With Diabetes

Healthy Eating

Sample Menu























Food choices can be very personal and differ greatly from one family to another. This sample menu shows how foods can be exchanged to create a balanced Diabetic diet.

It is probably okay to skip the bread with dinner and have popcorn as an evening snack!

Breakfast <ul style="list-style-type: none">• Cereal (Starch)• Sliced Strawberries (Fruit)• Whole Wheat Toast with Cottage Cheese (Starch, Protein)• Milk (Dairy)• Coffee	Breakfast Option: Don't feel like cereal for breakfast? Substitute crackers for the starches and peanut butter (low-fat, if possible) for the protein.
Lunch <ul style="list-style-type: none">• Chunk-style Vegetable Soup (Starch, Vegetable, Protein)• Tuna Sandwich (Starch, Protein)• Fruit Cup (Fruit)• Tea or Diet Soda	Lunch Option: At a local pizzeria for lunch? The crust will count as starch, the tomato sauce and vegetable toppings (mushrooms, green peppers, and onions, for example) will cover your vegetable exchange, and the cheese is a good source of protein. Watch out for the fat content by avoiding meat toppings.
Dinner <ul style="list-style-type: none">• Lasagna (Starch, Vegetable, Protein)• Italian Bread (Starch)• Green Salad (Vegetable)• Water or Tea• Sugar Free Jello	Dinner Option: Invited to a friend's for dinner? Enjoy the grilled chicken breast, corn on the cob, and vegetable-laden salad. Since the corn was the only starch exchange with your meal, you may be able to enjoy a small slice of angel food cake with a few fresh strawberries!

Living With Diabetes

Tips for Healthy Eating

Eat This.....	Instead of this...	Eat This.....	Instead of this...
Graham Crackers 	Sugary Cookies 	Nuts 	Candy Bar 
Unbuttered Popcorn 	Potato Chips 	Low-Fat Cheese 	Regular Cheese 
Frozen Yogurt Bar 	Bowl of Ice Cream 	Grilled Chicken 	Fried Chicken 
Potato with Salsa 	French Fries 	Oil & Vinegar 	Ranch Dressing 
Whole Wheat Bread 	White Bread 	Brown Rice 	White Rice 
Whole Grain Crackers 	Saltine Crackers 	Whole Wheat Pasta 	Regular Pasta 

Living With Diabetes

Healthy Eating

Here is a chart to help you know what foods are the right foods. If you do not feel “good” after eating certain foods, you know you probably should not eat that food. Tell your Doctor, Nurse or staff person if you think certain foods are not good for you.

WHEN I EAT: <i>(NAME OF FOOD I ATE)</i>	I FEEL <i>(WORDS LIKE—SLEEPY, SICK, GOOD, AND SO ON)</i>



Living With Diabetes

Exercise Daily

Get into the habit of exercising each day because exercise helps you to:

- Lose weight
- Lower your blood sugar
- Have more energy
- Feel better

Exercises you can try if you are able to:

- Swimming
- Dancing
- Biking
- Housework
- Exercise Videotapes or DVDs
- Walking around the block



Your Doctor or Nurse will tell you which exercise is best for you. Your goal should be to exercise 30 to 60 minutes **at least** 5 days each week. Start slowly, and increase your exercise time each day.



Remember:
Turn off the TV one hour each day,
Get moving
and
Drink lots of water.

Living With Diabetes

Visits to Your Doctor



As we said before, it is very important to keep your Doctor appointments so your Doctor can keep close watch on just how you are doing.

Always be sure to take your daily blood sugar (blood glucose) results with you when you go to see the doctor. You may also want to bring your glucometer and your medicine each time you go to the Doctor. This way you can be sure you are taking the medicine as you should.

It is very important to take your medicine exactly the way the Doctor tells you. Your Doctor will want to see you for blood tests, and office visits, probably once a month in the beginning.

Remember you may have to take injections every day, with or without pills, or you may be able to take just pills every day as your Doctor tells you. If you take your insulin with an insulin pen, it is important to remember that insulin pens must never be used for more than one person. ***Do not share your insulin pen with anyone.***



As we said earlier, you can ask your Doctor to arrange a visit with a Nutritionist or Dietician. The Nutritionist or Dietician will help you to work on a diet and will teach you the right foods to eat. Many hospitals offer a series of group classes for people who have diabetes. Ask your Doctor if this would be helpful for you.

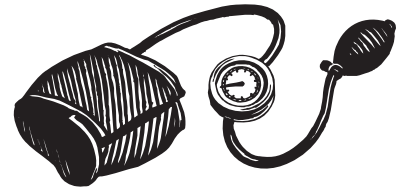
Living With Diabetes

Tips for Controlling Your Diabetes

- Nutrition – watch your diet
- Physical Activity – get exercise
- Foot Care – wash and check your feet every day. Tell the nurse or doctor if you see cuts, blisters, red spots and swelling. Remember:



- Always wear shoes or slippers
 - Never go barefoot
 - Use lotion so your feet won't get dry or cracked
 - Use only lukewarm water
 - Don't wear tight socks
 - Cut your toenails straight across
 - Keep your feet dry between your toes
- Blood Sugar Control – know your blood sugar (blood glucose) and keep it at the right number. New technologies can help you manage your diabetes. You can set your cell phone to remind you it is time to check your blood sugar. If you have a smart phone, there are diabetes “apps” available to help you to keep track of your blood sugar numbers. You can also use your computer to look up new recipes especially for people who have diabetes.
 - Blood Pressure Control – know your blood pressure and keep it at the right number.
 - Cholesterol control - know your blood cholesterol level and keep it at the right number. Your Doctor or Nurse can explain this to you.



Living With Diabetes

Monitoring And Good Routine Care

The ABC's of Diabetic care:

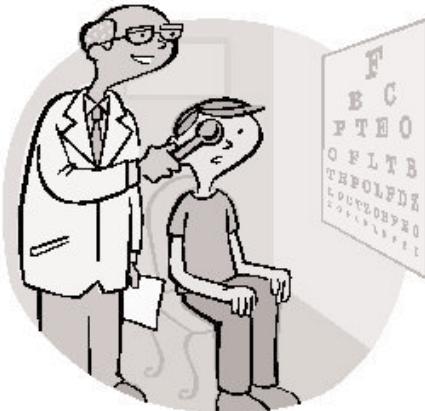
- **A1c (Red Blood Cell Glucose)**- At least twice a year blood tests should be done. **This blood test is very important.** It tells the doctor what your blood sugar levels have been over the past 3 months.
 - * **Usual Goal: less than 7**
- **Blood Pressure (BP)**- Should be taken at each Doctor's visit
 - * **Usual Goal: less than 130/80**
- **Cholesterol (LDL)** - Blood test should be done once a year
 - * **Usual Goal: less than 100**
- **Cholesterol (HDL)** - Blood test should be done once a year
 - * **Usual Goal: more than 40**
- **Weight**– Should be checked at each Doctor's visit
- **Foot check**– Should be done at each Doctor's visit
- **Dental Exam**– Should be done every six months

Once a year a person who has diabetes should also have:

- Special eye exam with an Eye Doctor to check for eye problems
- Complete foot exam to check for loss of feeling in the feet
- Kidney check- Urine and blood tests to check for kidney problems
- Flu shot

At least once every five to eight years a person who has diabetes should have:

- Pneumonia shot. Check with your doctor about how often you will need a pneumonia shot.



Podiatry

Living With Diabetes

Every Day

- Check your feet for cuts, blisters, red spots, and swelling.
- Call your Doctor right away if you have any sores that won't heal.
- Brush your teeth and floss every day to avoid problems with your mouth, teeth, or gums.
- Check your blood sugar (also known as blood glucose) the way your Doctor tells you to.

Emergency Phone Numbers I Need to Know		
NAME	PHONE NUMBER	WHEN TO CALL
DOCTOR		IF I FEEL "FUNNY" OR MY BLOOD SUGAR READINGS ARE WRONG, IF I AM SICK
NURSE		IF I HAVE ANY QUESTIONS
HOSPITAL		IF I HAVE AN EMERGENCY
FAMILY		TO LET THEM KNOW HOW I AM FEELING

Glossary

Blood Glucose or Blood Sugar is another word for sugar. Your blood sugar level in your body is constantly changing during the day and night. Testing your blood sugar tells you the exact level of blood sugar at that moment.

Blood Pressure is the measurement of your heart beating and at rest. It is made up of two numbers. The top number is your heart beating (like 130). The bottom number is your heart at rest (like 70). A normal blood pressure is 130/70.

BMI or Body Mass Index is the measure of your total body fat. Your doctor will take your height and weight and compare it to a chart. It will tell you if you need to lose or gain weight.

Cholesterol is a waxy fat-like substance in blood that your body needs to work right. But wrong amounts are unhealthy.

Diabetes is a chronic disease where there is a high level of sugar (glucose) in your blood.

Fasting Blood Sugar Test (FBS) is a blood test for the level of sugar (glucose) in your blood. You must not eat for at least 8 hours before the test and it is usually done first thing in the morning.

Glucometer is a medical device that measures the amount of sugar (glucose) in your blood at that moment. Your Doctor will give you a prescription for the device and the supplies that go with the device (strips and lancets).

Hemoglobin A1c Test is a blood test that measures the amount of sugar in your blood over the past three months. **This is a very important test.** It should be done every 6 months.

Insulin is a hormone that comes from your pancreas to help your body use the sugar it gets from food.

Obese means extremely overweight.

Stress is physical, mental or emotional response to things that cause upset to your body or mind.

Symptom is a sign of something wrong.