



MANAGING YOUR DIABETES

Getting Started



DOING WHAT'S BEST.®





DIABETES MANAGEMENT TEAM

Diabetes may be new to you or you may have had diabetes for years but have never been told how to manage it. With proper medical care and treatment, you can learn how to take care of your diabetes and lead a full and active life. Left untreated, diabetes can result in serious medical conditions.

It is important to have a diabetes management team to help you manage your care.

IMPORTANT NUMBERS

_____ Primary Care Physician	_____ Phone
_____ Endocrinologist	_____ Phone
_____ Registered Dietitian	_____ Phone
_____ Podiatrist	_____ Phone
_____ Ophthalmologist	_____ Phone
_____ Pharmacy/Pharmacist	_____ Phone

NOTES

**This information is accurate at the time of printing. Because information always changes, it is important to have regular medical care visits and follow your doctor's advice.*



WHAT IS DIABETES?

Most foods we eat turn into glucose, which is a form of sugar. The glucose leaves our stomach and goes into our blood. Then the insulin produced by our body's pancreas takes this glucose out of our blood and into our body cells to be used as energy.

When you have diabetes, your body may:

- Be unable to make insulin
- Not be able to make enough insulin
- Not be able to use your insulin properly

As a result your blood glucose level becomes higher than normal and is called hyperglycemia.

Normal fasting blood glucose is 70 mg/dL to less than 100 mg/dL.

TYPES OF DIABETES

There are three main types of diabetes. **Type 1 diabetes** is when the body is unable to produce insulin. This tends to occur at a young age and will require lifelong insulin injection. **Type 2 diabetes** is a combination of inadequate insulin production as well as insulin resistance. This is the most common type of diabetes and tends to occur in adults. Type 2 diabetes may be managed with a combination of diet, exercise and oral and/or injected medications. **Gestational diabetes** can happen during pregnancy due to a change in hormones and indicates an increased long-term risk of developing Type 2 diabetes. Gestational diabetes can be managed with diet, exercise and dedication.

HIGH BLOOD SUGAR (HYPERGLYCEMIA)

High blood sugar occurs when the blood sugar is too high. A blood sugar of **180 mg/dL or above** is hyperglycemia. Hyperglycemia can cause damage to your whole body over time.

Causes:

- Too much food
- Not enough diabetes medicine
- Not enough exercise, activity
- Sickness (flu, infection, diarrhea)
- Too much emotional stress

Symptoms:

- Extreme thirst
- Dry mouth
- Frequent urination
- Hunger
- Tiredness
- Dry, warm skin
- Blurred vision
- Decreased healing

ACTIONS TO TAKE:

Check your blood sugar. If your blood sugar levels are higher than your goal for three days, **call your doctor.**



LOW BLOOD SUGAR (HYPOGLYCEMIA)

A blood sugar of **below 70 mg/dL** is called hypoglycemia. You need to treat it quickly.

Causes:

- Skipping meals, not eating enough food, or waiting too long to eat
- Too much diabetes medicine
- Too much exercise/activity without extra food
- Too much alcohol
- Losing a lot of weight without changes in diabetes medicine

Symptoms:

- Shakiness
- Sweating
- Hunger
- Irritability
- Blurred vision
- Slurred speech
- Numbness, tingling
- Fast heartbeat
- Dizziness
- Anxious
- Weakness/Fatigue
- Headache

ACTIONS TO TAKE:

Check your blood sugar. If it's too low, treat it quickly.

Eat or drink: Blood sugar below 70 mg/dL, take 15–20 grams of a fast-acting carbohydrate:

- 4 oz juice
- 4 oz (1/2 cup) regular soda
- 8 oz nonfat milk
- 3–4 glucose tablets

Blood sugar below 50 mg/dL, take 30–40 grams of a fast-acting carbohydrate by doubling the amount above.

Wait 15 minutes and recheck your blood sugar. If still low, repeat the same number of carbohydrates.

Your family must call 911 immediately if you pass out, can't swallow, become confused, uncooperative or have a seizure. Never put anything in a person's mouth if they are unconscious.

If you have frequent low blood sugars, call your doctor.



HOW TO MANAGE DIABETES WHEN YOU ARE SICK

When you are sick, your blood sugar can go up quickly. Never take over-the-counter medications without checking with your doctor.

Call your health care provider if you:

- Are vomiting and can't keep down food, liquids or oral diabetes medication
- Have diarrhea more than five times or longer than six hours
- Have a "fruity" odor to your breath
- Are ill for longer than 24 hours
- Have blood sugar readings that are greater than 250 mg/dL or lower than 70 mg/dL
- Have moderate or large ketones in your urine
- Have trouble breathing
- Have any questions about what to do

Talk to your health care provider about using a rapid-acting insulin correction dose to treat high blood sugars.

If you feel sleepy or can't think clearly, have someone call your health care provider or take you to an emergency room.

ACTIONS TO TAKE:

Stick to your meal plan if possible. Drink at least 8 oz of water or sugar-free liquids every 30 to 60 minutes, unless you are on fluid restrictions, then call your doctor.

Take your diabetes pills as ordered. If you cannot keep your diabetes pills down, call your doctor right away.

Take your insulin as directed.

Report your blood sugars to your doctor. Your doctor may want you to take extra insulin and/or a short-acting or rapid-acting insulin.

Check your blood sugar and ketones every four hours and report to your doctor for instructions.

IF YOU DON'T FEEL LIKE EATING:

Try to replace the carbohydrates in your meal plan with liquids or soft foods that are equal to your allowed amounts of carbohydrates.

Foods containing 15 grams of carbohydrates are:

- 1/2 cup apple juice
- 1/2 cup regular soda (4 oz)
- 3–4 glucose tablets
- 1 popsicle
- 1/4 cup sherbet
- 1 slice toast
- 3–4 crackers
- 1/2 cup regular Jello
- 1 cup soup

Once you are feeling better, follow your previously established meal plan.

BLOOD SUGAR MONITORING

People who do daily self blood glucose monitoring can learn how foods, exercise, stress, illness and their diabetes medication(s) affect their blood sugars. Monitoring can help you know if your blood sugar is too high or too low without having to guess so you can treat it properly.

Daily blood glucose monitoring helps you to manage your blood sugars. This will help prevent damage to your eyes, kidneys, heart, nerves and blood vessels.

The goal of blood glucose monitoring is to help you keep your blood glucose levels near normal.

If you are ill, check your blood sugar at least every 3–4 hours and let your doctor know your blood sugars. Refer to page 2 if you don't feel like eating.

Check with your doctor as to when you should check your blood sugars and what blood glucose goals are recommended for you.

GENERAL BLOOD SUGAR TARGETS (ADA GOALS*)		MY PERSONAL GOALS
Before meals	80–130 mg/dL	
2 hours after meal	≤ 180 mg/dL	
A1C test result	≤ 7.0%	

American Diabetes Association (ADA), Clinical Practice Guidelines



A1C

An A1C is an average of your blood glucose levels over the past 2–3 months. This level is closely tied to your risk of complications due to diabetes. It is important that you monitor your A1C every 3–6 months and talk with your doctor if it is above your target.

WHEN TO MONITOR BLOOD SUGAR

Testing time options:

- Before breakfast (also called fasting blood sugar)
- Before any meal
- Two hours after the start of a meal
- Bedtime
- When you think your blood sugar may be low, high, or you don't feel well

Helpful monitoring tips:

- Test one or more times per day
- Write down your results. Keeping them in the meter is less than ideal for using the results to see trends and making behavior change decisions
- Share your results at each doctor visit
- Keep all unused test strips in the original bottle with the cap on tight. Make sure the strips you are currently using have not expired

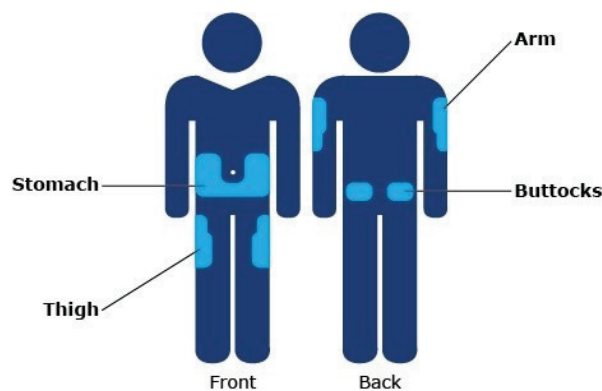
Take your monitor with you everywhere.

DIABETES MEDICATIONS

It is very important to take your diabetes medications as directed by your doctor.

Knowing your diabetes medicine is very important:

- Name of medicine
- Amount
- Purpose for taking medication
- How often
- Onset, peak and duration
- Possible side effects to report to your doctor
- Route: oral, injection



Rotate Site for each Injection

YOU WILL NEED REFILLS. See your doctor before your prescription runs out.

Your pharmacist can give you an information sheet about your medication.

HEALTHY EATING AND DIABETES

If you have diabetes, you can control your blood glucose levels through your food choices.

Goals for meal planning:

- Control your blood glucose levels
- Achieve optimal blood lipid (cholesterol and triglycerides) levels
- Achieve and maintain a healthy weight
- Prevent, delay or treat diabetes complications
- Provide overall good nutrition

Tips to remember:

- Eat at least three meals a day no more than 4–5 hours apart
- Eat a wide variety of foods every day
- Include high-fiber foods, such as fruits, vegetables whole grains and starchy beans
- Use less fat, sugar and salt
- Food that is good for you is good for the whole family
- Eat meals and snacks at regular times
- Try not to skip meals
- Eat a source of protein at each meal
- Watch portion sizes
- If needed, you may add a bedtime snack



GUIDELINES FOR HEALTHY EATING WITH DIABETES

Things to know:

- Your recommended meal plan should be based on your goal
- You must have a balance between food, activity and medication, if prescribed
- Your nutrition education should continue throughout your life

Keep in mind:

Carbohydrates raise blood sugar. You need to monitor when and how many carbohydrates you take in each day. Food groups that contain carbohydrates are the bread and starch, fruit, and dairy groups. Sweets also contain carbohydrates.

PLATE METHOD FOR HEALTHIER EATING

Use a regular, nine-inch plate.

1/2 of your plate should be covered with vegetables.

This may be more vegetables than you are used to eating. By increasing vegetables, you add more fiber, vitamins and minerals without adding a lot of carbohydrates, fat or calories. Try to eat two vegetables, like a salad and a cooked vegetable, to have more variety and not get tired of your favorites.

Remember, corn, peas, sweet potatoes, potatoes, and winter squash are not in this section. They belong in the bread/starch section of your plate.

1/4 of your plate should contain a bread, starch or grain.

A basic portion size is one slice of bread, a dinner roll or 1/2 cup of peas, corn or potatoes, or 1/3 cup of rice or noodles. Men may add another starch serving to their meal.

1/4 of your plate should contain a meat or high-protein food.

The basic portion is three ounces of lean meats. This is about the size of the palm of your hand.

Fruit: On the left-hand side is one serving of fruit.

A serving is one small piece or 1/2 cup of canned fruit or juice. If you use canned fruit, make sure it is no sugar added, lite or juice-packed.

Dairy: On the right-hand side is one serving of dairy.

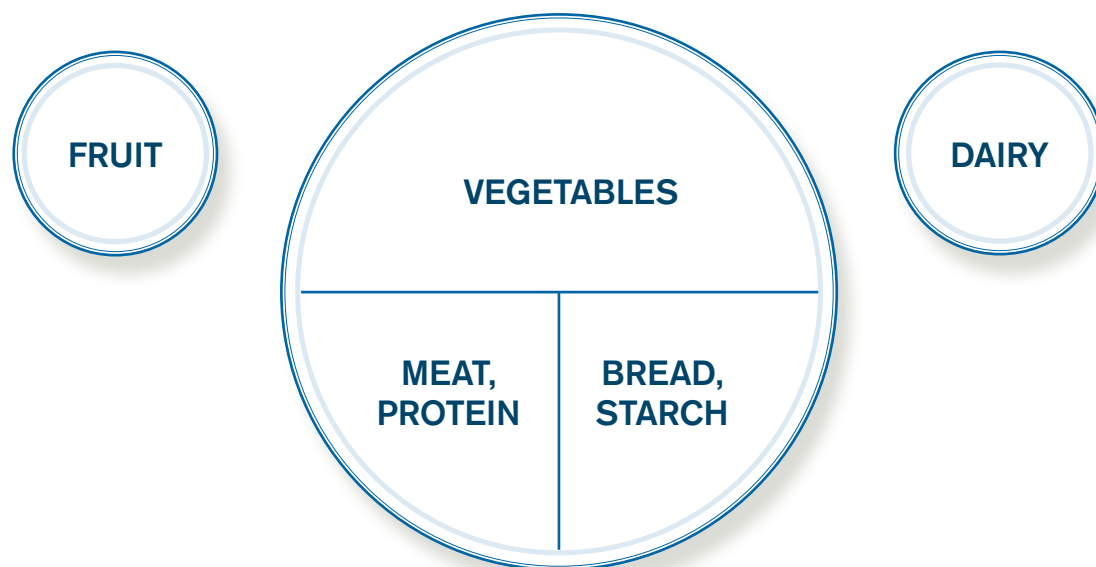
One serving is eight ounces. The best choices are fat-free skim, 1/2 percent or 1 percent milk, or lite yogurt.

Cheese is not included in this section of your plate. It is part of the meat/protein section.

What About Fats?

Try to use less. One teaspoon is generally a serving of butter, margarine or mayonnaise. One tablespoon of salad dressing is a serving as well. Try low-fat or fat-free versions.

FOOD GROUP PORTIONS 9-inch plate



FOOT CARE

People with diabetes have to take special care of their feet. This includes scheduling annual foot exams.

In addition, the following tips can help keep your feet healthy:

- Wash your feet in warm water every day
- Dry your feet well, especially between the toes
- Keep the skin soft by applying a moisturizing lotion. Do not apply the lotion between the toes
- Inspect your feet every day for cuts, sores, blisters, redness, calluses or other problems. Use a mirror or ask someone for help if you cannot see well
- Ask your doctor about caring for your toenails
- Always wear clean, soft socks to avoid blisters
- Do not wear socks that are too tight below your knee
- Always wear well-fitting shoes
- Break in new shoes slowly
- Never walk barefoot indoors or outdoors
- Before putting on your shoes, feel the insides for sharp edges, cracks, pebbles, nails or anything that could hurt your feet



THINGS TO DO EVERY DAY:

- Test your blood sugar and write it down in your logbook
- Take care of your skin and teeth
- Check your feet
- Take your medications as prescribed
- Exercise
- Follow your meal plan



THINGS TO DO EACH TIME YOU VISIT YOUR HEALTH CARE PROVIDER:

- Take your blood sugar logbook with you so you and your health care provider can review the results together
- Ask about your hemoglobin A1C level and determine your goal
- Have your health care provider check your feet. Taking off your shoes and socks will help you remember
- Have your blood pressure checked

THINGS TO DO ONCE A YEAR:

- Visit an eye doctor for a complete eye exam, including a dilated eye exam
- Have your cholesterol checked
- Have your urine checked for protein (microalbumin test)
- Stay current with your vaccines (flu, etc.)





1221 Pine Grove Avenue
Port Huron, MI 48060
(810) 987-5000

mclaren.org/ph

