

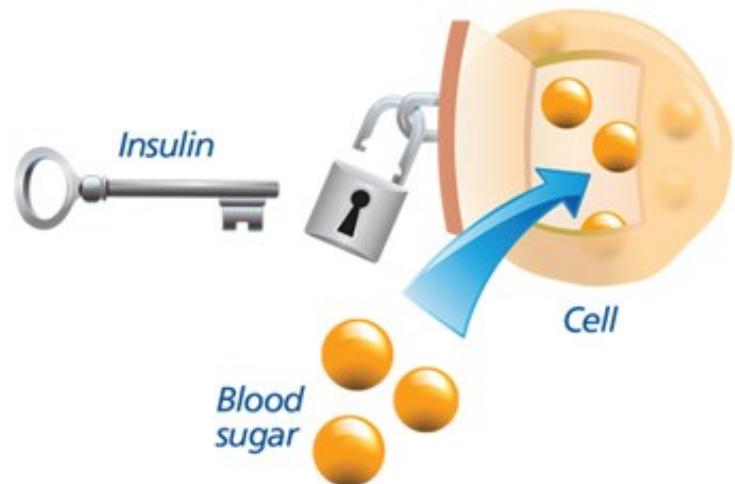


# Take Charge of Your Diabetes



## What is diabetes?

When your body does not make enough insulin or can not use it well, your blood glucose (sugar) may increase. Diabetes occurs when you have too much blood glucose.



## Why is diabetes dangerous?

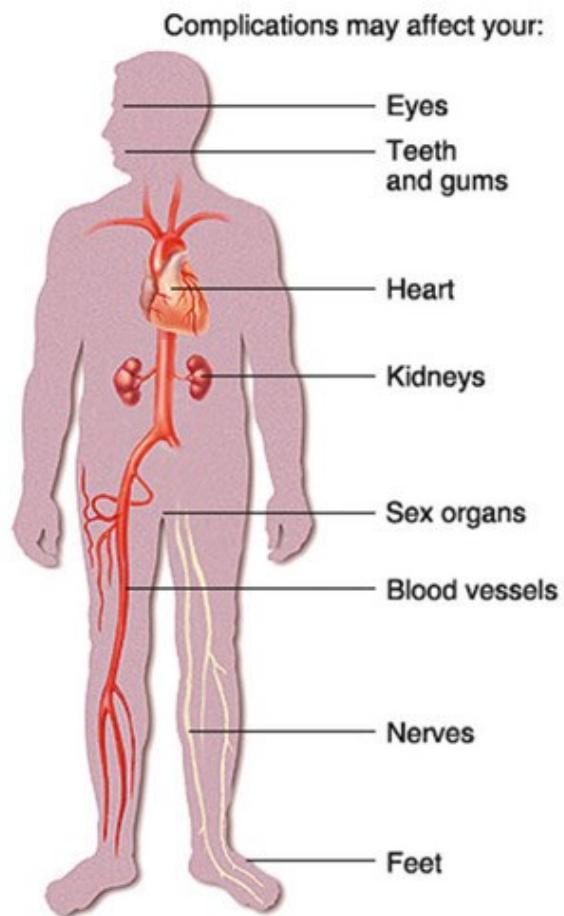
When blood glucose is high over time, it can lead to many serious health problems like

- Blindness
- Kidney problems
- Nerve damage
- Amputations
- Heart attack
- Stroke

Diabetes is a serious and deadly disease if it is not controlled.

## What can you do to control your blood glucose?

When you eat carbohydrates, your body breaks the carbohydrate down into glucose. Therefore, an important way to control your blood glucose is to control your portion of carbohydrates.



# Taking Charge of Your Diabetes: Self-Management Skills

## To Do Every Day:



- Check your blood glucose (blood sugar) as your medical provider tells you
  - Glucose goal **before meal** : 80-130 mg/dL
  - Glucose goal 2 hours **after meal**: 80-180 mg/dL



- Take your medications as your medical provider tells you, even when you feel fine



- Cut down on fats and fried food. Eat more fruits, vegetables and whole grains



- Eat smaller portions, especially carbohydrates: rice, pasta, bread, potatoes



- Take control of your weight and get moving



- Brush and floss your teeth



- Check your feet. Look for cuts, sores, blisters, red areas, calluses



- Stop smoking

## To Do Every Year:



- Have an eye exam at least ONCE a year



- Have a foot exam by a foot doctor ONCE a year



- Go to a dentist at least ONCE a year



- Ask your medical provider about taking aspirin to prevent a heart attack

# Depression & Steps to Healthy Living



**Make time for activities you enjoy.** When you are depressed it is easy to lose motivation to do certain activities. Try to start getting involved in these things again even if you are just “going through the motions” at first.



**Eat healthy - avoid junk food.** Eat a variety of fruit and vegetables while maintaining your self-management plan and monitoring your blood sugar. Don’t rush, take your time when you eat.



**Don't drink alcohol and limit caffeine** to one or two drinks per day, and drink plenty of water (8 cups/day). Alcohol may make you feel better when you drink it but it has a depressant effect in the long run. Caffeine can make the anxiety and sleep problems that go with depression worse.



**Exercise** with guidance from your health care provider. 20 minutes or more of brisk exercise per day can help to ease anxiety.



**Spend time with people** who have a positive effect on you.



**Watch your thoughts.** Negative thinking can make depression worse and become a bad habit. Replace realistic, positive thoughts for unreasonable, negative ones.



**Set simple goals and take small steps.** It's easy to feel overwhelmed when you are anxious. Break problems down into small steps and give yourself credit for each step you take.

# WHAT'S MY A1C?

The A1C is a blood test you get at the doctor's office or health clinic. It shows:

- Your average blood sugar level for the last 3 months
- Your risk (chance) of having other health problems because of diabetes

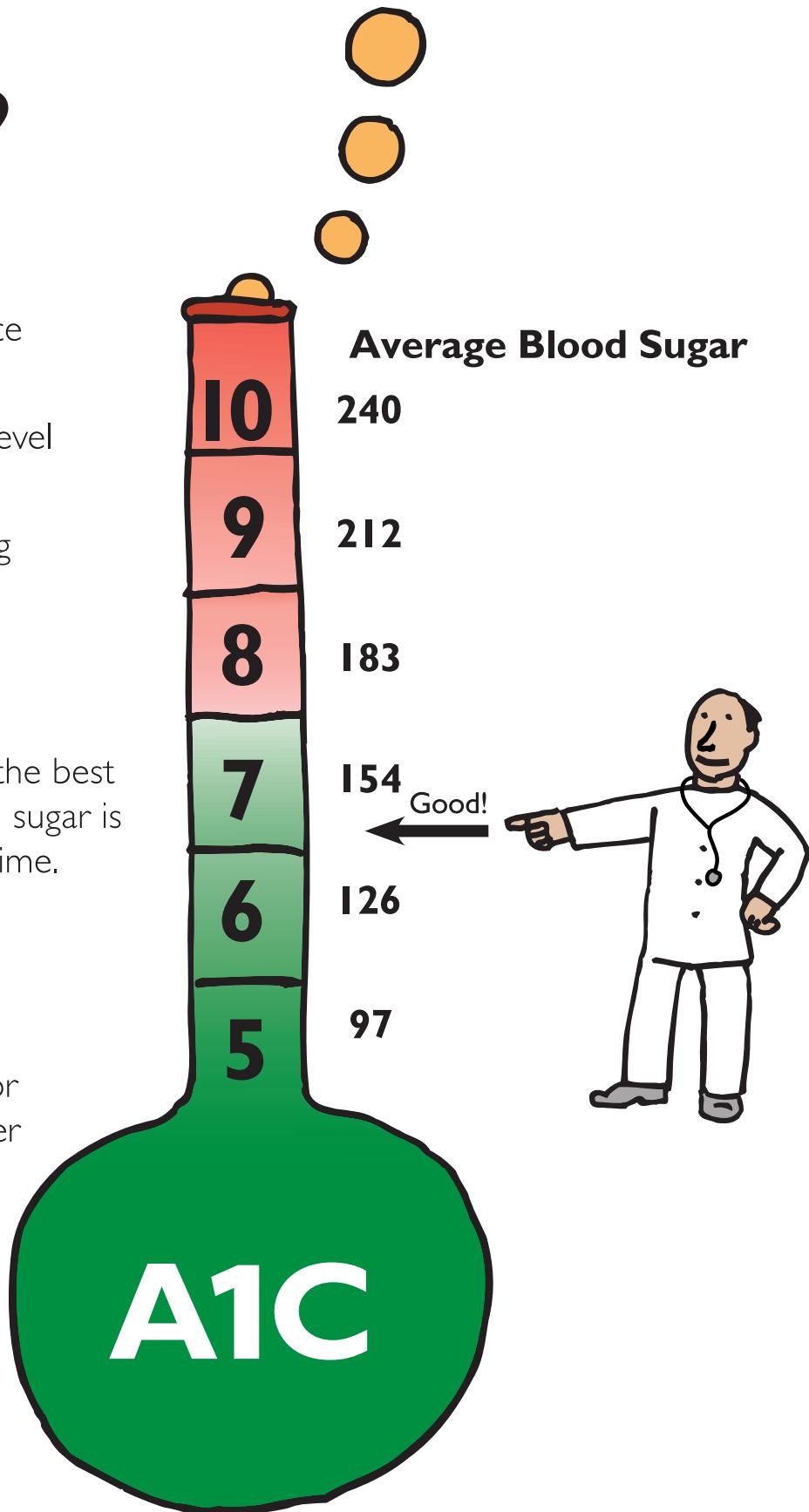
## Why do I need it?

Your A1C test results are the best way to know if your blood sugar is under good control over time.

## What is a good A1C number?

7 or lower. You and your doctor or diabetes educator will decide the A1C number (goal) that is best for you.

**Be your BEST,  
Get the TEST!**



# HIGH BLOOD SUGAR (HYPERGLYCEMIA)

Keeping your blood sugar under control is important. Too much sugar in your blood, for too long, can cause serious health problems.

**Common Causes:** Too much food, not taking enough insulin or diabetes pills, being less active than normal, stress or illness.

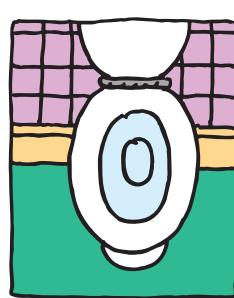
**Symptoms include:**



Thirsty all the time



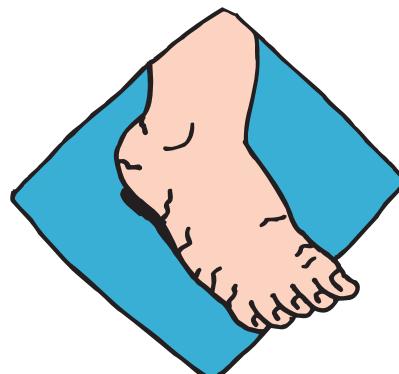
Blurry vision



Need to urinate often



Weak or tired



Dry skin



Often hungry

**What to do:**

- Check your blood sugar often
- Continue to take your medicine
- Follow your meal plan
- Drink lots of water
- Exercise – if you can.

If your blood sugar is higher than your goal for 3 days and you don't know why, call your doctor or health clinic right away.



# LOW BLOOD SUGAR

## (Hypoglycemia)

A low blood sugar can happen quickly. If not treated right away, low blood sugar can cause a medical emergency. You can even pass out.

Common causes: Skip a meal or not eat enough food; too much insulin or diabetes pills; more active than usual.

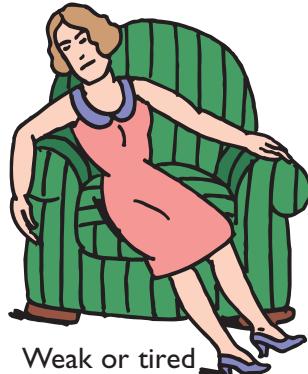
Warning signs include:



Shaky or dizzy



Blurry vision



Weak or tired



Sweaty



Headache

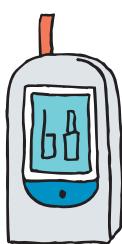


Hungry



Upset or nervous

What to do?

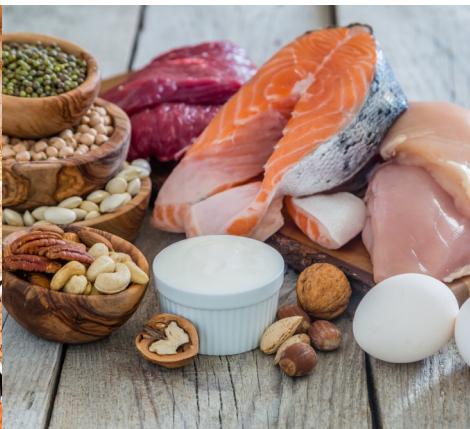


Check your blood sugar right away. If it is below 70, treat for low blood sugar. If you can't check, treat anyway to be safe.

Treat by eating 3 packets or 1 tablespoon of regular sugar, 4 ounces of regular fruit juice, or 6 ounces of regular (not diet!) soda.

Check your blood sugar in 15 minutes. If it is still low (below 70), treat again. If you keep having problems and you don't know why, call your doctor or health clinic.

# Diabetes & Nutrition: Food's Effect on Blood Sugar



## Carbohydrates

**These turn into glucose and raise blood sugar**

**Starches:** Bread, rice, pasta, crackers, cereal, bagels, beans

**Fruits:** Fresh, canned, or dried

**Dairy:** Milk, yogurt, soymilk

**Starchy Vegetables:** Potatoes, corn, peas, yucca, plantains

**Desserts/Pastries:** Cakes, brownies, cookies, ice cream, muffins, syrup, jelly, jam, sugar, honey, agave

***Remember: brown/whole grain starches still affect blood sugar and sugar-free foods may still have carbs in them.***

## Proteins

**These have very low effects on blood sugar**

Peanut butter

Cheese, cottage cheese

Eggs

Chicken and turkey

Seafood

Pork

Beef

Fried chicken and fish

***Choose lean meats (chicken and seafood)***

## Fats

**These have very low effects on blood sugar**

Olive and canola oil

Seeds/Nuts

Avocado

Butter and margarine

Sour cream

Cream cheese

Mayonnaise

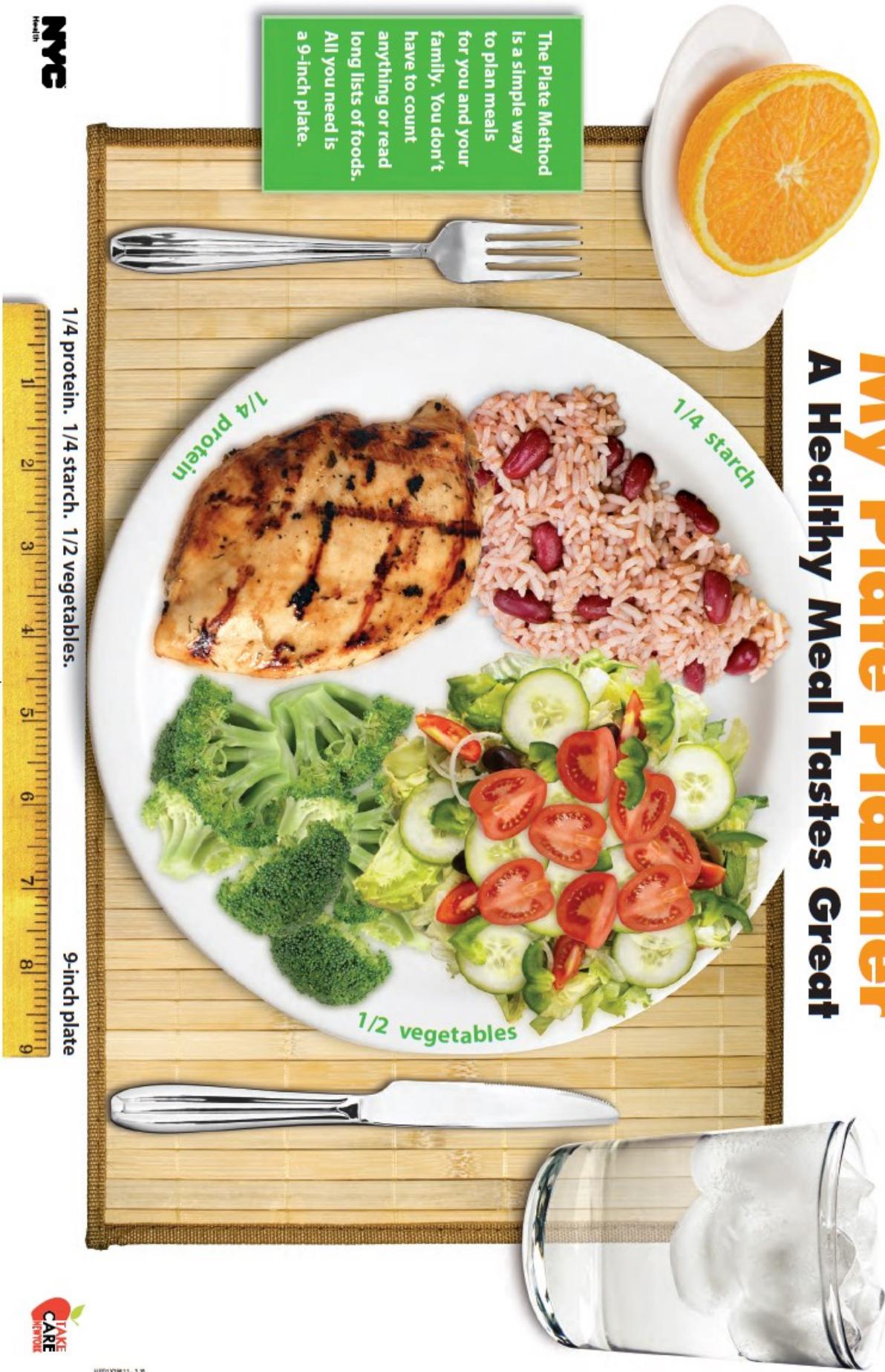
Salad Dressing

***Choose healthy fats (oils, seeds, nuts)***

# My Plate Planner

## A Healthy Meal Tastes Great

The Plate Method is a simple way to plan meals for you and your family. You don't have to count anything or read long lists of foods. All you need is a 9-inch plate.



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# Traffic Light Nutrition



GO!



SLOW!



WHOA!

## EAT MORE OFTEN

### Non-Starchy Vegetables

**Fresh or Frozen:** Beets, broccoli, green beans, cucumbers, carrots, cauliflower, celery, eggplant, asparagus, greens (lettuce, collards, kale), mushrooms, onions, okra, peppers, tomatoes

**Lean proteins:** Chicken, turkey, fish, shellfish, tuna canned in water, tofu, egg whites

**For extra flavor:** Low-fat salad dressing, salsa, mustard, pickles, vinegar, herbs and spices, sugar-free jello

## EAT IN MODERATION

### Canned Vegetables: Rinsed

**Starchy Vegetables:** Corn, potatoes, yucca, plantains, lima beans, green peas

**Fresh Fruits:** Berries, citrus, melons, and apples

**Carbohydrates:** Whole-grain bread and pasta, brown rice, tortillas, beans (pinto, black, etc.), popcorn, baked chips

**Proteins:** Beef, pork, tuna canned in oil, whole eggs, peanut butter

**Lower fat:** Yogurt, cheese, 1-2% milk, sour cream, mayonnaise, margarine, nuts, seeds, olive oil, canola oil, avocados

## EAT LESS OFTEN

**Carbohydrates:** White bread, tortillas, pasta, rice, fried potatoes, french fries, potato and tortilla chips

**Sweets:** Candy, cookies, cake, pie, muffins, donuts, fruits canned in syrup

**Proteins:** Fried meats (chicken, fish, etc.), sausage, bacon, hot dogs, pork roll

**Full fat:** Cream, butter, mayonnaise, cheese, gravy, lard

# Self Foot Care



Ask your doctor to look at your feet at every visit



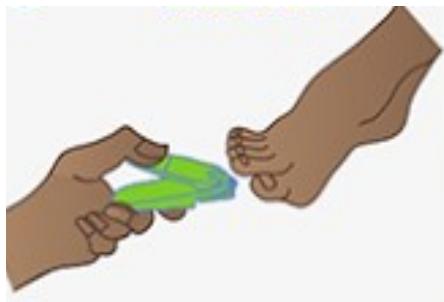
Inspect your feet daily and note any changes



Wash feet gently in lukewarm, never hot water



Moisturize your feet but never between the toes



Cut nails carefully and straight across



Shake out your shoes and feel inside before use



Never treat corns or calluses yourself



Never walk barefoot. Wear shoes, slippers, or clean, dry socks



Take care of your diabetes and do not smoke



# Notes

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