### My Results

<table>
<thead>
<tr>
<th>Lab Test</th>
<th>Result</th>
<th>Date</th>
<th>Due/Target</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1C</td>
<td></td>
<td></td>
<td>2 times a year / 7% or less</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>HDL (good cholesterol)</td>
<td></td>
<td>1 time a year / Greater than 50</td>
</tr>
<tr>
<td></td>
<td>LDL (bad cholesterol)</td>
<td></td>
<td>1 time a year / Less than 100</td>
</tr>
<tr>
<td>Blood Pressure</td>
<td></td>
<td></td>
<td>Every visit / Less than 140/90</td>
</tr>
<tr>
<td>Microalbumin</td>
<td></td>
<td></td>
<td>1 time a year</td>
</tr>
<tr>
<td>Dilated Eye Exam</td>
<td></td>
<td></td>
<td>1 time a year</td>
</tr>
<tr>
<td>Foot Exam</td>
<td></td>
<td></td>
<td>1 time a year</td>
</tr>
<tr>
<td>Dental Exam</td>
<td></td>
<td></td>
<td>2 times a year</td>
</tr>
</tbody>
</table>

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### Live Your Life!

#### Control Your Diabetes

La Clínica de La Raza  
Preventive Medicine  
Oakland, CA

Joan Thompson, PhD, MPH, RD, CDE


**7th Edition 2016**

The information hereby contained is meant for informational purposes only and is NOT intended to be used as medical advice, or to inform or make any medical decisions.

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Questions to Ask My Doctor

The ABC’s of diabetes care:
A. How is my AIC? When do I need the test again?
B. How is my Blood pressure?
C. How is my Cholesterol?

For questions A, B, C, ask:
What are my target numbers?

Other important questions:
1. Will you check my feet today?
2. Do I need my eye exam?
3. Where can I attend diabetes education classes?
When Should I Call the Doctor?

If your blood sugar is much higher than usual for more than two days

If you are vomiting for more than 8 hours and cannot hold down fluids

If you have difficulty breathing

If you have diarrhea for more than 8 hours and cannot hold down fluids

Or if something worries you

The major responsibility for your care rests with you.

You can improve your quality of life.

You can avoid problems in the future.

You can take control of your diabetes before it takes control of you.

Emergency Numbers

Doctor’s name: ______________________________

Doctor’s phone number: ______________________

Emergency phone number: ____________________

Diabetes educator’s name: ____________________

Diabetes educator’s phone number: ______________
Routine Self-Care

There are 9 things that you can do each day to take care of your diabetes.

Check Your Blood Sugar
Exercise
Follow a Meal Plan

Take Care of Your Heart
Take Your Medicine
Take Care of Your Feet

Take Care of Your Teeth
Manage Stress
Create an Action Plan to Stay Healthy

Sick Days (continued)

If you can’t eat as usual because of nausea and vomiting, drink liquids or eat foods with carbohydrates (1 serving every 1-2 hours).

You can try these foods:

- Gelatin 1/2 cup
- Ice cream 1/2 cup
- Fruit Juice 4 ounces
- Gatorade™ 1 cup
- Pudding 1/2 cup
- 6 saltines

Look on pages 6, 7, and 8 for other foods with carbohydrates.
Sick Days

When you are sick, your blood sugar may rise more than usual.

Continue taking your diabetes medicine as usual.

Measure your blood sugar more often (every 2-4 hours if it is higher than normal).

Eat the usual amounts of food at the usual times.

To avoid dehydration, drink at least 8 ounces of calorie-free fluids (water, broth, diet soda) every hour.

Check Your Blood Sugar

When should I measure my blood sugar?
What should it be?

Before breakfast (80-130) so you can start the day knowing your blood sugar level.

Before meals (80-130) to know which foods to eat and how much.

2 hours after meals (<180) to learn how your food choices affect your blood sugar level.

At bedtime (90-130) so you can end the day knowing your blood sugar level.
Exercise

Why should I exercise?

It lowers your blood sugar level.

Before Exercise

After Exercise

You feel better.

Before Exercise

After Exercise

It helps you to lose weight.

Before Exercise

After Exercise

What should I do if I have symptoms of low blood sugar?

1. Measure your blood sugar level.

2. If blood sugar is under 70, or if blood sugar is under 90 at bedtime, drink 4 ounces of fruit juice, or 4 ounces of milk.

3. Wait 15-20 minutes and measure blood sugar again.

4. If you do not plan to eat in the next 1-2 hours, eat a snack – cheese and crackers, or peanut butter, or 4 ounces of milk.

5. Eat your meals on time.

6. For patients who take insulin, inject glucagon if blood sugar is under 50. Ask your doctor or diabetes educator how it works and when to take it.
Low Blood Sugar
(continued)

What are the causes?

Skipping meals

Long periods of exercise with no snack

Delaying meals too long after taking diabetes medicine

How often should I exercise?
At least 30 minutes 5 days a week. Do more if you can.

What type of exercise is best?
Whatever you can enjoy without pain. Ask your doctor before starting an exercise program.

Walking
Dancing
Aerobics
Exercise While Sitting
Stationary Bike
Follow a Meal Plan

Some foods contain carbohydrates. Those that are high in carbohydrates increase blood sugar levels. One serving is equal to 15 grams of carbohydrate.

Some recommendations follow:

- Eat 2 to 4 servings of carbohydrate-rich food every 4-5 hours.
- If your blood sugar is too high, eat fewer servings of these foods.
- Eat at least 3 meals a day.

<table>
<thead>
<tr>
<th>Grains and Beans</th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans</td>
<td>1/2 Cup</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lentils</td>
<td>1/2 Cup</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td>1/3 Cup</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pasta</td>
<td>1/3 Cup</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tortilla</td>
<td>1 small</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hot Cereal</td>
<td>1/2 Cup</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cold Cereal</td>
<td>Read food label</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bread</td>
<td>1 regular slice</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Low Blood Sugar

Low blood sugar can cause some of the following symptoms:

- Dizziness
- Sweating
- Shaking
Emergency Care

This section contains emergency care for the following areas:

- Low Blood Sugar
- Sick Days
- When to Get Help

Starchy Vegetables

- Potato 1 small
- Corn 1/2 cup
- Green Peas 1/2 cup
- Sweet Potato 1/3 cup

Fruits and Fruit Juices

- Banana 1 small
- Apple 1 small
- Orange 1 small
- Mango 1/2 small
- Papaya 1 cup
- Cantaloupe 1/3 small
- Watermelon 1 cup
- Fruit Cocktail 1/2 cup
- Strawberries 4 big or 6-7 small
- Grapes 15
- Fruit Juice 4 ounces
- Kiwi 1

Note: 4 ounces is equal to 1/2 cup.
Milk and Yogurt

- Milk 8 ounces
- Yogurt flavored (read food label)
- Yogurt unflavored 6 ounces

Sweets and Desserts

- Donut or sweet roll 1 small
- Cookie (read food label for total carbohydrates)
- Ice Cream 1/2 cup
- Gelatin 1/2 cup

Dental Exam

The dentist looks at your teeth, gums, and mouth to see if you have any problems. If you do, the problems are corrected. Even if you use false teeth, you still need an exam.

**How often do I need this exam?**

- Twice a year

**Why do I need this exam?**

- Healthy teeth and gums are needed to eat without having pain.
- Gum disease can increase blood sugar.
- Gum disease can cause heart problems.
Foot Exam (Monofilament)

What is this test?
The doctor or nurse touches your foot with a thin nylon filament. You tell the doctor if you feel it.

Why do I need this?
This test tells you if the nerves in your feet are healthy. If you do not feel the filament, the nurse or doctor will tell you how to avoid foot problems.

How often do I need this?
Once a year

Take Care of Your Heart: Cholesterol
Causes of High Cholesterol

What can you do to reduce your cholesterol?
Eat less meats, butter, and cheese.
Eat low fat foods or low fat substitutes.
Eat oatmeal and beans more often.
Eat fewer eggs.
Bake or broil instead of frying.
Take Care of Your Heart: Blood Pressure

Causes of High Blood Pressure

- Smoking
- Overweight
- Lack of physical activity
- Alcohol
- Too much salt

What can you change in your diet to lower your blood pressure?

- Use less salt.
- Eat less processed and canned foods.
- Eat more vegetables and fresh food.
- Consume low fat dairy products.

Dilated Eye Exam

What is the dilated eye exam?
The doctor puts drops in your eyes to dilate them. Your pupils become larger. The doctor can then look at the back of your eye for any changes.

Why do I need this exam?
If the doctor find a problem, he or she can treat it to prevent further problems.

How often do I need this exam?
Once a year.
Microalbumin

Why do I need this test?
It tells you how well your kidneys are working.
It measures the amount of protein in the urine.
Early detection helps prevent problems in the future.

How often do I need it?
Once a year

How can I keep my kidneys healthy?
Keep your blood sugar within healthy limits (see page 3).
Take blood pressure medicines prescribed by your doctor.

Take Your Medicine

Many people with diabetes take pills to control their blood sugar. Others inject insulin. The following guide tells you when to take your medicine.

- **Glipizide**
  Take 30 minutes before meals.

- **Glyburide**
  Metformin (Glucophage)
  Take with meals.

- **Actos, Avandia**
  Take at the same time every day.

- **Insulin**
  You need to know the kind of insulin and how it works in your body (fast- or slow-acting, or mix). Ask your doctor or diabetes educator how it works and when to take it.
Take Care of Your Feet

Here are some things you can do to take good care of your feet.

- Take your shoes and socks off at each doctor visit. Ask the doctor to check your feet.
- Wash your feet with warm water every day. Dry them well, especially between the toes.
- Use a moisturizing lotion but not between the toes.
- Check your feet daily for cuts, bruises, blisters, redness, and swelling.

Blood Pressure

Why is high blood pressure bad?
It can cause serious problems in the following organs:

- Kidneys
- Eyes
- Heart

What is a good level for blood pressure?
Less than 140/90

What can I do if it is too high?
Take your blood pressure medicines as directed. Get an exercise plan by talking with your doctor.

For more information see page 10.
**Cholesterol**

(lipid panel, fat)

**What is cholesterol?**
It is a wax-like substance that blocks the flow of blood in your arteries. Bad cholesterol (LDL) can lead to heart problems. Good cholesterol (HDL) removes bad cholesterol (LDL).

**What is a good level of LDL?**

<table>
<thead>
<tr>
<th>LDL Cholesterol</th>
<th>Less than 100/OK</th>
<th>Over 100/High</th>
</tr>
</thead>
</table>

**What is a good level of HDL?**

<table>
<thead>
<tr>
<th>HDL Cholesterol</th>
<th>Less than 40/Low</th>
<th>Over 50/OK</th>
</tr>
</thead>
</table>

**How often do I need to check my LDL and HDL levels?**

Once a year

For more information see page 9.
Take Care of Your Teeth

Why is it important?

- You can get gum infections. This can cause pain and lead to tooth loss.
- Infections can increase your blood sugar.
- High blood sugar increases bacteria in the mouth. This leads to dental decay.

What should I do?

- Use dental floss every day.
- Brush 2 minutes or more, at least twice a day.
- Keep blood sugar under good control.

A1C

What is the A1C?

The A1C test tells you how well your blood sugar control was during the last 3 months. It helps the doctor decide your treatment plan.

How often do I need it?

At least twice a year, and sometimes more often.

What is a good A1C level?

- More than 7% = Take Action
- Less than 7% = Good
**Tests You Need**

- A1C
- Cholesterol (lipid panel, fat)
- Blood Pressure
- Microalbumin
- Kidneys
- Dilated Eye Exam
- Foot Exam (monofilament)
- Dental Exam

Use the handy card at the end of the brochure to keep track of your tests.

---

**Manage Stress**

Diabetes can increase stress. Stress can increase your blood sugar.

**What can I do?**

- Try to see things positively.
- Talk to a friend or family.
- Exercise.

**Depression**

How do I know if I am depressed?

- During the past month, have you often been bothered by feeling down, depressed, or hopeless?
- During the past month, have you often been bothered by having little interest in doing things?

If you answered "yes" to either question, talk to your doctor.
Create an Action Plan to Stay Healthy

An action plan gives you detailed steps to help manage your diabetes and help you stay healthy.

Your action plan should include:

- What action will I take?
- How often or how much time you will spend doing the specific action.
- When you will do the specific action.

Your action plan should be:

- **Desirable** (something you want to do to improve your diabetes)
- **Realistic** (something you can do)
- **Specific** (something very concrete)

To develop your plan, ask yourself these questions:

What exactly am I going to do?

- I will walk.
- I will eat less.

How often or how much will I do?

- I will walk 20 minutes.
- I will eat no more than 2 small tortillas or 1 medium tortilla.

When am I going to do it?

- I will walk 20 minutes in the morning after breakfast.
- I will eat no more than 2 small tortillas or 1 medium tortilla at every meal.

Remember to ask yourself: What • How • When