



AMERICA'S  
**DIABETES**  
HEALTH GUIDE™

You've just been diagnosed with diabetes. But don't panic, it's the start of a new phase of your life where you'll be taking the best care of yourself. Thousands of people all over the world have diabetes and lead great lives.

Your **America's Diabetes Health Guide™** will help you to live as normal and healthy a life as possible. You will learn how you can control your blood glucose levels by

- eating the right foods,
- exercising,
- using your medications properly, and
- getting help from your team of healthcare professionals.



You can also use this book to track your exams, tests, health history, and personal details. In short, you'll have everything at your fingertips to ensure your success.

Use a pencil to complete

## Your Diabetes Team

Name

Phone

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

## Your Diabetes Team

Diabetes affects you in many ways. These professionals will help guide you through the maze of your condition.

**Physician:** Your team leader is your doctor – either your primary care physician or a specialist called an endocrinologist. You and your doctor will manage your diabetes together. You should see him or her at least every six months. They will help you decide which other specialists you may need on your team. These usually include:

**Nurse Practitioner/Nurse/Physician's Assistant:** You will work closely with one or all of these professionals as they will teach you everything you need to know about daily living with diabetes.

**Dietitian:** Trained in nutrition, this team member will help you work out what food to eat.

**Pharmacist:** Choose a pharmacist trained in diabetes management. They are often available for help and questions about your medication when doctors and nurses are not.

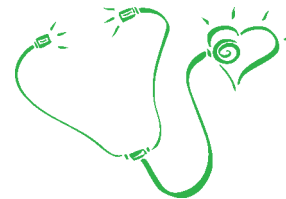
**Exercise Expert:** Exercise is a key part of managing diabetes. Ask your doctor to refer you to a physical therapist to learn what exercise will be best for you.

**Eye Doctor:** See an eye doctor at least once a year to catch any eye problems early on when treatment is very effective.

**Foot Doctor:** Podiatrists treat foot and lower leg problems. People with diabetes are prone to sores and infections in these areas. Check yours daily.

**Dentist:** You are more prone to gum disease if you have diabetes. See a dentist every six months.

**Mental-Health Professionals:** You may also need the help of social workers, psychologists, psychiatrists, and family therapists.



## Personal Information

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone # \_\_\_\_\_

Date of Birth \_\_\_\_\_

☐ Male ☐ Female      Blood Type \_\_\_\_\_

Allergies/Sensitivities \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Insurance Information

Insurance Co. \_\_\_\_\_

Insurance # \_\_\_\_\_

HMO:    ☐ Yes    ☐ No

HMO Name \_\_\_\_\_

Supplemental Ins. \_\_\_\_\_

Supp. Insurance # \_\_\_\_\_

### Yes, I Have Advanced Directives:

- ☐ Living Will
- ☐ Health Care Agent (Proxy)
- ☐ Health Care Power of Attorney

Document kept at \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

<b>Do You Have?</b>	<b>When Diagnosed</b>
<input type="checkbox"/> <b>Alcohol Abuse</b>	
<input type="checkbox"/> <b>Arthritis</b>	
<input type="checkbox"/> <b>Asthma/COPD</b>	
<input type="checkbox"/> <b>Cancer, type:</b>	
<input type="checkbox"/> <b>Depression</b>	
<input type="checkbox"/> <b>Diabetes type</b> <input type="checkbox"/> 1 <input type="checkbox"/> 2	
<input type="checkbox"/> <b>Heart Disease</b>	
<input type="checkbox"/> <b>High Blood Pressure</b>	
<input type="checkbox"/> <b>Urinary Incontinence (Weak Bladder)</b>	
<input type="checkbox"/> <b>Other:</b>	

<b>Hospitalizations</b>	<b>Year</b>

## Diabetes Management

### Healthy Food Choices

Diabetes does not mean an end to eating the foods you love and you don't have to completely avoid sugar. It will mean changes. But, if you eat a balanced diet and are not overweight, you will live a healthy and good life. Everyone should eat healthily to reduce the risk of problems such as heart disease and stroke. If you are diabetic, you especially need to watch what you eat because you are more likely to develop these problems. If you plan your meals carefully you can include your favorite foods – including dessert!



Your dietitian will help you with meal planning because there's a lot to learn. They will show you what to eat to improve your blood glucose, blood pressure, and cholesterol levels. You also have to balance what you eat with your medications and exercise. Here are the basics:

- ✓ Keep to a low-calorie, varied diet rich in vitamins and minerals. Use the diabetic food pyramid to help you ([www.diabetes.org](http://www.diabetes.org)).
- ✓ Watch portion sizes. Total calorie intake affects blood glucose and you don't want to gain weight. If you are overweight, eat less to lose the extra pounds.
- ✓ Choose non-fat dairy items, fish, a variety of beans, and only lean meats – especially poultry.
- ✓ Eat the right kind of carbohydrates. Fruit, vegetables, and wholegrain foods win out over processed carbs such as white bread and white rice. Track what carbs you eat daily. Your dietitian will tell you how many you are allowed. Carbohydrates are a big issue because the body converts them to glucose.
- ✓ The type of fat you eat matters. Good fats include olive and canola oils. Avoid trans-fats. Read your labels. Eat broiled food instead of fried.
- ✓ Eat more vegetarian meals. If you eat meat, have more vegetables and fruits than protein.

## **Moderate Weight Loss and Preventing Weight Gain**

If you are overweight, your doctor or dietitian will help you work out a program to lose about five to ten percent of your body weight. Calorie counting, portion control, and exercise are the keys to losing weight and preventing weight gain. When you manage your diabetes, you can get along with it just fine!

## **Blood Pressure**

Control of your blood pressure is important in preventing heart and kidney disease. A good goal for most people is less than 130/80. Ask your doctor about ways to reach your goal.

## **Quitting Smoking**

Everyone should give up smoking to improve their health. People with diabetes who smoke are three times more likely to get heart disease or have a stroke than those who don't smoke. This bad habit can also increase your risk of kidney disease and nerve damage.



## **Emotions**

Living with diabetes is a challenge. You may feel stressed or even depressed. This is normal. And this is where the mental-health professionals in your team can help you. The financial cost can be stressful, too. Find a health-insurance plan that covers as many diabetes-related expenses as possible.

## **Physical Activity Recommendations**

Build thirty minutes of exercise into your schedule five days a week. It will help you:

- Lower your blood glucose, blood pressure, and cholesterol levels.
- Reduce the risk of heart disease and stroke.
- Relieve stress.
- Strengthen your heart, muscles, and bones.
- Give you a feeling of well-being.
- Improve your blood circulation.
- Help your insulin work more efficiently.
- Keep your joints flexible.
- Keep your weight down.

But what do we mean by exercise? It doesn't mean you have to become a marathon runner or go to a gym every day. It can mean as little as a daily walk. Here are some examples of what you can do:

- ✓ Walking
- ✓ Yard work
- ✓ Jogging
- ✓ Swimming
- ✓ Cycling
- ✓ Gym
- ✓ Tennis
- ✓ Aerobics
- ✓ Treadmill



### **Factors Affecting Blood Glucose (Sugar)**

If you keep your blood glucose levels in your target range, you will remain healthy. Try to eat, take your pills, and exercise at the same time every day. Check your blood glucose and use the results to make choices. A team member will help you plan for days when you may be sick.

### **High and Low Blood Glucose – What it is, What to do**

Ask your healthcare team what they consider a low or high blood glucose level to be for you. Then, when you test you will know immediately.

#### **Low Blood Glucose (Hypoglycemia): Signs and Symptoms**

- |   |   |
|---|---|
| <input type="checkbox"/> Sweating       | <input type="checkbox"/> Uncoordinated  |
| <input type="checkbox"/> Shakiness      | <input type="checkbox"/> Hunger         |
| <input type="checkbox"/> Weakness       | <input type="checkbox"/> Dizziness      |
| <input type="checkbox"/> Pounding heart | <input type="checkbox"/> Nausea         |
| <input type="checkbox"/> Headache       | <input type="checkbox"/> Slurred Speech |
| <input type="checkbox"/> Irritable      | <input type="checkbox"/> Drowsiness     |
| <input type="checkbox"/> Pale           | <input type="checkbox"/> Confusion      |

#### **Causes**

- |   |   |
|---|---|
| <input type="checkbox"/> Too much insulin<br>(if you take it) | <input type="checkbox"/> Too much activity        |
| <input type="checkbox"/> Too little food                      | <input type="checkbox"/> Alcohol<br>(less common) |

## Actions

Eat or drink to raise your levels. For example: hard candy, non-diet soda, fruit juice, glucose tablets, raisins. Usually, low blood glucose situations are easy to control and not life-threatening. But very low levels can cause mental confusion, changed behavior, unconsciousness, or seizures. These are life-threatening in that you could be driving and get in an accident, or near stairs and fall down them. Testing is crucial. If you are on insulin, keep a glucagon injection kit with you. If you go into a coma you will need a shot of it. Train those around you to use it.

## High Blood Glucose (Hyperglycemia):

### Signs and Symptoms

- |  |  |
|--|--|
| <input type="checkbox"/> Loss of appetite                            | <input type="checkbox"/> Dry mouth or skin           |
| <input type="checkbox"/> Nausea                                      | <input type="checkbox"/> Tiredness                   |
| <input type="checkbox"/> Vomiting                                    | <input type="checkbox"/> Blurred vision              |
| <input type="checkbox"/> Fever                                       | <input type="checkbox"/> Slow healing cuts and sores |
| <input type="checkbox"/> Stomach pain                                | <input type="checkbox"/> Unexplained weight loss     |
| <input type="checkbox"/> Sweet smelling breath                       |  |
| <input type="checkbox"/> Increased thirst, urination, and infections |  |

## Causes

- |   |   |
|---|---|
| <input type="checkbox"/> Too little medication – pills or insulin | <input type="checkbox"/> Faulty meter           |
| <input type="checkbox"/> Too much food                            | <input type="checkbox"/> High doses of steroids |
| <input type="checkbox"/> Too little activity                      | <input type="checkbox"/> Alcohol (in excess)    |
| <input type="checkbox"/> Spoiled insulin                          | <input type="checkbox"/> Too much stress        |
| <input type="checkbox"/> Illness                                  |   |

## Actions

This condition can be fatal without treatment. Drink plenty of water (eight glasses a day is good). Call your doctor or another team member right away to avoid more problems. Try to think why your levels got high and take action to lower them. If you take insulin, make sure a team member shows you how to use an at-home kit to test your urine if you get high blood glucose.

## Immunizations

Having diabetes puts you at a higher risk of contracting influenza. In turn, getting the flu makes you more susceptible to pneumonia. Make your annual flu shot a high priority and get protection from pneumonia.

Vaccine	Date	Doctor or Location (Health professional to complete)			
Influenza					
Pneumonia					
Tetanus Every 10 years					
Hepatitis B Per risk status					
Hepatitis A Per risk status					
Tuberculosis Screen					
Other					

## Diabetes Tests and Exams

Monitoring your blood glucose levels and keeping them within the normal range will help prevent further health problems that can occur when your levels are out of control over a long period. These include: eye disease, nerve damage, kidney damage, heart attacks, strokes, blood vessel disease which can lead to amputation, and impotence in men. Your doctor will let you know how often you will need health exams, screenings, and tests. They include:

### Self-Monitoring of Blood Glucose

This is a test you perform with a blood glucose meter. It measures how much sugar is in your blood at the time of testing and is an essential part of you controlling your diabetes. Your doctor or team member will help you come up with a testing plan. By checking your levels at different times, you can learn how your body works and how what you do and eat affects it.

The most important thing is to know what causes your glucose levels to be too high or too low. The information you get from testing will help you and your team tailor your eating, medication, and exercise needs so that you can live as normal a life as possible. Always write your glucose values down in a logbook and report these readings to your doctor.

### **The A1C Test**

This is a blood test done by a doctor and inspected in a lab. It shows the average amount of sugar in your blood over the last two to three months. This is the best way to find out if your blood glucose is in control. It will confirm if you are doing things right or if you need to make changes.

### **Lipids**

This is a yearly test checking for fat in your blood. The results should be:

- LDL – low density lipids are the bad fats in blood leading to heart disease. Aim for less than 100.
- HDL – High density lipids are the good fats helping to prevent heart disease. Men should aim for more than 45 and women more than 55.

- Cholesterol – Aim for less than 200.
- Triglycerides – Aim for less than 150.

### **Kidney**

You need to know how your kidneys are working. Ask to have “urine for protein” and/or “blood for protein” tests. Diabetes is one of the major causes of kidney failure and dialysis (use of a kidney machine).

### **Eye**

Changes in your eyes, found early, may prevent future blindness. A dilated exam is recommended once a year to find problems before you can notice that anything is wrong.

### **Feet**

These need to be checked by your doctor or a podiatrist to make sure your blood circulation and foot nerves are OK. Look at your feet daily to check that the skin does not have cracks, sores, scrapes, or cuts. Diabetes causes more amputations of the feet and legs than any other disease.

Diabetes Exams

Fill in the date and results

	Date:	Date:	Date:
A1C			
Blood Glucose*			
Blood Pressure			
Feet "✓" when done			
Weight			
Activity Plan "✓" when done			
Nutrition Plan "✓" when done			
Tobacco/ Alcohol Use "✓" done			

\*Bring home blood sugar record to every doctor visit.

Date:	Date:	Date:	Date:

# Diabetes Exams

Fill in the date and results

	Date:	Date:	Date:
A1C			
Blood Glucose*			
Blood Pressure			
Feet "✓" when done			
Weight			
Activity Plan "✓" when done			
Nutrition Plan "✓" when done			
Tobacco/ Alcohol Use "✓" done			

\*Bring home blood sugar record to every doctor visit.

Date:	Date:	Date:	Date:

# Yearly Diabetes Exams

Fill in the date  
and results

	Date:	Date:	Date:
<b>Lipids</b>			
LDL			
HDL			
Total Cholesterol			
Triglycerides			
<b>Dilated Eye Exam</b>			
<b>Urine Protein</b>			
<b>Complete Foot Exam</b>			
<b>Nutrition Education</b>			
<b>High/Low Blood Sugar</b>			
<b>Sick Day Plan</b>			

You and your doctor can use these pages to  
track your diabetes care.

Date:	Date:	Date:	Date:

Health Exams

	Date/Results	Date/Results	Date/Results
Dental			
Hearing			
Stool Occult Blood			
Colorectal Screen			
Breast Exam By your doctor			
Mammogram			
Pap Test			
Prostate			

Date/Results	Date/Results	Date/Results	Date/Results

## Medication Safety and Management

### Oral Medication

If you need medication to help you control your diabetes, it is vitally important to take it as prescribed. If you don't, your condition may not improve and could even get worse.

- ✓ Ask your doctor the name of each medicine and what it is for.
- ✓ Ask what side effects it may have and what you should do if they occur.
- ✓ Tell your doctor the names of any medications you are taking, including over-the-counter, herbal, and prescription.
- ✓ Ask if there are any foods, drinks, or other medications that should be avoided while taking the medicine.
- ✓ Always make sure you fill a prescription as soon as you get it.
- ✓ Be sure to refill if it is still needed.
- ✓ Take your medications at the same time every day.
- ✓ Do not stop taking a medication before the course is complete without your doctor's advice.

- ✓ Take the right dose.
- ✓ Don't skip a dose.
- ✓ Don't take anyone else's medication.

### Insulin

If you need to use insulin, there are many safety procedures you will need to learn about. Your diabetes educator will help you with these:

- How to store your supplies
- How to know if the insulin is safe to use (it can go bad)
- How to know if your insulin needs to be changed
- How to mix insulin
- How to use pre-filled syringes
- How to dispose of syringes

If you are ever unsure about what to do, always ask your doctor, diabetes educator, or pharmacist before you proceed. Be sure to let your doctor know about any side effects you experience. Never be afraid to ask your team members if you have any questions at all about your medicines.

## Medications and Drug Allergies

Pharmacy		Phone #	
<hr/>			
Drug Allergies			
Drug		Reaction	
<p>List medications and other health products you are taking.          Include non-prescription medicine and vitamins.          Place a line through those you no longer take.</p>			
Medication		Dose	How Often

## Medication

## Dose

## How Often

