WHAT IS DIABETES?

Diabetes is a lifelong disease. It is a defect in your body’s ability to convert glucose (sugar) to energy. Diabetes develops when your pancreas does not produce enough insulin (Diabetes Research & Wellness Foundation, n.d.).

There are two main types of diabetes:

Type 1 - If you have this type of diabetes, you need to take insulin everyday. This type of diabetes is less common and used to be called juvenile diabetes.

Type 2 - A very common type and also known as adult onset diabetes. If you have this type, you may be able to control your diabetes with diet and lifestyle changes, however, very often it must be managed with diabetes medicine and/or insulin.

CONTRIBUTING FACTORS

- Family History
- High Blood Pressure
- Age
- Obesity
- High Cholesterol
- Physical Inactivity

SIGNS & SYMPTOMS OF DIABETES

- Blurred Vision
- Slow healing cuts or sores
- Unusual thirst (more thirsty than usual)
- Frequent urination
- Rapid (fast) weight loss (Type 1)
- Numbness and/or tingling in hands and feet
- HgA1C greater than 8%

Symptoms occur rapidly with type 1 diabetes.

Type 2 diabetes is a gradual onset and may be more difficult to notice.
WHO TO CALL & WHEN

WHEN SHOULD I CALL MY DOCTOR?
• Your blood sugar is high and consistently going up (greater than 250 mg/dl)
• You have low blood sugar (less than 80 mg/dl)
• You have vomiting or diarrhea
• You are short of breath
• You are unable to take your medicine as ordered including your insulin
• You are feeling sick and have a temperature of 100° or higher
• You have signs of dehydration, dry mouth or decreased urine output

WHEN SHOULD I CALL 911?
• You have shortness of breath
• You have abdominal pain
• You have double vision
• You experience confusion and/or lack of coordination
• You experience trembling and/or weakness
• You have chest pain or discomfort that is not relieved with rest or Nitroglycerin
• You experience an irregular or fast heart rate

CONTACT INFORMATION
Primary Care Physician: _________________________ Phone #: ______________
Emergency Contact: __________________________________________________________

Please keep this along with your medication list on your refrigerator
where it is easily accessible by emergency personnel.
How often you check your blood sugar will depend on your doctor and on what type of diabetes you have.

- If you are on insulin, check your blood sugar 4 times daily (before each meal and at bedtime).
- If you are on pills, check your blood sugar per your doctor’s or diabetic educator’s recommendation.

THE A1C TEST AND DIABETES

The A1C test is a blood test that provides your doctor with the average levels of blood glucose (sugar) over the past 3 months. This is a primary test for diabetes management. This test is the best tool for your doctor to diagnose your diabetes properly.

The American Diabetes Association (2014) recommends you have your A1C tested twice per year if your levels are less than 8% and your diabetes is well managed.
Low blood sugar or hypoglycemia means the level of sugar in your blood is too low. Your blood sugar is considered too low when your meter reads below 80 mg/dl.

REASONS YOU MAY HAVE LOW BLOOD SUGAR
- You have too much medicine in your system
- You have missed a meal or you have eaten later than your usual time
- You have exercised too much
- You drank alcohol on an empty stomach
- You forgot to eat your night time snack before bedtime after taking your medicine which could include your insulin

SIGNS AND SYMPTOMS OF LOW BLOOD SUGAR
- Sweating
- Shakiness
- Irritable/Nervousness
- Feeling faint or dizzy
- Confusion or lack of coordination
- Headache
- Feeling hungry
- Feeling weak or tired

HOW DO I TREAT LOW BLOOD SUGAR?
- 4 ounces of regular NOT diet soda
- ½ cup of fruit juice
- Glucose tablets or gel
- Candy (8 lifesavers)

After taking one of the above, rest for 15 minutes and re-check your blood sugar. If your blood sugar is still low, eat another serving from the above list.

Call your doctor if you have low blood sugar 2 days in a week or if you stay low throughout the day.

FINDING THE CAUSE OF LOW BLOOD SUGAR IS THE BEST WAY TO PREVENT IT FROM REOCCURRING!
High blood sugar or hyperglycemia means the level of sugar in your blood is too high. Your blood sugar is considered high when your Meter reads above 250 mg/dl for more than 2 days.

**REASONS YOU MAY HAVE HIGH BLOOD SUGAR**

- Eating too much food
- Not taking enough medicine (Pills or Insulin)
- Having an illness or infection
- Your are experiencing stress

**SIGNS AND SYMPTOMS OF HIGH BLOOD SUGAR**

- Extreme thirst
- Frequent urination
- Dry/cracked skin
- Blurry vision
- Drowsiness
- Decreased ability to heal
ORAL AGENTS (PILLS)

The purpose of medication is to make you feel better and treat your diabetes. It is important you take all of your medication the way your doctor prescribed it. Do NOT stop taking your medication unless you are told to do so as this may make your diabetes worse.

The following are types of oral agents (pills) that may be used to treat your diabetes.

<table>
<thead>
<tr>
<th>DRUG CLASS:</th>
<th>OTHER NAME:</th>
</tr>
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<tbody>
<tr>
<td>Sulfonylureas</td>
<td>glimepiride (Amaryl) glipizide (Glucotrol, Glocotrol XL) glyburide (Micronase, Diabeta) Glucovance (combination of metformin and glyburide)</td>
</tr>
<tr>
<td>Biguanide</td>
<td>metformin (Glucophage)</td>
</tr>
<tr>
<td>Thiazolidinediones</td>
<td>rosiglitazone (Avandia) pioglitazone (Actos)</td>
</tr>
<tr>
<td>Alpha Glucosidase Inhibitors</td>
<td>acarbose (Precose) miglitol (Glyset)</td>
</tr>
<tr>
<td>Meglitinides</td>
<td>repaglinide (Prandin) nateglinide (Starlix)</td>
</tr>
</tbody>
</table>

**Your doctor or diabetic educator will work with you to decide what medication may work best for you. Your blood sugar results will help to see if your current medications are controlling your blood sugars**

(Diabetes Research & Wellness Foundation, n.d.)
INSULIN

The purpose of medication is to make you feel better and treat your diabetes. It is important you take all of your medication the way your doctor prescribed it. Do NOT stop taking your medication unless you are told to do so as this may make your diabetes worse.

The following are types of Insulin that may be used to treat your diabetes.

<table>
<thead>
<tr>
<th>TYPE OF INSULIN</th>
<th>ACTION:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rapid acting, lispro</td>
<td>Starts working in 5-15 minutes. Lowers blood sugar in 45-90 minutes.</td>
</tr>
<tr>
<td>(Humalog)</td>
<td>Finishes working in 3-4 hours.</td>
</tr>
<tr>
<td>Rapid acting, aspart</td>
<td>Starts working in 10-20 minutes. Lowers blood sugar in 1-3 hours.</td>
</tr>
<tr>
<td>(Novolog)</td>
<td>Finishes working in 3-5 hours.</td>
</tr>
<tr>
<td>Short-acting, Regular</td>
<td>Starts working in 30 minutes. Lowers blood sugar in 2-5 hours.</td>
</tr>
<tr>
<td></td>
<td>Finishes working in 5-8 hours.</td>
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<tr>
<td>Intermediate acting,</td>
<td>Starts working in 1-3 hours. Lowers blood sugar in 6-12 hours.</td>
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<tr>
<td>NPH</td>
<td>Finishes working in 16-24 hours.</td>
</tr>
<tr>
<td>Long-acting, Ultralente</td>
<td>Starts working in 4-6 hours. Lowers blood sugar in 8-20 hours.</td>
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<td>Finishes working in 24-28 hours.</td>
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<tr>
<td>Very long-acting,</td>
<td>Starts working in 1 hour. Lowers blood sugar evenly in 24 hours.</td>
</tr>
<tr>
<td>Lantus**</td>
<td>Finishes in 24 hours and is taken once a day at bedtime.</td>
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</table>

**Lantus should not be mixed together in the same syringe as any other form of insulin**
## MEDICATION MANAGEMENT

Get Healthy
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Committed to serving you.

### PREMIXED

<table>
<thead>
<tr>
<th>TYPE OF INSULIN:</th>
<th>ACTION:</th>
</tr>
</thead>
<tbody>
<tr>
<td>NPH and Regular mixture (70/30)</td>
<td>Starts working in 30 minutes. Lowers blood sugar in 2-5 hours and 7-12 hours. Finishes working in 16-24 hours.</td>
</tr>
<tr>
<td>NPH and Novolog mixture (70/30)</td>
<td>Starts working in 5-30 minutes. Lowers blood sugar in 45-90 minutes and 7-12 hours. Finishes working in 16-24 hours.</td>
</tr>
<tr>
<td>NPH and Humalog mixture (75/25)</td>
<td>Starts working in 5-30 minutes. Lowers blood sugar in 45-90 minutes and 7-12 hours. Finishes working in 16-24 hours.</td>
</tr>
</tbody>
</table>
IMPORTANT FACTS ABOUT YOUR MEDICATION

The medications your doctor prescribed cannot make your diabetes go away, but they can make you feel better and help you manage your disease. Below are some helpful tips regarding your medicine.

HELPFUL TIPS

• Always take your medicine as prescribed.

• Keep all your medications in the original container (filling a weekly pill box is okay, however, do not put the rest of your medications in a different container).

• Try to learn your medications. What does it look like? What is the dose? Remember that from time to time the manufacturer changes. Please clarify any changes with your pharmacist.

• Do not run out of your medicine.

• Tell your pharmacist and doctor all of the medications you are taking, this includes all prescribed and non-prescribed medications such as vitamins and home remedies.

• Do not skip or increase your dose unless you are told to do so by your doctor. If you miss a dose, do NOT double up on your medications; instead, take your next dose when it is due.

• If you are unable to take your medications for any reasons, call your doctor or nurse immediately.

• Do NOT take any over-the-counter medications until you check with your doctor. Some of these medications may interfere with your prescribed medications and could worsen your diabetes.

• Try to get all of your medications from one pharmacy. This will decrease confusion for both you and the doctor when new medication is prescribed.
Managing your carbohydrates is an important part of your diabetic diet.

Carbohydrates can be found in:

- Sugar and sweets
- Bread, rice and pasta
- Fruit
- Starchy vegetables such as potatoes and corn
- Milk and yogurt

Make sure your diet is balanced.

- Limit how much fat you eat. Eat more foods high in fiber and low in saturated fats.
- Limit your sweets.
- Cut down on high calorie, low nutrition items such as soda.
- Space your meals no more than 5 hours apart. This will prevent low blood sugars and overeating.
- Try to eat the same amount of food approximately at the same time each day.
- Foods that have carbohydrates should NOT be avoided. Your body needs these to stay healthy. Carbohydrates should be balanced with the activity you do and the medications you take.
- Small amounts of sugar (cookies, cakes and sweets) are okay on occasion. If you work a sugary snack into your diet, eat less starch, grains, fruit, milk or yogurt during that meal.
- If you are used to drinking regular soda or juice, try drinking less or consider other options such as un-sweetened tea, sugar-free Kool-Aid® or Crystal light®.

(Saint Francis Medical Center, 2010)
Many people with heart failure often have other medical conditions as well, such as, high blood pressure (hypertension).

High blood pressure makes the heart work harder and can make you feel worse.

It is extremely important to take your medication as directed by your provider caring for your heart failure. If you are unable to take your medication, talk with your provider. Do NOT stop taking the medication on your own as you can make your Heart Failure worse.

The American Heart Association (2018) defines high blood pressure as 130/80 or higher.
EXERCISE AND DIABETES

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Every activity counts. Walking is always a good starting point.

WHAT CAN ACTIVITY AND EXERCISE DO FOR YOU?

• Burns calories and keeps your body healthy
• Lowers your blood sugars
• Helps you deal with stress
• Helps you maintain a healthy weight
• Helps your body use insulin better
• Helps you feel better about yourself

If you experience any of the following symptoms during exercise:

• Increased shortness of breath
• Increased cough
• Chest pain or discomfort
• Lightheadedness or dizziness
• Fast or irregular heartbeat
• Extreme fatigue

STOP AND REST!
IF YOUR SYMPTOMS DO NOT GO AWAY, CALL 911.
WHY IS FOOTCARE IMPORTANT WHEN YOU HAVE DIABETES?

Foot ulcers are a major concern and cause of disability for people with diabetes. Poor foot care can lead to serious health issues including amputation (removal of your leg or foot) (National Institute of Diabetes and Digestive and Kidney Diseases, 2017).

As a person with diabetes you are more likely to have foot problems because diabetes can damage your nerves, diminish or decrease the feeling and reduce the blood flow to your feet.

HOW CAN YOU CARE FOR YOUR FEET?

- Wash and dry your feet daily, use lotion to prevent cracking.
- Examine your feet EVERY day. Check the top and bottom of each foot. If you are unable to check your feet, please have someone examine them for you.
- If you have a blister, do NOT “pop” it. Cover it with a bandage instead and wear different shoes.
- Take care of your toenails. Cut them after bathing when soft.
- Avoid cutting into the corners of your toes. If you are unable to cut your own toenails, are uncomfortable cutting your own toenails, or are on blood thinners, see your Podiatrist (foot doctor).
- NEVER go barefoot.
- Avoid tight socks
- Wear special shoes if your doctor recommends them.
- Do NOT wait to treat minor injuries or problems. Seek medical attention immediately to avoid further complications.
- Check water temperature with your elbow, not foot/feet.
- Do NOT use a heating pad on your feet.
THINGS TO DO TO HELP ME LIVE WITH DIABETES

- Follow a healthy nutrition plan
- Be active every day
- Take your medicine as prescribed
- Measure/check your blood sugar as recommended by your doctor or diabetic educator
- See an eye doctor regularly
- Talk with your doctor on what is best for you and your type of diabetes
- Know signs and symptoms of hypo/hyperglycemia
- Know your survival skills provided to you by your doctor or diabetic educator
Your family is a big part of your health care team.

- Your family can help you monitor and recognize signs and symptoms of diabetes including hypoglycemia and hyperglycemia.

- It is important for your family to understand your illness and know the medications you are taking.

- It is recommended that one family member accompany you to any appointments or classes.

- Please share any new information with them so they can assist you at any time.


MY CARE TEAM

My doctor is: ___________________________ Phone #: ______________
Pharmacy: ___________________________ Phone #: ______________
Hospital: ___________________________

Diabetic Resource Nurse: ___________________________
Phone #: ___________________________

Dietician: ___________________________ Phone #: ______________
Podiatrist: ___________________________ Phone #: ______________

Care Manager: ___________________________ Phone #: 414.771.6177
GLUCOSE TESTING RECORD

Get Healthy
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NAME: ____________________________

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Going to your doctor can be overwhelming at times and can make you nervous. You may forget what you want to ask and/or forget what your doctor tells you. Use this sheet to write down your questions.

YOUR QUESTION
1. _____________________________________________________________

______________________________________________________________

THE ANSWER

______________________________________________________________

______________________________________________________________

YOUR QUESTION
2. _____________________________________________________________

______________________________________________________________

THE ANSWER

______________________________________________________________

______________________________________________________________

YOUR QUESTION
3. _____________________________________________________________

______________________________________________________________

THE ANSWER

______________________________________________________________
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<tr>
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<th>MEDICATION</th>
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