OVERVIEW OF MANAGEMENT OF DIABETES

1. GOAL: CONTROL LEVEL OF SUGAR IN THE BLOOD
   - ACTION: Determine your target BLOOD PRESSURE with your doctor
   - ACTION: Determine your target CHOLESTEROL with your doctor
       - Stop smoking
       - Dilated eye exam every year
       - Foot exam every visit
       - Check urine for microalbuminuria (kidney problem)
       - Take daily low dose aspirin (discuss with doctor)
       - Flu vaccine every year
       - Pneumococcal vaccine every 5 years

2. ACTION: Determine your target Hemoglobin A1C with your doctor (Section 2)

3. DIET (Section 3)

4. MEDICATION (Section 4)

5. EXERCISE (Section 5)
   - Heart/Blood vessels disease
   - Kidney disease
   - Foot ulcers / infections
   - Neuropathy
   - Eye disease

6. GOAL: PREVENT COMPLICATIONS (Section 6)
   - ACTION: Determine your target BLOOD PRESSURE with your doctor

7. GOAL: MANAGE COMPLICATIONS (Section 7)
It is important to educate yourself and work closely with your doctor to make a treatment plan that works for you. While diabetes is a serious health problem, patients who learn how to manage it can live long, happy lives.

This handbook is designed to help you better understand diabetes so that you and your doctor can work together to make an effective treatment plan THAT WILL WORK FOR YOU.

The handbook is divided into 10 modules, which will provide you with basic information about the possible causes and effects of diabetes, how to manage it, and how to prevent the development of health complications associated with it such as coronary heart disease and kidney disease.

SECTION 1: OVERVIEW OF DIABETES
SECTION 2: BLOOD SUGAR and YOUR A1c
SECTION 3: DIET
SECTION 4: MEDICATION
  • ORAL MEDICATION (See Section 4, pg. 7)
  • INSULIN (See Section 4, pg. 18)
SECTION 5: EXERCISE
SECTION 6: PREVENTION OF COMPLICATIONS
SECTION 7: MANAGEMENT OF COMPLICATIONS
WHAT IS DIABETES?

- Diabetes is a disease in which the body cannot produce or properly use insulin.
- Insulin is a hormone produced by the pancreas and plays an important role in transporting glucose to different parts of your body.
- Glucose, also known as sugar, is your body’s main source of energy. After eating a meal, glucose from the foods you eat is digested and enters the bloodstream.
- Insulin is then needed to help sugar move from the blood into cells, so that cells can start breaking down the sugar for energy.
- Normally, when sugar enters the body, the insulin is like a funnel that allows it to go into the cell.
OVERVIEW OF MANAGEMENT OF DIABETES

WHAT HAPPENS TO THE SUGAR?

• However, if you have diabetes your body does not make enough insulin, or it has trouble using insulin.

• Diabetes means that you have too much glucose or sugar in the blood.

• When your body does not have enough insulin or can’t use it, sugar can’t get into your cell. Each body cell needs sugar for fuel.

• When sugar stays in your blood and builds up over time, it can lead to problems with your heart, kidneys, nerves, and eyes. It can also damage your toes and feet, and they may have to be removed by surgery.
1. **GOAL: Control Level of Sugar in the Blood**

Management of diabetes consists of several steps that are all directed at maintaining a healthy level of sugar in the blood.

You should keep track of your blood sugar level using two methods:

1. **EVERY DAY:** Blood sugar meter testing
2. **ONCE EVERY 3 MONTHS:** Hemoglobin A1C testing
CONTROL LEVEL OF GLUCOSE IN BLOOD

ACTION: Determine your target Hemoglobin A1C

DIET

ORAL MEDICATION OR INSULIN INJECTION

EXERCISE

2. Determine target Hemoglobin A1C

What is my A1c? When was the last time my A1c was checked? What was the reading and what does it mean?

The hemoglobin A1C test (A1C) is a test that your doctor will administer in order to track your average blood glucose level.

The blood glucose meter indicates your blood glucose level at any one time; the A1C test tells you how well you have been controlling your blood glucose level over the past 3 months.

Diabetic patients should try to maintain an A1C level less than 7. For patients who are older or have many other medical problems, it may be difficult to reach an A1C level of less than 7.

Discuss with your doctor whether an A1C level of 7 or 8 is the right target for you.

Three ways to hit your target A1c:
- Take oral medication and/or insulin
- Eat a healthy diet
- Exercise regularly
OVERVIEW OF MANAGEMENT OF DIABETES

1. CONTROL LEVEL OF GLUCOSE IN BLOOD

2. ACTION: Determine your target Hemoglobin A1C with your doctor

3. DIET
   Do you eat a healthy diet?

Maintaining a healthy diet is important for good health in general. It is even more important if you have diabetes to maintain normal blood sugar levels by eating well-balanced meals.

Discuss with your doctor and nutritionist ways to personalize a healthy diet, which includes a variety of foods that are low in sugar, saturated fats, salt, and cholesterol but rich in vitamins, minerals, and fiber.

3. DIET

4. ORAL MEDICATION OR INSULIN INJECTION

5. EXERCISE

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OVERVIEW OF MANAGEMENT OF DIABETES

1. CONTROL LEVEL OF GLUCOSE IN BLOOD

ACTION: Determine your target Hemoglobin A1C with your doctor

2. ACTION: Determine your target Hemoglobin A1C with your doctor

3. DIET

4. ORAL MEDICATION AND/OR INSULIN INJECTION

There are many types of oral medication and insulin that work in different way to reduce your blood sugar level.

- Do you know what medications you are taking to manage your diabetes?
- Do your medications have any side effects?
- Is insulin right for you?

Discuss with your doctor the different medications and what might work best for you.

5. EXERCISE

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OVERVIEW OF MANAGEMENT OF DIABETES

1. CONTROL LEVEL OF GLUCOSE IN BLOOD

2. ACTION: Determine your target Hemoglobin A1C with your doctor

3. DIET

4. ORAL MEDICATION OR INSULIN INJECTION

5. EXERCISE

How often do you exercise?

- Exercising at least 3-5 times a week for at least 30 minutes at a time is also very important in lowering your blood sugar level.

Are you able to exercise? What are the right kinds of exercise for you?

- Discuss with your doctor about an appropriate exercise regimen.

- If you are having trouble exercising regularly or having complications such as chest pains when exercising, talk with your doctor.

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OVERVIEW OF MANAGEMENT OF DIABETES

6. GOAL: PREVENT COMPLICATIONS

Control Blood Pressure and Cholesterol: Many diabetes patients already have high blood pressure. A high blood glucose level worsens the problem. High cholesterol is a precursor to heart disease.

Is your Blood Pressure greater than 130/80?
- NO. That is terrific, keep up the good work.
- YES! Talk to your doctor about medication to lower blood pressure. (See section )

Is your LDL cholesterol level greater than 100mg/dL?
- No. Keep sticking with your diet and exercise.
- YES! Talk to your doctor about medication to lower your cholesterol (See section )

Control BLOOD PRESSURE less than 130/80

Control LDL CHOLESTEROL less than 100 mg/dL

- Stop smoking
- Dilated eye exam every year
- Foot exam every visit
- Check urine for microalbuminuria (kidney problems)
- Discuss taking daily low dose aspirin
- Flu vaccine every year
- Pneumococcal vaccine every 5 years
OVERVIEW OF MANAGEMENT OF DIABETES

7. GOAL: MANAGE COMPLICATIONS

A lot of sugar in the blood can lead to many health problems, such as:

Heart/Blood Vessel Disease
- If you have high blood sugar levels, your heart and blood vessel become clogged, which can lead to heart disease, heart attacks, and strokes.

Kidney Disease
- High blood sugar makes your kidneys work harder and can damage them

Foot Sores (ulcers) and Infections:
- Diabetic patients are at risk for foot ulcers, which can become infected.

Nerve Damage
- High blood sugar causes nerve damage, which can lead to a loss of feeling in your feet or hands.

Eye Disease
- A lot of sugar in the blood can clot tiny vessels in the eyes and lead to blindness.

Are you currently experiencing any of these complications? How can you better manage them? What can you do to avoid these complications?