

# My Diabetes



# Health Journal

# MY SUPPORT TEAM

## MY CLINIC: SOUTHSIDE CHS

My Provider: \_\_\_\_\_

My Chronic Condition Educator: \_\_\_\_\_

My Community Health Worker: \_\_\_\_\_

Phone: \_\_\_\_\_

My Patient Advocate: \_\_\_\_\_

## MY CHART INFORMATION

Username: \_\_\_\_\_

Password: \_\_\_\_\_

## CONTACT SOUTHSIDE

Phone: 612-827-7181

Fax: 612-767-4545

Website: [www.southsidechs.org](http://www.southsidechs.org)

## REFERRALS

Name: \_\_\_\_\_

Reason: \_\_\_\_\_

Location: \_\_\_\_\_

Phone: \_\_\_\_\_

## MY INSURANCE

Company: \_\_\_\_\_

ID Number: \_\_\_\_\_

## OTHER SUPPORT

\_\_\_\_\_

\_\_\_\_\_

Filled out on: \_\_\_/\_\_\_/\_\_\_\_\_

\*Update this form once a year

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**Introduction**

# Welcome to the Diabetes Program

We are excited to support you in the care of your chronic condition! As of now, you have completed the first step of your diabetes care. During your recent visit to the clinic, you had an elevated blood sugar (or blood glucose) reading. Due to this, your provider requested to see you for a diabetes care follow-up. Your provider also gave you this binder and either provided or recommended a glucose meter to test your blood sugars daily. It is important that you check your blood sugar every day, at least once each day, but may be recommended more often. This way, you will be able to show your provider your progress at your visits and help guide your treatment decisions.

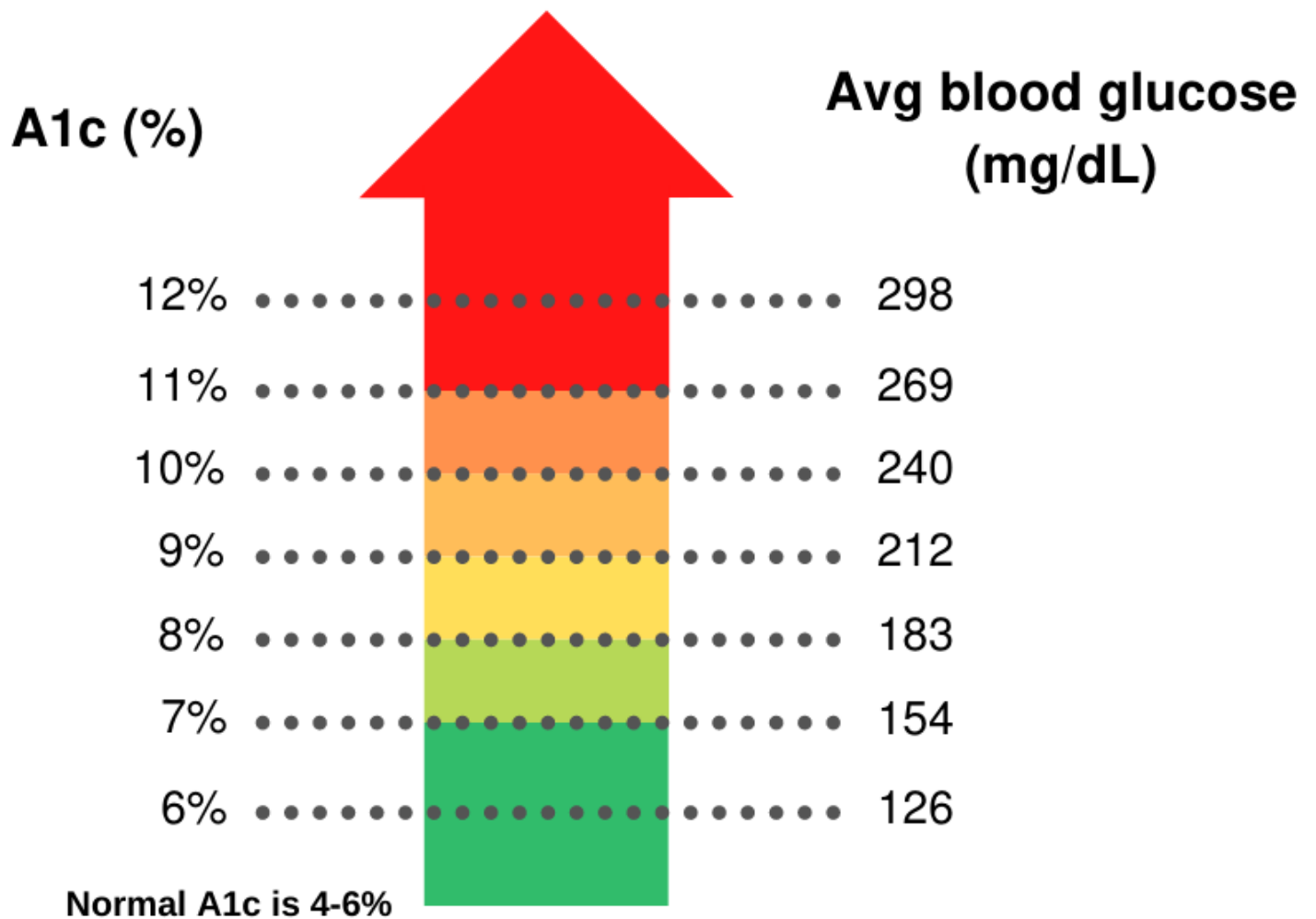
Now that you have joined the Diabetes Program, you will be receiving a call from the Chronic Care team within the next week. During this call, they will welcome you to the program, review your recent appointment with your provider, and introduce you to the second part of the program.

In the second part of the program, you will work closely with a Community Health Worker to assist and support you in your care. After talking with our Chronic Care team, one of our three community health workers (Megan Nieto, Hilda Herrera, or Mireya Ferreyra) will call you and talk to you about how they will support you in your care. Your community health worker will assist you in three important areas of your diabetes care:

- Skill building – working to improve your routines and habits to better support your health
- Health education – teaching you how to promote, maintain, and restore health in all aspects of your life
- Social Determinant of Health – connecting you with resources in your community that will be valuable for you and your needs
- Support system – connecting you with other Southside patients to create support groups that interact through WhatsApp and meetings to support one another in improving your blood sugar

Finally, in this binder, you will find many resources to help you in the care of your diabetes. These resources contain information concerning how you can use your diet, exercise, medications, and blood sugar meter and/or continuous glucose monitor to control your blood sugar. We hope you will utilize these resources to educate and empower yourself in your journey to a healthier lifestyle.

# A1C to Average Blood Glucose Conversion Chart



© Diathrive, inc.

# BLOOD SUGAR DIARY

Name: \_\_\_\_\_ Week of: \_\_\_\_\_

My Blood Sugar Goals: Waking Up: \_\_\_\_\_ Before Meals: \_\_\_\_\_ 2 Hours After Meals: \_\_\_\_\_ Bedtime: \_\_\_\_\_

Day / Date	Medication	Breakfast		Medication	Lunch		Medication	Dinner		Medication	Bedtime
		Before	2 hr After		Before	2 hr After		Before	2 hr After		
MON 2/7	Metformin 1,000 mg	101 8am	160 10:10am		130 12:30	198 2:20pm	Metformin 1,000 mg	122 6pm	176 8pm	Lantus 20 units	135 10pm
<b>Comments:*</b>	Walked 30 minutes today - faster than last week. Ate a big plate of pasta for lunch.										
Day / Date	Medication	Before	2 hr After	Medication	Before	2 hr After	Medication	Before	2 hr After	Medication	Bedtime
MON /											
<b>Comments:</b>											
TUE /											
<b>Comments:</b>											
WED /											
<b>Comments:</b>											
THU /											
<b>Comments:</b>											
FRI /											
<b>Comments:</b>											
SAT /											
<b>Comments:</b>											
SUN /											
<b>Comments:</b>											

\*Bring the diary page to your next diabetes-care appointment.

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# Where Can I Buy a Blood Sugar Meter?



<p><b>Meter</b></p>	 <p><b>ReliOn Premier Classic</b></p>	 <p><b>Accu-Chek Guide Meter</b></p>	 <p><b>OneTouch Verio Reflect</b></p>	 <p><b>Glucocard Expression</b></p>
<p><b>Test Strips</b></p>	<p>ReliOn Premier 50 count for \$9.00 at Walmart</p>	<p>Accu-Chek Guide 25 count for \$13.98 at Walmart</p>	<p>OneTouch Verio 30 count for \$18.98 at Walmart</p>	<p>Glucocard Expression 50 count for \$9.98 on Amazon</p>
<p><b>Lancing Device</b></p>	<p>You can use any lancing device/lancets with any given meter. However, you must ensure that the lancets you buy are compatible with your lancing device. For example, the ReliOn lancing device can be used with ReliOn lancets but can also be used with other brands of lancets.</p>			
<p><b>Lancets</b></p>	  			
<p><b>How &amp; Where to Obtain</b></p>	<p>Only available at Walmart</p>	<p>Southside Medical, Walmart, Amazon, &amp; other pharmacies</p>	<p>Southside Medical, Walmart, Amazon, &amp; other pharmacies</p>	<p>Southside Medical &amp; Amazon</p>
<p><b>Additional Savings Programs</b></p>	<p>None</p>	<p>Savings cards, online</p>	<p>Savings cards, online</p>	<p>None</p>
<p><b>Languages</b></p>	<p>English</p>	<p>English, Spanish</p>	<p>English, Spanish</p>	<p>English, Spanish</p>

**Section**



**Goals**

Patient Identifier: \_\_\_\_\_

Date of Service: \_\_\_\_\_



# CHW Solutions

## Goal #1

Circle one: **Clinical**    **Patient**

Goal:

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Obstacles to goal:

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Intervention:

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Progress:

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## Goal #2

Circle one: **Clinical**    **Patient**

Goal:

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Obstacles to goal:

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Intervention:

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Progress:

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## Goal #3

Circle one: **Clinical**    **Patient**

Goal:

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Obstacles to goal:

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Intervention:

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Progress:

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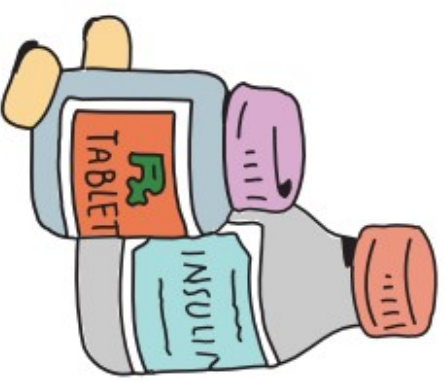
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# Blood Sugar Goals



Good blood sugar control is important for everyone with diabetes. But reaching your blood sugar goals can be hard at times. Here are some things you can do to help you reach your goals:

- Check your blood sugar (blood glucose) often
- Keep a diary of all blood sugar readings
- Eat meals at regular times and don't skip meals
- Keep a food diary or journal
- Be active (walk, run, swim, ride a bike) at least 30 minutes every day
- Reduce the stress in your life
- Keep all doctor appointments
- Bring your blood sugar diary to doctor appointments
- Discuss your blood sugar goals during every doctor visit
- Sleep 7 to 8 hours each night
- Have a plan for sick days
- Know the signs of low blood sugar and how to treat it
- Take your diabetes medicine every day.



## Blood Glucose Goals for Many Adults with Diabetes\*

Time	Adults With Diabetes	My Goal
Before Meals	80 to 130 mg/dL	<input type="text"/>
1 to 2 hours from the beginning of the meal	Less than 180 mg/dL	<input type="text"/>
A1C	Less than 7%	<input type="text"/>

American Diabetes Association guidelines (plasma values)

Call your doctor or diabetes clinic right away if you're finding it hard to reach your blood sugar goals and you don't know why or you are not sure what to do. They are there to help.

\*Everyone is different. Write in the table the blood sugar goals you and your doctor or diabetes educator decide are best for you. Then cut out the table and put it where you can see it. It will help you remember your goals.

# WHAT'S MY A1C?

The A1C is a blood test

you get at the doctor's office or health clinic. It shows:

- Your average blood sugar level for the last 3 months
- Your risk (chance) of having other health problems because of diabetes

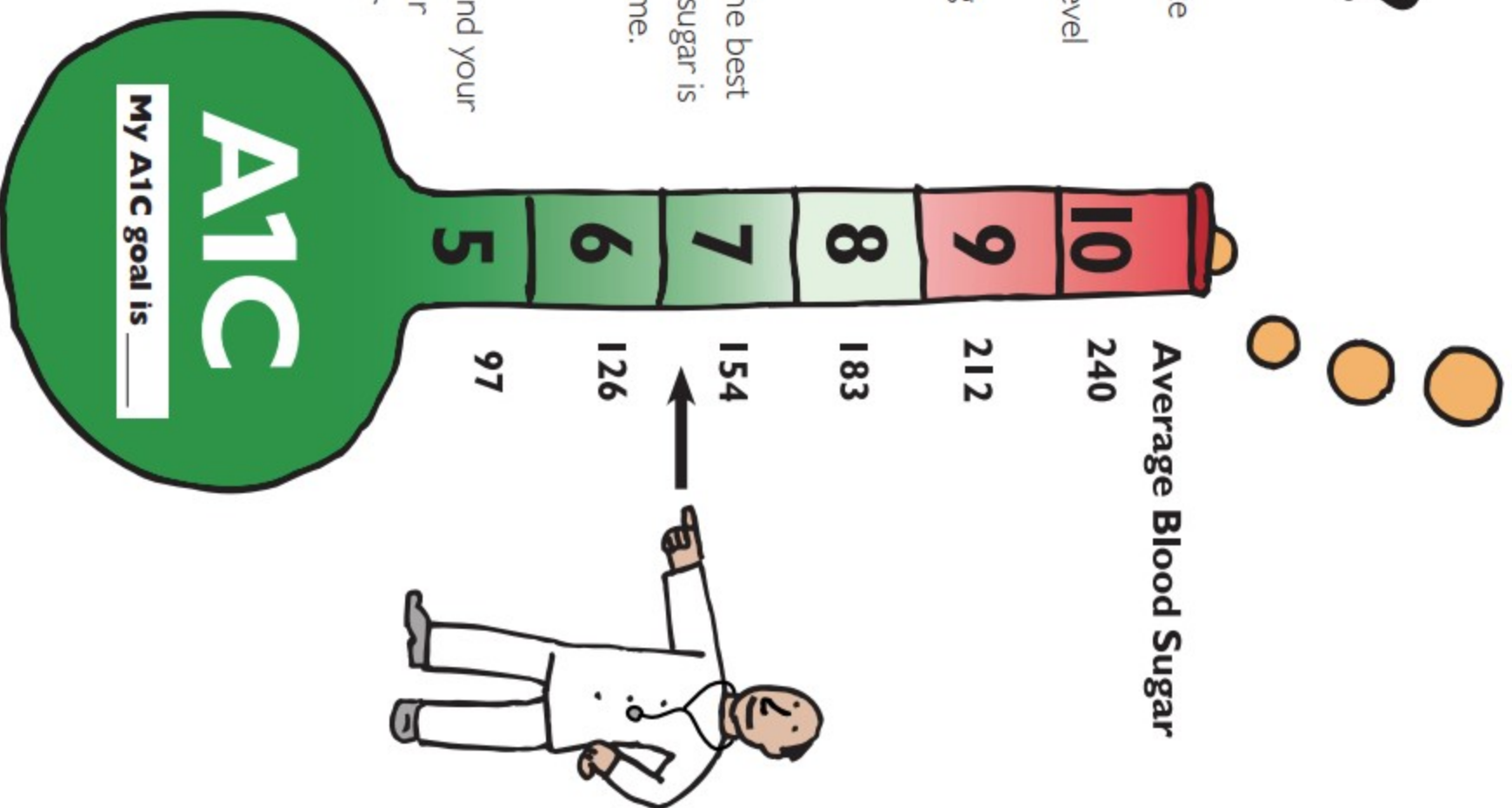
## Why do I need it?

Your A1C test results are the best way to know if your blood sugar is under good control over time.

## What A1C number is right for me?

Everyone is different. You and your doctor or diabetes educator will decide the A1C goal or target that is best for you.

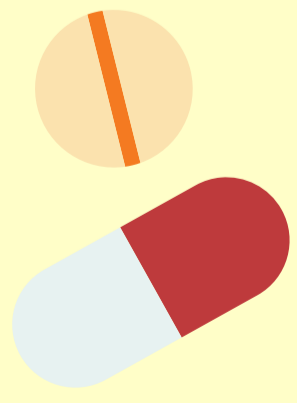
**Be your BEST,  
Get the TEST!**



**Section**



**Diabetes Medications  
and Supplies**



# My Medications



Name	Can I open it?	Can I read the label?	What is this medicine for?	Dose	When do I take it?	Do I know how to get refills?

# Medication Questionnaire

Date:

Are you having problems getting your medications?

Yes

No

If yes, why?

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Do you have problems paying for your medications?

Yes

No

If yes, what can you afford?

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Are you having any side effects from your medications?

Yes

No

If yes, describe:

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Do you use more than one pharmacy to get your medications?

Yes

No

If yes, please list all pharmacies:

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Notes:

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# HOW DO I GET MORE OF MY MEDICINE?

## 1. DETERMINE IF YOU HAVE REFILLS AVAILABLE

Look at the label on your medicine bottle, and find the spot that says "refills".

## 2. If your bottle label says you do have refills as in the following example...



## ...CALL YOUR PHARMACY

- Find your pharmacy's phone number on your medication label or on the internet.
- Call your pharmacy, and ask for a refill on your prescription.
- The pharmacist may ask for your prescription number which can be found on the medication label.

## 3. If your bottle label says you do NOT have refills as in the following example...

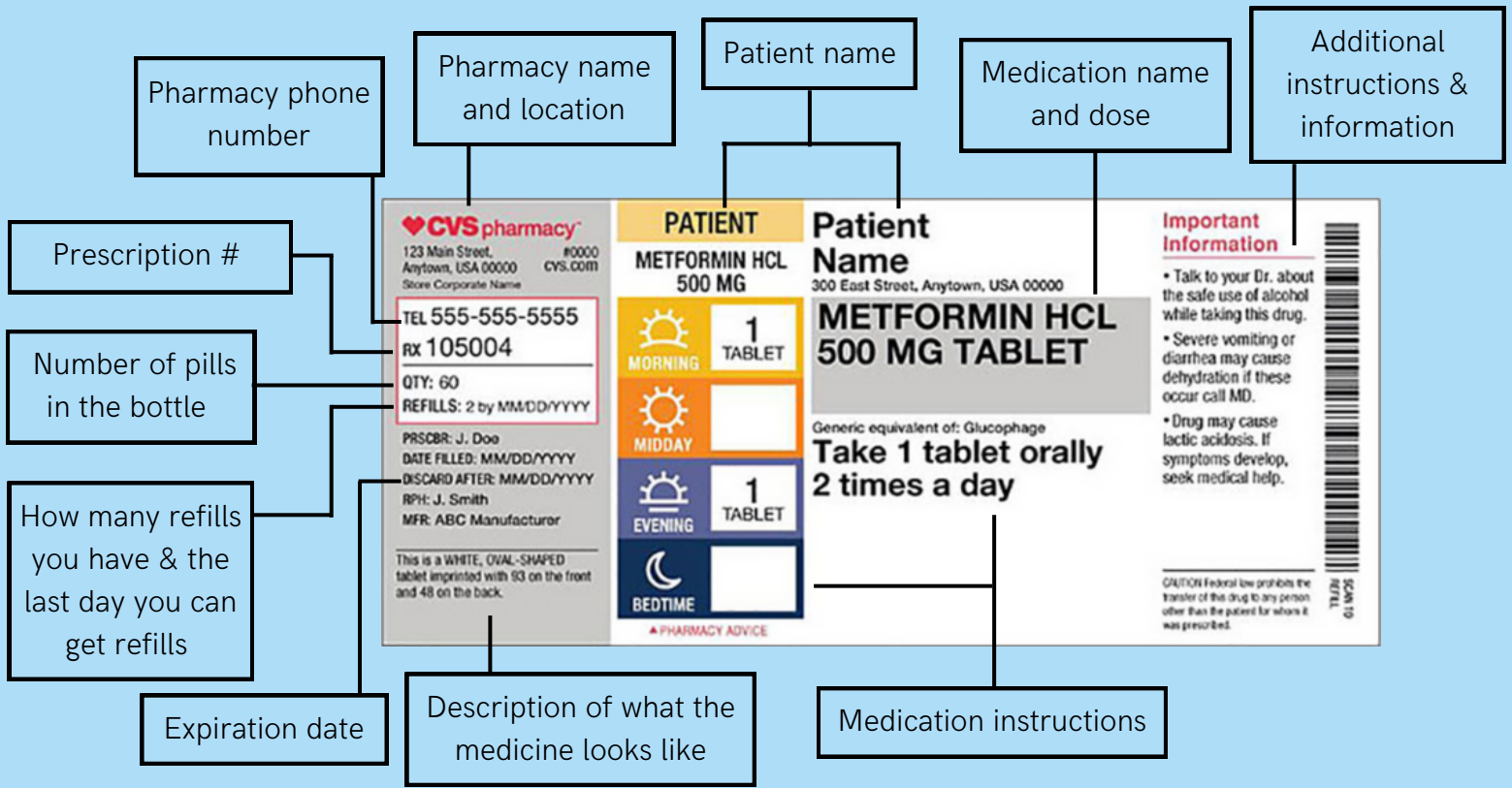


## ...CONTACT YOUR CLINIC

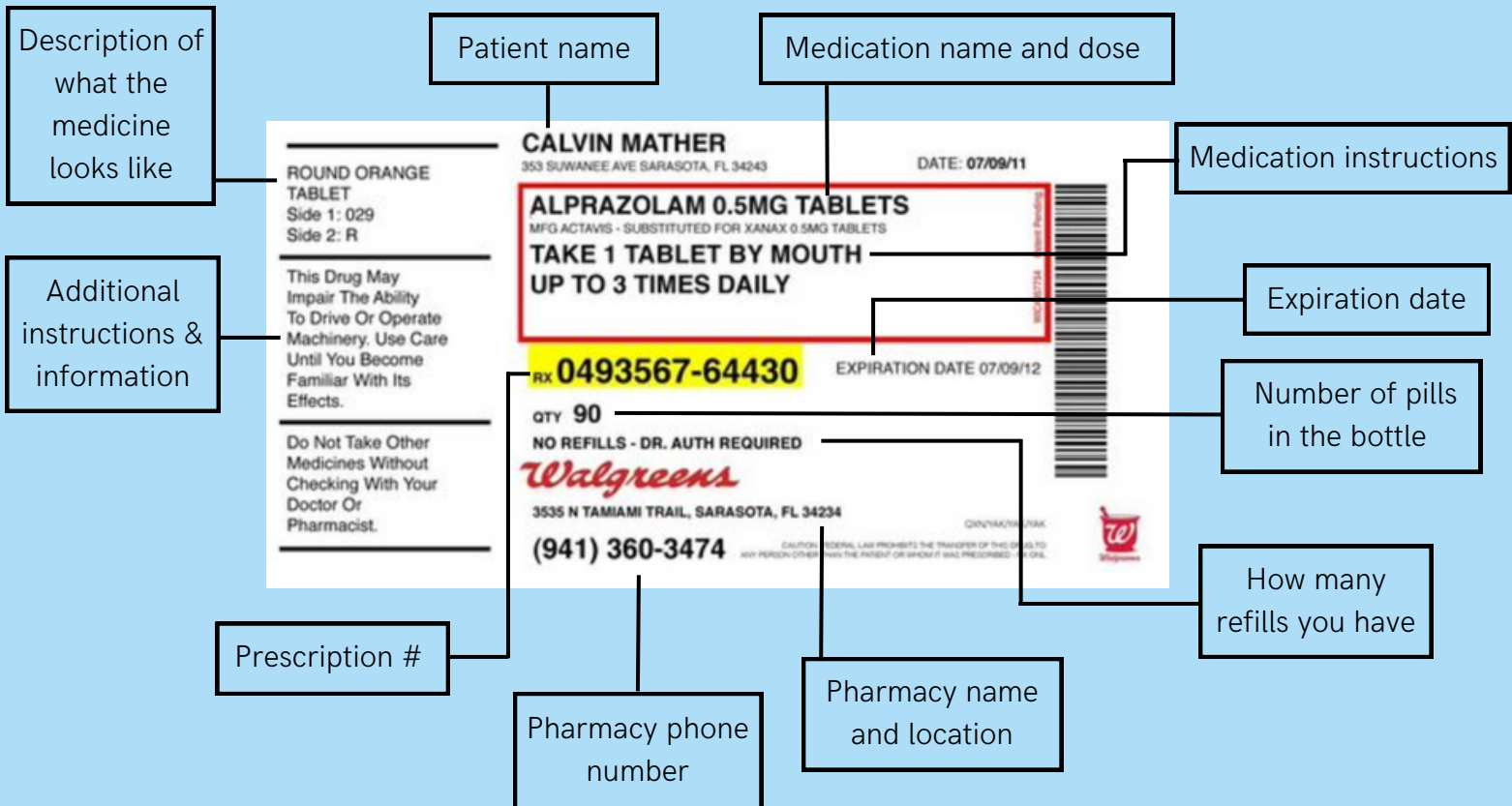
- Call Southside CHS at 612-827-7181, and ask to get a new prescription for your medication.
- Alternatively, you can leave your provider a message in your My Chart account asking for a new prescription for your medication.
- If you got this medicine from another clinic, call the number for that clinic, and ask for a new prescription.

# HOW TO READ YOUR MEDICINE LABELS

## CVS EXAMPLE

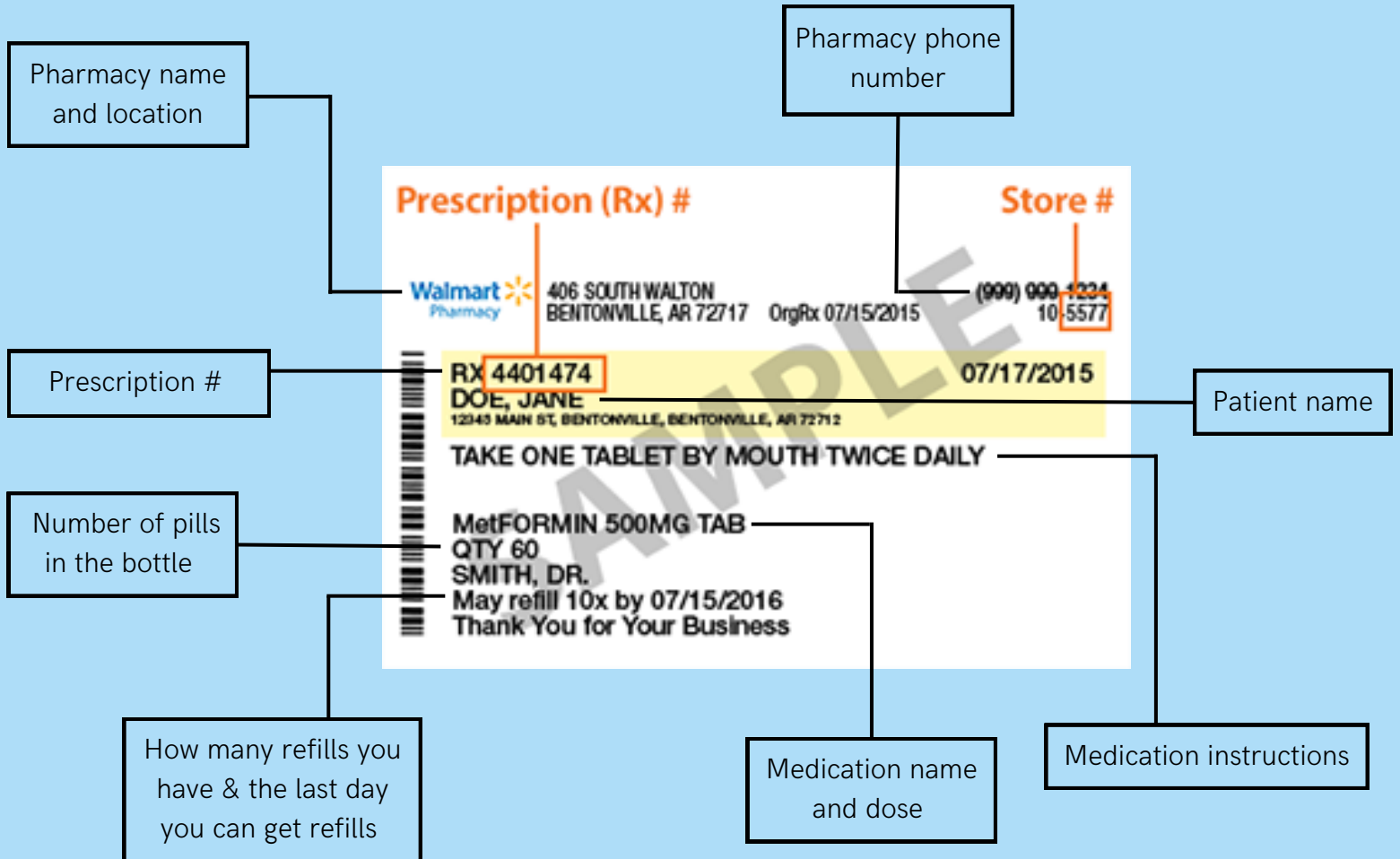


## WALGREENS EXAMPLE



# HOW TO READ YOUR MEDICINE LABELS

## WALMART EXAMPLE



# HOW TO MAKE YOUR MEDICATIONS MORE AFFORDABLE

## Use GoodRx



GoodRx is a free app/website that allows you to compare discounted prices for prescription medications at local pharmacies.

How to use it:

1. Download the GoodRx app from the Apple Store or Google Play, or go to the GoodRx website at [www.goodrx.com](http://www.goodrx.com).
2. Use the search bar to type in and find the medication you are looking for.
3. Enter your location.
4. Compare the prices at nearby pharmacies.
5. Show the coupon to the pharmacist with your prescription to get the discounted medication.

## Use Cost Plus Drug Company



Cost Plus Drugs allows you to order your prescriptions online with significantly cheaper prices by cutting out the middlemen.

How to use it:

1. Go to the Cost Plus Drugs website at [costplusdrugs.com](http://costplusdrugs.com).
2. Create an account.
3. Ask your provider to send your prescriptions to Cost Plus Drugs' partner pharmacy.
4. Place your order through Cost Plus Drugs.
5. Receive your medications in the mail.

## Apply for Southside's Drug Assistance Program



Southside's Drug Assistance Program is sponsored by drug companies and available for low-income, uninsured patients. This program helps patients to get free or low-cost, brand-name medications. If you are eligible and interested in this program, ask your provider about applying at your next visit. Your provider will help to connect you with Southside's Patient Advocates (Geraldine and Yuri) to begin the application.

# SAVING MONEY ON MEDICINE

Many drug companies offer diabetes pills or diabetes medicine you inject at low prices or for free to people who cannot afford their medicine. A number of low-cost generic diabetes drugs are also available.

If you cannot afford your diabetes drug, talk to your doctor or pharmacist about a generic drug or call the phone number below that is next to the medicine you take.



## LOW-COST GENERIC DIABETES DRUGS

- Pioglitazone (Actos)
- Gliburide (Micronase)
- Glimepiride (Amaryl)
- Repaglinide (Prandin)
- Metformin (Glucophage)
- Acarbose (Precose)
- Glipizide (Glucotrol)
- Nateglinide (Starlix)

The best generic drug prices are often at nationwide pharmacies, such as CVS or Walgreens, or large chain store pharmacies like those at Walmart and Target.

## PATIENT ASSISTANCE PROGRAMS

DIABETES TABLETS	Phone Number	Company
Avandia (rosiglitazone)	1-866-475-3678	Glaxo
Januvia (sitagliptin)	1-800-727-5400	Merck
Invokana (canagliflozin)	1-800-652-6227	Janssen
Farxiga (dapagliflozin)	1-800-736-0003	BMS
Onglyza (saxagliptin)	1-800-292-6363	AstraZeneca
Trandenta (linagliptin)	1-800-556-8317	Boehringer Ingel.
<b>MEDICINE YOU INJECT</b>		
Byetta; Symlin; Bydureon	1-800-303-7647	AstraZeneca
Humalog; Humalog 75/25 Humalog 50-50; Humulin R Humulin N; Humulin 70-30	1-800-545-6962	Eli Lilly & Co.
NovoLog; NovoLog 70/30 Novolin 70/30; Novolin R Novolin N; Levemir; Victoza	1-866-310-7549	Novo Nordisk
Lantus; Apidra	1-888-847-4877	Sanofi-Aventis

Not all diabetes medicines are listed.

# 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.CR3diabetes.org](http://www.CR3diabetes.org)

**NeedyMeds**  
(800)503-6897  
[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**  
Adult Health Insurance Programs  
(800)318-2596  
[www.healthcare.gov](http://www.healthcare.gov)

**Children's Health Insurance Program**  
(800)318-2596  
[www.insurkidsnow.gov](http://www.insurkidsnow.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.



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# DIABETES PILLS

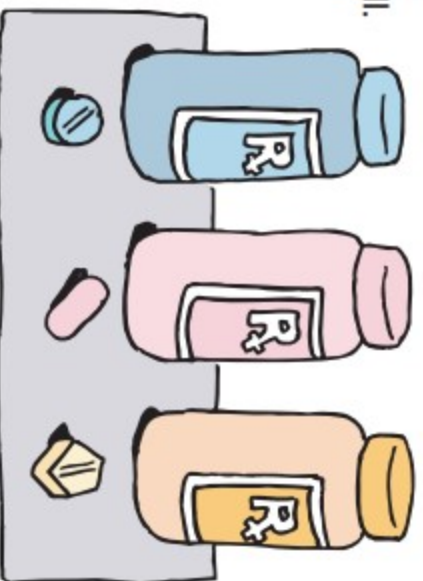
## WHAT YOU NEED TO KNOW

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

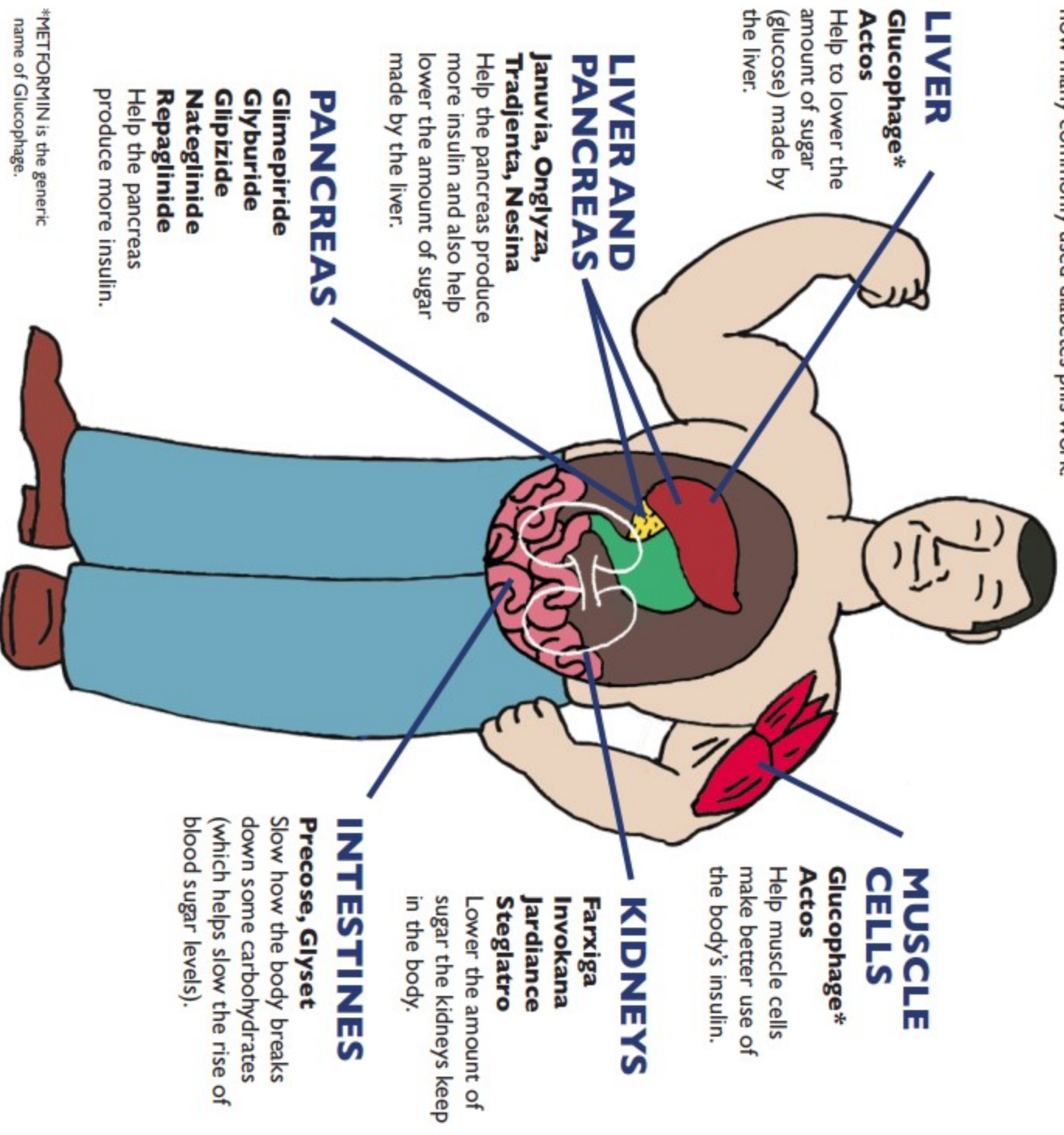


# DIABETES PILLS

## HOW AND WHERE THEY WORK

Many people take diabetes pills or tablets to help them control their diabetes. Pills for diabetes are not insulin.

Diabetes pills work in a number of ways and in different parts of the body. The drawing (picture) below shows you where and how many commonly used diabetes pills work.





# Diabetes Medications

## Benefits

Lower risk for heart disease and other complications caused by high blood sugar (such as with the eyes, nerves, kidneys, and heart)



## Side Effects

Side effects vary based on the medication you are taking

Talk to your provider if you have any concerns about the side effects of diabetes medications

## Risks

Talk to your provider if you have any concerns about the risks associated with diabetes medications



## What to ask to understand your medication:

- What is the name of the medication? Is this the brand name or generic?
- What does the medicine do?
- How and when do I take it? For how long should I take it?
- Should I take it with food or on an empty stomach?
- Should I avoid any food, drinks, activities, or other medications while taking this medicine?
- What happens if I miss a dose?
- How often do I have to refill the medicine?
- How will I know if it is working?
- What are the risks of taking it? The risks of not taking it?
- Are there any less expensive medicines that work for my condition?
- Is there any written information available for this medicine?



**MY DAILY MEDICATION TRACKER**

MED NAME: \_\_\_\_\_ INSTRUCTIONS: \_\_\_\_\_ MONTH: \_\_\_\_\_

SUN	MON	TUE	WED	THU	FRI	SAT
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Tips to Remember Your Medications

- Take your medications at the same time everyday
- Take your medications at the same time as other daily events like brushing your teeth
- Ask family and friends to remind you
- Use pill containers and/or pill bottle timer caps
- Keep a medicine calendar near your medications and write down when you take each dose
- Keep a white board with a list of your medications and mark down when you take each medicine each day
- If you use a commercial pill dispenser, make sure to refill it at the same time each week
- If you are frequently away from home, make sure you pack enough medications

## How to Safely Take Your Medications

- Store your medications as your provider or pharmacist recommends. Keep medicines away from heat, light, and moisture.
- Be sure to tell your provider about any side effects you are having or if you feel the medication is not working. However, never stop taking the medication without talking to your provider first.
- Do not stop taking your blood pressure medication if your blood pressure is normal, that means the medication is working.
- Since some medications should only be taken whole, ask your provider before crushing or splitting your medicine.
- Do not share your medication with anyone else as the medication may be harmful for them.
- Tell your provider about all prescriptions, over-the-counter medications, nutritional supplements, or herbal remedies you use and always consult your provider before starting a new medication or remedy.
- If your medication routine is too complicated, ask your provider if there is way to simplify it.
- If your medication is too expensive, ask about financial assistance or cheaper alternatives.

## What is medication compliance?

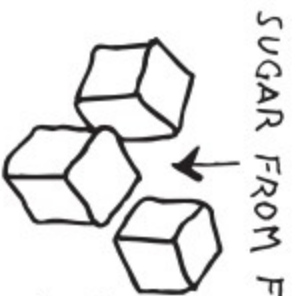
Following the medication recommendations of your provider: including which medications to take, how much, when, and for how long.

Compliance is important because if medications are not taken as prescribed, they may not work, patients may experience side effects, or one medication may counteract another.

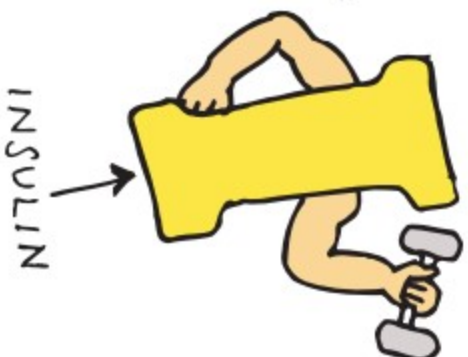
As a patient, you may feel more comfortable adhering to your medication plan if you get involved in treatment decisions, ask questions when they arise, and follow up with your provider.

# WHAT IS INSULIN?

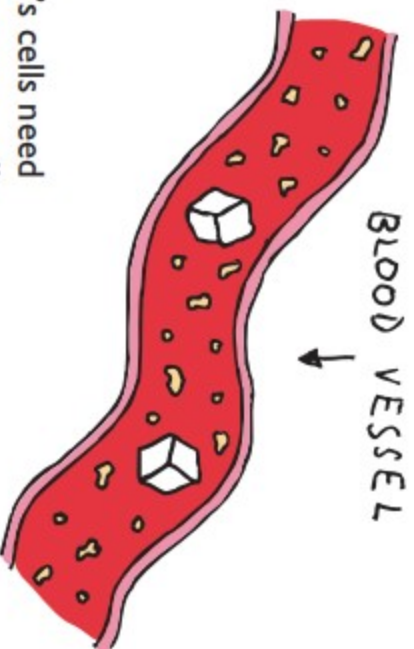
Insulin is made by the body.



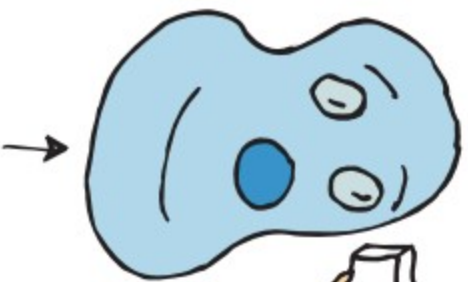
Your body changes much of the food you eat into a type of sugar.



Sugar travels in your blood to all the cells in your body.



Your body's cells need sugar to keep you well.



Insulin's job is to help sugar move from your blood into your body's cells.



# TYPES OF INSULIN AND HOW THEY WORK

There are many types of insulin. Some work slowly and some quickly. Slower or long-acting insulin is also called *basal insulin*. Basal insulins deliver a steady supply of insulin that helps control blood sugar levels over time.

Fast-acting insulin is also called *bolus insulin*. Bolus is a fancy word for “extra.” Times when your body may need some fast-acting (extra) insulin include when you are:

- Sick
- Under stress
- About to eat a meal
- Having a high blood sugar problem

The table below will help you understand how many commonly used insulins work.

Types of Insulin	Common Insulin Names	When it's usually taken	How soon it starts working*	When it's working the most*	How long it lasts*
Fast-acting insulin	NovoLog Humalog Apidra	Right before a meal	15 minutes	30 to 90 minutes	3 to 5 hours
Long-acting insulin	Lantus Levermir	30 minutes before the evening meal or at bedtime	1 hour	Steady over time	Up to 24 hours
Short-acting insulin (also called regular insulin)	Novolin R Humulin R	30 minutes before a meal	30 to 60 minutes	2 to 4 hours	5 to 8 hours
Medium-acting (intermediate-acting) (NPH) insulin	Humulin N Novolin N	30 minutes before breakfast or at bedtime	1 to 3 hours	8 hours	10 to 16 hours
Premixed mixture of fast-acting and medium-acting (NPH) insulin	Humalog Mix 75/25 Humalog Mix 50/50 NovoLog 70/30	Before breakfast and/or before the evening meal	5 to 15 minutes	Varies	10 to 16 hours
Premixed mixture of short-acting (regular) and medium-acting (NPH) insulin	Humulin 70/30 Novolin 70/30 Humulin 50/50	30 minutes before breakfast and/or before the evening meal	30 to 60 minutes	Varies	10 to 16 hours
Ultra-long-acting insulin*	Toujeo Tresiba	Once-a-day at about the same time.	Over a number of hours.	Constant	32 to 42 hours

\*These insulins must only be taken using a pen device. Never a syringe.

**\*Your doctor or diabetes educator will help you choose an insulin that's right for you. Insulin times may vary. Talk to your doctor for more information.**

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

This handout is not for use by organizations or healthcare professionals.

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# TAKING INSULIN

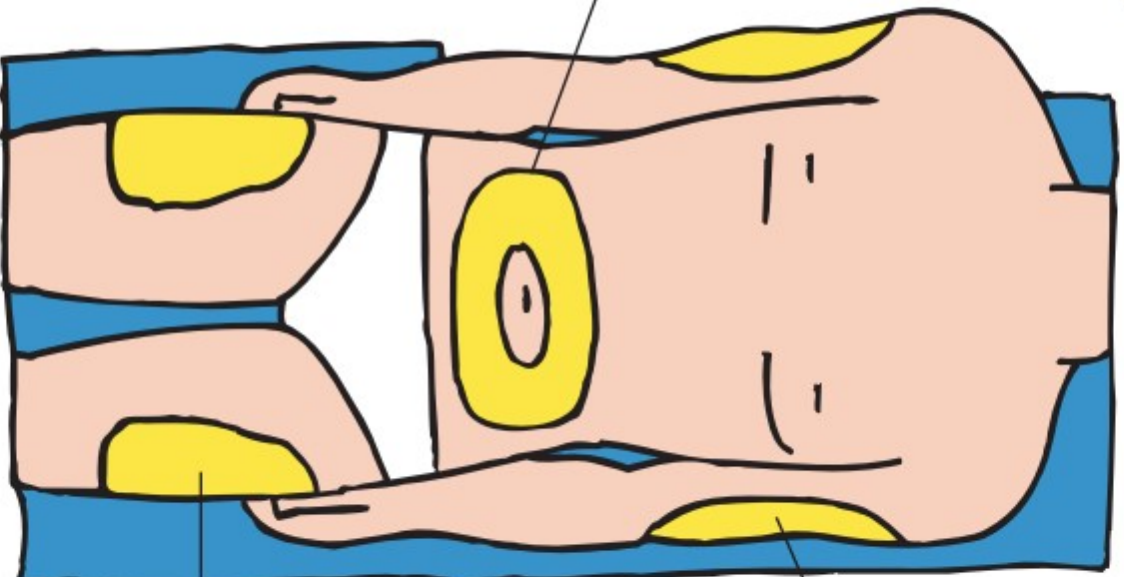
Insulin works best when you inject it into the fatty parts of the body just under the skin.

Common places to inject insulin are the:

stomach - but not within 2 inches of the belly button

- prepare insulin
- inject insulin
- change where you inject
- store insulin, and
- keep a record of the insulin you use

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



back or sides of the upper arms

outer part of the upper legs (thighs)

INSULIN	BREAKFAST	LUNCH	DINNER	BEDTIME

Call your doctor's office or health clinic right away if you have any questions about taking your insulin.

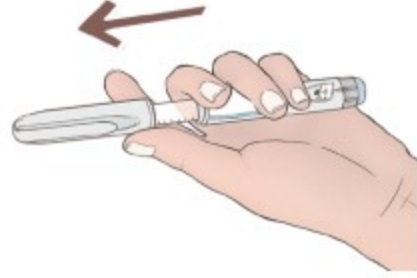
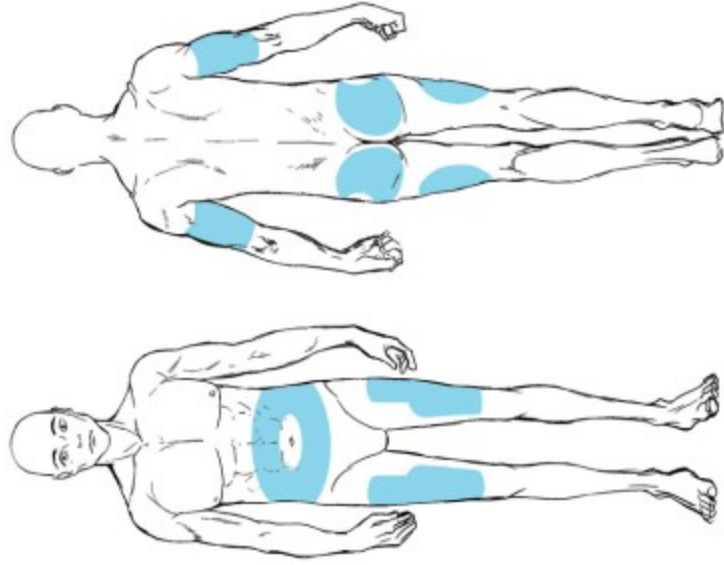
# HOW TO USE AN INSULIN PEN

## Pick the Place (Site) to Inject

Sites to inject include:

- Back of upper arms
- Stomach (around navel)
- Front and side area of thighs
- Rear end (buttocks)

Stay 1 inch away from the last few injection sites. Stay 2 inches away from the belly button (navel) and any scars. Do not use sites that are bruised, tender, swollen or hard to the touch.



## Taking Your Insulin

1. Clean the skin with an alcohol pad. Let the alcohol air-dry.
2. Take the cover off the pen. You can see the insulin in the pen.
3. If you are using a cloudy insulin, gently roll the pen between your hands to mix the insulin.
4. Use alcohol to clean the end of the pen where the needle twists on.



5. Peel back the cover on the needle. Screw the needle onto the pen. The needle should be snug but not too tight.

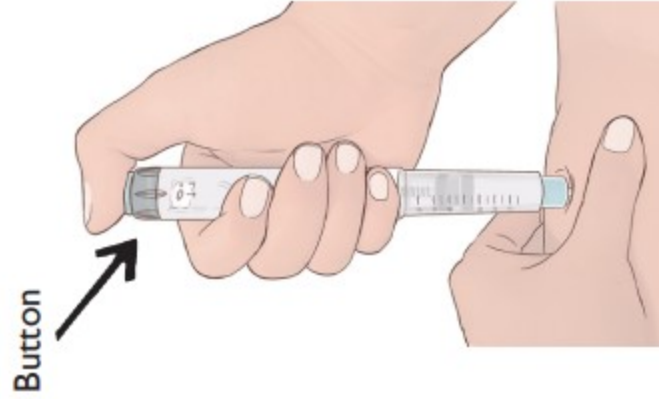




6. To clear the air out of the pen:
  - Remove the cap from the needle
  - Turn the dose dial to 2 units
  - Hold the pen so the needle is up in the air
  - Push the end of the pen in to clear the air
  - Watch the tip of the needle for a drop of insulin. You may need to do this more than once to see the drop of insulin on the needle.



7. To set your dose of insulin, turn the dial clockwise until you see the number for your insulin dose.



8. Pick a fatty skin area to inject the insulin. If you are a thin adult or a child or you are using a large pen needle (over 6 mm), **HOLD** a pinch of skin before you use the pen.
9. Push the pen needle into the skin in a straight, quick motion. Be sure the needle is all the way into the skin before you inject the insulin.
10. Using your thumb, push the end of the pen (called the button) down slowly until the dial reads 0 (zero).
11. Let go of the skin if you pinched it.
12. Keep your thumb on the button. Wait 10 seconds before removing the needle.

13. While still holding your thumb down, pull the needle out.

14. Remove the needle from the pen and put it in a needle disposal container.

15. Put the cover back on the insulin pen.



Talk to your doctor or diabetes-care provider if you have any questions about using your insulin pen.

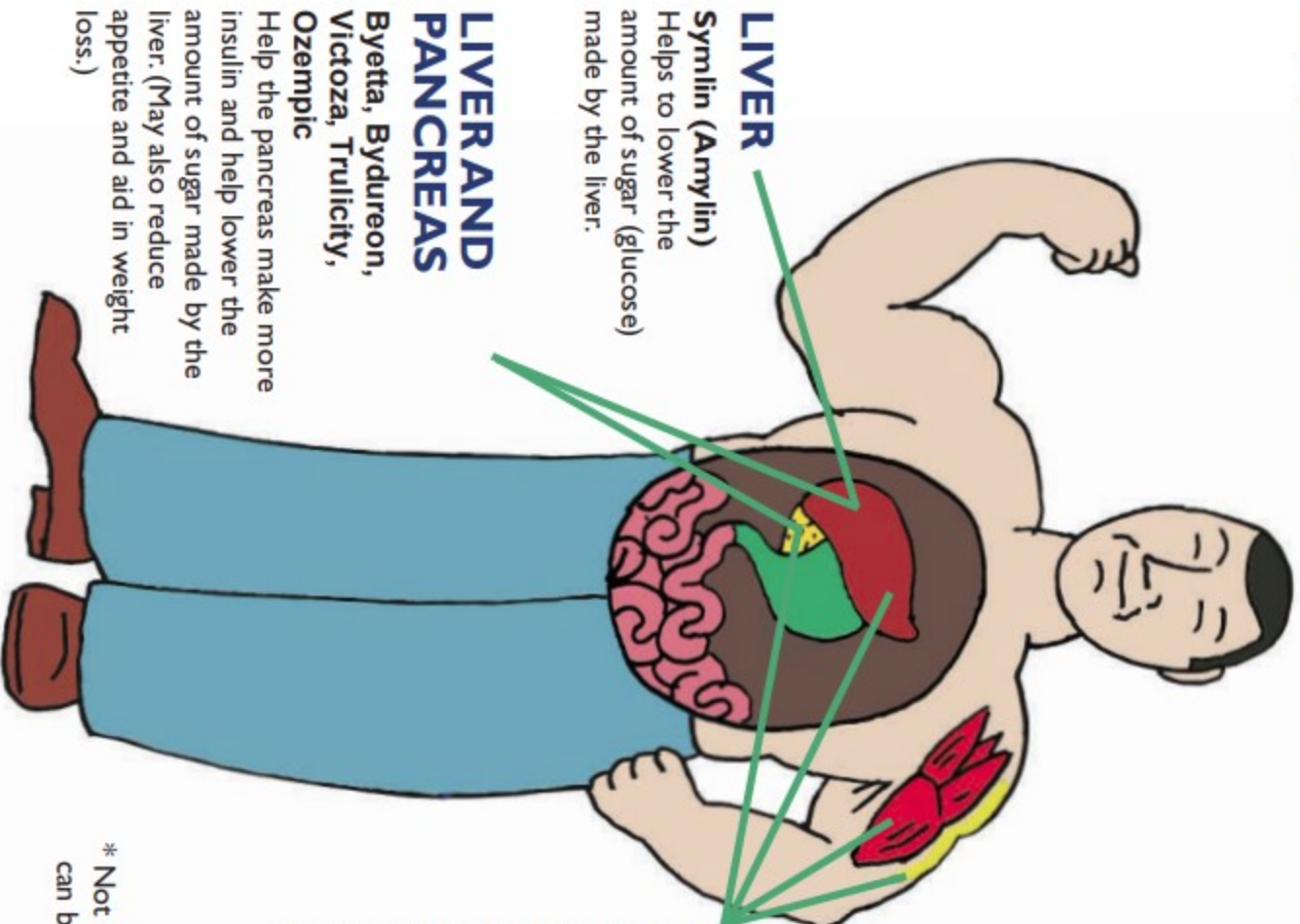
\* This handout is not for use by someone using an insulin pen with a disposable (throw-away) cartridge.

# MEDICINES YOU INJECT

## HOW AND WHERE THEY WORK

Many people take shots (injections) to help them control their diabetes. Some are insulin; others are hormones or protein. Like diabetes pills, shots may work in different ways in different parts of the body.

The drawing (picture) below will help you understand how and where diabetes medicines that people inject work:\*



### LIVER

#### Symlin (Amylin)

Helps to lower the amount of sugar (glucose) made by the liver.

### LIVER AND PANCREAS

#### Byetta, Bydureon, Victoza, Trulicity, Ozempic

Help the pancreas make more insulin and help lower the amount of sugar made by the liver. (May also reduce appetite and aid in weight loss.)

### FAT, MUSCLES, LIVER AND PANCREAS

#### All types of insulin

(Apidra, Humalog, Humulin, Lantus, Levemir, Novolog, Novolin, and more)

Replace the insulin the body used to make in the pancreas, lower the amount of sugar made by the liver, and help move sugar from the blood into body cells (to give you energy).

\* Not all diabetes medicines that can be injected are listed.



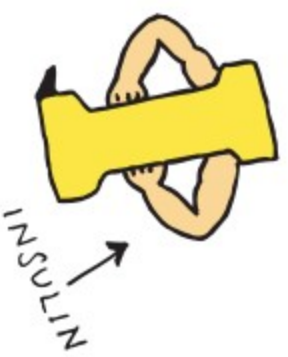
**Section**



**Diabetes  
Information**

# WHAT IS DIABETES?

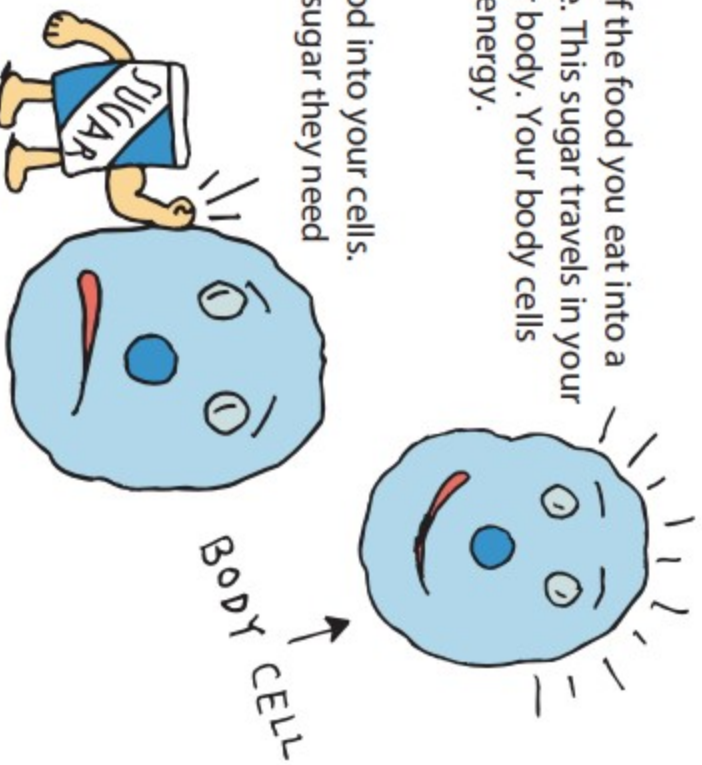
Diabetes means you have too much sugar in your blood. High blood sugar problems start when your body no longer makes enough of a chemical, or hormone, called insulin.



Your body changes much of the food you eat into a type of sugar called glucose. This sugar travels in your blood to all the cells in your body. Your body cells need the sugar to give you energy.



Insulin helps sugar move from your blood into your cells. Without insulin, your cells can't get the sugar they need to keep you healthy.



By moving sugar from your blood to your body's cells, insulin helps keep your blood sugar level normal (not too high; not too low). When you don't have enough insulin to lower high blood sugar levels, you have diabetes.



No one knows what causes diabetes. You can't catch diabetes and you can't give it to someone else.

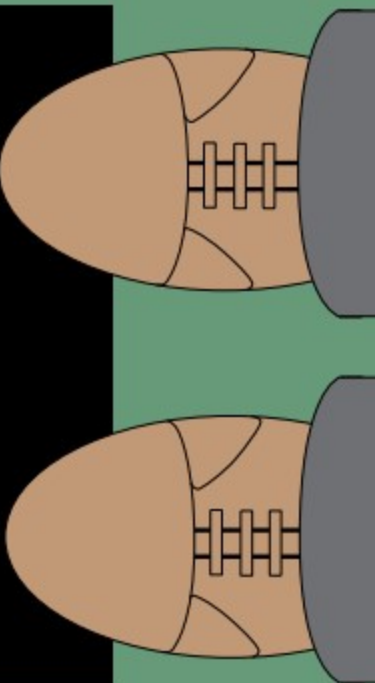
Diabetes can, and must, be treated. High blood sugar levels can cause serious health problems.

A simple test can tell you if you have diabetes. Talk to your doctor or health clinic for more information.



# PREDIABETES

WHICH WAY WILL YOU GO?



## PREDIABETES

“Pre” means before.  
A person with prediabetes  
doesn’t have diabetes.  
But, without proper care,  
over half of those  
with prediabetes may  
go on to develop  
diabetes—usually  
for life.

Staying  
healthy is  
a choice,  
not a gift.  
Call today.

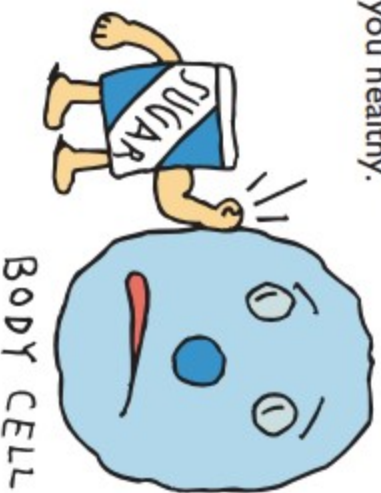
Over 86 million  
Americans have  
prediabetes.  
Are you one of them?  
Find out. Call your  
doctor or health  
clinic for a simple,  
low-cost test  
for prediabetes.

## HEALTHY

## DIABETES

# TYPE 1 DIABETES

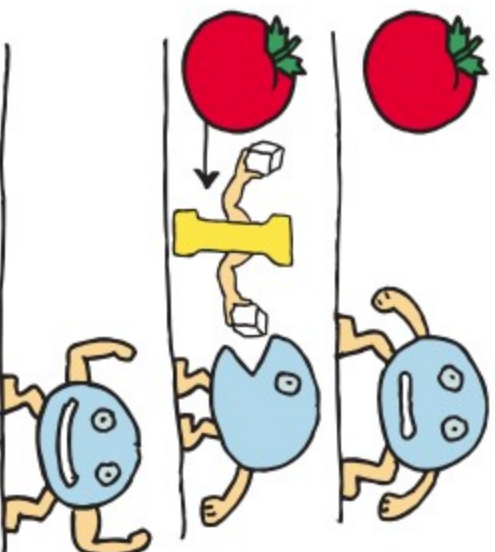
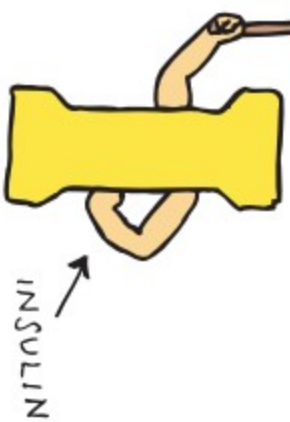
In type 1 diabetes, your body no longer makes insulin. Insulin helps sugar from the food you eat move from your blood into your body's cells. Your cells need this sugar to give you energy and keep you healthy.



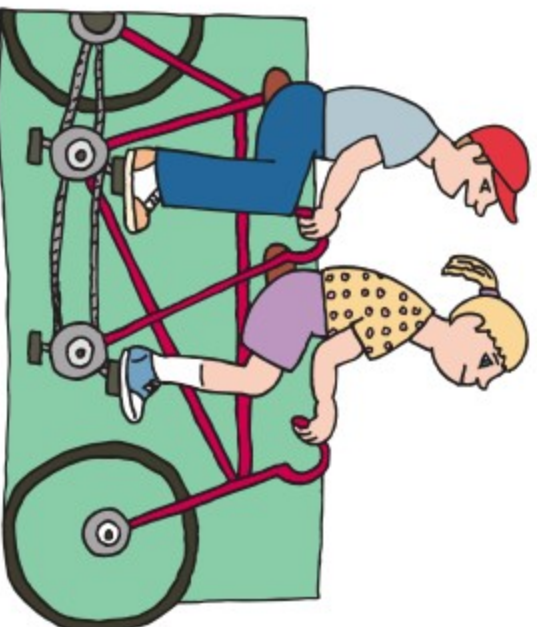
If your cells can't get the sugar they need for energy, your blood sugar levels become high. Diabetes is the medical word for people with a "high blood sugar" problem.

People with type 1 diabetes must take insulin.

Most people with type 1 diabetes are children or young adults, but you can get it at any age.

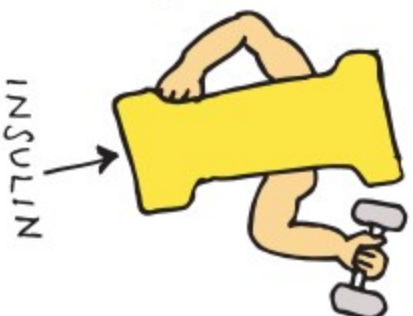


Diabetes is a serious problem, but it can be controlled. People with type 1 diabetes can lead full and happy lives.

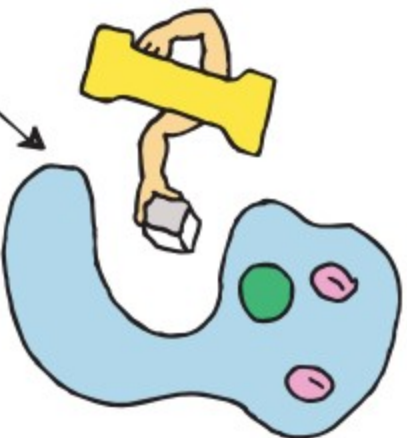


# TYPE 2 DIABETES

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

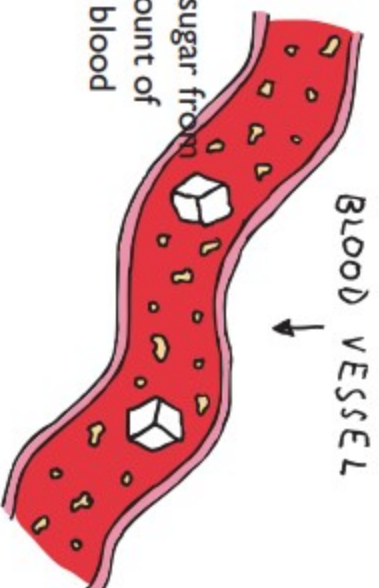


Much of the food you eat is changed by your body into a kind of sugar. The medical word for this sugar is glucose. Insulin helps sugar move from your blood into your body's cells.



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.



BLOOD VESSEL



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.

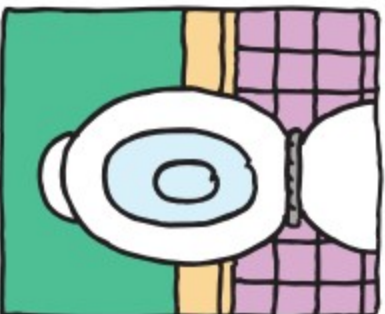
Diabetes cannot be cured, but you can control it! People who control their blood sugar levels can lead full and happy lives - just like everyone else. Talk to your doctor or health clinic for more information.



# DIABETES KNOW THE SIGNS



Tired or sleepy a lot



Need to urinate often



Numb or  
tingling hands or feet



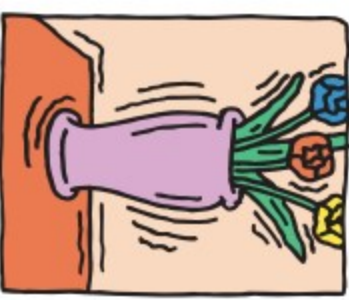
Wounds that won't heal



Vaginal infections



Problems having sex



Blurry vision



Sudden weight loss



Hungry all the time



Always thirsty

**Talk to your doctor if you have any of these problems, especially if you have any of them for a week or more.**

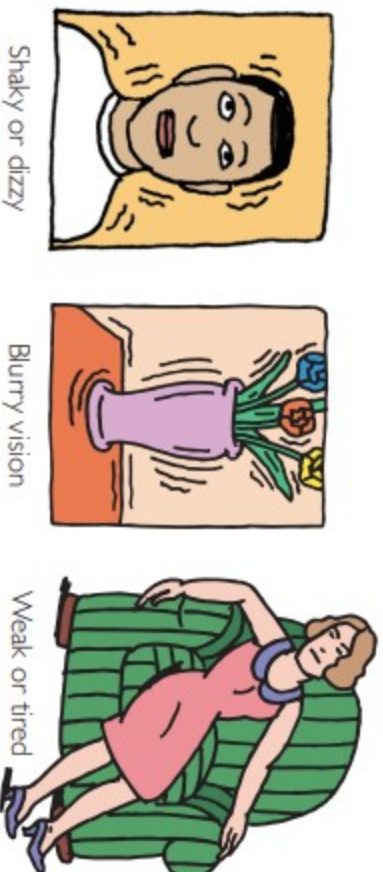
# LOW BLOOD SUGAR

(Hypoglycemia)

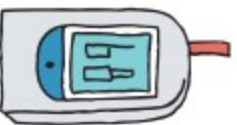
A low blood sugar can happen quickly. If not treated right away, low blood sugar can cause a medical emergency. You can even pass out.

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

Warning signs include:



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.

# 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.

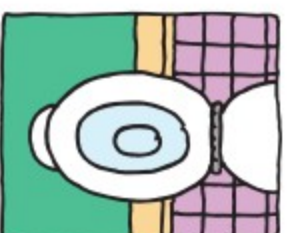
## Symptoms include:



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.





# BLOOD GLUCOSE METERS

A blood glucose meter uses a small drop of your blood to show you how much glucose (blood sugar) is in your blood at that time.

First, read the information that comes with the meter. Follow the directions to get the meter ready to use.

## Using Your Meter

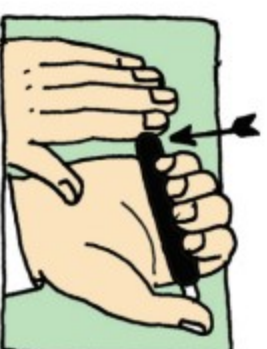


1. Wash your hands with soap and warm water.

2. Put the lancet or needle in the lancing device (if it is not already in the device).

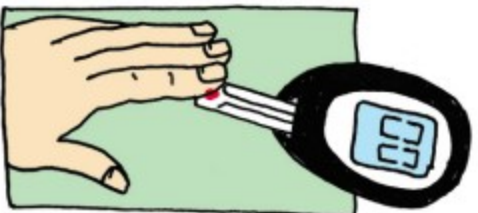
3. Put the test strip in the meter.

4. Gently prick (stick) your finger using the lancing device. The fatty skin by the side of one of your fingernails is a good spot.



5. Touch the drop of blood on your finger to the test strip. Your blood sugar number will appear on the meter in a few seconds.

6. Throw the lancet (needle) away in a sharp container or other sealed hard bottle or jug.



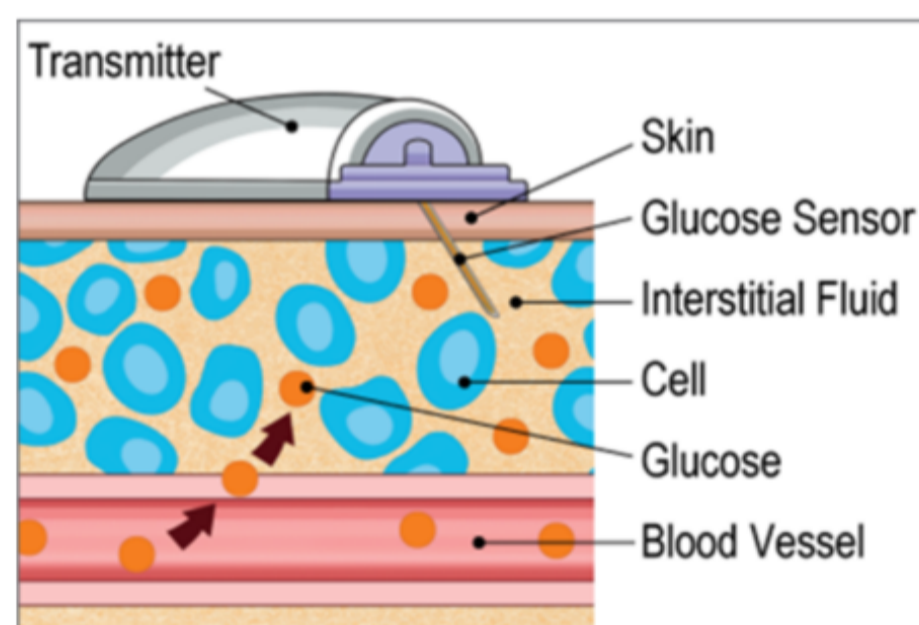
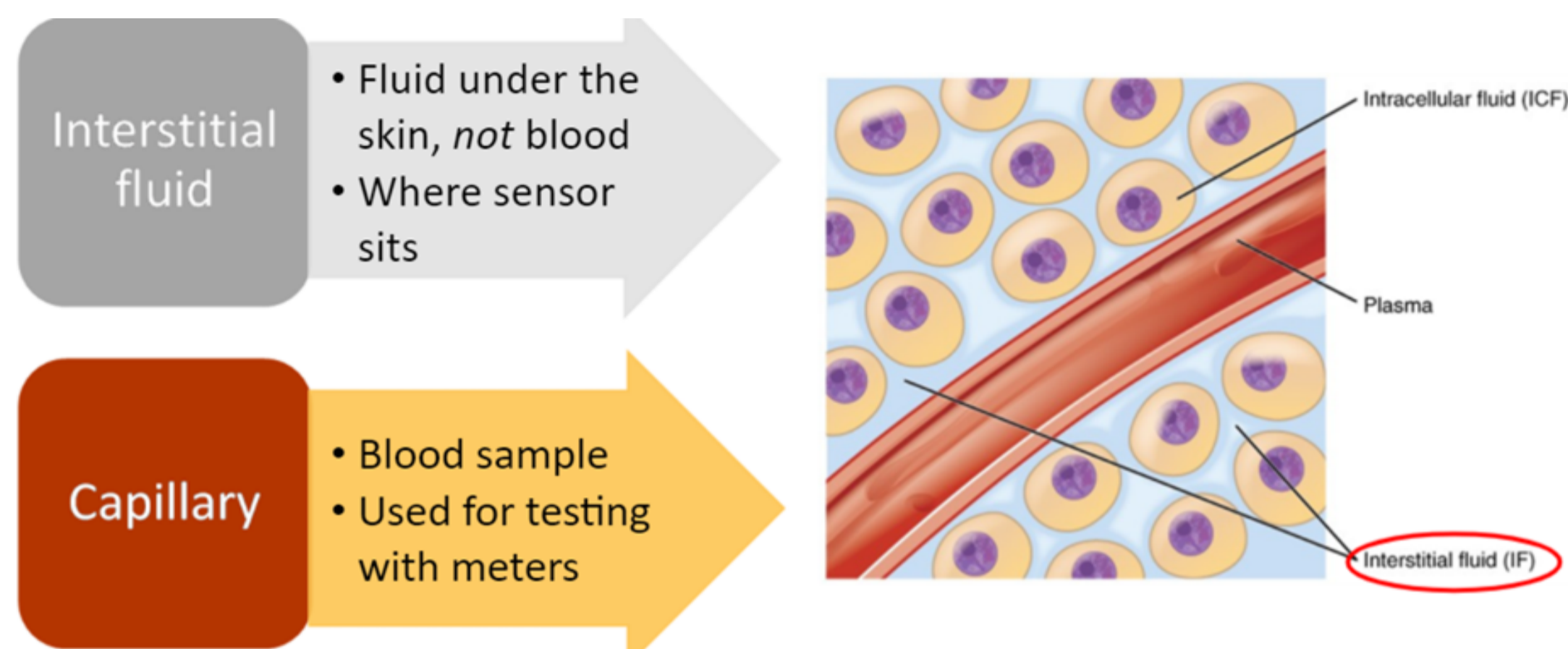
All meters are different. If you have any questions, call the phone number on the back of the meter. Or, talk to your doctor or pharmacist.

# Continuous Glucose Monitoring

Continuous Glucose Monitoring, CGM, measures blood glucose fluctuations indirectly by means of three components; a sensor, transmitter, and receiver.

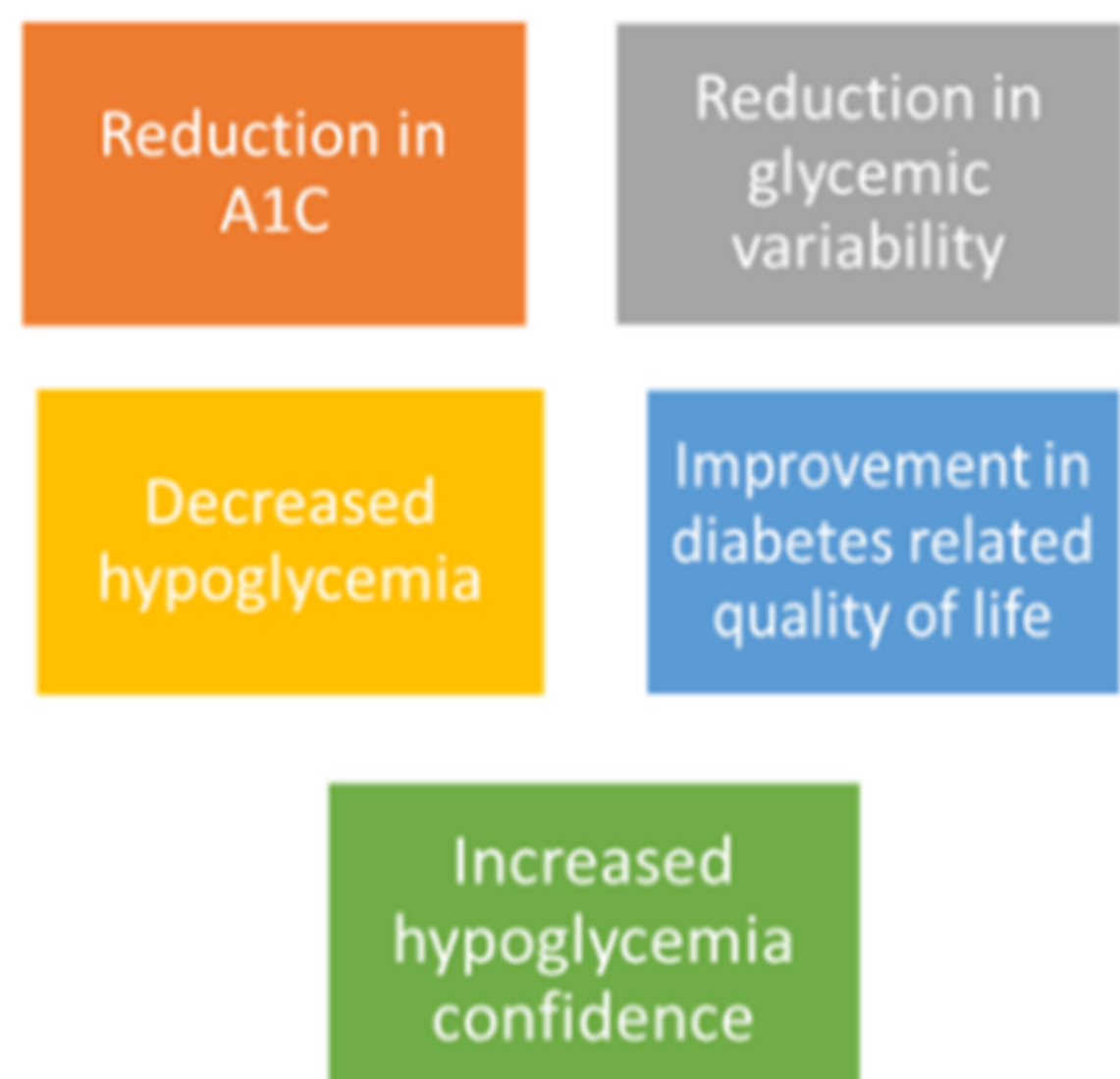
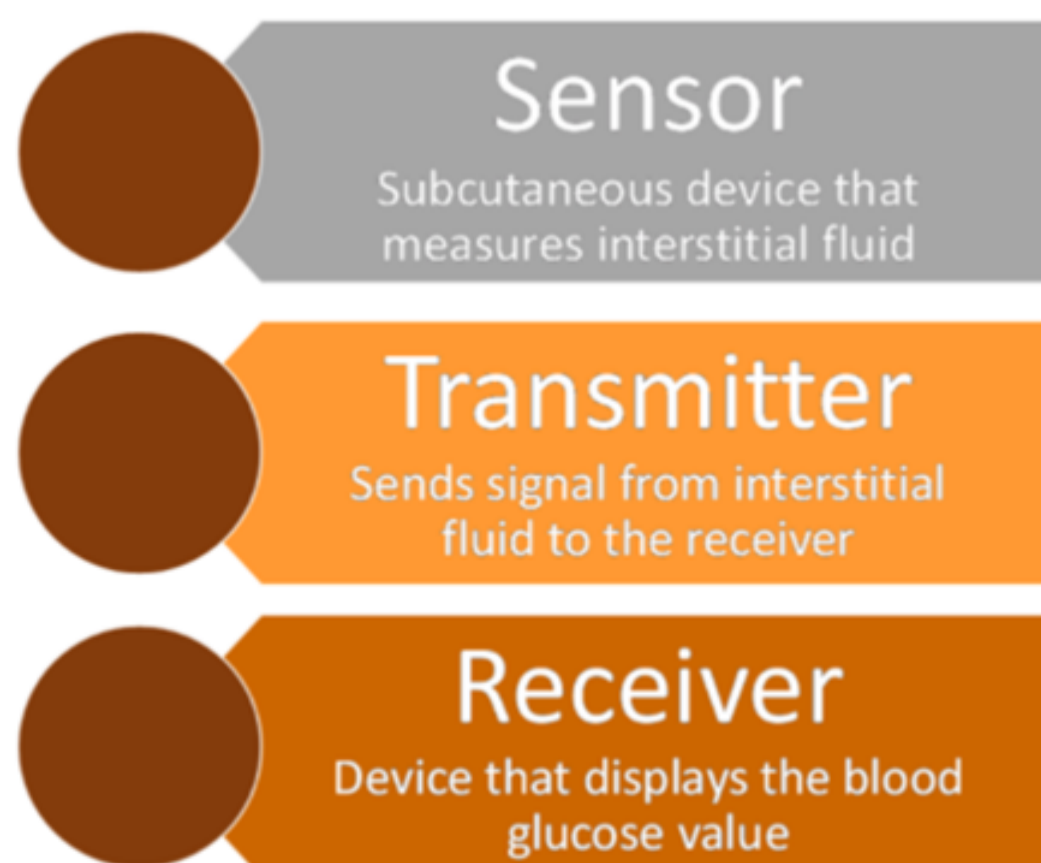
It does not completely replace finger poking, but does take the place of meter testing. It is important to know that CGMs measure interstitial fluid while finger poking using a meter is through your blood. CGM and meters both measure glucose and each have a range in which they are considered accurate. Readings can be different and still fall into their accurate range.

Work with your Chronic Conditions Educator or someone from your healthcare team to learn more on how to use each device and on how to interpret the results.








## Benefits

### CGM System Components



# Comparison of Personal CGM Devices Currently Available

					
	<b>Abbott FreeStyle Libre 14 day system</b>	<b>Abbott FreeStyle Libre 2 system</b>	<b>Dexcom G6</b>	<b>Medtronic Guardian Connect and Guardian 3</b>	<b>Senseonics Eversense</b>
<b>Calibrations</b>	None	None	None, optional	At least twice daily	At least twice daily
<b>Sensor Wear</b>	14 days	14 days	10 days	7 days	90 days
<b>FDA Approved for Insulin Dosing</b>	Yes	Yes	Yes	No	Yes
<b>Warm Up Period</b>	One hour	One hour	2 hours	Up to 2 hours	24 hours
<b>Approved Sites</b>	Arm-Subcutaneous	Arm-Subcutaneous	Abdomen, Buttocks (pediatric)-Subcutaneous	Abdomen, Arm-Subcutaneous	Implanted in arm by approved health care professional
<b>MARD (Accuracy-lower is better)</b>	9.4%	9.2%	9.0% overall	8.7-10.6%, lower MARD with more calibrations and wearing on arm	8.5%
<b>Insulin Pump Integration</b>	No	Not available yet	Yes. Tandem t:slim X2	Yes. Minimed 630G, 670G, and 770G	No
<b>Share Data in Real Time Remotely</b>	Yes	Not available yet	Yes	Yes	Yes
<b>Apps</b>	FreeStyle LibreLink, LibreLinkUp	FDA approval applied for and pending	Dexcom G6 Mobile, Follow, CLARITY	Guardian Connect App, Sugar.IQ App	Eversense App
<b>Software</b>	LibreView, Tidepool	LibreView, Tidepool	Dexcom CLARITY, Glooko, Tidepool	Carelink, Tidepool	Eversense DMS, Glooko
<b>Compatibility with Mobile Devices</b>	Reader, Apple and Android smartphone	Reader	Receiver, Android and Apple smartphones, smartwatches	Guardian Connect app on Apple and Android	Android and Apple iOS smartphones, smartwatches and other devices
<b>Available Frequency of Glucose Measurement</b>	Every minute	Every minute	Every 5 minutes	Every 5 minutes	Every 5 minutes
<b>Predictive Low Glucose Alert</b>	No	No	Yes	Yes	Yes
<b>Real-time Alarms</b>	No	Yes	Yes	Yes	Yes
<b>Alarm Detection</b>	No	Available every minute	Every 5 minutes	Every 5 minutes	Every 5 minutes
<b>Interfering Substances</b>	Vitamin C, Salicylic Acid	Vitamin C	Hydroxyurea	Acetaminophen	Tetracycline, Mannitol
<b>Age Approved For</b>	Adults ages 18 and up	Adults and children age 4 and up	Adults and children age 2 and up	Ages 14-75	Adults ages 18 and up
<b>Concerns with Data Loss</b>	None, if scanned every 8 hours	None, if scanned every 8 hours	None, as long as the transmitter and smart phone/receiver are no more than 20 feet apart	None, as long as the transmitter and smart phone/receiver are no more than 20 feet apart	None while wearing transmitter

## Manufacturer Discount CGM Programs

### Abbott

Products: Libre 14 Day, Libre 2

Programs for people with commercial insurance:  
Maximum of \$75 for 2 sensors (28 day supply), \$65 for reader

MyFreeStyle program, 1 free sensor and reader  
Medicare not eligible for either of the above but can look for discount card programs.

For more information about these programs and others visit  
Abbott

### Dexcom

Products: Dexcom G6

Programs for people with commercial insurance:  
\$45 for 90-day supply: includes 1 transmitter (90-day wear) and 9 sensors (10 days wear/sensor).

Maximum of 2, 90-day supplies.  
[dexcomg6.copaysavingsprogram.com/](http://dexcomg6.copaysavingsprogram.com/)

For people with commercial insurance.  
Up to \$140 off receiver, transmitter and sensor kit

For more information about these programs and others visit  
Dexcom or Dexcom Patient Assistance

### Ascensia

Products: Eversense

Programs for people with commercial insurance or no insurance

After first \$100, Ascensia covers the next \$300 per sensor (90 days).

Maximum savings of \$1,200 per year.

Must be 18 years or over

For more information about these programs and others visit  
Ascensia

### Medtronic

Products: Guardian 3, Guardian Connect

Programs for people without insurance coverage for Guardian sensors, includes those with Medicare:

Cost is reduced to \$180 per transmitter (12-month warranty) and \$60 per box of 5 sensors (7-day wear/sensor).

For more information on this program visit CGM Access Discount

Other Medtronic Programs:

If recently lost your job or health insurance, you can receive up to 3 months of sensors at no cost.

Defer payments for up to 3 months if you or a family member is laid off or furloughed from job.

Additional financial assistance also available. Call 1-888-350-5540, M-F, 8 am – 6 pm CT or visit Medtronic Assurance

## Pharmacy Discount Card Programs

### GoodRx

Programs:

Discount prices for Libre, Dexcom and other products for people with diabetes

All individuals are eligible (including Medicare, Medicaid, commercial)

Visit GoodRx for more information

### SingleCare

Programs:

Discount prices for Libre, Dexcom.

All individuals are eligible (including Medicare, Medicaid, commercial).

Visit SingleCare for more information

## Additional Resources:

- **Diabetes Wise for Providers** (<https://pro.diabeteswise.org#>) helps providers compare devices, teaches how to order according to insurance, and provides videos on how to use various diabetes technologies
- **Danatech** (<https://www.diabeteseducator.org/danatech>) has more in-depth information on diabetes technologies, training and education opportunities, troubleshooting insulin pumps, comparison of available diabetes apps, and information on discount programs

**Section**

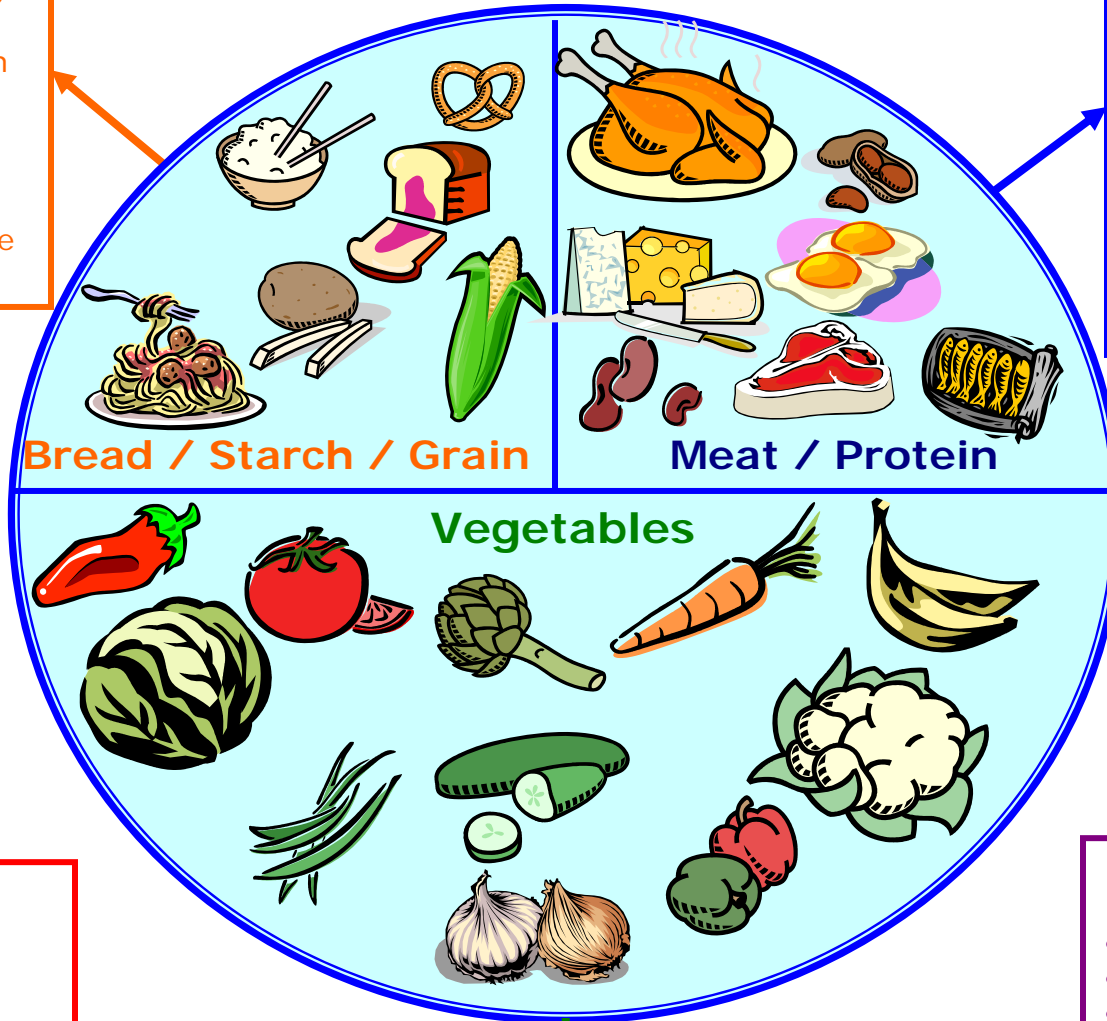


**Diet and Nutrition**

# Well-Balanced Plate

- Serving Size (at least 6 every day)**
- 1 slice bread
  - 1 small roll/muffin
  - ½ cup crackers
  - ¾ cup dry cereal
  - 1 tortilla
  - 1 small pancake
  - 1/3 cup cooked rice
  - 1/3 cup pasta

- Serving Size (2-3 every day)**
- ¼ Chicken breast
  - ¼ Turkey breast
  - Fish – palm size
  - 1 slice of cheese
  - Red Meat- size of palm
  - 1 Egg
  - ½ cup dry beans, lentils
  - ½ cup nuts, seeds
  - 1 spoon peanut butter



**Fruit**

- Serving Size (3-4 every day)**
- 1 medium size fruit
  - ½ cup fresh fruit
  - ¾ cup natural fruit juice
  - ¼ cup dried fruits



**Milk / Calcium**

- Serving size (2-3 every day)**
- 1 cup of milk
  - 1 small slice cheese
  - 1 cup of yogurt

- Serving size (3-5 every day)**
- ½ cup cooked, frozen or canned vegetables
  - ½ cup vegetable juice
  - 1 cup salad greens or raw vegetables
  - 1 small baked potato

# 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

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



Hennepin County  
Medical Center

## Carbohydrate Foods Raise Blood Sugar Alimentos con Carbohidrato Suben Niveles de Azucar

One portion is equal to.../ Una porcion es igual a ....

### Fruit/La fruta:



Apple/Manzana  
1 small/ 1 pequeña



Berries/Las Bayas  
1 cup/ 1 taza



Watermelon/Sandia  
1 cup/1 taza



Banana/guineo  
½ banana



Pineapple/pina  
¾ cup/ ¾ taza



Mango  
½ cup; ½ taza



Peach/Durazno  
1 small/1 pequeña



Orange/Naranja  
1 small/1 pequeña



Grapes/Uvas  
½ cup/ ½ taza



Raisins/Pasas  
2 Tbsp/2 cucharadas

### Grains/ Los granos:



Bread/ Pan  
1 slice/1 rebanada



Popcorn/Palomitas  
3 cups/ 3 tazas



Crackers/Galletas saladas  
5-6 crackers/galletas



Cheerios  
¾ cup/ ¾ taza



Injera  
1 6 inch diameter



Pancake/panqueque  
4" diameter/4" diametro



1 6" tortilla



Spaghetti  
1/3 cup/1/3 taza



Rice/Arroz  
1/3 cup/ 1/3 taza



Dry oatmeal/Avena seca  
¼ cup/ ¼ taza

### Dairy/Los lacteos:



Soup with noodles/ Sopa de fideo  
1 cup/1 taza



Milk/leche  
1 cup/1 taza



1 Yogurt/1 Yogur  
"lite"



Ice cream/ Helado o nieve  
½ cup/ ½ taza



**Starchy Vegetables/ Verduras:**



Corn/Maiz  
5" cob/5" mazorca



Peas/arvejas o chicharos  
½ cup/ ½ taza



Potato/Papa  
½ cup/ ½ taza



French fry/Papitas  
fritas: ½ cup/taza



Sweet potato/camote  
½ cup/ ½ taza



Beans/ Frijoles  
½ cup/ ½ taza



Lentils/ Lentejas  
½ cup/ ½ taza



Squash/Calabaza  
1 cup/1 taza

**Beverages/Bebidas:**



Juice/Jugo  
½ cup/ ½ taza



Lemonade/Limonada  
½ cup/ ½ taza



Regular soda/refresco  
½ cup/ ½ taza



Beer/Cerveza  
12 oz can/lata

**Others/Otras (Use less/Usa poco):**



Honey/Miel or/o Syrup/jarabe or/o  
1 Tablespoon/1 cucharada



Jelly/jalea



oreo cookies/galletas dulce  
2 cookies/2 galletas dulces



Hard candy/Dulces  
3 pieces



Jello/Gelatina  
½ cup/ ½ taza



1 Popsicle/1 Paleta



15 Chips/ 15 Papitas



Henepin County  
Medical Center

# Meats and Proteins- These do NOT affect your blood sugars

## Carnes y Proteínas- Estas cosas NO afectan sus niveles de azúcar



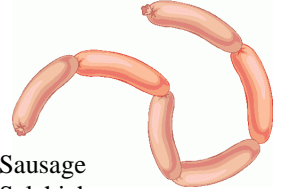
Beef  
Carne de res



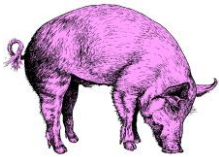
Chicken  
Pollo



Turkey  
Pavo



Sausage  
Salchichas



Pork  
Cerdo



Ham  
Jamón



Fish  
Pescado



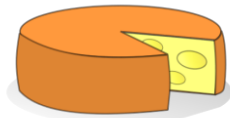
Canned fish- Sardines, Tuna  
Sardinas, Atún enlatado



Shrimp  
Camarones



Eggs  
Huevos



Cheese  
Queso



Fresh cheese  
Queso fresco



Cottage cheese



Peanut butter  
Crema de maní  
Crema de cacahuete



Peanuts  
Cacahuates/Maní



All nuts  
Almendras, nueces,  
pistachios



Sunflower seeds  
Semillas de girasol



Pumpkin seeds  
Semillas de calabaza

**Vegetables-** These vegetables do **NOT** affect your blood sugars

**Verduras/Vegetales-** Estas verduras **NO** afectan sus niveles de azúcar



Asparagus  
Espárragos



Avocado  
Aguacate



Beets  
Remolacha/ Betabel



Broccoli  
Brócoli



Brussels sprouts  
Coles de bruselas



Cabbage  
Col/Repollo



Carrots  
Zanahorias



Cauliflower  
Coliflor



Celery  
Apio



Chayote



Cucumber  
Pepino



Eggplant  
Berenjena



Green Beans  
Ejotes/Vainitas/  
Habichuelas



Lettuce  
Lechuga



Mushrooms  
Hongos/Champinoñes



Nopales



Okra  
Ocro



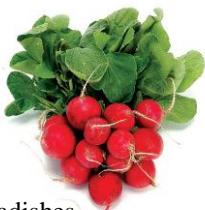
Onions  
Cebollas



Pea pods  
Brotos/Alverjas



Peppers  
Chiles/Pimiento/Ajies



Radishes  
Rábanos



Spinach  
Espinacas



Tomato  
Jitomates/Tomates



Zucchini  
Calabacitas



Jicama

# How Many Carbohydrate Choices are Right for Me?

1 Carbohydrate choice = 15g = 1 serving

	Women	Men
Trying to lose weight	2-3 choices/meal	3-4 choices/meal
Maintaining weight	3-4 choices/meal	4-5 choices/meal
Very active	4-5 choices/meal	5-6 choices/meal



# Plant Foods

Eating a plant-based, or vegetarian, diet may lower a person's risk for diabetes and improve blood sugar control in people who have diabetes.



A vegetarian is a person who eats mostly or only food from plants. The four main food groups vegetarians eat are whole grains, legumes (beans, peas, lentils), fruits, and vegetables.



There are many different types of vegetarians. Vegans are strict vegetarians who eat no foods that come from animals. Other vegetarians may eat little or no meat, but eat fish, eggs, and/or dairy products, such as milk and cheese.



Vegetarians are less likely than meat eaters to be overweight or to have type 2 diabetes. Many also often have:

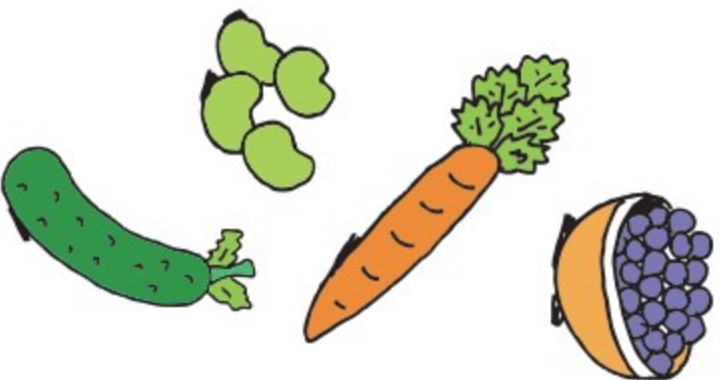


↑ Lower blood sugar and A1C levels

↑ Lower cholesterol levels

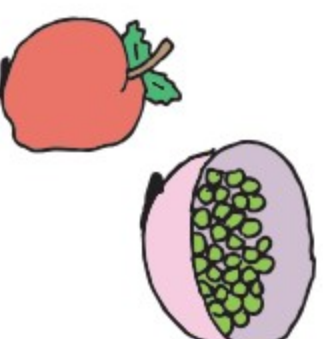
↑ Lower blood pressure levels, and

↑ Lower death rates from heart disease



A meal plan based on eating foods from plants may change how much diabetes medicine you need to take (including insulin), the vitamins you take, how much fiber you eat, and other diabetes-care issues.

Always talk to your doctor before making any changes in your diabetes meal plan. You may be asked to speak to a registered dietitian (a food specialist) to help you develop a vegetarian meal plan that's right for you.





# REASONS TO ADD COLOR

Colorful, delicious and nutritious foods help keep our bodies and minds healthier, longer.

## 1. Lots of the Good

Fruits and vegetables provide many beneficial nutrients. Add fruits and vegetables to meals and snacks for a nutritional power boost.



## 2. Less of the Bad

Fruits and vegetables are typically free of trans fat, saturated fat and sodium. Load up!

## 3. Won't Weigh You Down

Fruits and vegetables are low in calories. They fill you up thanks to the fiber and water they contain, which can help manage your weight.



## 4. Super Flexible Super Foods

All forms of fruits and vegetables — fresh, frozen, canned and dried — can be part of a healthy diet. They are among the most versatile, convenient and affordable foods you can eat. Choose those with little or no added salt or sugar.

## 5. A Whole Body Health Boost

A healthy eating plan full of fruits and vegetables can help lower your risk of many serious and chronic health conditions, including heart disease, obesity, high blood pressure, diabetes and some types of cancer. They're also essential to your everyday health.





When you hear "salad," you may think of a boring bowl of lettuce and tomatoes. But salad can be so much more! With a few simple additions, it can be a delicious, healthy and inexpensive meal.

**GRAINS**  
Adding cooked whole grains to your salad is a satisfying way to feel full longer! Try whole wheat couscous or pasta, barley, quinoa, or wild rice!

# BUILD A HEALTHIER SALAD

Add sliced fresh or dried fruit — choose a rainbow of colors. Pears, apples, and berries are all super salad ingredients!

**FRUITS**

**VEGGIES**  
Vegetables can add crunch and flavor to any salad! Try raw carrots, cucumbers, or broccoli. Roasted beets, potatoes, and squash add a little bit of sweetness.

**PROTEINS**

Adding protein to your salad will keep you feeling fuller longer. Try grilled chicken, salmon, tuna, a hard-boiled egg, or a small amount of cheese! Beans and unsalted nuts are other great options!

**GREENS**

Choose dark, leafy greens like romaine, spinach, or arugula. You can also add fresh herbs like basil, thyme, oregano, or mint for zesty flavor and extra nutrients!

**DRESSINGS**

Make your own healthy dressing with oil, vinegar, and spices from your pantry! Jazz it up with fresh herbs, citrus juice, onions, garlic, or scallions. Taste-test as you add small amounts of ingredients until you find what you love!

**QUICK TIPS**

Choose lower-fat, lower-sodium cheeses such as mozzarella or Swiss.  
Add canned and frozen produce with little salt and added sugar.  
When adding ingredients, choose options low in sugar, fat, and sodium.  
Frozen and canned ingredients work great. Be sure to drain, rinse and pat dry to help your greens stay crisp!



# GOOD FATS BAD FATS

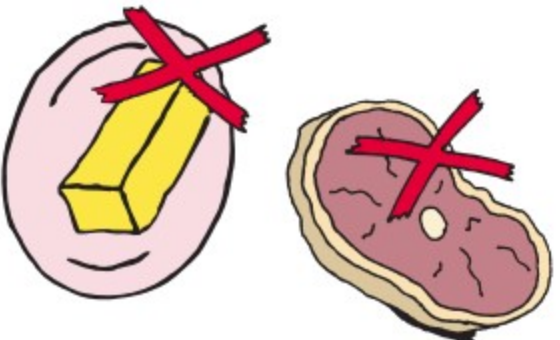
## Avoid...

- 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!



# ABOUT FIBER

Foods that come from plants have parts that your body can't use. These parts are called fiber.

## Why should I eat fiber?

Just as a broom cleans a floor, fiber helps "clean" things out of your body that you don't need or can't use for energy. Eating foods high in fiber can also help you:



- Keep your blood sugar under control after eating
- Lose weight by making you feel full when you eat sooner
- Lower "bad" cholesterol
- Make "going to the bathroom" easier (relieve constipation)

**Foods high in fiber include vegetables, fruits, whole grains, nuts, oats, beans, and seeds.**



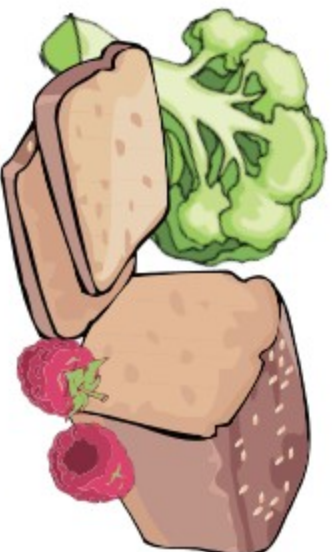
## How much fiber should I eat a day?

Adults should try to eat about 25 to 30 grams of fiber a day. Here is an example of one of the many ways to do this:

<b>BREAKFAST:</b>	½ cup of high-fiber cereal (10 grams); ¾ cup of raspberries (6 grams)
<b>LUNCH:</b>	2 slices of whole-wheat bread (4 grams); 1 small apple (2 grams)
<b>DINNER:</b>	1 cup of broccoli (5 grams); 1 cup of brown rice (3 grams)
<b>TOTAL =</b>	<b>30 GRAMS</b>

## Here are other ways to add fiber to your meals:

- Eat whole-wheat bread instead of white bread
- Eat fruits with the skin instead of drinking fruit juices
- Add berries or nuts to your cereal or yogurt
- Eat fresh or dried fruits for your snack
- Add chickpeas or kidney beans to your rice dishes
- Include vegetables in most meals.



Add fiber to meals slowly. This will help you get used to eating more fiber. Drink lots of water every day. Water helps to keep fiber moving through your body.

# Salt & Sodium

## SODIUM-SAVY TIPS:

Think fresh: Eat more fresh foods and less processed, prepared. Eat more home-prepared foods.

Fill up on vegetables and fruit: Choose fresh, then frozen, and if you must buy canned, look for low/reduced sodium, and rinse well.

Choose low sodium dairy and protein: Unsalted nuts and seeds, canned beans (rinse well).

Cut back gradually: Your taste buds will get used to less sodium over time.

Read nutrition labels: Look for foods labeled “low sodium” or “no salt added”

Boost your potassium: Eating more potassium rich foods like tomatoes, potatoes, beans, and bananas can help lower your blood pressure.

Avoid adding salt: Leave the salt shaker alone. Use salt free spice blends, more spices in general, herbs, and citrus to bring flavor to a meal without adding sodium.

## Changing Your Salty Ways

Americans, on average, consume 3,400 mg of sodium (salt) per day, which is nearly double the recommendation by the American Heart Association.

Depending on your health, your doctor may recommend a low sodium diet of 1,500 mg. The American Diabetes Association recommends that people with diabetes aim to have 2,300 mg or less per day. If you have high blood pressure, your doctor may recommend even less.

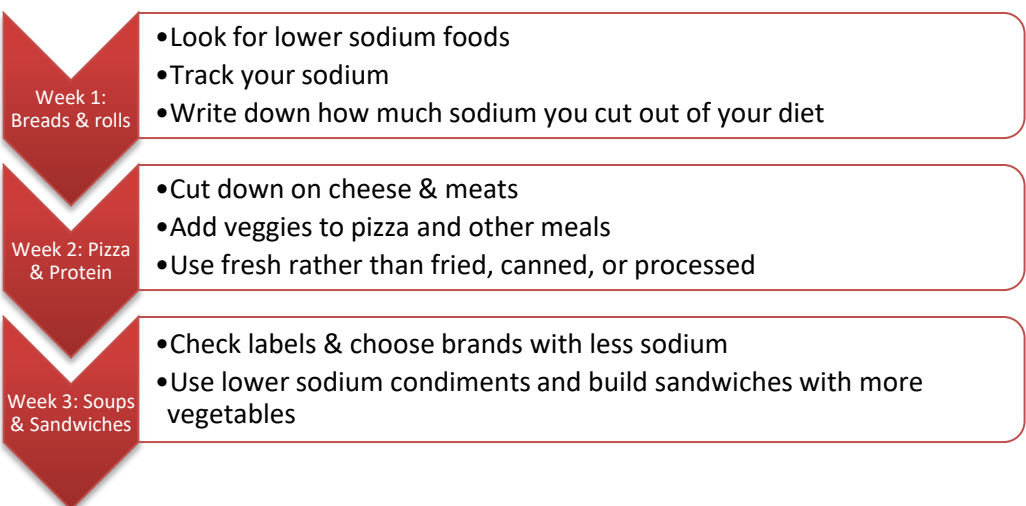
## Where do you find sodium?

- Processed, packaged foods
- Deli meats and cheeses
- Pickles
- Condiments like ketchup, mustard, and salad dressing
- Fast foods
- Sauces
- Chips and snacks like pretzels, mixed nuts
- Soup



## Lower your salt intake in just 3 weeks!

Start enjoying lower sodium foods and reduce bloating by following these 3 simple steps:





# SIP SMARTER

Replace sweetened drinks to cut back on added sugars and empty calories.

## REPLACE SUGARY BEVERAGES...

- full-calorie soft drinks
- energy/sports drinks
- sweetened “enhanced water” drinks
- sweet tea
- sweetened coffee drinks

## WITH BETTER CHOICES!

- The best thing you can drink is water! Try it plain, sparkling or naturally flavored with fruit or herbs.
- Drink coffee and tea without added sugars for a healthier energy boost.
- For adults, diet drinks may help replace high-calorie sodas and other sugary drinks.

## THE FACTS MAY SURPRISE YOU.

Most Americans consume nearly **20 TEASPOONS** of added sugars **EACH DAY.**

That's more than **TRIPLE** the recommended daily limit for women and **DOUBLE** for men!

Sugar-sweetened beverages like soda and energy/sports drinks are the

**#1 SOURCE OF ADDED SUGARS IN OUR DIET.**

A can (12 FL OZ) of regular soda has about **150 CALORIES AND 10 TEASPOONS** of added sugar.

## TRY THESE TIPS TO QUENCH YOUR THIRST WITH LESS ADDED SUGARS



### START CUTTING BACK.

Take steps to reduce or replace sugary drinks in your diet:

**REPLACE** most of your drinks with water.

**REDUCE** the amount of sugar in your coffee or tea gradually until your taste adjusts to less sweetness.

**ADD** plain or sparkling water to drinks to keep some of the flavor with less added sugars per servings.



### CHOOSE WATER.

Make water the easy, more appealing go-to choice:

**CARRY** a refillable water bottle.

**ADD** a splash of 100% fruit juice or slices of citrus, berries and even cucumbers for a boost of flavor.

**TRY** seltzer, club soda or sparkling water if you crave the fizz.



### MAKE IT AT HOME.

Family favorites like hot chocolate, lemonade, smoothies, fruit punch, chocolate milk and coffee drinks easily can be made at home with less added sugars.

**START WITH UNSWEETENED** beverages, then flavor to taste with additions like fruit, low-fat or fat-free milk, and herbs and spices.

Get great recipes for beverages and more at [HEART.ORG/RECIPES](https://www.heart.org/recipes).



## READ THE LABEL, AND CHOOSE WISELY.

Some drinks that appear to be healthy may be high in calories and added sugars. Check servings per container and ingredients list.

Added sugars go by many names, including sucrose, glucose, maltose, dextrose, high fructose corn syrup, cane syrup, concentrated fruit juice, agave nectar and honey.

EAT SMART ADD COLOR MOVE MORE BE WELL

FOR MORE TIPS ON HEALTHY EATING, COOKING AND RECIPES: [HEART.ORG/EATSMART](https://www.heart.org/eatsmart)

# ALCOHOL AND DIABETES



- Drinking alcohol may be OK if you can answer YES to the following:
- |  | YES                                 | NO                       |
|--|-------------------------------------|--------------------------|
| 1. My blood sugar is under good control                            | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 2. I know how to avoid (prevent) and treat low blood sugar         | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 3. My doctor or the diabetes clinic says it is OK to drink alcohol | <input checked="" type="checkbox"/> | <input type="checkbox"/> |

## How much can I drink?

One drink a day for men and women.  
Two drinks a day for men (only men) may also be OK.



## How to drink alcohol:

- Drink with a meal or with foods high in carbohydrate
- Drink slowly and don't drink alone
- Check your blood sugar often
- Always have a low blood sugar snack handy
- Make sure someone with you knows you have diabetes



## Summary:

If you don't drink alcohol now, don't start. No one needs to drink alcohol. If you do drink alcohol, it is always best to drink only a small amount.

## If you drink, remember:

Alcohol can cause a sudden drop in blood sugar, especially in type 1 diabetes. There may be no warning. You could even pass out.

## Talk to your doctor

or diabetes educator for more information.

# HEALTHY COOKING TIPS

How food is prepared can be just as important in controlling diabetes as the food you eat. Here are some healthy cooking tips you may find helpful:



Skim fat from the top of soups and stews. Fat floats to the top as soups and stews chill. Just skim off the fat, reheat, and eat.



Prepare foods using vegetable oil sprays instead of oil, shortening, or butter. Small amounts of canola or olive oil are best if you use oils.



Limit salt. Don't add salt to food or cook with salt. Season foods with herbs, spices, vinegar, wine, or lemon juice.



Prepare chicken or turkey without the skin. Trim fat off meats before cooking.



Eat or cook with skim or 1% milk instead of whole milk or 2% milk.



Use only low-fat or fat-free milk, yogurt, cheeses, and meats in recipes.



Grill, broil, roast, stir-fry, or poach only low-fat meats.



Steam vegetables using water or a low-fat, low-salt broth.



Use lemon or lime on fish and vegetables instead of butter or sauces.



Cook with whole-grain products (such as brown rice, oatmeal, barley, bran) rather than refined-grain products.



Add vegetables to casseroles and salads.

Healthy cooking tips are the same for people with or without diabetes. Talk to your diabetes educator, dietitian, or doctor for more information.

Provided as an educational service on [www.learningaboutdiabetes.org](http://www.learningaboutdiabetes.org).  
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# Quick & Easy Healthy Meals & Snacks

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## Breakfast

- Nut butter, banana or apple toast
- Smoothies: frozen fruit, coconut water (or another type of liquid), yogurt, veggies welcome
- Oatmeal (any cooked grains) with an egg or cheese
- Fruit salad with quinoa
- Ricotta toast with tomato, toasted nuts, and radish
- Quinoa porridge with almonds and peaches
- Avocado toast with egg (poach, hard-boil, etc.)
- Overnight oats: soak oats or flaked grains the night before. Add fruit, nuts, or sautéed vegetables for something savory.
- Warm fruit bowl: baked/roasted fruit with Greek yogurt or cottage cheese
- Egg breakfast muffins (bake in advance to have on the go for a snack)
- Open-face breakfast sandwich with egg, tomato, sautéed mushrooms
- Peanut butter (no salt or sugar added), banana smoothie
- Breakfast burritos: sweet potato with black bean, scrambled egg with avocado and tomatoes
- Pumpkin oatmeal: add pumpkin puree to oats along with seeds or toasted nuts for extra protein
- Spinach frittata in a mug: cover half a cup with spinach with water and microwave for one minute. Drain water; add egg, milk, cheese, tomatoes, and pinch of salt and pepper. Mix thoroughly and microwave for about 2 minutes or until done
- Fruit parfaits
- Homemade instant oatmeal: premeasured your quick cooking oats in a container along with dried fruit and nuts. This will allow you to add water and eat when you don't have time.
- Tofu scramble: instead of eggs, mix softened tofu with veggies (broccoli, kale, greens, tomatoes, eggplant, mushrooms, peppers, etc.)
- Chia pudding with added fruits: overnight, soak chia seeds in milk or milk alternative with banana or another type of fruit
- Mustard, avocado, and dill on a whole-wheat muffin with hard boiled egg
- Piece of fruit, 1-2 ounces cheese, nuts and seeds mix
- Peanut butter (no salt or sugar added) waffle topped with fruit
- Morning pizza: top toasted bread with ricotta cheese, fresh herbs, tomato slices, and other sautéed vegetables
- Portable cereal: choose a fiber rich bran flake with milk or non flavored yogurt. Add nuts or seeds for extra protein



## Lunch & Dinner



- Caprese waffle sandwich: a waffle with sliced tomato, fresh mozzarella, and basil
- Chicken OR tuna salad (vinaigrette based instead of mayonnaise based) with lettuce, avocado, tomato in a wrap, between bread, on top a slice of bread as an open-faced sandwich, or over a large bed of salad greens
- Buckwheat noodle salad: cooked noodles with shaved carrots, cilantro, protein (chicken, salmon, tofu), roasted peanuts, and broccoli (or other vegetables)
- Chickpea salad: canned chickpeas, sliced bell peppers, fresh herbs, cucumber, and tomato tossed in olive oil and fresh lemon juice
- Provolone cheese rollups: chicken salad rolled in a provolone slice served with vegetables and a piece of fruit
- Greek pasta salad: cooked pasta (gluten free available), canned or fresh tomatoes, olives, parsley, sautéed zucchini, and grated cheese
- Cobb salad: deli meat or chicken breast, hard-boiled egg sliced, olives, blue cheese, onion, red bell pepper diced, tomato slices, cucumber diced
- Waldorf salad lettuce wraps: grapes, apples, turkey cooked, walnuts, celery in a yogurt dressing wrapped in lettuce leaves
- Chinese chicken salad: Napa cabbage tossed in chili oil and fresh lime juice, with snow peas, shredded carrots, cilantro, and cooked chicken
- Lemon turkey salad: cooked turkey, dried apricot, poppy seeds, red onion, lemon juice, and yogurt. Put it between two sliced of bread to enjoy as a sandwich or over greens as a salad
- Chicken and wild rice salad pitas: dried cherries or cranberries with cooked chicken, cooked wild rice tossed lemon vinaigrette (fresh lemon juice and olive oil) tucked inside a pita with lettuce
- Artichoke pasta salad: bowtie pasta cooked and cooled with canned artichokes, red onion, cherry tomatoes halved, and fresh herbs
- Quiche or frittata prepared in advance (look online for recipe)
- Quinoa roasted eggplant and apple salad: roast eggplant with olive oil and toss with cooked quinoa, diced apple, dried cranberries, spinach, and toss with a vinaigrette (olive oil, vinegar, and cumin)
- Nicoise salad: chop up hard-boiled eggs with canned tuna, sliced tomatoes, red onion, greens, olives, and cucumber in a vinaigrette
- Green goddess chickpea salad: chickpeas smothered in a green goddess dressing over a bed of greens, green beans, red onion, and radish
- Taco salad
- Soup: just about any soup can be served as leftovers, and often better tastes. Make ahead and in a large batch to have as a lunch or dinner when you're too busy to cook. For example, tomato; potato leek; gazpacho; chili; minestrone; carrot ginger with squash....the possibilities are endless)
- Tacos: meat or vegetable based protein served with fresh greens, salsa, and other vegetables



Snacks: Choose fruits, vegetables, lean proteins, and whole-grains in small quantities (should be 100-200 calories in total, not a meal). Prep at the beginning of the week and portion into snack sized portions.

- Hard-boiled eggs
- Cheese with crackers
- String cheese
- Popcorn
- Pretzels, unsalted
- Unsalted nuts and seeds
- Piece of fresh fruit or 2 tablespoons dried fruit
- Unsweetened applesauce
- Roasted kale chips (try adding nutritional yeast before baking)
- Raw vegetables and/or whole wheat pita with hummus
- Low sodium tomato juice
- Real fruit leather
- Whole grain crackers
- Unsalted, no sugar added peanut butter with rice cakes, whole wheat crackers, vegetables (celery), or fruit (apples)
- Oatmeal with fruit

#### Recipe Websites & Food Blogs

- [Foodnetwork.com](http://Foodnetwork.com)
- [Cookinglight.com](http://Cookinglight.com)
- [Loveandlemons.com](http://Loveandlemons.com)
- [Joyfulhealthyeats.com](http://Joyfulhealthyeats.com)
- [Eatingwell.com](http://Eatingwell.com)
- [diabetesfoodhub.org/](http://diabetesfoodhub.org/)
- [ranellekirchner.com/recipes.html](http://ranellekirchner.com/recipes.html)
- [acouplecooks.com](http://acouplecooks.com)
- [sproutedkitchen.com](http://sproutedkitchen.com)
- [greenkitchenstories.com](http://greenkitchenstories.com)
- [mynewroots.org](http://mynewroots.org)
- [happyvolks.com](http://happyvolks.com)
- [101cookbooks.com](http://101cookbooks.com)
- [Ohsheglows.com](http://Ohsheglows.com)
- [Theyearinfood.com](http://Theyearinfood.com)
- [Naturallyella.com](http://Naturallyella.com)



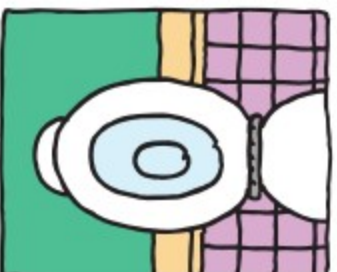


# Section



# Exercise, Sleep, and Stress

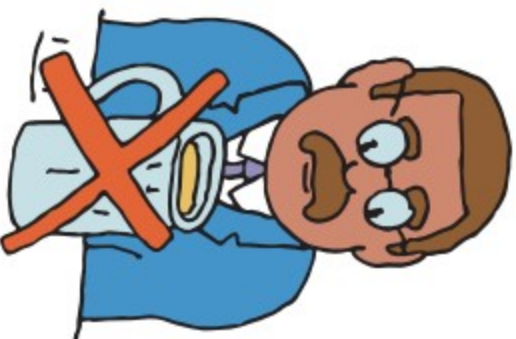
# DIABETES AND SLEEP



Getting a good night's sleep can be hard for people with diabetes. A stressful day, being thirsty, or having to urinate often are just some of problems that can keep someone awake at night.



- Other sleep problems may include:
- stop-and-start breathing that can shorten sleep or cause one to wake up (medical term: sleep apnea)
  - odd leg movements or legs that feel numb, tingly, or painful
  - trouble falling asleep, staying asleep, or sleeping well (medical term: insomnia)



## What can you do?

Try these tips for a good night's sleep:

- Go to bed and get up at the same time each day
- Exercise 30 minutes a day (but not late in the day)
- Limit caffeine and alcohol, especially after 3 PM
- Have a quiet hour of talking, listening to music, or reading before bedtime (no TV, cell phone, computer)
- Sleep in a cool, dark room



See your doctor if you have a sleeping problem that won't go away. A good night's sleep is important for everyone.



American Heart Association

Healthy for Good™

# How much **physical activity** do you need?

Here are the American Heart Association recommendations for adults.



## **Fit in 150+**

Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity (or a combination of both), preferably spread throughout the week.



## **Move More, Sit Less**

Get up and move throughout the day. Any activity is better than none. Even light-intensity activity can offset the serious health risks of being sedentary.



## **Add Intensity**

Moderate to vigorous aerobic exercise is best. Your heart will beat faster, and you'll breathe harder than normal. As you get used to being more active, increase your time and/or intensity to get more benefits.



## **Add Muscle**

Include moderate- to high-intensity muscle-strengthening activity (like resistance or weight training) at least twice a week.



## **Feel Better**

Physical activity is one of the best ways to keep your body and brain healthy. It relieves stress, improves mood, gives you energy, helps with sleep and can lower your risk of chronic disease, including dementia and depression.



**Move more, with more intensity, and sit less.**

Find out how at [heart.org/movemore](https://heart.org/movemore).



American Heart Association

Healthy for Good™

# CHOOSE YOUR OWN WORKOUT

Circuits can be a great way to work out and reduce stress without any special equipment

## TO BUILD YOUR CIRCUIT, CHOOSE 3-4 EXERCISES FROM EACH CATEGORY:

Alternate cardio and strength exercises in short bursts of 30 seconds and 3 minutes, then repeat the circuit two to three times.



### CARDIO EXERCISES

- Jumping Jacks
- Squat Jumps
- Jogging or Marching in Place
- Stair-Climbing or Step-Ups
- High Knees
- Mountain Climbers
- Star Jumps
- Burpees



### STRENGTHENING AND STABILITY EXERCISES

- Plank and Side Plank
- Pushups
- Sit-Ups or Crunches
- Hip Lift or Bridge Position
- Tricep Dips on a Chair
- Lunges
- Squats or Chair Position
- Wall Sits



Learn more ways to add activity to your routine at [heart.org/HealthyForGood](https://heart.org/HealthyForGood)

**EAT SMART**   **MOVE MORE**   **BE WELL**



American Heart Association®

Healthy for Good™

# FIGHT STRESS WITH HEALTHY HABITS



## 1. **Slow down.**

Plan ahead and allow enough time to get the most important things done without having to rush.

## 2. **Snooze more.**

Try to get seven to nine hours of sleep each night. To fight insomnia, add mindfulness and activity.

## 3. **Let worry go.**

The world won't end if a few things fall off of your plate. Give yourself a break and just breathe.

## 4. **Laugh it up.**

Laughter makes us feel good. Don't be afraid to laugh out loud, even when you're alone.

## 5. **Get connected.**

A daily dose of friendship is great medicine. Make time to call friends or family so you can catch up.

## 6. **Get organized.**

Use "to do" lists to help you focus on your most important tasks and take big projects one step at a time.

## 7. **Practice giving back.**

Volunteer your time or spend time helping out a friend. Helping others helps you.

## 8. **Be active every day.**

Exercise can relieve mental and physical tension. Find something you think is fun and stick with it.

## 9. **Give up the bad habits.**

Too much alcohol, tobacco or caffeine can increase blood pressure. Cut back or quit to decrease anxiety.

## 10. **Lean into things you can change.**

Make time to learn a new skill, work toward a goal, or to love and help others.

Learn more at [heart.org/HealthyForGood](https://heart.org/HealthyForGood)

**Section**



**Preventing Problems**

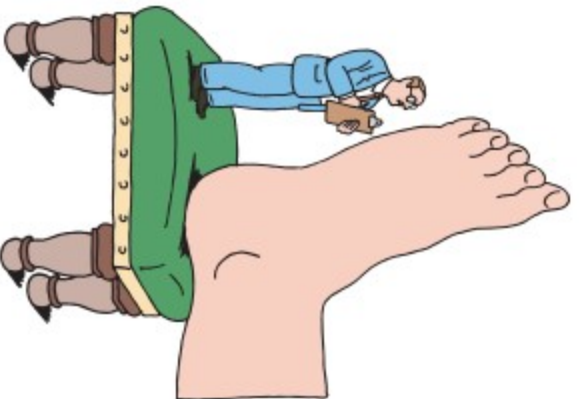
# DIABETES CARE SCHEDULE

## TAKE GOOD CARE OF YOURSELF



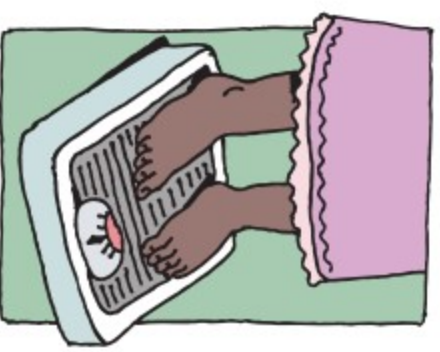
### Every 3 Months

- 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



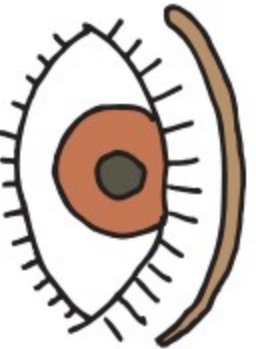
### Every 6 Months

- 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



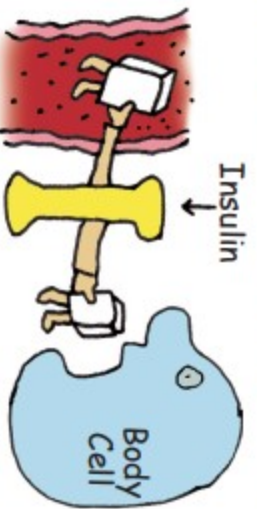
# INSULIN RESISTANCE

Insulin resistance is a condition in which your body cannot use, in the right way, the insulin it produces (makes).

When you eat, most of the food you eat is turned into a type of sugar called glucose. This sugar travels in your blood to all your body cells. Your cells need the sugar to give you energy.



Insulin has the important job of helping sugar move from your blood into your body cells.



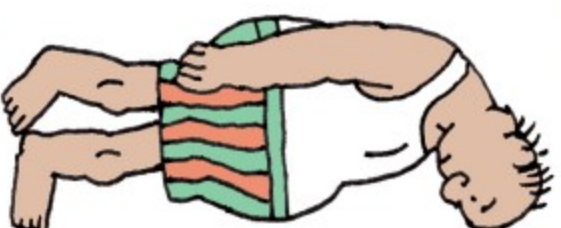
When you have insulin resistance, the body's cells block insulin so it cannot do its job. You can't get the energy you need because not enough sugar is moving from your blood into your body cells.



When this happens, your body has to make more insulin. If your body cannot make enough insulin, your blood sugar levels remain too high.

**The main causes of insulin resistance are:**

- Too much body fat (being overweight); especially around the waist
- Not being physically active



**What can I do?**

- 1) Lose weight by eating healthy foods in the right amounts. Losing as little as 7% of your body weight is a good goal for many.
- 2) Be physically active for 30 minutes or more a day.



Talk to your doctor for more information.



# WHEN TO CALL THE DOCTOR

Calling the doctor or health clinic is always a good idea if you are having a problem with your diabetes care. But, one can be unsure at times about when to call.

## Here are some times when you should always call the doctor or diabetes clinic:

- Whenever your blood sugar is above 300 and you cannot lower it.
- When your blood sugar is higher than your goal for 2 or 3 days and you don't know why.
- If you have ketones.
- When your blood sugar stays below 70 even after you have treated for a low blood sugar problem.
- Whenever you have a bruise, cut, or other injury – especially on your feet – that is getting worse rather than better.



- Any time you cannot remember how much diabetes medicine to take, when to take your medicine, or what to do if you forget to take a dose of medicine.
- If you are sick and cannot hold down food because of diarrhea or vomiting.
- Any time you take a new medicine, either from a doctor or one you buy yourself, such as a cough or cold medicine.

Keep this simple reminder in a handy place, such as on the refrigerator or medicine cabinet. Calling your doctor or diabetes clinic when you have a problem controlling your diabetes is always the right thing to do.



# 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!



# 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



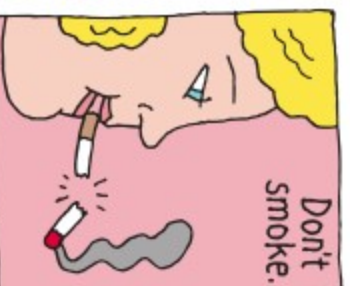
Call your doctor or health clinic if you are sick and don't know what to do, or if you:

- 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



# HIGH BLOOD PRESSURE AND DIABETES

TIPS TO  
CONTROL  
HIGH  
BLOOD  
PRESSURE



Good blood pressure control is important for people with diabetes.

Diabetes increases your risk (chance) of having high blood pressure.

Diabetes and high blood pressure both increase your risk for heart attack or stroke.

If you have diabetes, your blood pressure goal is 130 over 80 or lower. Have your blood pressure checked if you don't know what it is. A blood pressure check is often FREE at your doctor's office, pharmacy, or health clinic.



# Blood Pressure Chart

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	Less than 120	AND	Less than 80
Elevated	120 –129	AND	Less than 80
High Blood Pressure (Hypertension) Stage 1	130—139	OR	80 –89
High Blood Pressure (Hypertension) Stage 2	140 or higher	OR	90 or higher
Hypertensive Crisis (Emergency Care NEEDED)	Higher than 180	AND /OR	Higher than 110

# TIPS TO CONTROL CHOLESTEROL AND DIABETES

Eat less "bad fat"  
(saturated fat and  
trans fat) and  
cholesterol.

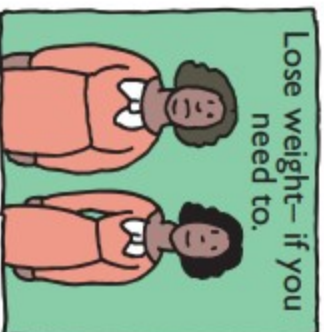


Eating foods high in saturated fats, trans fat (the "bad" fats) and cholesterol can cause serious health problems, including a heart attack or stroke. If you have diabetes, your chance of having health problems is even higher.

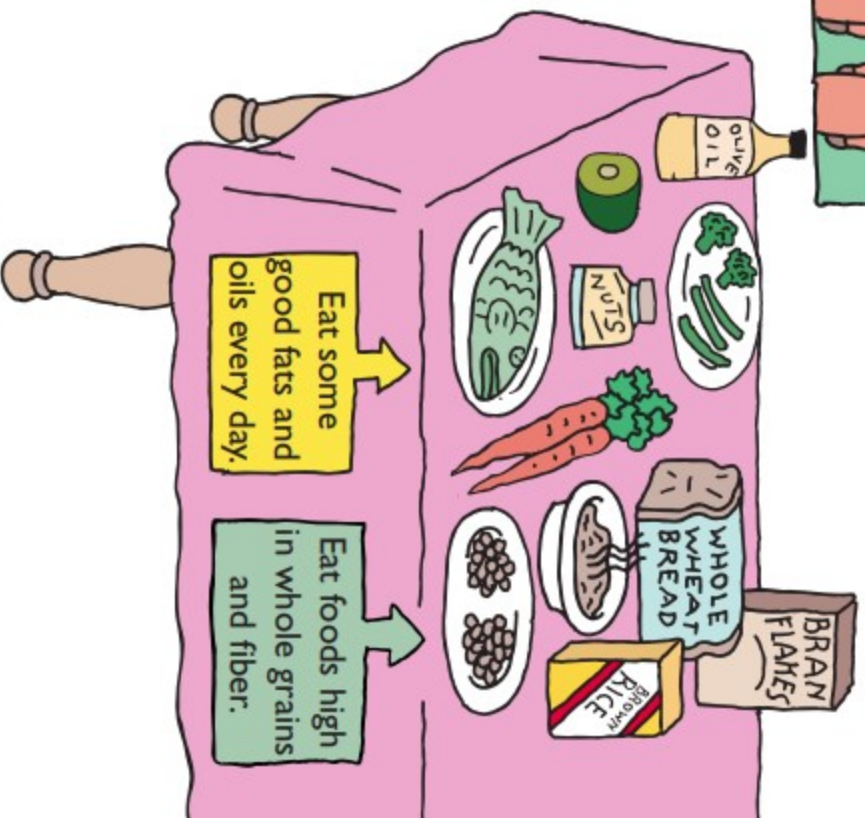
Be smart! To help you stay healthy, eat fewer bad fats and more good (unsaturated) fats, such as

- nuts
- vegetable oils (olive and canola oil)
- fish
- avocado

Call your doctor today for a simple test to check your fat and cholesterol levels.



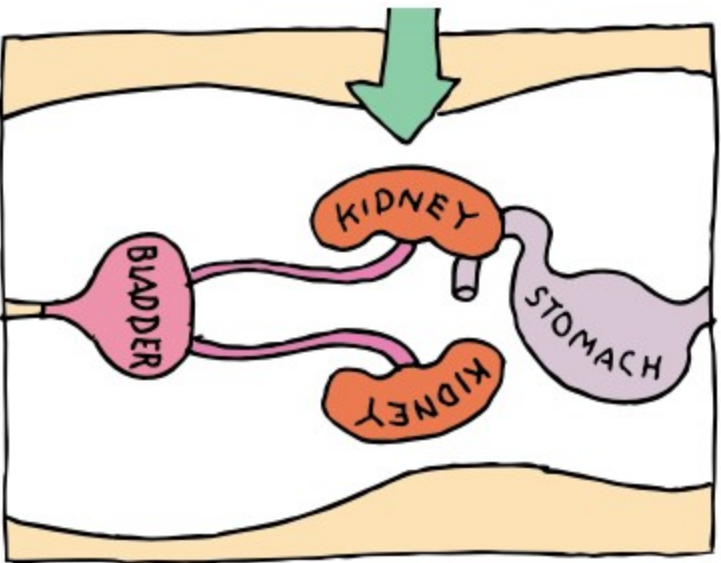
Read food labels. Buy low-fat, high-fiber foods when you shop.



# 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

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

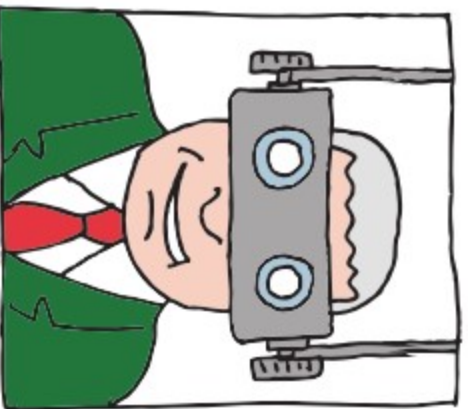
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# DIABETES AND YOUR EYES

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 TEETH

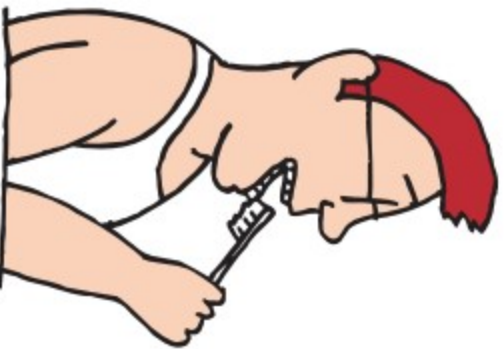


High blood sugar can cause problems with your teeth, gums, and mouth.

## What can you do?

You can prevent problems and take good care of your teeth and gums if you:

- Control your blood sugar
- Brush and floss your teeth with a soft toothbrush after meals
- Check your teeth and gums every day for any problems
- Call the dentist if you have sore or bleeding gums, white spots, or a bad taste in your mouth for more than a few days. You could have an infection.
- If you smoke, **Quit!** Smoking is bad for almost everything, including your teeth
- See the dentist at least every 6 months for a checkup. Be sure to tell your dentist that you have diabetes.



Good blood sugar control is the key to healthy teeth and to healthy living with diabetes.



Provided as an educational service on [www.learninaboutdiabetes.org](http://www.learninaboutdiabetes.org).

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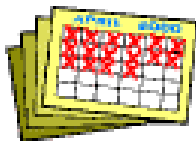


It is important to have the doctor or nurse check your feet when you go to the clinic.



# Daily Foot Care

It is **just as important** for you to take good care of your feet and check them yourself.



These are things you should do *every day!*

<p><b>1. Wash your feet every day with warm (not hot) water and soap.</b></p> 	<p><b>2. Dry your feet. Especially between the toes, After you wash them or anytime they get wet.</b></p> 	<p><b>3. Keep your skin smooth with lotion, but don't put it between your toes.</b></p> 
<p><b>4. Check your feet every day for sores or blisters.</b> Use a hand mirror to check all sides and the bottom of your feet. As someone to help you.</p> 	<p><b>5. Keep your toenails trimmed (but not too short).</b> Trim them straight across and use a nail file to smooth them.</p> 	<p><b>6. Wear clean socks every day.</b> Make sure your socks aren't too big or too small.</p> 
<p><b>7. Wear good shoes.</b> Make sure the shoes fit your feet well and keep your feet protected and dry. Some diabetics need special shoes, if you think you do, talk to your doctor.</p> 	<p><b>8. Check your shoes every day</b> Make sure they are in good condition and don't have anything in them (like small rocks) or anything on the bottom (like a nail or broken glass).</p> 	<p><b>9. Never walk barefoot, not inside or outside.</b></p> 



# TRAVELING WITH DIABETES

Use this checklist to help you keep your blood sugar (glucose) under good control when you travel.



## BEFORE I GO

- Does my doctor approve of me traveling?
- Do I have extra prescriptions?
- Are my shots (immunizations) up to date?

## WHEN I GO

### Medication

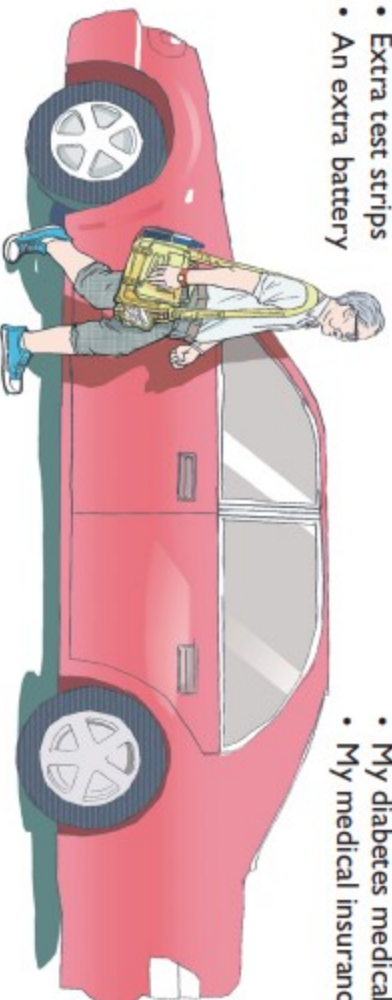
- A list of all my diabetes medicines, dosages, and supplies
- Half my diabetes medicine and supplies on me and half in my hand-held luggage
- A backup supply of my diabetes medicine and supplies (with backup insulin packed in cold packs)
- If I'm traveling by plane, all my medicine and supplies in their original containers

### Blood Sugar Meter

- Extra test strips
- An extra battery

### Identification

- My diabetes medical ID card or bracelet
- My medical insurance card(s)



### Other Things to Bring

- At least a few 15-gram, fast-acting, high-sugar snacks or glucose tablets in case of a low blood sugar
- An extra meal for long trips or in case of travel delays
- Comfortable shoes I've worn before
- My doctor's phone number
- Phone numbers to call in case of an emergency
- A plan to adjust my meal plan if times zones change



Provided as an educational service on [www.learnaboutdiabetes.org](http://www.learnaboutdiabetes.org). Illustrated by Yunshu Chen.

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**Section**



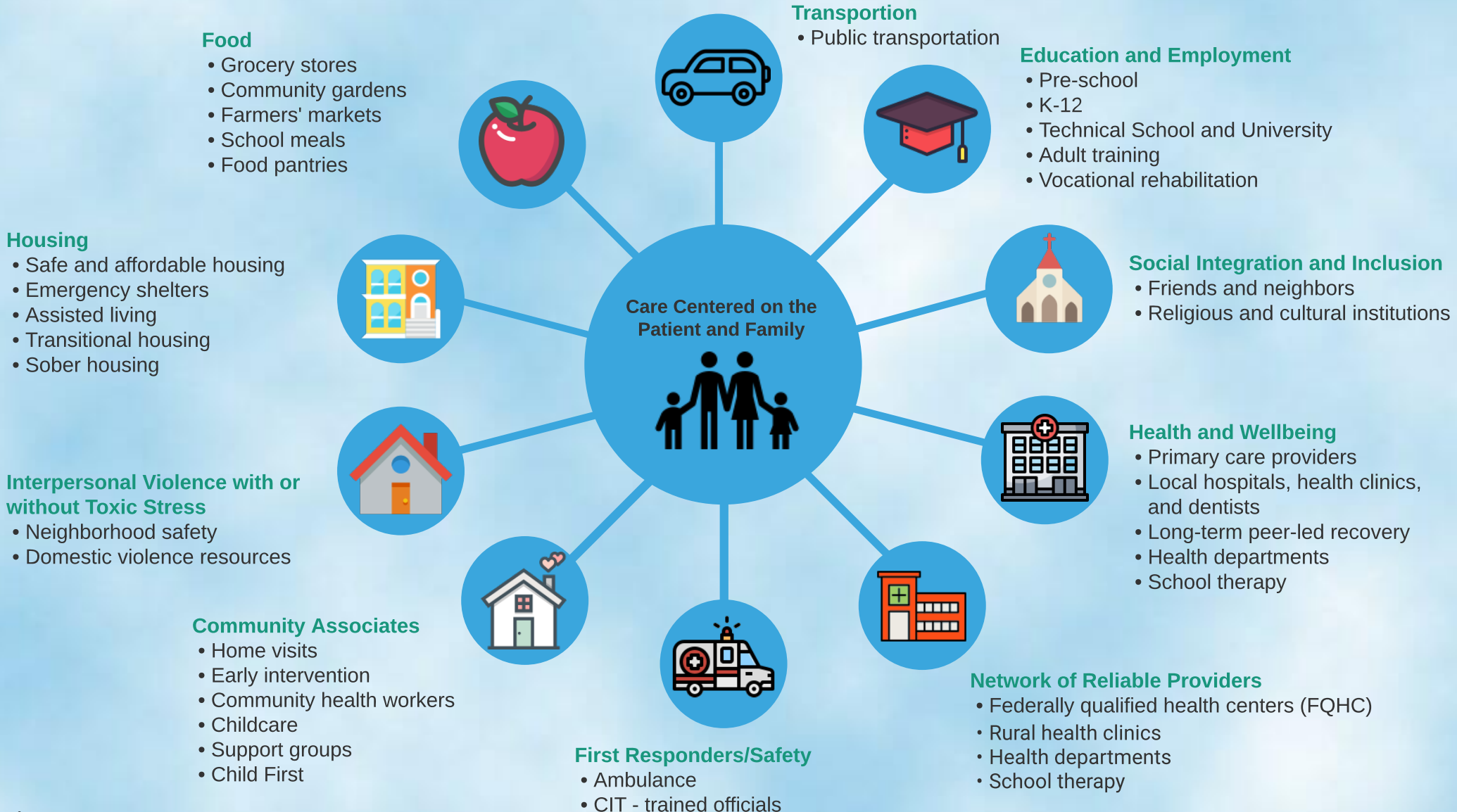
**Additional Information**

# Southside Community Connections




Working Together to Create a Healthy Community

Social Determinants of Health are elements outside of physical health that can contribute to one's well-being.

Southside works in our community to help to support these resources and to share them with our patients.



# WHERE SHOULD I GO FOR CARE?

 PRIMARY CARE	 URGENT CARE	 EMERGENCY
<p>Your provider at Southside is your source of primary care. You should make an appointment with your provider for:</p> <ul style="list-style-type: none"> <li>• Physical exams</li> <li>• Chronic condition care (Hypertension, diabetes, etc.)</li> <li>• Screenings</li> <li>• Vaccinations</li> <li>• Prescriptions</li> <li>• Fever, cold, and flu</li> <li>• Sore throat</li> <li>• Allergies</li> <li>• Headaches and migraines</li> <li>• Eye, ear, or urinary tract infections</li> <li>• Rashes and minor burns</li> <li>• Diarrhea</li> </ul>	<p>You should go to urgent care when your clinic is not available, you need medical care quickly but are not in an emergency.</p> <ul style="list-style-type: none"> <li>• Cuts that need stitches</li> <li>• Fractures and sprains</li> <li>• Accidents and falls</li> <li>• Skin rashes and infections</li> <li>• Moderate back pain</li> <li>• Animal or insect bite</li> <li>• Fever or flu</li> <li>• Eye, ear, or urinary tract infections</li> <li>• Sore throat</li> <li>• Abdominal pain</li> <li>• Nausea, vomiting, diarrhea</li> <li>• Work-related injuries</li> </ul>	<p>You should go to the emergency room in life- or limb-threatening situations:</p> <ul style="list-style-type: none"> <li>• Extremely high fever</li> <li>• Broken bones</li> <li>• Chest pain</li> <li>• Difficulty breathing</li> <li>• Heart attack</li> <li>• Stroke</li> <li>• Uncontrolled bleeding</li> <li>• Major burns</li> <li>• Fainting, dizziness, weakness</li> <li>• Head, neck, or spinal injuries</li> <li>• Seizures</li> <li>• Poisoning</li> <li>• Coughing or vomiting blood</li> <li>• Trauma</li> </ul>

## Where to go and when?

PRIMARY CARE	<p><b>SOUTHSIDE MEDICAL CLINIC</b>            Telephone: 612-827-7181            Address: 324 East 35th Street Mpls, MN 55408            Hours: M - F 7:30am - 5:00pm</p>	
URGENT CARE	<p><b>ALLINA HEALTH URGENT CARE - GREENWAY</b>            Address: 3270 W Lake St Suite 3264            Mpls, MN 55416            Hours: M-F 8:00am - 8:00pm            Sa-Sun 9:00am - 5:00pm</p>	<p><b>M HEALTH FAIRVIEW URGENT CARE- HIGHLAND PARK</b>            Address: 2155 Ford Pkwy, St Paul, MN 55116            Hours: M-F 10:00am - 8:00pm            Sa-Sun 9:00am - 8:00pm</p>
EMERGENCY	<p><b>ABBOTT NORTHWESTERN ER</b>            Address: 800 E 28th St, Mpls, MN 55407            Open 24/7</p> <p><b>M HEALTH FAIRVIEW RIVERSIDE ER</b>            Address: 2312 S 6th St, Mpls, MN 55454            Open 24/7</p>	<p><b>CHILDREN'S MINNESOTA HOSPITAL ER</b>            Address: 915 E 25th St, Mpls, MN 55404            Open 24/7</p> <p><b>HENNEPIN COUNTY MEDICAL CENTER ER</b>            Address: 900 S 8th St, Mpls, MN 55415            Open 24/7</p>