



DIABETES CARE

The Diabetes Team

With diabetes it can seem like a big task to stay healthy. One way you can help yourself is to act like the coach of a sports team. A coach gets a team together to win. With diabetes you need a health care team to win. With the right team you will be able to make the changes you need to stay healthy.



These are some of the people you might need on your team:

Family and Friends

The people close to you should understand about diabetes. Their support for the kinds of things you need to do will help you manage your diabetes.

Your Primary Care Provider (PCP or regular doctor)

The most central member of your team is your Primary Care Provider. This is the person who will help you to get the medical care you need. He or she will be the one to refer you to other members of your team. Your PCP should be someone you trust and feel you can talk to about your concerns.

Ophthalmologist/Optomtrist

These are eye doctors. They do special exams for people with diabetes. It is important for you to have regular eye exams. The eye exam should include dilation of your eyes, at least once a year. This is when the pupils of your eyes are opened wide with eye drops so the doctor can see the inside of your eye.

Podiatrist

Podiatrists are doctors who take care of feet. People with diabetes have to take special care of their feet. It is a good idea to go to a podiatrist before you have any major problems with your feet.



Health care you can count on.
Service you can trust.

Dietitian

Dietitians teach how to eat well so you can control your blood sugar. They are also called RDs (Registered Dietitians). When you see a dietitian you will learn about the types of food to eat, how much to eat and when it is the best time to eat. You will also learn how to manage your medications and your meals. Dietitians can also show you how to fit your favorite foods into a healthy diet.

Pharmacist

A pharmacist explains:

- How to use meds
- When to take meds
- What the side effects might be

Don't be afraid to ask for help when you pick up your medicines.

Endocrinologist

This doctor is an expert in diabetes treatment. He or she will review your medicines, lab tests, diet, and exercise program. Not everyone needs to see this type of doctor.

Track Your Diabetes

One tool that has been helpful to people with diabetes is the Diabetes Health Record. One is enclosed with this mailing. This card can be used to track different tests and results. You may already have your own way of tracking this information, but if you do not, please give this Health Record a try.

You don't have to do this alone!

For classes and one on one support with diabetes care call Alliance Health Programs at **510-747-4577**.

Toll-Free: 1-877-932-2738;
CRS/TTY: 711 or 1-800-735-2929;
8 a.m. to 5 p.m., Monday-Friday.

www.alamedaalliance.org

Permission is granted to use and duplicate these materials for non-profit educational use as long as no changes are made without permission from Alameda Alliance for Health.

ALAMEDA
Alliance
FOR HEALTH

Health care you can count on.
Service you can trust.