

# Arkansas Diabetes Toolkit

**NUTRITION**



*Education*



*Physical Activity*



*Monitoring*



**SUPPORT**



**Medications**

*Your source for free diabetes information*

## *Preface*

The purpose of the **Diabetes Advisory Council**, established in 1998, is to provide leadership to reduce the burden of diabetes in Arkansas. The Council represents public and private partners to promote education, awareness and quality of care to reduce complications. The Council advocates for legislation, policies and programs to improve the treatment and outcomes of Arkansans with diabetes.

Membership consists of people with diabetes (or family members), nurse educators, dietitians, primary care providers, podiatrists, endocrinologists, pharmacists, community health center staff, diabetes education program staff, staff of health plans, American Diabetes Association staff, Juvenile Diabetes Foundation staff, Arkansas Department of Health staff, members of consumer groups, staff and faculty of academic institutions and other interested individuals.

The Arkansas Diabetes Advisory Council, *Patient Education Subcommittee*, assembled this Diabetes Toolkit in response to the needs of patients with diabetes and to provide a resource for their healthcare providers. Learning About Diabetes, a non-profit charity comprised of volunteer educators, developed most of these resources ([www.learningaboutdiabetes.org](http://www.learningaboutdiabetes.org)). It is our hope that patients diagnosed with diabetes would be able to attend a Center of Excellence—that is, an American Diabetes Association (ADA) Recognized or American Association of Diabetes Educators (AADE) Accredited Diabetes Self-Management Education (DSME) Program. However, not all Arkansans have access to these programs.

**Goal #1** of the Arkansas Diabetes State Plan 2009-2014 is to: “Increase diabetes knowledge among patients and caregivers to improve diabetes self-management behaviors and related health outcomes.” **Strategy #2** is to “target areas and at-risk populations lacking adequate education resources.”

We hope you will utilize the information presented in this Diabetes Toolkit, also available at:

<http://www.healthy.arkansas.gov/programsServices/chronicDisease/diabetesPreventionControl/Pages/default.aspx>

Using the Toolkit is simple and can be printed and shared. It is meant to reinforce content taught in Centers of Excellence. If you have questions on how to use or regarding any content, please direct all inquiries to the Arkansas Diabetes Advisory Council c/o Dennis F. Moore, PharmD, Arkansas Diabetes Advisory Council Chair - Office: 870-698-1033 | [dfmoore@uams.edu](mailto:dfmoore@uams.edu) or Bonnie J. Bradley, Diabetes Section Chief - Diabetes Prevention and Control Program Office: 501-661-2093 | [bonnie.bradley@arkansas.gov](mailto:bonnie.bradley@arkansas.gov).

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# My Plate Planner

## A Healthy Meal Tastes Great



The Plate Method is a simple way to plan meals for you and your family. You don't have to count anything or read long lists of foods. All you need is a 9-inch plate.



1/4 protein. 1/4 starch. 1/2 vegetable.

9-inch plate



# Let's Plan Your Meal

## Breakfast

**Starch**

Whole grain has more fiber and more nutrients.

**Protein**

Low-fat proteins are better for your heart and waistline.

Add a small piece of fruit or leave empty.

Oatmeal

1% Milk

Low-fat Yogurt

Bread

Cold Cereal

Egg

Low-fat or natural peanut butter

Cottage Cheese

Banana

Apple

Orange

Note: Only use 1/2 of your plate — 1/4 protein and 1/4 starch

## Lunch/Dinner

**Starch**

Some vegetables are higher in starch (corn, peas, yams) and belong on this part of the plate.

**Protein**

Bake, broil, boil or steam your protein instead of frying.

**Vegetables**

Fill half your plate with more than one vegetable, so you won't get tired of your favorites.

Corn

Peas

Broccoli

Lettuce

Yams

Potatoes

Brown Rice

Okra

Carrots

Green Beans

Beef

Chicken

Fish

# WHAT CAN I EAT?

## THINGS TO REMEMBER

A good meal plan includes a balance of carbohydrate (carbs), protein, and good fats. Carbs are the body's main source of energy. About half of the calories you eat each day will come from carbs.

### Know Your Serving Sizes Measure Your Food



Blood sugar goes up when you eat. Your blood sugar will be easier to control if you eat a balance of foods from the different food groups in the right amounts (portions). You will get the sugar from food your body needs for energy without having high blood sugar problems.

### Always Check Food Labels When You Shop

Nutrition Facts	
Serving Size: 1/2 cup (40g)	
Servings Per Container: 13	
Amount Per Serving	
Calories 150	Calories from Fat 7
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	2%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	15%
Sugars 1g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%

## EXAMPLES OF FOOD GROUP CHOICES

### FOODS WITH CARBS

#### Grains, Beans, Starchy Vegetables

Serving Size: 1/2 cup  
15 Carb grams  
80 Calories



Pasta, rice, corn, peas, potato, hot and cold cereal, 1 slice of bread

#### Fruit

Serving Size:  
1/2 cup juice,  
1 cup cut  
15 Carb grams  
60 Calories



One small apple, orange, banana or pear, 1/2 small grapefruit, 15 grapes

#### Milk

Serving Size:  
1 cup  
12 Carb grams  
80 Calories



Fat-free or 1% milk, yogurt, buttermilk, soy milk

### FOODS WITH LITTLE OR NO CARBS

#### Vegetables (Non-starchy)

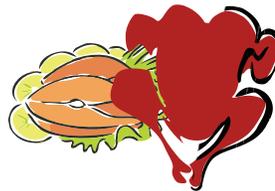
Serving Size:  
1/2 cup cooked,  
1 cup raw  
25 Calories



Celery, zucchini, carrots, cauliflower, greens, peppers, and tomatoes

#### Meat

Serving Size:  
2-3 oz (palm of hand)  
150 Calories



Lean meat, fish, chicken, or eggs, cheese, and peanut butter (2 tablespoons)

#### Fat

Serving Size:  
1 teaspoon  
45 Calories



Cooking oils, mayonnaise, margarine, or low-fat salad dressing

## SAMPLE MEAL PLAN

### BREAKFAST

1/2 banana  
1 slice of whole-wheat toast  
1 tsp margarine  
1/2 cup hot cereal  
1 cup fat free or 1% milk  
coffee or tea

### LUNCH

1/2 cup tuna in water  
1 tsp mayonnaise  
1 slice whole-wheat bread  
1 tsp margarine  
1 small tomato, sliced  
1 cup melon  
1 cup plain or light yogurt

### DINNER

3 ounces chicken (1/2 small breast)  
2/3 cup brown rice  
1 cup broccoli  
1 tsp cooking oil  
Mixed green salad with  
2 tbsp low-calorie dressing  
1/4 cup strawberries

### SNACKS

(IF RECOMMENDED)

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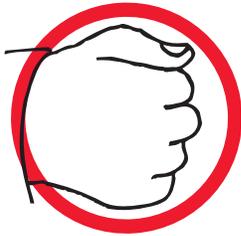
There are many healthy foods you can eat. Your doctor, diabetes educator or dietitian will help you learn how to eat the right foods, in the right amounts, at the right times, to control your blood sugar.

# PORTION SIZES

## WHEN YOU CAN'T MEASURE YOUR FOOD

### Your Helpful Hands...

The best way to find out how much of a food you are eating, or your portion size, is to use measuring cups, spoons or a scale. Sometimes, such as when you eat out, you can't do this. Here are a number of ways you can use your hands to help you find out about how much you are eating. \* The portion sizes in each food group use an adult *woman's* hand as a guide.



One fist clenched = 8 fluid ounces

- Cold and hot beverages



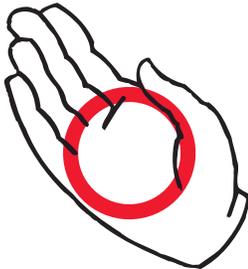
Two hands, cupped = 1 cup

- Breakfast cereal
- Soup
- Green salads (lettuce or spinach)
- Mixed dishes (chili, stew, macaroni and cheese)
- Chinese food



One hand, cupped = 1/2 cup

- Pasta, rice
- Hot cereal (oatmeal, farina)
- Fruit salad, berries, applesauce
- Tomato or spaghetti sauce
- Beans (cooked or canned)
- Cole slaw or potato salad
- Mashed potatoes
- Cottage cheese
- Pudding, gelatin



Palm of hand = 3 ounces

- Cooked meats (hamburger patty, chicken breast, fish fillet, pork loin)
- Canned fish (tuna, salmon)



Two thumbs together = 1 tablespoon

- Peanut butter
- Salad dressing
- Sour cream
- Dips
- Whipped topping
- Dessert sauces
- Margarine
- Cream cheese
- Mayonnaise

\*Adapted from MyPyramid.gov. This handout is only a guide. The amounts of foods in your meal plan may be different.

Provided as a FREE educational service on [www.learningaboutdiabetes.org](http://www.learningaboutdiabetes.org).

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# NUTRITION FACTS LABEL

Check  
serving size

<b>Nutrition Facts</b>	
Serving Size: 1/2 cup (40g) Servings Per Container: 13	
Amount Per Serving	
<b>Calories 155</b>	<b>Calories from Fat 27</b>
	<b>% Daily Value*</b>
<b>Total Fat 3g</b>	<b>4%</b>
Saturated Fat 0.5g	2%
Trans Fat 0g	0%
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 140mg</b>	<b>6%</b>
<b>Total Carbohydrate 27g</b>	<b>9%</b>
Dietary Fiber 4g	15%
Sugars 1g	
<b>Protein 5g</b>	
<b>Vitamin A</b>	<b>4%</b>
<b>Vitamin C</b>	<b>2%</b>
<b>Calcium</b>	<b>20%</b>
<b>Iron</b>	<b>4%</b>

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Check total  
carbohydrate

(Sugars are part of  
total carbohydrate.  
Don't count twice.)

Low fat  
is good  
(3g or less)

Eat less  
of these

High fiber  
is good  
(3g or more)

*Illustration only.*

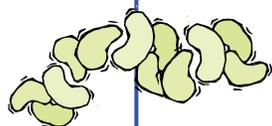
# CARBOHYDRATE AND BLOOD SUGAR CONTROL

Foods with carbohydrate or “carbs” give your body the energy it needs to keep you healthy. Some carbs raise your blood sugar quickly. Other carbs raise your blood sugar more slowly.

Carbs that raise your blood sugar slowly are the best kind to eat. Eating too many carbs or too many carbs that raise blood sugar quickly can make it harder for you to control your blood sugar.

Below is a list of some of the many foods with carbohydrate that raise blood sugar slowly. Eating these foods *in the right amounts*, at the right time for your meal plan, can help you control your blood sugar and diabetes.

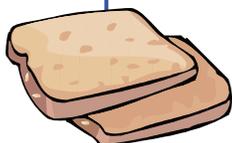
## CARBS THAT RAISE BLOOD SUGAR SLOWLY OR ONLY A LITTLE



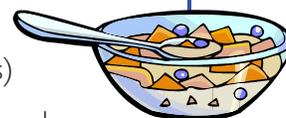
**Beans/Legumes:** baked, black, butter, cannellini, garbanzo, kidney, lima, mung, soy beans; lentils, peas (dried, split)



**Beverages:** coffee, tea, tomato or 100% vegetable juice (low salt), Slim Fast, all diet beverages



**Bread:** pumpnickel, sourdough (wheat or rye); corn tortillas

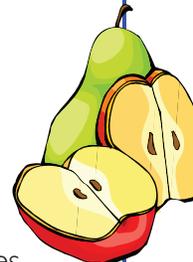


**Breakfast cereals:** All-Bran, steel-cut oats, Glucerna (all types)

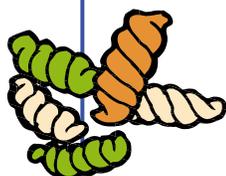


**Cookies/Crackers:** oatmeal cookie (small) and Ryvita crispbread (only pumpkin seed and oats or sunflower seed and oats)

**Dairy:** milk (all types), plain and light yogurts



**Fruit:** apples (fresh & dried), dates, fruit cocktail, grapes, grapefruit, kiwis, mangos, nectarines, oranges, peaches or pears (fresh, dried, or canned in natural juice), plums, prunes, strawberries



**Grains:** barley, buckwheat, bulgur, quinoa, rye, semolina, wheat berries

**Pasta/Noodles:** all forms of pasta made from semolina or durum wheat



**Rice:** Uncle Ben's (all types)



**Snack foods:** ice cream (all types), nuts (all types), M&M peanuts, Extend bars, NutriSystem bars, SmartZone bars, Snickers bars, and Glucerna bars (all types of all bars)

**Vegetables:** all non-starchy vegetables except beets, kohlrabi, and rutabega. Also limit or avoid eating white potatoes.



Talk to your doctor, a diabetes educator, or a registered dietitian to learn more about what foods with carbohydrate you can eat to make it easier to control your blood sugar and diabetes.

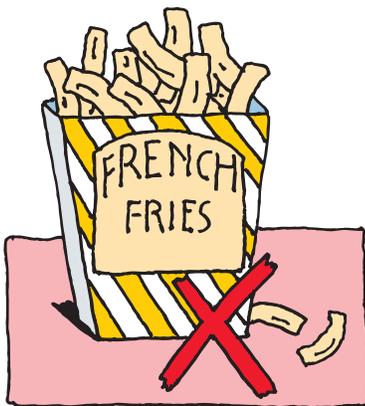
# GOOD FATS

# BAD FATS

## Avoid...

### Trans Fat

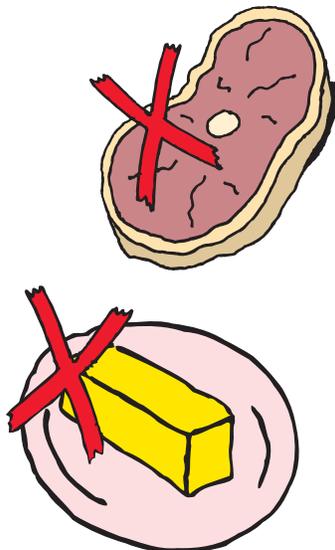
French Fries  
Fresh Donuts  
Vegetable shortening  
Margarine  
Deep-fried foods  
Many fresh baked foods  
(pies, cookies)  
Some packaged snacks  
and candy



## Eat less...

### Saturated Fat

Butter  
Whole Milk  
Cream  
Red Meat  
Dessert (cake, ice cream)  
Animal skin (chicken, turkey)



## Eat...

### GOOD Fats

Oily fish (salmon, trout)  
Olive oil  
Nuts  
Canola oil  
Avocado  
Soybean or Corn Oil

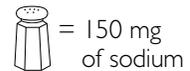


Always read the Nutrition Facts label on foods when you shop.  
Your goal is not a fat-free diet, but a diet low in bad fats.

Eating healthy foods, every day, is one of the best ways to control diabetes!

# HIDDEN SALTS AND DIABETES

## How much salt do you eat?



The popular foods shown in this chart have a lot of salt. Your body only needs about a teaspoon of salt a day to keep you healthy. Many of us eat much more than this.

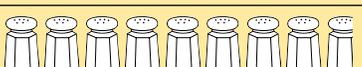
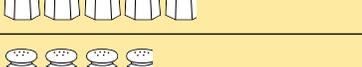
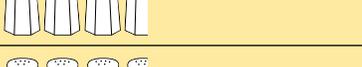
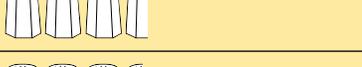
Eating too much salt makes blood pressure go up. High blood pressure can cause major health problems – especially if you have diabetes!

To avoid health problems from eating too much salt:

- Don't use table salt.
- Avoid or limit eating fast-foods. They may be cheap and tasty, but they often have a lot of "hidden salt."
- Use spices, onions, or garlic to flavor foods.

Look for food labels that say "10% or less sodium" when you shop.

No-salt and low-salt foods are good for the whole family!

<b>Macaroni and cheese, 1 cup</b> 1,340mg of sodium	
<b>Canned chili with beans, 1 cup</b> 1,340mg	
<b>Canned chicken noodle, 1 1/2 ounces</b> 1,320mg	
<b>Corned beef brisket, 3 ounces</b> 960mg	
<b>Canned sauerkraut, 1 cup</b> 940mg	
<b>Pickle, 1 large</b> 830mg	
<b>Chicken bouillon, one 4-gram cube</b> 740mg	
<b>Deli ham meat, 2 ounces</b> 740mg	
<b>Hot dog (beef), one</b> 580mg	
<b>Fresh Baked Biscuit, 3 inches</b> 540mg	
<b>Cup-A-Soup (chicken), one</b> 540mg	
<b>Pasta sauce, 1/2 cup</b> 520mg	
<b>American cheese, 1 ounce</b> 410mg	
<b>Canned peas, 1 cup</b> 430mg	

\* All numbers are rounded to the nearest whole number.  
Source: Pennington, Jean A. Bowes & Church Food Values of Portions Commonly Used. Lippincott Williams & Wilkins. © 1998.

# LET'S GET MOVING

## DIABETES AND EXERCISE

Page 1

Being active is good for almost everyone – including people with diabetes.

Active people often:

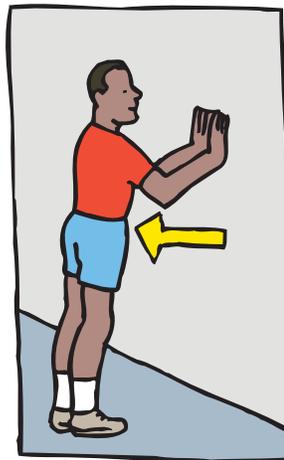
- have more energy
- have better blood sugar control
- have less stress
- look and feel better

### The First Step:

Always talk to your doctor before you start to exercise. Pick 1 or more ways to be active that you like. You can be active inside, outside, or both!



### Some Inside Exercises



Stretching  
Floor or leg exercises

### Some Outside Exercises



Fast walking  
Gardening



Dancing  
Light jogging in place



Bike riding  
Team sports

# LET'S GET MOVING

## DIABETES AND EXERCISE

Page 2

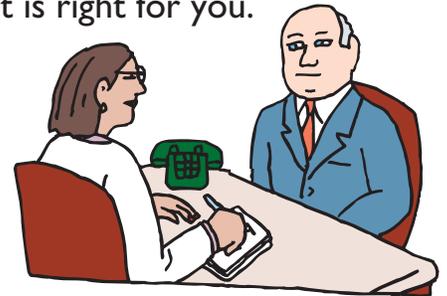
### Your Goal:

Exercise at least 30 minutes a day to keep your current weight. Forty-five to 60 minutes of daily exercise may help you lose weight.



Keep a record of when you are active, what you do, and how long you do it. Set a goal that you can reach. Reward yourself when you reach your goal. Then set a new goal!

Your doctor or diabetes educator will help you choose an exercise plan that is right for you.



### Tips on Getting Started

- Start SLOW: Warm up a few minutes before and after you are active.
- Find a friend to be active with. It will help you stick with it.
- Wear comfortable shoes and clothes – and carry ID showing you have diabetes.
- Check your feet before and after exercise.
- Try to exercise 1 to 3 hours after a meal (when your blood sugar is high)

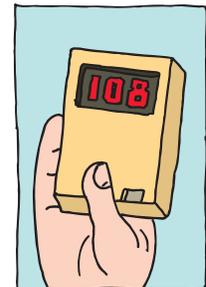


### High-Sugar Snack (Peppermints)



Quickly chew 3 or 4 pieces of hard candy.

- Check your blood sugar before and after you are active – especially if you have type 1 diabetes.
- Low blood sugar can be a problem when you exercise. Always have a high-sugar snack handy.



# LEG EXERCISES AND DIABETES

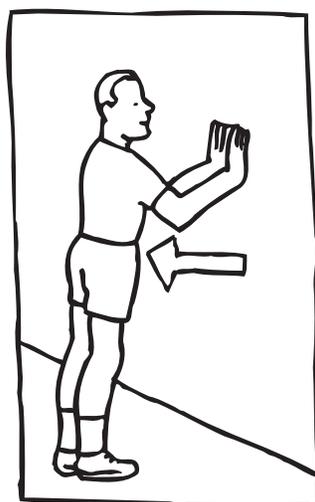
Being active every day is important for people with diabetes. Daily leg exercises are a safe way for almost everyone to exercise. Talk to your doctor before you start, or stop, any exercise program.



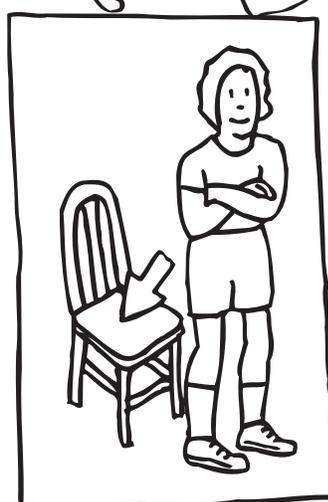
Take a "brisk" or quick walk every day for 30 minutes or more. Walk for 45 to 60 minutes if you need to lose weight.



**Stair Exercise:** Holding a handrail for support, walk quickly up stairs on the balls or front part of your feet 5 or 10 times.



**Calf stretch:** Keep your legs stiff and feet flat on the floor. Put your hands on the wall and step back slowly until your arms are straight. Bend your arms 10 times (to stretch your calf or upper leg muscles).



**Chair exercise:** With your arms crossed, sit down and stand up from a strong, straight chair 10 times.



**Tiptoe exercise:** Hold the back of a chair with both hands and raise and lower yourself on the toes of one foot 10 or more times. Then do the same exercise with the other foot.

**Be Your Best! Try to be active or exercise every day.**

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# LEG EXERCISES AND DIABETES



Leg bends: Hold chair with one hand. Put one foot forward and lower your body straight down, and then up. Do this 10 times with both feet flat on the floor.



Heel raises: Standing straight, go up on your toes and then down on your heels about 20 times.



Leg swings: Holding on to a strong chair or table with one hand, stand on a large book and swing your leg back and forth 10 times. Then do the same thing with the other leg.



Shake your feet: Sit on the floor and lean back with both hands on the floor. Shake your feet (one at a time) until they feel relaxed and warm.

**Be Your Best! Try to be active or exercise every day.**

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# DIABETES PILLS

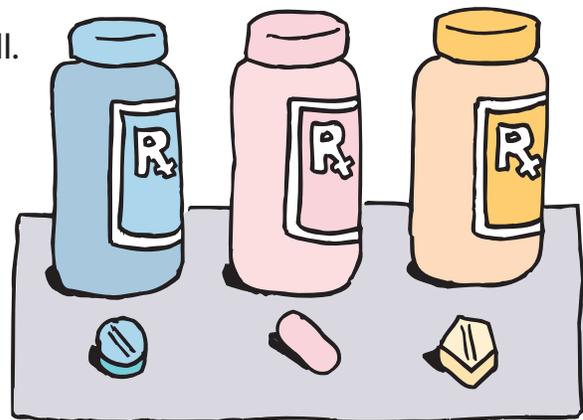
## WHAT YOU NEED TO KNOW

Many people take diabetes pills to help lower their blood sugar. Diabetes pills only help people with Type 2 diabetes. People with type 1 diabetes must take insulin.

There are different types of diabetes pills or tablets. Many of them work in different ways. Some people take more than one diabetes pill.

Diabetes pills work best when you:

- Eat healthy foods in the right amounts
- Are physically active every day
- Avoid stress



Take your diabetes pills at the same time each day. Do not take more pills, or fewer pills, without talking to your doctor.

Some pills you keep taking if you are ill and some you do not. Call your doctor or health clinic if you are supposed to take diabetes pills when you are ill, but are too ill to take them.

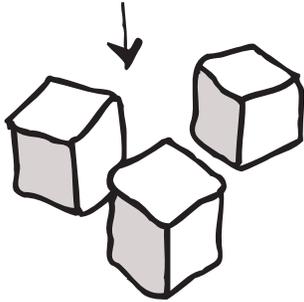
### **ASK QUESTIONS.**

Before you leave the doctor's office or clinic, be sure you know:

- How and when to take your diabetes pills
- If you should take your pills when you are ill
- What to do if you miss taking a diabetes pill

# WHY DO I NEED INSULIN?

SUGAR FROM FOOD

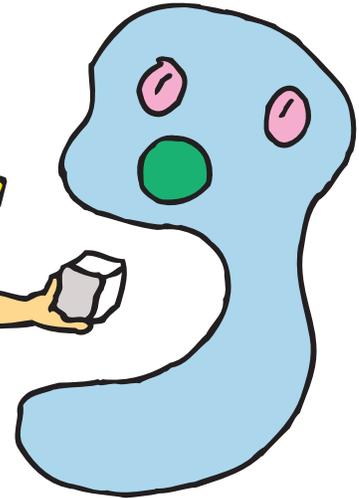


Insulin helps your body's cells get the sugar they need from food. Your cells need sugar to give you energy.

INSULIN



CELL

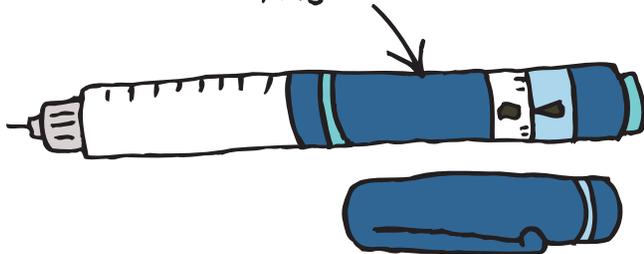


When you have diabetes, your body doesn't make insulin or the insulin you do make doesn't work right.

You can get the insulin you need by injecting it with an insulin pen, a syringe, or insulin pump.



INSULIN PEN



- Taking insulin will:
- help to control your sugar levels
  - give you energy
  - help you stay healthy

Low blood sugar can be a problem if you take insulin.  
Be sure you know how to treat low blood sugar before you take insulin.

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# **Testing Your Blood Sugar**

## **What Should it Be?**

**Before eating: 70-130\***

**2 hours later: Less than 180\***

\*These numbers may be different if you are pregnant.

## **When should you check?**



### **Best times:**

- **Before and after meals**
- **Before and after exercise, shopping, cutting the grass, housework**
- **If you check once a day, check at different times of the day**
- **At bedtime**
- **Remember to ask your doctor or educator best times for YOU to check!**

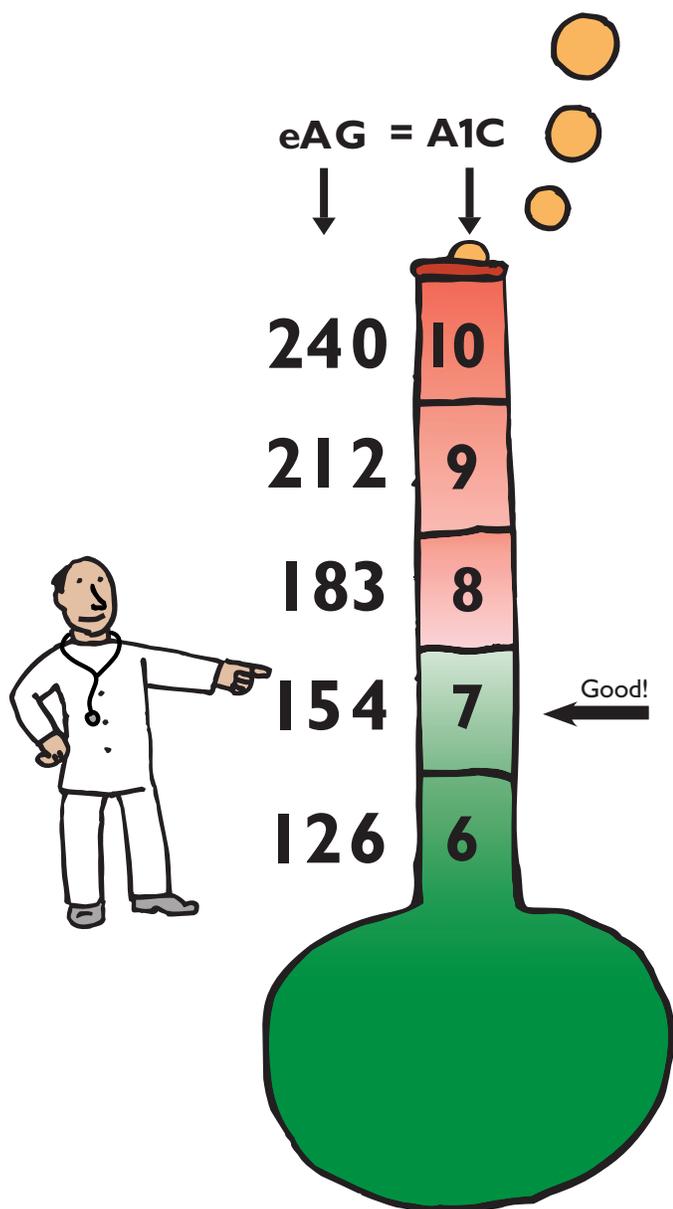


- **Write down your blood sugar readings and take them to your healthcare appointment.**
- **No one is perfect. Just do your best!**

# WHAT'S MY eAG?

eAG is short for estimated Average Glucose (blood sugar). It is a new and different way to help you understand your A1C blood test results.

The eAG (A1C) is a test you get at the doctor's office or clinic. The results show you how well you have controlled your blood sugar over the past 2 to 3 months.



eAG results are reported in the same units or numbers (mg/dL) as your blood sugar meter. This can make it easier to understand what your test results mean. Your eAG may be higher than many of your meter results. This is because your eAG number is the average of your 24-hour blood sugar levels over time and blood sugars are usually higher when you are asleep.

The drawing on the left shows you the eAG numbers that are equal to different A1C test results. For example, the goal for most people with diabetes is an A1C of 7 or lower. This is equal to an eAG of 154.

Your doctor or diabetes educator will help you reach the eAG goal that is right for you. If your test results are high, you may need to change:

- your meal plan
- how active you are
- your diabetes medicine plan

# HIGH BLOOD SUGAR (HYPERGLYCEMIA)

Keeping your blood sugar under control is important. Too much sugar in your blood, for too long, can cause serious health problems.

**Common Causes:** Too much food, not taking enough insulin or diabetes pills, being less active than normal, stress or illness.

## Symptoms include:



Thirsty all the time



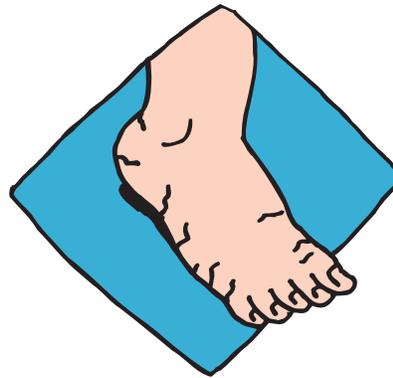
Blurry vision



Need to urinate often



Weak or tired

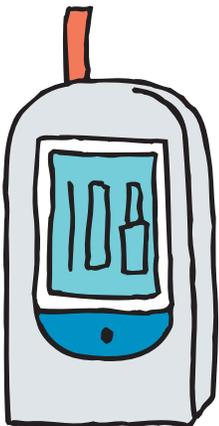


Dry skin



Often hungry

## What to do:



- Check your blood sugar often
- Continue to take your medicine
- Follow your meal plan
- Drink lots of water
- Exercise – if you can.

If your blood sugar is higher than your goal for 3 days and you don't know why, call your doctor or health clinic right away.



# LOW BLOOD SUGAR

(Hypoglycemia)

A low blood sugar can happen quickly. If not treated right away, low blood sugar can cause a medical emergency. You can even pass out.

Common causes: Skip a meal or not eat enough food; too much insulin or diabetes pills; more active than usual.

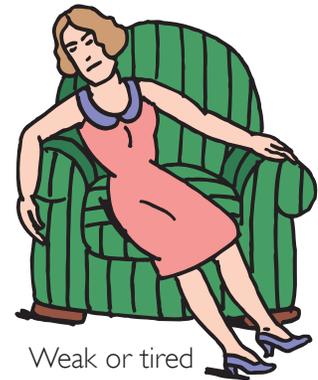
Warning signs include:



Shaky or dizzy



Blurry vision



Weak or tired



Sweaty



Headache



Hungry



Upset or nervous

What to do?



Check your blood sugar right away. If it is below 70, treat for low blood sugar. If you can't check, treat anyway to be safe.



Treat by eating 3 packets or 1 tablespoon of regular sugar, 4 ounces of regular fruit juice, or 6 ounces of regular (not diet!) soda.



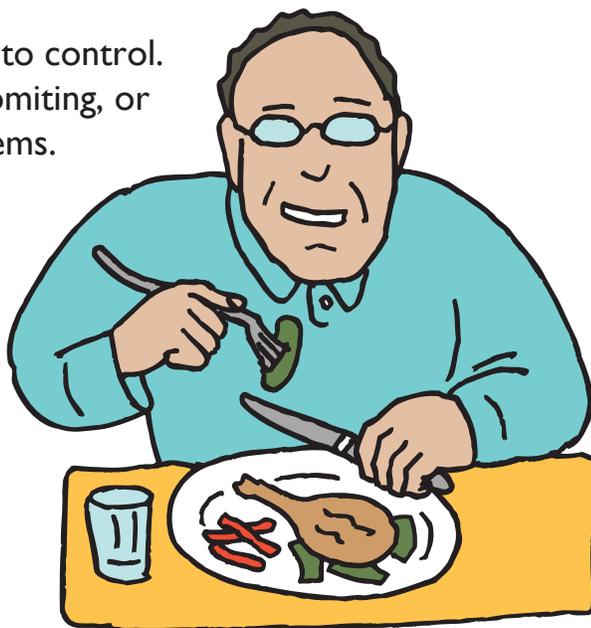
Check your blood sugar in 15 minutes. If it is still low (below 70), treat again. If you keep having problems and you don't know why, call your doctor or health clinic.

# SICK DAYS WITH DIABETES

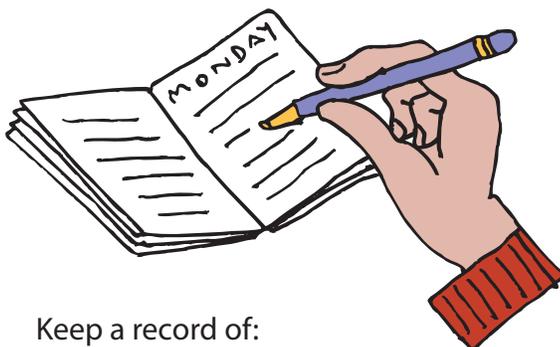
Being sick can make blood sugars hard to control. Even common problems, like a cold, vomiting, or a fever, can cause serious health problems. Here are some important things to remember when you are sick:



Drink non-caffeine liquids every hour, if you can.

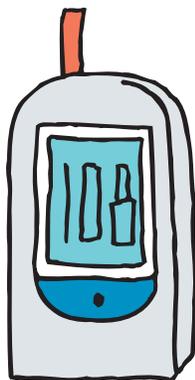


Try to eat your normal meal plan.



Keep a record of:

- what you eat and drink
- your blood sugar levels every four hours
- ketone readings every four hours— if you take insulin



Call your doctor or health clinic if you are sick and don't know what to do, or if you:

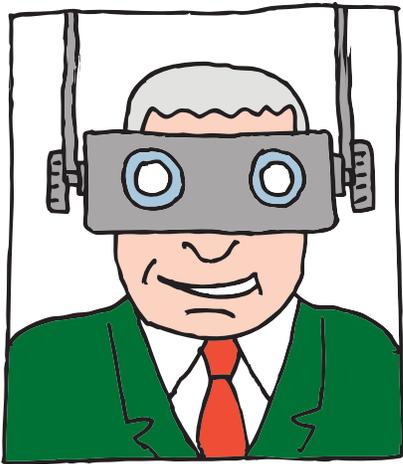
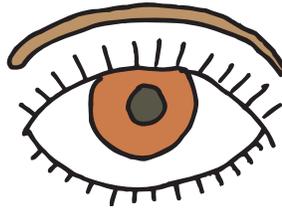
- are unable to eat or drink liquids
- are vomiting or have diarrhea
- are too ill to take your diabetes medicine
- can't control your blood sugar or have ketones



# DIABETES AND YOUR EYES

High blood sugar levels from diabetes can cause a number of problems with your eyes, such as:

- Blurry vision
- Cloudy vision that feels like you are looking through a dirty window
- An increase in eye pressure
- Loss of vision



## **If you have a problem:**

Call your doctor or health clinic right away if you have any sudden change in your vision.

Regular eye exams and taking good care of your diabetes are the best way to prevent eye problems.

## **What can you do?**

You can help prevent eye problems and keep your eyes healthy if you:

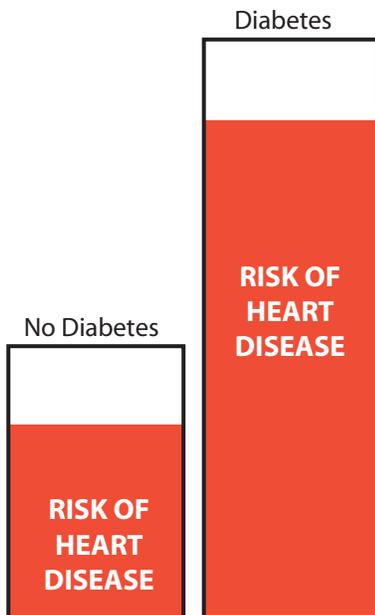
- Get a “dilated” eye exam at least once a year\*
- Control your blood pressure
- Keep your blood sugar under good control



\* Dilated eye tests or exams are given only by an ophthalmologist (ahp tha MAHL uh jist). This is a medical doctor (MD or DO) with special eye care training.

# DIABETES AND YOUR HEART

The number one health problem for all Americans is heart disease. If you have diabetes, you have at least twice the risk or chance of having heart disease as a person without diabetes.



## What can you do?

You can lower your chance of having a heart attack, stroke, or blood vessel problems by controlling your:

- Blood sugar levels
- Blood pressure
- Cholesterol, and
- Weight, if you are overweight



## Know your heart-healthy goals:

- Follow your diabetes meal plan
- Be physically active every day
- Take your diabetes medicine
- If you smoke – QUIT!

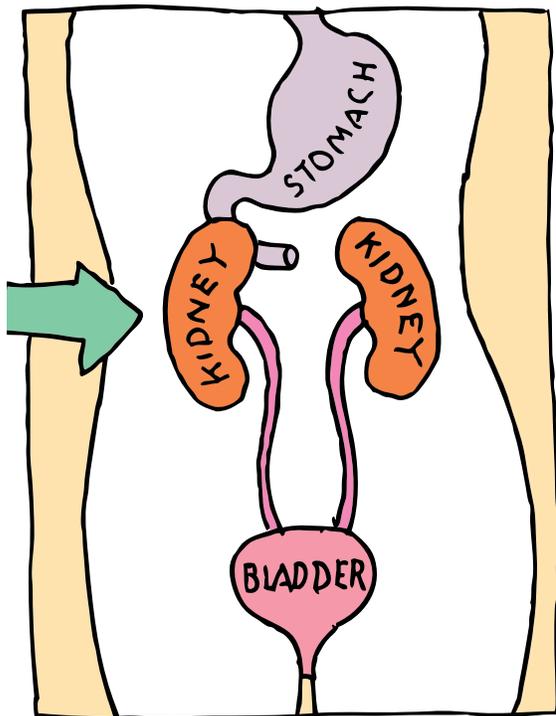


Are you doing all you can do to protect your heart? Find out at your next diabetes care visit.

# PROTECT YOUR KIDNEYS

The kidneys clean your blood. Their main job is to remove the waste or things in your blood that can make you sick if you don't get rid of them.

People with diabetes have a higher risk or chance of having kidney disease. A problem with your kidneys can cause serious health problems that are hard to control.



Kidney disease is also called a “hidden” health problem. Why? Because there is often no sign of a kidney problem until it is too late.

Stop kidney problems before they start. Talk to your doctor or diabetes educator for more information.

## What can you do?

You can help stop kidney problems before they start if you:

- Control your blood sugar every day

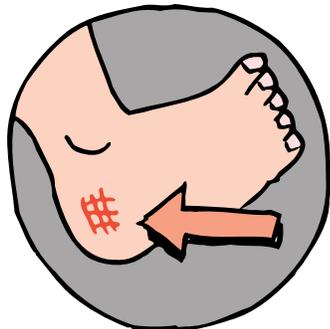


- Control your blood pressure
- Be active and eat healthy foods in the right amounts
- Have a urine protein (kidney) test once a year
- Control your weight or get help to lose weight, if you need to



- Don't smoke!
- Drink 6 to 8 glasses of water a day
- Take all the medicine you are supposed to take every day

# TIPS FOR GOOD FOOT CARE



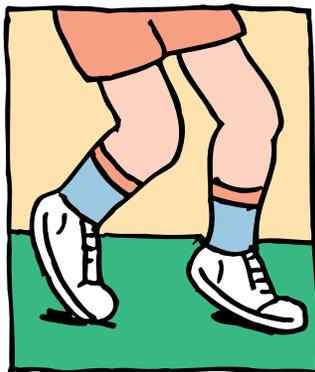
Check your feet and toes daily for cuts, bruises, or swelling



Wear shoes and socks that fit well



Use skin lotion to avoid dry feet (but not between your toes)



Exercise every day for at least 20 to 30 minutes



Wash and dry your feet every day. Use warm (not hot) water and mild soap



File your toenails straight across



See your doctor right away if you hurt your feet



Don't go barefoot - ever!

# LOSING WEIGHT WITH DIABETES

Being overweight and having diabetes increases your risk or chance of having other serious health problems.

If you need to lose weight, your goal is to burn more calories than you eat – every day. Here are some simple ways to help you do this:

**Take your time.** Fast weight-loss diets don't work.

**Keep a food diary.** Writing down what you eat and how often you eat is a surprise to many people. A diary will help you eat less.

**Eat slowly.** It takes your stomach 20 minutes to start feeling full.

**Don't skip meals.** People who skip meals often lose less weight than people who eat 3 meals a day.

**Eat at home.**

It is easier to control what you eat if you prepare your own food.

**Measure your food.**

Food portions (how much you eat) are often larger than you think. If you eat out, share a meal or take half home.

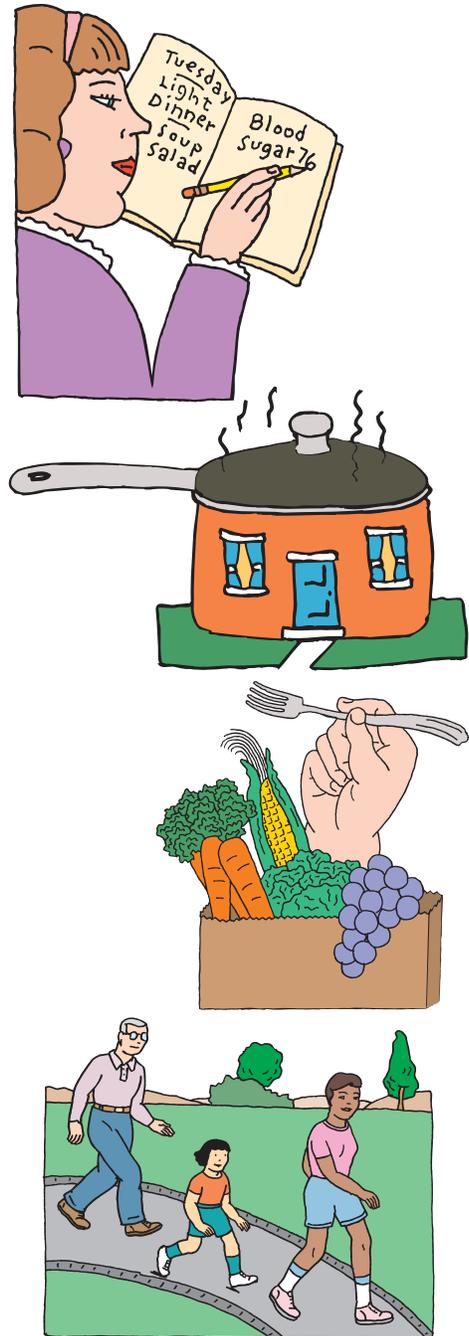
**Eat 5 to 9 servings of fruits and vegetables a day.** They are healthy, have few calories, and make you feel full.

**Drink 5 to 8 glasses of water daily.** Water has no calories. Drink it before meals to help you eat less.

**Skip snacks.** If you can't, have fruits and vegetables for snacks instead of chips, candy or cookies.

**Be active.** Walk. Ride a bike. Run. Almost any exercise will help you burn calories. Try to be active 30 minutes or more every day.

Put this list on the wall or refrigerator to help you remember your goal. The time to start your healthy weight loss program is now!



# SMOKING WITH DIABETES

Things you don't want to miss:

Birthdays

Weddings

Holidays

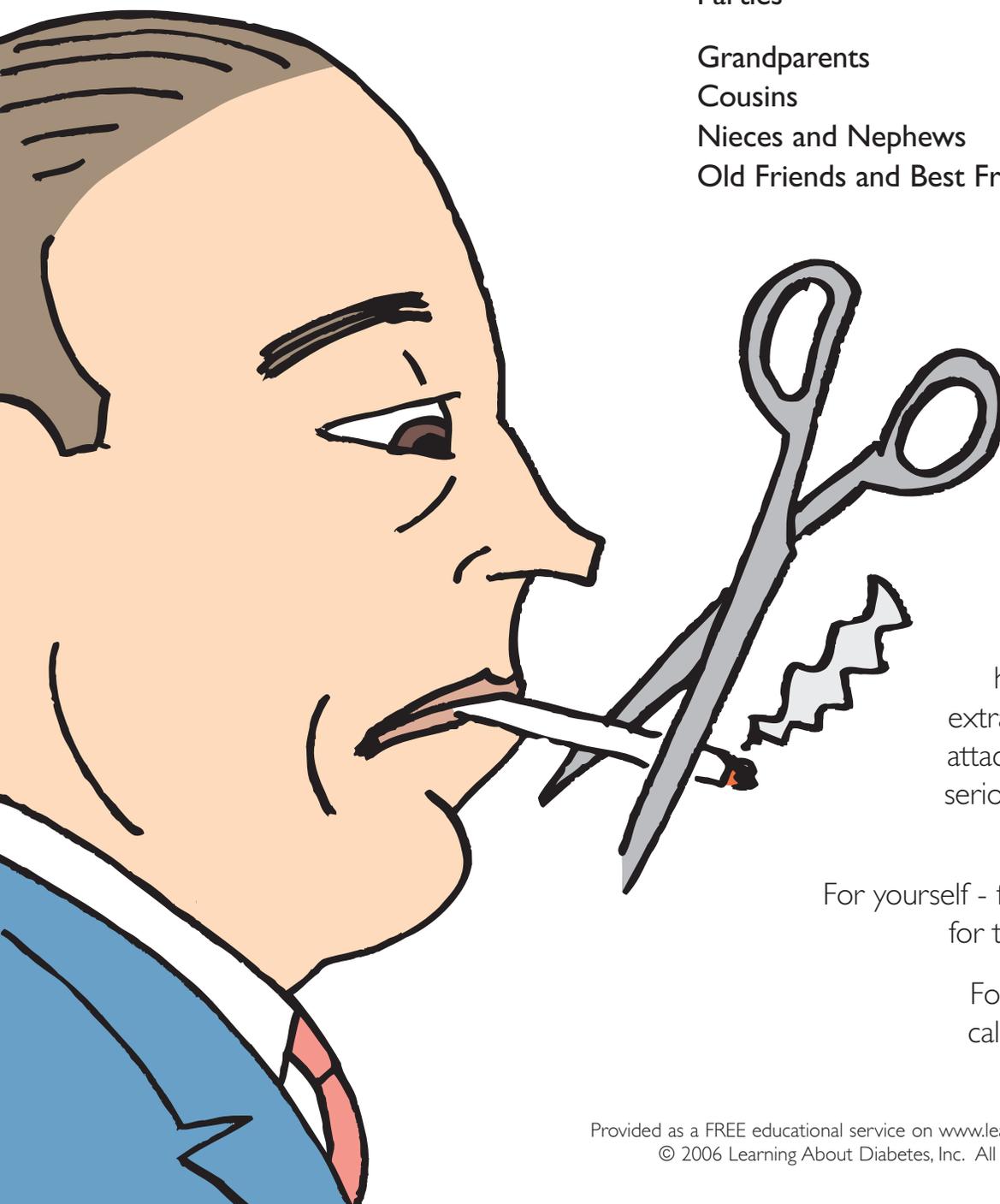
Parties

Grandparents

Cousins

Nieces and Nephews

Old Friends and Best Friends



Smokers who have diabetes are at extra-high risk for heart attack, stroke, and other serious health problems.

Quit smoking now!  
For yourself - for those you love -  
for those who love you.

For more information,  
call 1-800-QUITNOW.

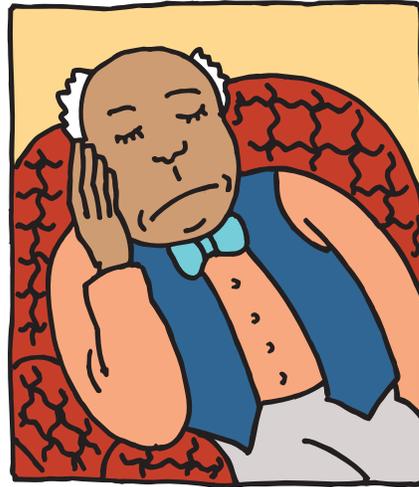
# DIABETES AND STRESS

Stress is a normal part of living. Some days you feel great. Other days you may feel tired, sad, upset about work or about your diabetes.



Having diabetes can cause stress. Changes in your blood sugar levels can make your diabetes harder to control.

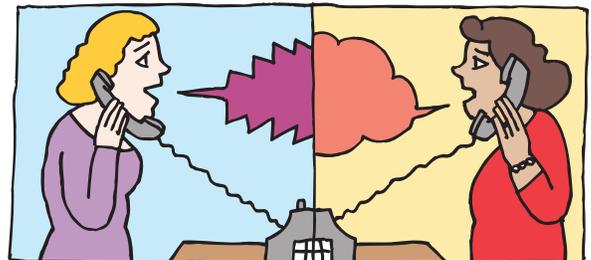
Low blood sugar can make you feel nervous or upset. High blood sugar can make you feel tired or down.



## What can you do?

Learn to relax. There are a number of things you can do to lower the stress in your life and control your diabetes, such as:

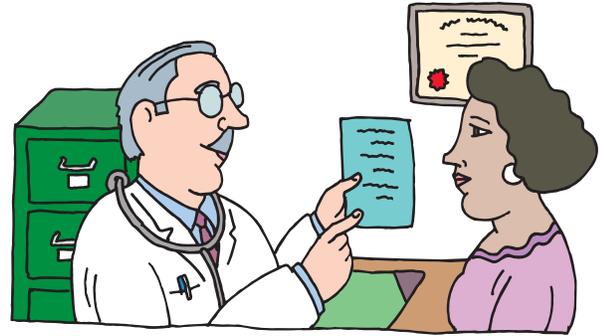
- Be physically active 30 minutes or more a day.
- Get a hobby. Join a club. Try a new sport.
- Take a nap. Even a 10 minute nap can help.
- Go for a walk. Listen to music.
- Open up. Sharing your feelings with family and friends can often lower stress.



Call your doctor or diabetes educator if you have too much stress in your life. They are there to help.

# DIABETES CARE SCHEDULE

## TAKE GOOD CARE OF YOURSELF



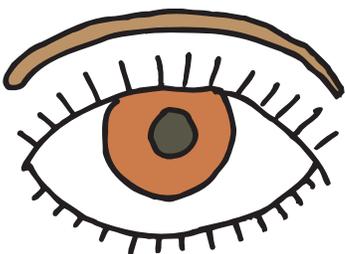
### Every 3 Months

- Regular doctor's office visit
- A1C blood test  
Every 3 months if your blood sugar (glucose) number is *too high*
- Blood pressure check
- Weight check
- Foot check



### Every 6 Months

- A1C blood test  
Every 6 months if your blood sugar (glucose) number is *good*
- Teeth and gums exam by your dentist



### Every Year

- Physical check-up (exam) by your doctor
- Complete foot exam
- Check cholesterol and other body fats (lipid profile test)
- Complete (dilated) eye exam by an eye doctor
- Flu shot
- Kidney tests

# DIABETES SUPPLIES

## HOW TO GET HELP

The cost of diabetes pills, insulin, a blood sugar meter or test strips can be a problem at times for almost everyone. If paying for your diabetes medicine or supplies is a problem, the first step is to talk to your doctor, nurse, or diabetes educator. They can often help.



Here is a list of some organizations (groups) that may also help, or can direct you to others who can help:

### Medicine, Meters, Test Strips, Supplies

*Medicare.* Parts A, B, and C offer many free benefits for people over 65. (800)633-4227  
[www.medicare.gov](http://www.medicare.gov)

*Medicaid.* A program for low income persons of all ages and the disabled. Each state has different rules for benefits. Contact your state health department. [www.cms.hhs.gov](http://www.cms.hhs.gov)

*State Programs.* Many states have their own programs to help you get diabetes medicines and supplies. Contact your state or local health department.

Patient Drug Assistance Programs  
American Diabetes Association  
(800)342-2383 [www.diabetes.org](http://www.diabetes.org)

Together Rx  
[www.togetherrxaccess.com](http://www.togetherrxaccess.com)  
(800)444-4106

Charles Ray III  
Diabetes Assoc., Inc.  
[www.charlesraygl2.com](http://www.charlesraygl2.com)

NeedyMeds (No phone)  
[www.needymeds.org](http://www.needymeds.org)

**Insulin Pump and Supplies**  
iPump.Org, Inc. [www.ipump.org](http://www.ipump.org)  
A doctor must request a pump.

### Finding Health Insurance

Foundation for Health Coverage Education  
(800)234-1317  
[www.coverageforall.org](http://www.coverageforall.org)

Children's Health Insurance Program  
(877)543-7669  
[www.insurekidsnow.gov](http://www.insurekidsnow.gov)

The Patient Advocate Foundation  
Co-pay Relief Program  
(866)512-3861  
[www.copays.org](http://www.copays.org)

Other things you can do to save money or get help include:

- Ask your doctor if you can take a generic drug.
- Price shop at discount pharmacies, such as Wal-Mart and Costco.
- Search online at [www.slashdrugcosts.org](http://www.slashdrugcosts.org) or [www.pharmacychecker.com](http://www.pharmacychecker.com). Your local library has free computers and people who will help you use a computer.
- Ask your pharmacist for the name (and phone number, if they have it) of the company that makes your diabetes medicine or supplies. Then call the company and ask if they have a Patient Assistance Program.
- Ask your local community health center for help ([www.hrsa.gov/help](http://www.hrsa.gov/help)).

If you need help, start looking now. Taking care of your diabetes every day is important.



# PATIENT ASSISTANCE PROGRAMS

## SAVING MONEY ON YOUR DIABETES MEDICINE



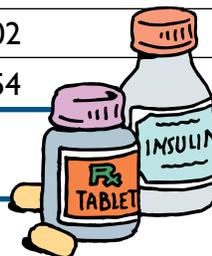
Many companies offer diabetes pills or insulin at lower prices or for free to people who do not have health insurance, Medicare, or Medicaid.

Below is a list of commonly used diabetes medicines. Circle the diabetes medicine or medicines you take. Call the phone number next to the medicine that is circled to find out if you can save money.

### PATIENT ASSISTANCE PROGRAMS

<b>DIABETES TABLETS</b>		
<b>Circle Your Medicine</b>	<b>Phone Number</b>	<b>Company</b>
Actos (pioglitazone)	1-800-830-9159	Takeda
Amaryl (glimepiride)*	1-800-221-4025	Sanofi-Aventis
Avandia (rosiglitazone)	1-866-728-4368	GlaxoSmithKline
Glucophage (metformin)*	1-800-736-0003	Bristol-Myers Squibb
Glucotrol (glipizide)*	1-800-707-8990	Pfizer
Januvia (sitagliptin)	1-800-727-5400	Merck
Prandin (repaglinide)	1-866-310-7549	Novo Nordisk
Precose (acarbose)*	1-866-575-5002	Bayer
Starlix (nateglinide)	1-800-277-2254	Novartis

\*A low-cost generic tablet is also available.  
Talk to your diabetes educator for more information.



<b>MEDICINE YOU INJECT</b>		
<b>Circle Your Medicine</b>	<b>Phone Number</b>	<b>Company</b>
Byetta; Symlin	1-800-868-1190	Amylin Pharma.
Humalog; Humalog 75/25 Humalog 50-50; Humulin R Humulin N	1-800-545-6962	Eli Lilly & Co.
NovoLog; NovoLog 70/30 Novolin R; Novolin 70/30 Novolin N; Levimir	1-866-310-7549	Novo Nordisk
Lantus; Apidra	1-800-207-8049	Sanofi-Aventis

Not all diabetes medicines are listed here. Call the company making your diabetes medicine even if it is not listed to find out if you can save money. Talk to your doctor, diabetes educator, or pharmacist if you need help before or after you call. Call today! Controlling your diabetes every day is important.

## Web Resources

Arkansas Department of Health, Diabetes Prevention and Control:

<http://www.healthy.arkansas.gov/programsServices/chronicDisease/diabetesPreventionControl/Pages/default.aspx>

Learning About Diabetes website (materials in English and Spanish):

[www.learningaboutdiabetes.org](http://www.learningaboutdiabetes.org)

Tasty Recipes for People with Diabetes and Their Families (English):

<http://ndep.nih.gov/media/tasty-recipes-508.pdf>

Ricas recetas para personas con diabetes y sus familiares (Spanish):

<http://ndep.nih.gov/media/ricas-recetas-508.pdf>

Gestational Diabetes: A Guide for Pregnant Women

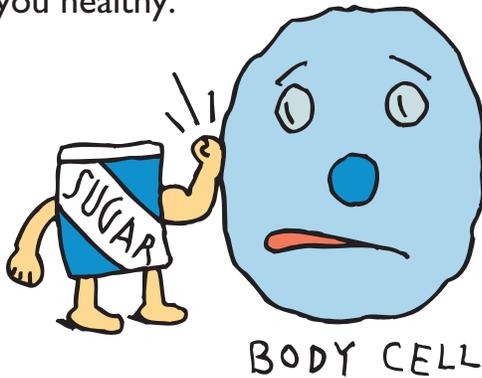
[http://effectivehealthcare.ahrq.gov/ehc/products/107/162/2009\\_0804GDM\\_Con\\_s\\_singlpgs.pdf](http://effectivehealthcare.ahrq.gov/ehc/products/107/162/2009_0804GDM_Con_s_singlpgs.pdf)

Gestational Diabetes:

<http://www.cdc.gov/diabetes/pubs/pdf/gestationaldiabetes.pdf>

# TYPE I DIABETES

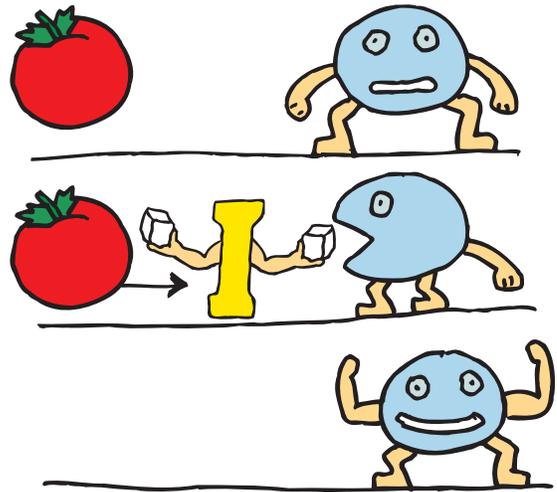
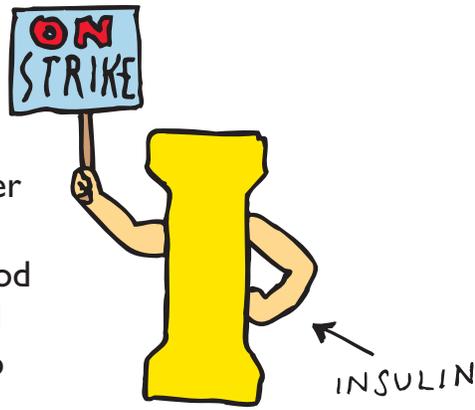
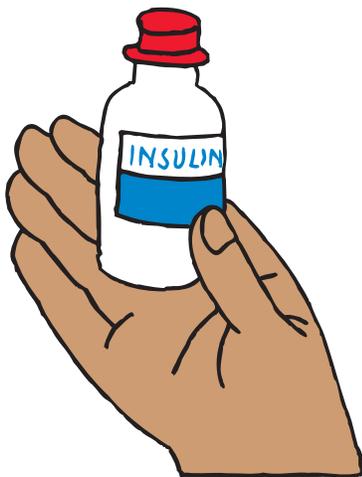
In type I diabetes, your body no longer makes insulin. Insulin helps sugar from the food you eat move from your blood into your body's cells. Your cells need this sugar to give you energy and keep you healthy.



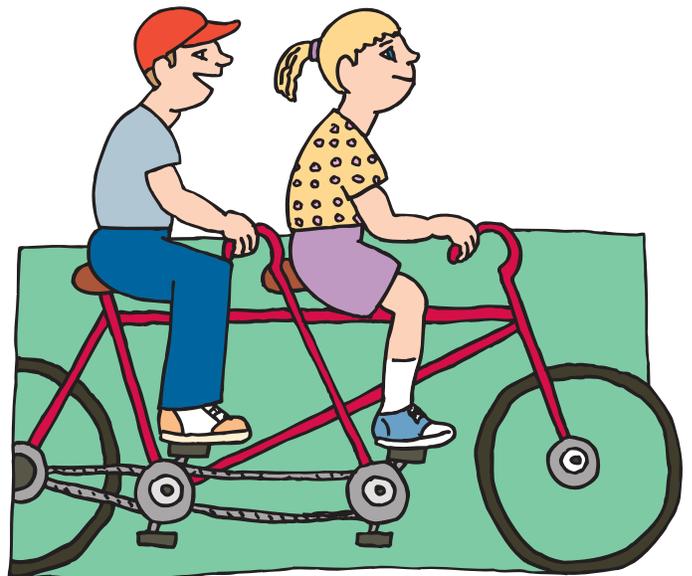
If your cells can't get the sugar they need for energy, your blood sugar levels become high. Diabetes is the medical word for people with a "high blood sugar" problem.

People with type I diabetes must take insulin.

Most people with type I diabetes are children or young adults, but you can get it at any age.

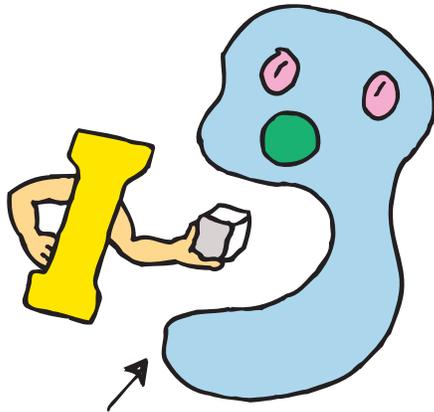
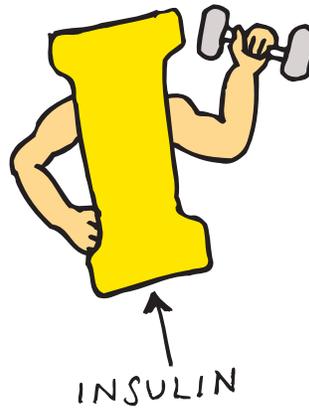


Diabetes is a serious problem, but it can be controlled. People with type I diabetes can lead full and happy lives.



# TYPE 2 DIABETES

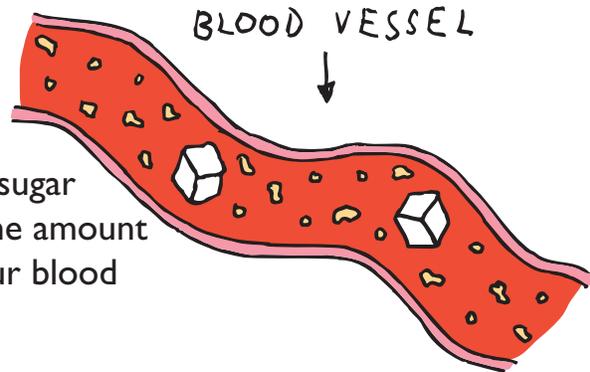
With type 2 diabetes, your body makes some insulin, but not enough. Or, the insulin your body makes does not work right.



Much of the food you eat is changed by your body into a kind of sugar. The medical word for this sugar is glucose. Insulin helps sugar move from your blood into your body's cells.

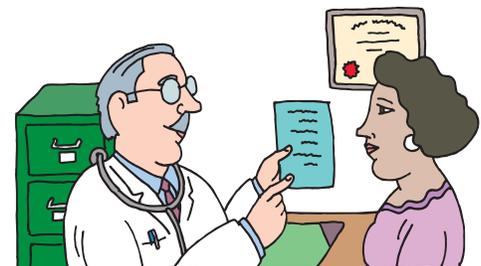
BODY CELL

If you don't have enough insulin to move sugar from your blood into your body's cells, the amount of sugar in your blood goes up. When your blood sugar levels stay high, you have diabetes.



Type 2 diabetes is more common in adults, but the number of children and young people with type 2 diabetes is growing. Eating healthy foods, in the right amounts, and being physically active can help people lower their blood sugar. Most people with type 2 diabetes take diabetes pills and many also take insulin.

Diabetes cannot be cured, but you can control it! People who control their blood sugar levels can lead full and happy lives - just like everyone else. Talk to your doctor or health clinic for more information.



# *It's never too early... to Prevent Diabetes*

**If you had** gestational diabetes when you were pregnant, you and your child have a lifelong risk for getting diabetes.

Because of this risk, you need to be tested for diabetes **after your baby is born**, then at least every three years. Reduce your risk by taking small steps for you and your family. If you weigh too much, you can prevent or delay type 2 diabetes if you lose a small amount of weight and become more active.

**Your children can lower their risk** for type 2 diabetes if they don't become overweight. Serve them healthy foods and help them to be more active.

## **What is Gestational (jes-TAY-shon-al) Diabetes?**

It is a type of diabetes that occurs when women are pregnant. Having it raises their risk for getting diabetes, mostly type 2, for the rest of their lives. African American, Hispanic/Latina, American Indian, and Alaska Native women have the highest risk.

**A Lifetime of Small Steps for  
A Healthy Family**



# Action Steps



## FOR YOU:

1. Ask your doctor if you had gestational diabetes. If so, let your future health care providers know.
2. Get tested for diabetes 6 to 12 weeks after your baby is born, then at least every 3 years.
3. Breastfeed your baby. It may lower your child's risk of being overweight or obese. These are risk factors for type 2 diabetes.
4. Talk to your doctor if you plan to become pregnant again in the future.
5. Try to reach your pre-pregnancy weight 6 to 12 months after your baby is born. Then, if you still weigh too much, work to lose at least 5 to 7 percent (10 to 14 pounds if you weigh 200 pounds) of your body weight slowly, over time, and keep it off.
6. Make healthy food choices such as fruits and vegetables, fish, lean meats, dry beans and peas, whole grains, and low-fat or skim milk and cheese. Choose water to drink.
7. Eat smaller portions of healthy foods to help you reach and stay at a healthy weight.
8. Be active at least 30 minutes, 5 days per week to help burn calories and lose weight.

## FOR THE WHOLE FAMILY:

1. Ask your child's doctor for an eating plan to help your child grow properly and stay at a healthy weight. Tell your child's doctor that you had gestational diabetes. Tell your child about his or her risk for diabetes.
2. Help your children make healthy food choices and help them to be active at least 60 minutes a day.
3. Follow a healthy lifestyle together as a family. Help family members stay at a healthy weight by making healthy food choices and moving more.
4. Limit TV, video, and computer game time to an hour or two a day.

The National Diabetes Education Program (NDEP) offers materials that can help you and your family make healthy food choices to prevent or delay type 2 diabetes. You can order a booklet for adults at risk called **Your GAME PLAN to Prevent type 2 Diabetes**, and a tip sheet for children at risk called **Lower Your Risk for type 2 Diabetes**.

To get your free copies go to [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org) or call 1-888-693-NDEP (6337).



The U.S. Department of Health and Human Services' National Diabetes Education Program is jointly sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention with the support of more than 200 partner organizations.

Francine Kaufman, M.D., Head, Center for Diabetes, Endocrinology and Metabolism at Childrens Hospital, Los Angeles, CA, reviewed this material for accuracy.