








My Results

Lab Test	Result	Date	Due/Target
 A1C			2 times a year / 7% or less
 Cholesterol	HDL (good cholesterol)		1 time a year / Greater than 50
	LDL (bad cholesterol)		1 time a year / Less than 100
 Blood Pressure			Every visit / Less than 140/90
 Micro-albumin			1 time a year
 Dilated Eye Exam			1 time a year
 Foot Exam			1 time a year
 Dental Exam			2 times a year

Live Your Life!

Control Your Diabetes

La Clínica de La Raza Preventive Medicine Oakland, CA

Joan Thompson, PhD, MPH, RD, CDE

First edition funded by the Education and Research Foundation of the American Association of Diabetes Educators in 1999. Second (2003), third (2006), and fourth editions (2008) included graphics and funding by Lumetra (www.Lumetra.com) and the fifth edition (2011) by La Clínica de La Raza.

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:

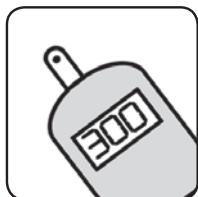
- A.** How is my A1C? When do I need the test again?
- B.** How is my Blood pressure?
- C.** How is my Cholesterol?

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?

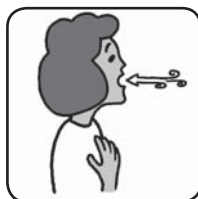
When Should I Call the Doctor?



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



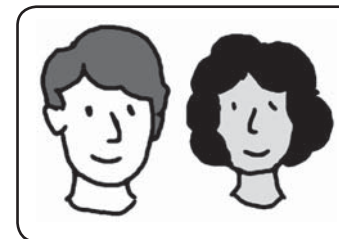
If you have difficulty breathing



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: _____

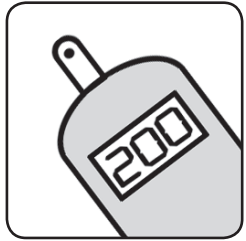
Diabetes educator's phone number: _____





Routine Self-Care

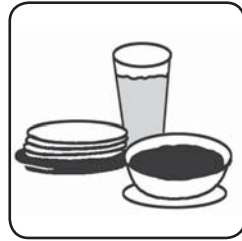
There are 9 things that you can do each day to take care of your diabetes.



Check Your Blood Sugar



Exercise



Follow a Meal Plan



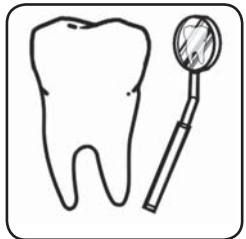
Take Care of Your Heart



Take Your Medicine



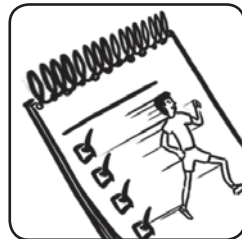
Take Care of Your Feet



Take Care of Your Teeth



Manage Stress



Create an Action Plan to Stay Healthy

Sick Days

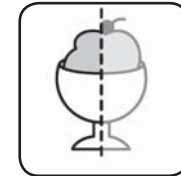
(continued)

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



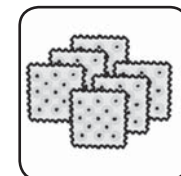
Fruit Juice
4 ounces



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.

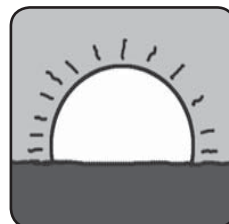


To avoid dehydration, drink at least 8 ounces of calorie-free fluids (water, broth, diet soda) every hour.

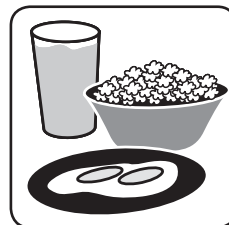
Check Your Blood Sugar

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.



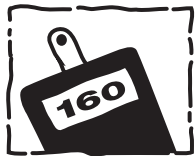


Exercise

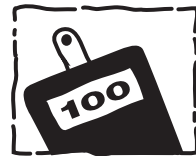


Why should I exercise?

It lowers your blood sugar level.



Before
Exercise



After
Exercise

You feel better.

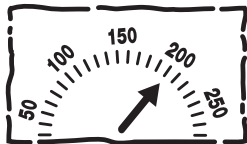


Before
Exercise

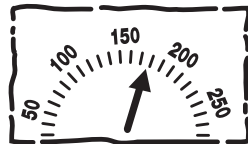


After
Exercise

It helps you to lose weight.

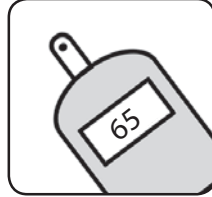

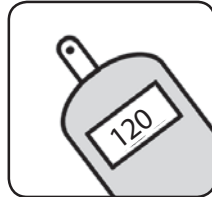
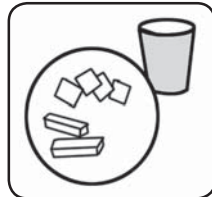




Before
Exercise



After
Exercise

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

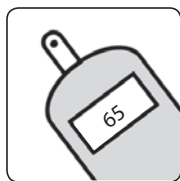
- 1  Measure your blood sugar level.
- 2  If blood sugar is under 70, or if blood sugar is under 90 at bedtime, drink 4 ounces of fruit juice, or 4 ounces of milk.
- 3  Wait 15-20 minutes and measure blood sugar again.
- 4  If you do not plan to eat in the next 1-2 hours, eat a snack - cheese and crackers, 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.



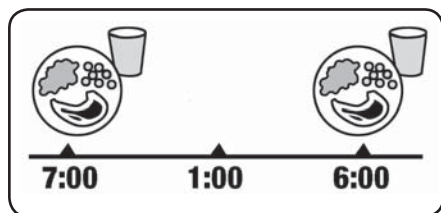


Low Blood Sugar

(continued)



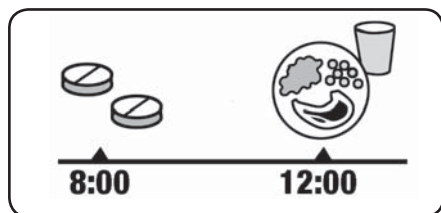
What are the causes?



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.

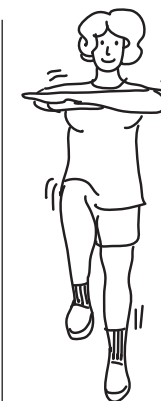
Ask your doctor before starting an exercise program.



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.

Foods high in carbohydrates and serving sizes:

Grains and Beans



Beans
1/2 Cup



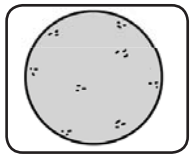
Lentils
1/2 Cup



Rice
1/3 Cup



Pasta
1/3 Cup



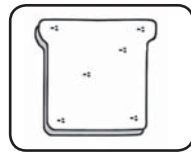
Tortilla
1 small



Hot Cereal
1/2 Cup

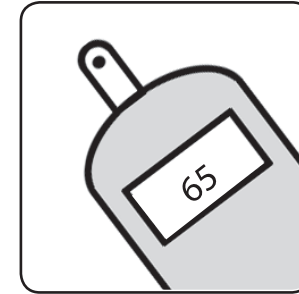


Cold Cereal
Read food label



Bread
1 regular slice

Low Blood Sugar



Low blood sugar can cause some of the following symptoms:



Dizziness



Sweating



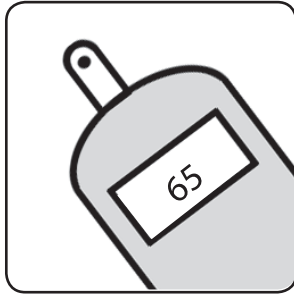
Shaking



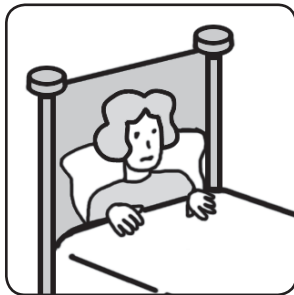


Emergency Care

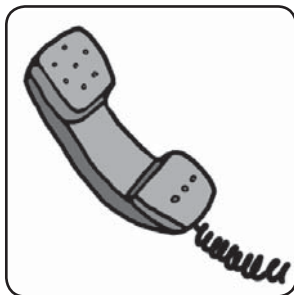
This section contains emergency care for the following areas:



Low Blood Sugar

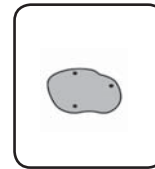


Sick Days



When to Get Help

Starchy Vegetables



Potato
1 small



Corn
1/2 cup



Green Peas
1/2 cup



Sweet Potato
1/3 cup

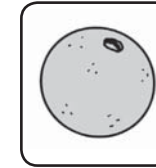
Fruits and Fruit Juices



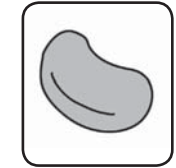
Banana
1 small



Apple
1 small



Orange
1 small



Mango
1/2 small



Papaya
1 cup



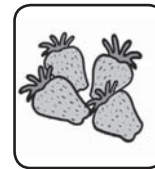
Cantaloupe
1/3 small



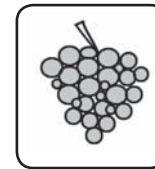
Watermelon
1 cup



Fruit Cocktail
1/2 cup



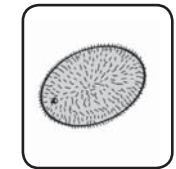
Strawberries
4 big or
6-7 small



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)

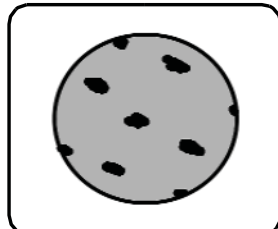


Yogurt
unflavored
6 ounces

Sweets and Desserts



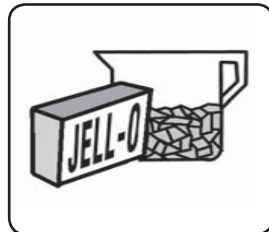
Donut or sweet roll
1 small



Cookie (read food label
for total carbohydrates)



Ice Cream
1/2 cup



Gelatin
1/2 cup

Dental Exam

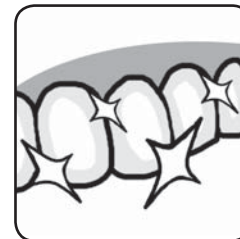


The dentist looks at your teeth, gums, and mouth to see if you have any problems. If you do, the problems are corrected. Even if you use false teeth, you still need an exam.

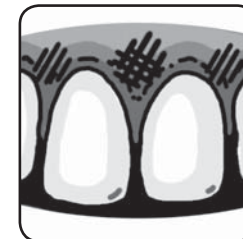
How often do I need this exam?

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.





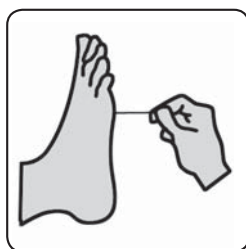
Foot Exam

(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



Lack of physical activity



Being overweight



Eating fatty foods

What can you do to reduce your cholesterol?



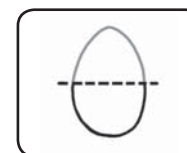
Eat less meats, butter, and cheese.



Eat low fat foods or low fat substitutes.



Eat oatmeal and beans more often.



Eat fewer eggs.



Bake or broil instead of frying.



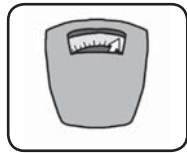


Take Care of Your Heart: Blood Pressure

Causes of High Blood Pressure



Smoking



Overweight



Lack of
physical
activity



Alcohol



Too much salt

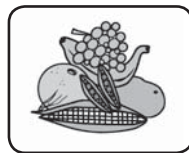
What can you change in your diet to lower your blood pressure?



Use less salt.



Eat less
processed
and canned
foods.

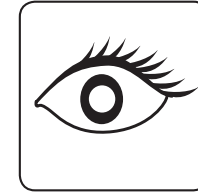


Eat more
vegetables
and fresh
food.



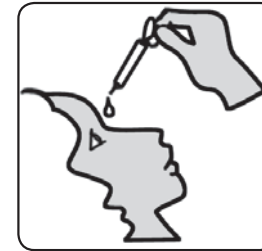
Consume
low fat dairy
products.

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.

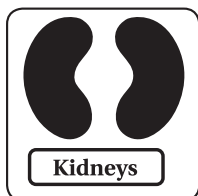
How often do I need this exam?

Once a year





Microalbumin

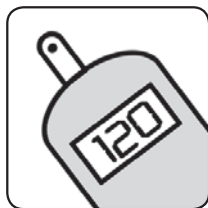


Why do I need this test?

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).

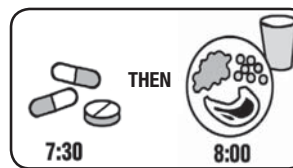


Take blood pressure medicines prescribed by your doctor.

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

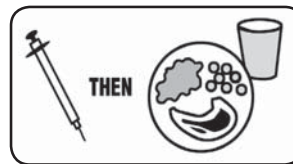
Metformin (Glucophage)

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.

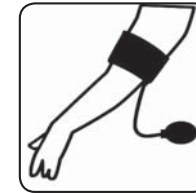


Use a moisturizing lotion but not between the toes.



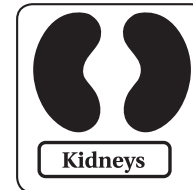
Check your feet daily for cuts, bruises, blisters, redness, and swelling.

Blood Pressure

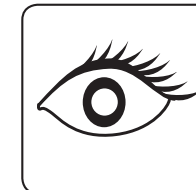


Why is high blood pressure bad?

It can cause serious problems in the following organs:



Kidneys



Eyes

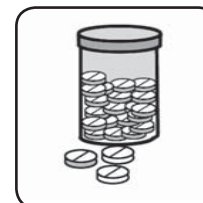


Heart

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

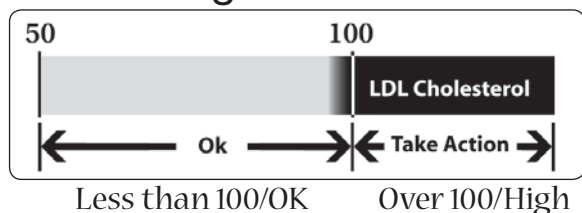
(lipid panel, fat)



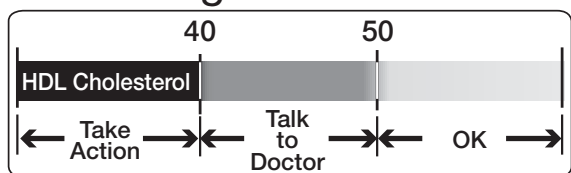
What is cholesterol?

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?



What is a good level of HDL?



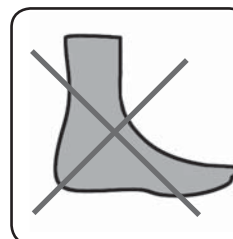
How often do I need to check my LDL and HDL levels?

Once a year

For more information see page 9.

Take Care of Your Feet

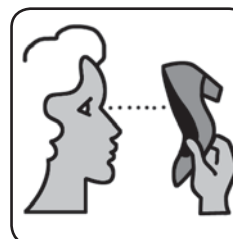
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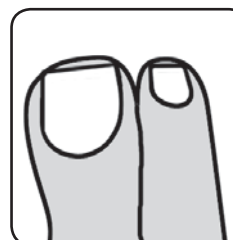
Never walk barefoot.



Wear shoes that fit well.



Check inside your shoes before putting them on. There may be something that can cut you.



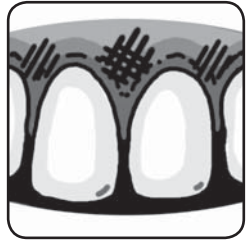
Cut your nails straight across as shown.



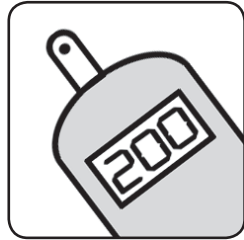


Take Care of Your Teeth

Why is it important?



You can get gum infections. This can cause pain and lead to tooth loss.



Infections can increase your blood sugar.

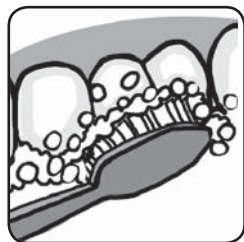


High blood sugar increases bacteria in the mouth. This leads to dental decay.

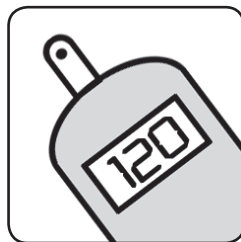
What should I do?



Use dental floss every day.

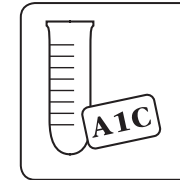


Brush 2 minutes or more, at least twice a day.



Keep blood sugar under good control.

A1C



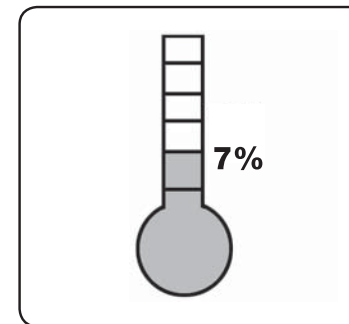
What is the A1C?

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?



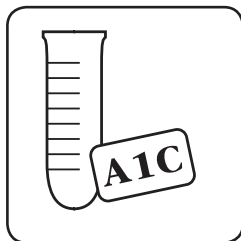
More than 7% = Take Action

Less than 7% = Good

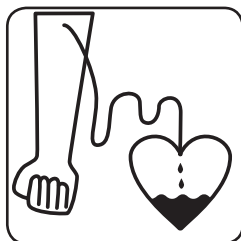




Tests You Need



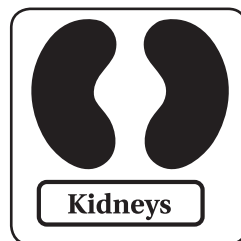
A1C



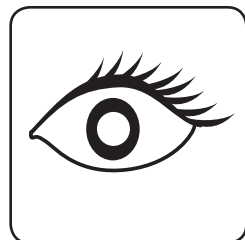
Cholesterol
(lipid panel, fat)



Blood Pressure



Microalbumin



Dilated
Eye Exam



Foot Exam
(monofilament)



Dental
Exam

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

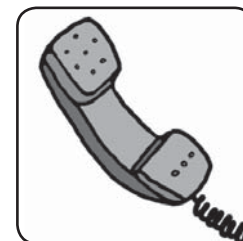
Manage Stress

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?



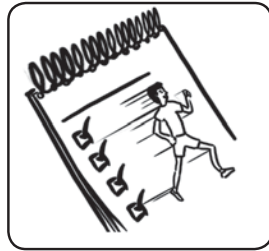
If you answered "yes" to either question, talk to your doctor.





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)

Create an Action Plan to Stay Healthy

(continued)

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**

