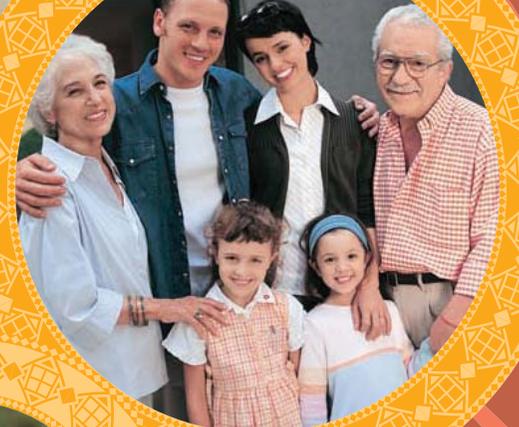


# Live Your Life!

## Control Your Diabetes



# 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](http://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.

# Contents

Emergency Numbers.....1



## Routine Self-Care ..... page 2

Check Your Blood Sugar..... 3

Exercise..... 4

Follow a Meal Plan..... 6

Take Care of Your Heart ..... 9

Take Your Medicine.....11

Take Care of Your Feet .....12

Take Care of Your Teeth..... 14

Manage Stress ..... 15

Create an Action Plan to Stay Healthy..... 16



## Tests You Need ..... page 18

A1C..... 19

Cholesterol .....20

Blood Pressure.....21

Microalbumin ..... 22

Dilated Eye Exam ..... 23

Foot Exam..... 24

Dental Exam ..... 25



## Emergency Care ..... page 26

Low Blood Sugar..... 27

Sick Days..... 30

When Should I Call the Doctor? ..... 32

### Diabetes Resource Card

Questions to Ask My Doctor..... 33

My Results..... 34

# Questions to Ask My Doctor

## The ABC's of diabetes care:

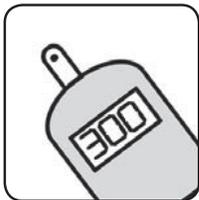
- A. How is my A1C? When do I need the test again?
- B. How is my Blood pressure?
- C. How is my Cholesterol?

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?

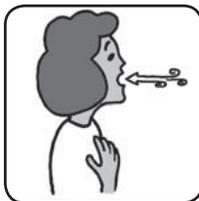
# When Should I Call the Doctor?



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



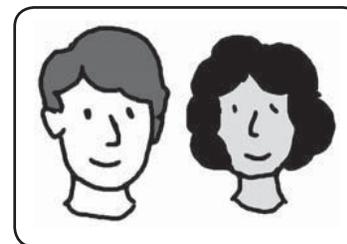
If you have difficulty breathing



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: \_\_\_\_\_

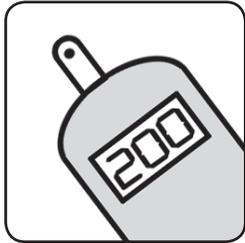
Diabetes educator's phone number: \_\_\_\_\_





# Routine Self-Care

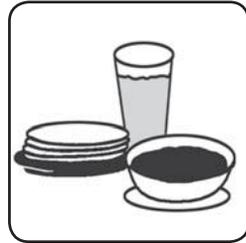
There are 9 things that you can do each day to take care of your diabetes.



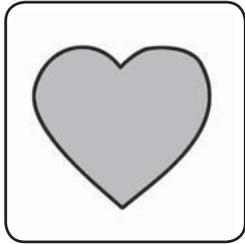
Check Your Blood Sugar



Exercise



Follow a Meal Plan



Take Care of Your Heart



Take Your Medicine



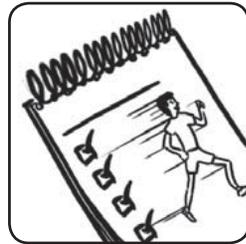
Take Care of Your Feet



Take Care of Your Teeth



Manage Stress



Create an Action Plan to Stay Healthy

# Sick Days

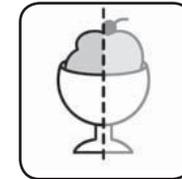
(continued)

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).

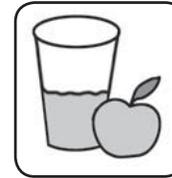
You can try these foods:



Gelatin  
1/2 cup



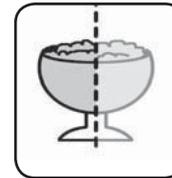
Ice cream  
1/2 cup



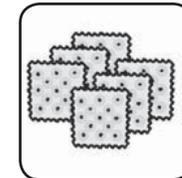
Fruit Juice  
4 ounces



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.

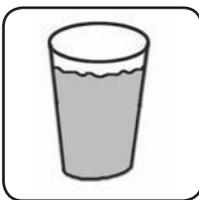


Continue taking your diabetes medicine as usual.



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

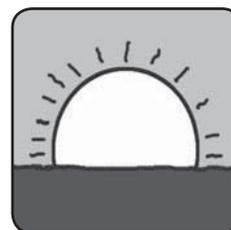
Eat the usual amounts of food at the usual times.



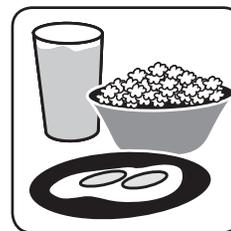
To avoid dehydration, drink at least 8 ounces of calorie-free fluids (water, broth, diet soda) every hour.

# 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.

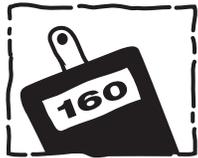


# Exercise



## Why should I exercise?

**It lowers your blood sugar level.**



Before Exercise



After Exercise

**You feel better.**



Before Exercise

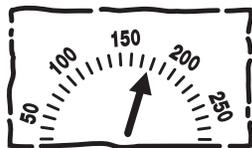


After Exercise

**It helps you to lose weight.**



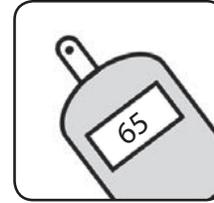
Before Exercise



After Exercise

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

1



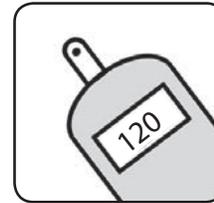
Measure your blood sugar level.

2



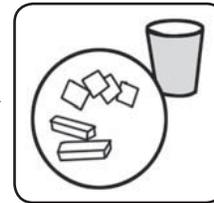
If blood sugar is under 70, or if blood sugar is under 90 at bedtime, drink 4 ounces of fruit juice, or 4 ounces of milk.

3



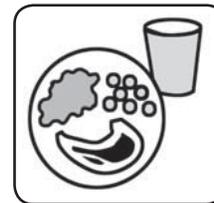
Wait 15-20 minutes and measure blood sugar again.

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.

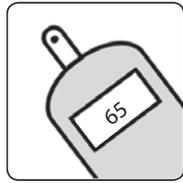
6



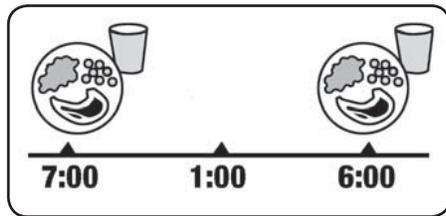
For patients who take insulin, inject glucagon if blood sugar is under 50. Ask your doctor or diabetes educator how it works and when to take it.

# Low Blood Sugar

(continued)



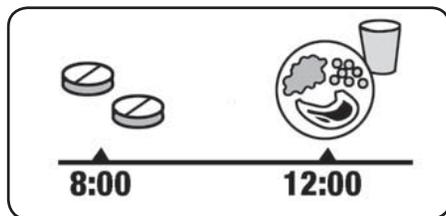
### What are the causes?



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?

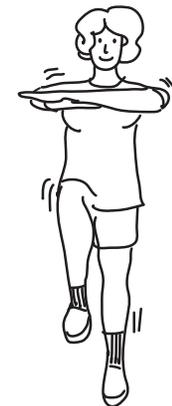
Whatever you can enjoy without pain.  
Ask your doctor before starting an exercise program.



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:**

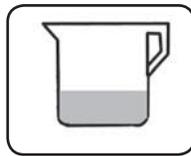
## Grains and Beans



Beans  
1/2 Cup



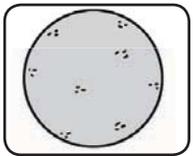
Lentils  
1/2 Cup



Rice  
1/3 Cup



Pasta  
1/3 Cup



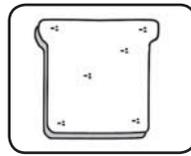
Tortilla  
1 small



Hot Cereal  
1/2 Cup

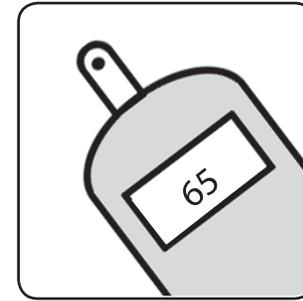


Cold Cereal  
Read food label



Bread  
1 regular slice

# Low Blood Sugar



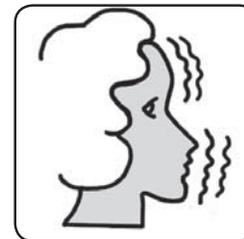
Low blood sugar can cause some of the following symptoms:



Dizziness



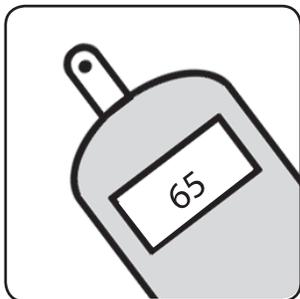
Sweating



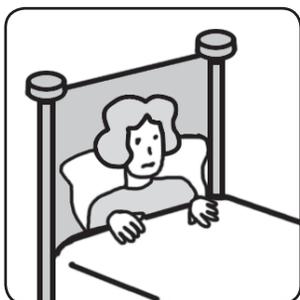
Shaking

# Emergency Care

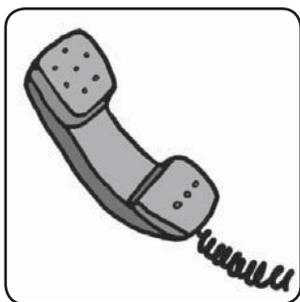
This section contains emergency care for the following areas:



Low Blood Sugar

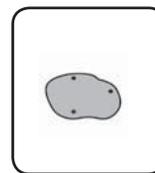


Sick Days



When to Get Help

## Starchy Vegetables



Potato  
1 small



Corn  
1/2 cup

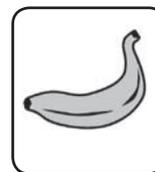


Green Peas  
1/2 cup

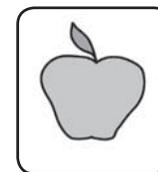


Sweet Potato  
1/3 cup

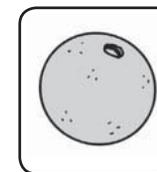
## Fruits and Fruit Juices



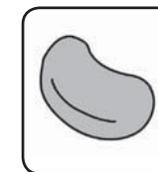
Banana  
1 small



Apple  
1 small



Orange  
1 small



Mango  
1/2 small



Papaya  
1 cup



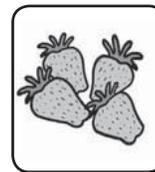
Cantaloupe  
1/3 small



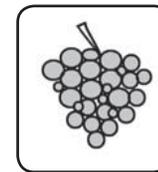
Watermelon  
1 cup



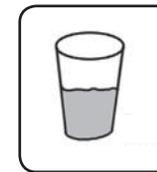
Fruit Cocktail  
1/2 cup



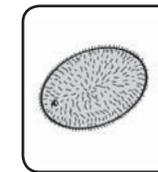
Strawberries  
4 big or  
6-7 small



Grapes  
15



Fruit Juice  
4 ounces



Kiwi  
1

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



## Milk and Yogurt



Milk  
8 ounces

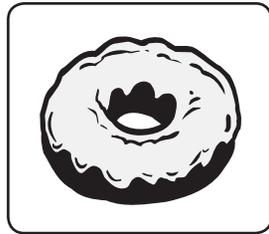


Yogurt  
flavored  
(read food label)

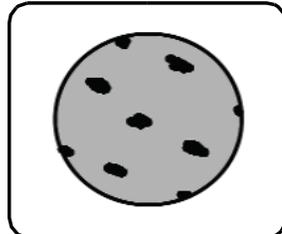


Yogurt  
unflavored  
6 ounces

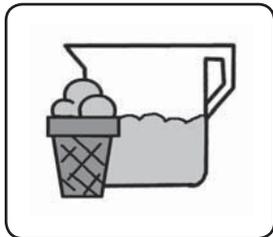
## Sweets and Desserts



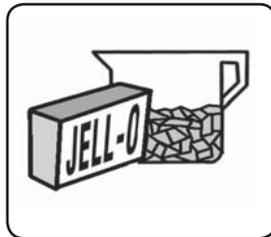
Donut or sweet roll  
1 small



Cookie (read food label  
for total carbohydrates)

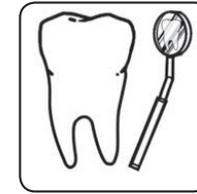


Ice Cream  
1/2 cup



Gelatin  
1/2 cup

## Dental Exam

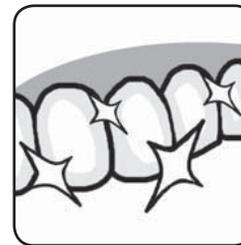


The dentist looks at your teeth, gums, and mouth to see if you have any problems. If you do, the problems are corrected. Even if you use false teeth, you still need an exam.

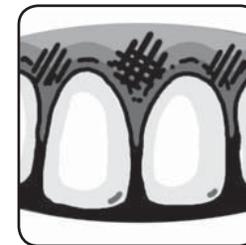
How often do I need this exam?

Twice a year

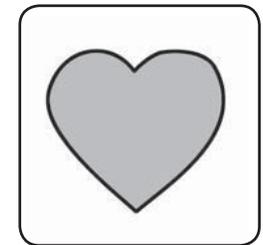
Why do I need this exam?



Healthy teeth and  
gums are needed  
to eat without  
having pain.



Gum disease can  
increase blood  
sugar



Gum disease  
can cause heart  
problems.



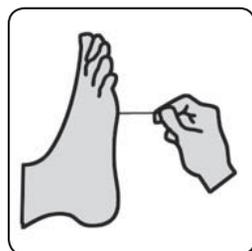
# Foot Exam

(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?

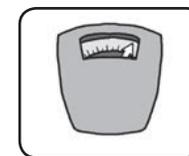
Once a year

# 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?



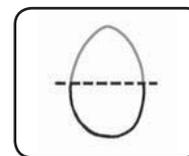
Eat less meats, butter, and cheese.



Eat low fat foods or low fat substitutes.



Eat oatmeal and beans more often.



Eat fewer eggs.



Bake or broil instead of frying.

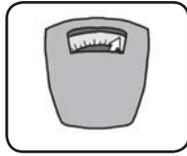


# Take Care of Your Heart: Blood Pressure

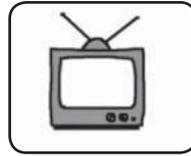
## Causes of High Blood Pressure



Smoking



Overweight



Lack of physical activity



Alcohol



Too much salt

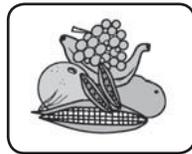
## What can you change in your diet to lower your blood pressure?



Use less salt.



Eat less processed and canned foods.

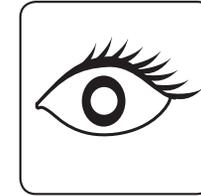


Eat more vegetables and fresh food.



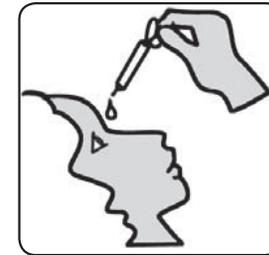
Consume low fat dairy products.

# 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.



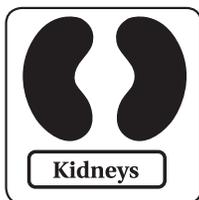
## Why do I need this exam?

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



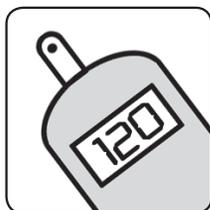
## Why do I need this test?

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.

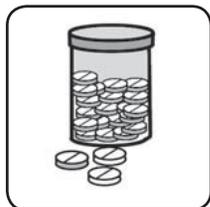
How often do I need it?

Once a year

## How can I keep my kidneys healthy?



Keep your blood sugar within healthy limits (see page 3).

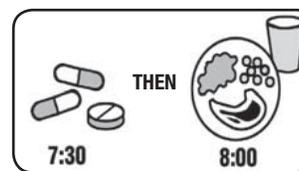


Take blood pressure medicines prescribed by your doctor.

# 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

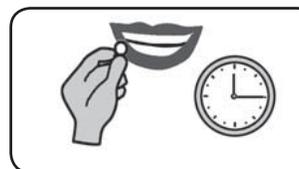
Take 30 minutes before meals.



### Glyburide

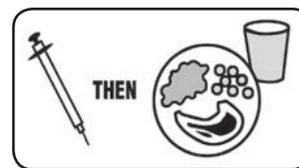
### Metformin (Glucophage)

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.



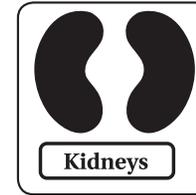
Check your feet daily for cuts, bruises, blisters, redness, and swelling.

# Blood Pressure

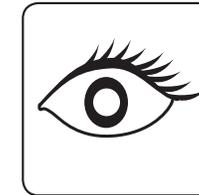


## Why is high blood pressure bad?

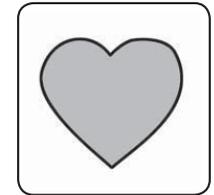
It can cause serious problems in the following organs:



Kidneys



Eyes

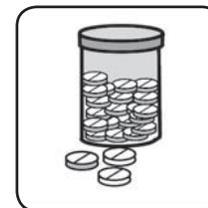


Heart

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

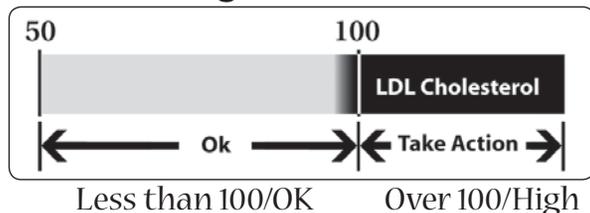
(lipid panel, fat)



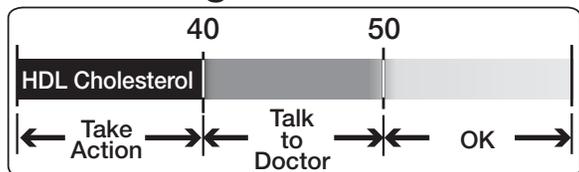
## What is cholesterol?

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?



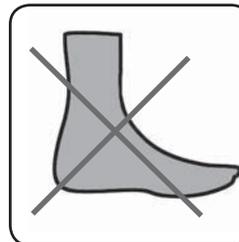
How often do I need to check my LDL and HDL levels?

Once a year

For more information see page 9.

# Take Care of Your Feet

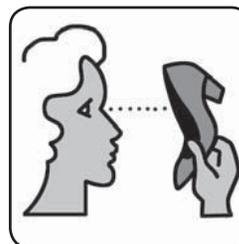
(continued)



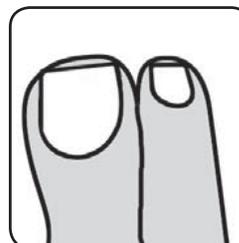
Never walk barefoot.



Wear shoes that fit well.



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

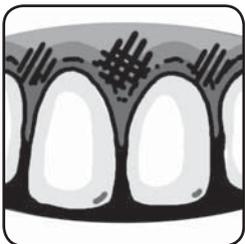


Cut your nails straight across as shown.

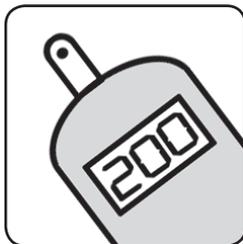


# Take Care of Your Teeth

Why is it important?



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



Infections can increase your blood sugar.

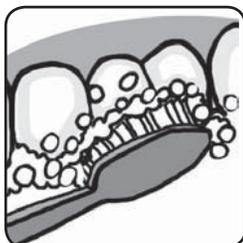


High blood sugar increases bacteria in the mouth. This leads to dental decay.

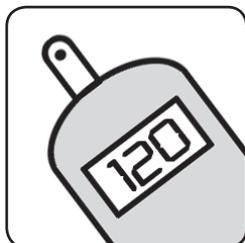
What should I do?



Use dental floss every day.



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



Keep blood sugar under good control.

# A1C



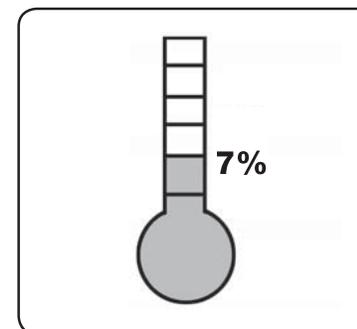
What is the A1C?

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?



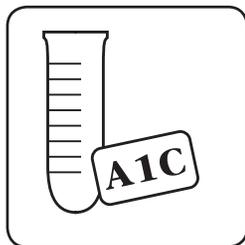
More than 7% = Take Action

Less than 7% = Good

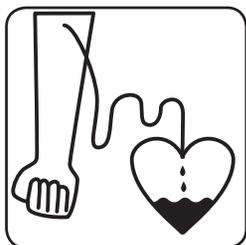




# Tests You Need



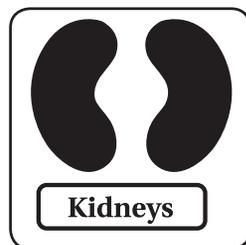
A1C



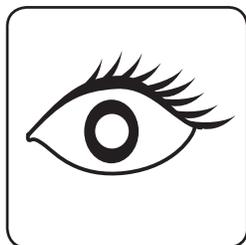
Cholesterol  
(lipid panel, fat)



Blood Pressure



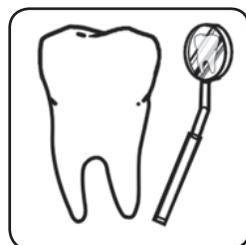
Microalbumin



Dilated  
Eye Exam



Foot Exam  
(monofilament)



Dental  
Exam

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

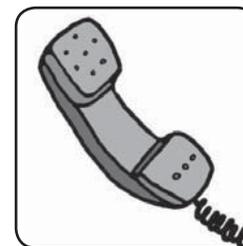
# Manage Stress

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?



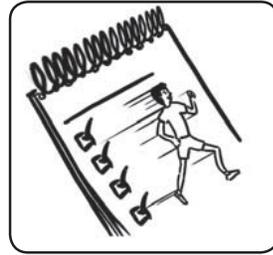
If you answered "yes" to either question, talk to your doctor.





# 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**