My Guide to Sugar Diabetes
CONTRIBUTORS

WE DEDICATE THIS GUIDE TO ALL SOUTH CAROLINIANS AND THEIR FAMILIES WHO STRUGGLE WITH DIABETES.

The development of this guide was a collaborative effort of the South Carolina Department of Health and Environmental Control, the Medical University of South Carolina Colleges of Nursing and Medicine and REACH 2010.

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# Table of Contents

Contributors........................................................................................................... Inside Cover

Introduction .............................................................................................................. 4

Taking Care of My Diabetes .................................................................................. 8

Diabetes Medication .............................................................................................. 13

The Highs and Lows of Sugar .............................................................................. 20

Diabetes and My Body .......................................................................................... 26

Special Days .......................................................................................................... 37

My Rights and Responsibilities .......................................................................... 39

Resources ............................................................................................................. 41

My “Gold Card” Mini Record .............................................................................. 44

My Notes on Diabetes .......................................................................................... 46
Sugar Diabetes

Diabetes is a serious disease that affects how my body uses food. My body changes the food I eat into sugar. My blood carries sugar to the cells of my body. Insulin made by my pancreas helps move sugar from my blood into my cells where it can be used for energy.

If sugar builds up in the blood instead of going into my body’s cells, then I get high blood sugar or sugar diabetes. Over time, high levels of sugar or sugar diabetes can hurt my body and cause problems to my eyes, heart, kidneys, feet, blood vessels, and nerves. If I have diabetes, it is important to know how to take care of myself to protect my body.

Diabetes can hurt my body. I will protect my body and help my diabetes by eating healthy, losing weight (if overweight) and by daily physical activity.

When I have diabetes, I don’t have enough insulin or my body can’t use the insulin I have. So my body can’t move sugar into my body’s cells and muscles for energy. The sugar stays in my blood.

When this happens I have high blood sugar or sugar diabetes.

The amount of sugar in my blood is called my “blood sugar number” or “blood sugar level.” I must have the right blood sugar levels (90-130) to stay healthy.
How Will I Feel If I Have Sugar Diabetes?

If I have sugar diabetes and my blood sugar numbers are high, I might:

- Go to the bathroom often
- Get very thirsty
- Get very hungry
- Have blurry vision
- Lose a lot of weight
- Have sores that heal slowly
- Have more infections than usual
- Feel very tired
- Have dry skin

A few people who have high blood sugar or diabetes may not notice any of the above signs.

If a member of my family has one or some of these signs, I will have them see a health care provider. A simple blood test can tell if someone has sugar diabetes.
What Should My Blood Sugar Numbers Be?

If I have high blood sugar, I have sugar diabetes. I will ask my health care provider how I can control my blood sugar and other problems caused by diabetes.

Blood Sugar Numbers

70 to 100 is normal Blood Sugar

101 to 125 means I have “Prediabetes” (“borderline”)

126 or higher after eating no food for 8 hours or more means I have Diabetes

200 or higher after eating, also means I have Diabetes

If I have been told I have prediabetes, I will work with my health care provider to prevent diabetes.

If I have diabetes, I will work to keep my blood sugar at 90 to 130 before meals and less than 180 about 2 hours after starting a meal.
Why Do So Many People Have Sugar Diabetes?

Years ago, people were more active. In many cases we grew our own food and ate healthier. Today, many people eat too much food that has too many calories, and our serving sizes are too big. Many people don’t get enough physical activity. Many more people are overweight or obese.

I am more likely to get diabetes if:

- Someone in my family has diabetes
- I am African American, American Indian, Hispanic/Latino or Asian Pacific Islander
- I am overweight
- I do not exercise
- I gave birth to a baby weighing over 9 pounds
- I have high blood pressure
- I have high blood fats (triglycerides) and/or low “good” cholesterol (HDL)
- I have “polycystic ovary disease” (PCOS)

Choosing healthy foods, being active and keeping my weight down lowers my chances of having sugar diabetes.
TAKING CARE OF MY DIABETES

Are There Different Types of Diabetes? YES!

Type 1 diabetes is when my body can’t make any insulin at all.

Type 2 diabetes is when my body makes SOME insulin but not enough, or the insulin my body makes doesn’t work well. Insulin cannot work well if I am overweight and do not exercise. Most people have Type 2 diabetes.

What Do Blood Sugar Numbers Mean?

We all have sugar in our blood. The amount of sugar in my blood is called my “blood sugar number” or “blood sugar level.”

For most people with diabetes, healthy blood sugar levels are:

<table>
<thead>
<tr>
<th>Blood Sugar Level</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>90 to 130</td>
<td>Before Meals</td>
</tr>
<tr>
<td>Less than 180</td>
<td>2 Hours After Starting a Meal</td>
</tr>
<tr>
<td>110 to 140</td>
<td>At Bedtime</td>
</tr>
</tbody>
</table>

I will ask my health care provider what blood sugar numbers or blood sugar levels are right for me.
If I Have Diabetes, What Can I Eat?

To help control my blood sugar and help me feel better, I need to watch what I eat or drink, how much I eat or drink, and when I eat or drink. **Here are some tips for making healthy eating choices:**

- Eat breakfast, lunch, and dinner each day with 4 – 5 hours between each meal and don’t skip meals

- Eat a variety of foods at each meal. Avoid fried, salty, and “junk” food

- Choose small serving sizes for starchy vegetables, cereal, bread, rice, grits, pasta, fruit or dairy products at each meal

- Eat foods without adding extra salt. Most processed foods are high in salt. Read food labels. Choosing foods lower in sodium or with “no salt added” will help control my blood pressure.

- Eat less fried and fatty meat; instead, eat fish, chicken or turkey with skin removed

- Limit fats by using no more than 2-3 teaspoons of margarine, sour cream, gravy, salad dressing, and mayonnaise each day

- Choose low fat or fat free milk, cheese, yogurt, and other dairy products

- Eat small portions of food and avoid second helpings

- Drink water, sugar free drinks, and use sugar substitutes, Equal®, Sweet & Low, and Splenda to sweeten drinks

- Eat less sugar and avoid regular soda, drinks with sugar, candies, cakes, pies, cookies, and other such foods
How Much Should I Eat?

Choose this many servings from these food groups to have 1,200 to 1,600 calories a day:

- 4-5 starches or starchy vegetables
- 4 vegetables
- 2 low fat or fat free milk or yogurt
- 2-3 meat servings or meat substitutes
- 2 fruits
- 3 fat servings or less

Serving Sizes:

**Starches or Starchy Vegetables:** 1/2 bagel, English muffin, pita, hamburger or hot dog bun, 1 slice of bread, roll, tortilla; 1/2 cup grits, oatmeal or pasta; 1/2 cup rice; 1/2 cup bran cereal; 1/2 cup corn, lima beans, or peas

**Vegetables:** 1 cup raw, or 1/2 cup cooked

**Fruits:** 1 medium fruit, such as an apple, orange, or pear; 1/2 cup canned fruit in its own juice; 1 small banana, 1 and 1/2 cup watermelon or berries, 1/2 cup fruit juice

**Milk:** 1 cup low fat, 1% or fat free milk, or sugar free, fat free, or low fat ice cream or yogurt

**Meats:** 1/2 breast, or leg and thigh of chicken; 2 slices roast beef or pot roast; 1 medium pork chop; 1 small hamburger patty; 2-3 oz fish (like a deck of cards); 6 medium sardines; 6 shrimp

**Fats:** 1 teaspoon oil, 2 teaspoons diet margarine; 1 tablespoon nuts or seeds without shells; 1 tablespoon salad dressing; 2 teaspoons peanut butter
A snack may be used between meals if needed. I will make healthy choices and control serving sizes.

Foods that help me control my diabetes are also healthy for my entire family.
Physical Activity or Exercise

Exercising my body every day will make a difference. Physical activity helps me lower my blood sugar levels. Exercise can also:

• Lower my blood pressure
• Help me control or lose weight
• Give me more energy
• Help my heart and lungs work better
• Help my blood circulation
• Help reduce stress

What Kind of Physical Activity is Good for People with Diabetes?

Many of my daily physical activities are forms of exercise. I can make exercise a part of my life every day by:

• Moving my body or body parts
• Walking
• Doing chair exercises
• Dancing
• Gardening
• Cleaning the house or car

I will check with my health care provider before I start an exercise program.

I will drink at least 6-8 cups of water each day.

I will walk early in the morning or after sundown on very hot days.
Taking my diabetes medication is important. I will not change, skip, or stop my medication without checking with my health care provider first.

People with **type 1 diabetes** must take insulin (the needle).

People with **type 2 diabetes** may need to:

- Take pills
- Take insulin (the needle)
- Sometimes take both pills and the needle

If I need medication to control my diabetes, I will ask my health care provider when and how to take it.

I can also ask my pharmacist any questions about my diabetes medicines, and any medicines, vitamins, and herbs I take on my own.
How Do I Take My Diabetes Pills Safely?

Diabetes pills can help people with diabetes lower their blood sugar. Diabetes pills are not insulin.

My health care provider may prescribe one or more pills to lower my blood sugar levels. To safely take my diabetes pills I will:

- Ask my health care provider when is the best time to take my diabetes pills
- Ask how often I should take my pills, or how many times a day I should take my pills
- Ask if my pills have any side effects and what to do if I have any side effects
- Ask my health care provider what to do if I forget to take my pills or have no way to buy my pills
- Keep pills and all medicine OUT OF REACH OF CHILDREN
- Not take extra diabetes pills if I forgot to take it earlier
- Not take fewer pills than my health care provider prescribed
- Not skip or miss taking pills
- Not skip meals because skipping meals can make my blood sugar fall too low
Type 2 Diabetes Pills

All of these pills are called Sulfonylureas. These medicines can help my body make more insulin to help lower my blood sugar and control my diabetes. My health care provider can decide if I need to take any of these pills to help me control my blood sugar.

<table>
<thead>
<tr>
<th>Medicine</th>
<th>Active Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amaryl</td>
<td>Glimepiride</td>
</tr>
<tr>
<td>Diabeta</td>
<td>Glyburide</td>
</tr>
<tr>
<td>Diabinese</td>
<td>Chlorpropamide</td>
</tr>
<tr>
<td>Dymelor</td>
<td>Acetohexamide</td>
</tr>
<tr>
<td>Glucotrol</td>
<td>Glipizide</td>
</tr>
<tr>
<td>Glucotrol XL</td>
<td>Glipizide</td>
</tr>
<tr>
<td>Glynase</td>
<td>Glyburide</td>
</tr>
<tr>
<td>Glynase Prestab</td>
<td>Micronized Glyburide</td>
</tr>
<tr>
<td>Micronase</td>
<td>Glyburide</td>
</tr>
<tr>
<td>Orinase</td>
<td>Tolbutamide</td>
</tr>
<tr>
<td>Prandin</td>
<td>Repaglinide</td>
</tr>
<tr>
<td>Starlix</td>
<td>Nateglinide</td>
</tr>
</tbody>
</table>

Different people need different medicines to control sugar diabetes. I will not share my diabetes medicines with anyone. I will not take anyone else’s diabetes medicines.
More Type 2 Diabetes Pills

The following pills are called *Biguanides*. These medications decrease the amount of glucose or sugar my liver makes and puts in my blood. Yes, my liver makes sugar and can sometimes make too much. These pills help lower my blood sugar level and control my diabetes.

<table>
<thead>
<tr>
<th>Glucophage</th>
<th>(Metformin)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glucophage XR</td>
<td>(Metformin)</td>
</tr>
<tr>
<td></td>
<td>Extended release tablets</td>
</tr>
</tbody>
</table>

The pills below are called *Alpha-Glucosidase Inhibitors*. These medications slow my digestion of carbohydrates such as starches, so that my blood sugar will not rise too high after I eat.

<table>
<thead>
<tr>
<th>Precose</th>
<th>(Acarbose)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glyset</td>
<td>(Miglitol)</td>
</tr>
</tbody>
</table>

The medications below are called *Thiazolidinediones* and help my muscle cells respond to insulin and use glucose better.

<table>
<thead>
<tr>
<th>Avandia</th>
<th>(Rosiglitazone)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Actos</td>
<td>(Pioglitazone)</td>
</tr>
</tbody>
</table>
Combination (2 in 1) Medicines for Type 2 Diabetes

The following medications contain two medicines that have been combined to make one medicine. This helps to reduce the number of pills I take each day.

<table>
<thead>
<tr>
<th>Medicine</th>
<th>Contains</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glucovance</td>
<td>glyburide and metformin</td>
</tr>
<tr>
<td>Metaglip</td>
<td>glipizide and metformin</td>
</tr>
<tr>
<td>Avandamet</td>
<td>rosiglitazone and metformin</td>
</tr>
</tbody>
</table>

My health care provider will decide the best medicine to help me control my diabetes.

I will tell my health care provider about any other medicines, vitamins, and herbs I am taking.

If I have any problems getting or taking my diabetes medicines, I will ask my health care provider or pharmacist to help me.
Insulin

Why are Insulin Shots Needed?

Our bodies need insulin to live. When our bodies do not make insulin or make enough of it, we need to take insulin (the needle) every day. Sometimes we need both diabetes pills and insulin.

How Do I Care for Insulin?

- I will keep extra unopened insulin in the refrigerator.

- Cold insulin stings! I will take my bottle of insulin out of the refrigerator at least 15 minutes before my shot.

- I will never put my insulin in the freezer.

- I will not leave insulin in a hot place (sunny window, in the car on hot days).

When Should I Take My Insulin Shot?

- I will check with my health care provider to decide when is the best time to take my insulin (the needle).

- I will ask my health care provider how to balance my insulin with the foods I eat.
**Where Should I Give My Insulin Shot?**

The best place to give an insulin shot is in my stomach area.

These are also good places for insulin shots.

I will NOT:

- Skip my insulin shots
- Use insulin if it is clumpy or has crystals in it
High Blood Sugar

When my blood sugar stays too high I have high blood sugar. This can happen when:

• I am sick

• I eat too much food

• I take too little insulin or diabetes pills

• I feel stressed

• I am less active than usual
How Do I Feel When I Have High Blood Sugar?

Sometimes I may feel good when my blood sugar is too high or I may:

- Be thirsty
- Need to use the bathroom a lot to “pass water” or urinate
- Feel very sleepy
- Be hungry
- Have blurry or fuzzy vision

Over time high blood sugar levels will damage my body even though I feel good.
What Should I Do if I Think I Have High Blood Sugar?

- Check my blood sugar with a blood glucose meter
- Check my temperature for a fever
- Check to make sure I have taken my diabetes medicine
- Call my health care provider if I have questions about what to do

If my blood sugar number is over 180 for 3 days in a row:

- I will drink lots of water
- I should call my health care provider
- I will check to see if I am following my meal plan
- I can also take a walk or do some other exercise
- I might be told to take extra medicine by my health care provider

If my blood sugar number is over 250 for 2 days and I take insulin:

- I must call my health care provider
- I will drink lots of water
- I will ask my health care provider about what physical activity I can do as exercise
- I will check my urine for ketones
Low Blood Sugar

When my blood sugar is under 70, I have low blood sugar. This happens if:

• I take too much insulin

• I take too many diabetes pills

• I exercise more than usual but don’t eat enough food

• I don’t eat enough food or if I eat my meals too late

• I drink too much alcohol

• I skip meals
How Do I Feel When I Have Low Blood Sugar?

- Sweaty
- Shaky or nervous
- Crabby
- Hungry
- Sleepy or confused
- Tired

If I am not sure my sugar is low but I have some of these signs, I will check my blood sugar with a blood glucose meter and then treat it.

If I don’t take pills or the needle, I won’t usually have low blood sugar.

I will teach someone in the house how to check and treat low blood sugar. I will learn my signs of low blood sugar.
What Should I Do When I Feel I Have Low Blood Sugar?

• I should immediately check my blood sugar number with a blood sugar meter.

• If my blood sugar is below 70, I will eat or drink about 15 grams of carbohydrate (such as a half cup of fruit juice or 3 to 5 pieces of hard candy or 3 graham crackers).

• I should wait 15 minutes after I have eaten and check my blood sugar level again. If my blood sugar is still below 70, I should eat or drink another half cup of fruit juice or 3 to 5 pieces of hard candy or 3 graham crackers.

• If after another 15 minutes my blood sugar level is still below 70, I will call my health care provider.

• I should eat a small snack like crackers and fruit if my next meal is more than 30 minutes away.

• I will not drive if my blood sugar is below 70.

If I am taking Precose (acarbose) or Glyset (miglitol) with any other diabetes medicines and have low blood sugar, I MUST treat it by:
  • Taking 2 to 3 glucose tablets
  or
  • Drinking a cup of skim milk

**NOTE:** Treating it any other way may not help me.
Diabetes and My Body

If my blood sugar stays high for a long period of time, it can cause damage to my body.

Parts of my body that can be damaged by diabetes are:

- Blood Vessels
- Heart
- Nerves
- Kidneys
- Feet
- Eyes
- Teeth and Gums
- Sexual Ability

Although I may not feel bad, high blood sugar can damage my body.
Blood Vessels

Keeping my blood sugar and blood fats at healthy levels will help protect my blood vessels and prevent serious health problems. It is also very important to keep my blood pressure at a healthy level to protect my blood vessels and prevent a stroke, kidney disease, or other problems.

A healthy blood pressure level for people with diabetes should be at least below 130/80. It is best for blood pressure to be below 120/80.

To keep my blood pressure and blood fats under control I will:

- Get my blood pressure checked often
- Always take my blood pressure medication
- Stop smoking
- Avoid salty foods and eat less than 1 teaspoon of salt a day
- Eat healthy foods including fresh vegetables and fruits, whole grain breads and cereals, and lean meats
- Avoid fat meats and foods fried in fat, lard or butter
- Exercise for at least 30-45 minutes a day on most days
- Find ways to lower stress in my life
- Not drink more than 1-2 drinks of alcoholic beverage a day
Heart

I will protect my heart by keeping my blood sugar, blood fats, and blood pressure under control.

I will call my health care provider if I have:

- Shortness of breath
- Swollen ankles

I will have a lab test to measure fats in my blood every year:

- Total Cholesterol (all the fats in my blood) Less than 200
  - HDL (good cholesterol) More than 45 for men and more than 55 for women
  - LDL (bad cholesterol) Less than 100
- Triglycerides (fats) Less than 150
Warning Signs

Stroke

• Sudden numbness or weakness of face, arm or leg, especially on one side of the body
• Sudden trouble seeing or loss of vision in one or both eyes
• Sudden confusion, trouble speaking or understanding speech
• Sudden trouble walking, dizziness, loss of balance or coordination
• Sudden severe headaches with no known cause

Heart Attack

• Chest discomfort such as fullness, squeezing or pain in the center of the chest lasting more than a few minutes
• Pain spreading to the shoulders, neck, arms, back, jaw, or stomach
• Chest discomfort with shortness of breath, lightheadedness, fainting, sweating, or nausea

If I or someone I know has signs of a Stroke or Heart Attack
CALL 9-1-1
Don’t wait to see if signs will go away!
Nerves

The nerves in my body can be damaged by diabetes.

I will tell my health care provider if my hands or feet have any of the following:

- Pain
- Burning
- Tingling
- Numbness
- Cold Feet

I will tell my health care provider if I have any problems with:

- Sex
- Diarrhea
- Constipation
- Nausea
- “Stomach Pains”
What Will I Do to Help Protect the Nerves in My Body?

• Keep blood sugar levels close to normal or to levels decided with my health care provider

• Keep blood pressure close to normal (120/80 or less) or within the range decided with my health care provider

• Stop smoking

• Stop chewing tobacco

• Drink less alcohol (never more than one or two drinks a day)

• See my health care provider at least every six months
Kidneys

Sugar diabetes can damage my kidneys, and I can get diabetic kidney disease. High blood pressure can also damage my kidneys, and I can get kidney disease. I need to keep my kidneys healthy!

To keep my kidneys healthy, I will:

• Keep my blood pressure and blood sugar under control

• Have my urine checked at least once a year to test for small amounts of protein

• Follow a healthy meal plan

• Eat no more than 1 teaspoon of salt a day

• Lose weight if I am overweight

• Exercise for at least 30-40 minutes a day on most days

• Drink at least 6-8 cups of water each day

• Stop smoking

I will not feel symptoms of diabetic kidney disease. I must ask my doctor to check my urine for early signs of kidney disease at least each year.

If I have early signs of kidney disease, I will ask what can be done to protect my kidneys.
Feet

Diabetes can cause damage to my feet. To keep my feet in good shape I must:

• Keep my blood sugar under control
• Not smoke
• Check my feet each day for cuts, blisters, and bruises and call my health care provider if I notice any problems
• Wash my feet every day in warm water and pat dry. I will check the water temperature with my wrist or elbow to make sure the water is not too hot.
• Never put oil or lotion between my toes
• Wear socks and comfortable shoes that protect my feet
• NEVER go barefoot, not even in the house
• Shake out and feel inside my shoes before putting them on
• Keep physically active

I will call my health care provider right away if a cut, sore, blister or bruise on my foot does not begin to heal after one day.

I will take off my shoes and socks and ask my health care provider to check my feet each visit.
Eyes

Diabetes can cause blindness. This blindness can be prevented. Finding eye disease and treating it early can save my sight. Symptoms usually do not come until after the disease has advanced.

I will keep my eyes healthy by having a dilated eye exam at least once a year

- I may have no symptoms at first
- I may see fine
- I may have no pain

I know the keys to keeping my eyes healthy are:

- Having a dilated eye exam at least once a year
- Keeping my blood sugar and blood pressure under control
- Not smoking

I will also call my eye doctor if my vision is blurry and my blood sugar has been normal.

If I have ANY changes in my vision, I will call my doctor.

I still need to have the dilated eye exam at least once a year!
Teeth and Gums

People with sugar diabetes are more likely to have problems with their teeth and gums. Controlling my blood sugar will help me avoid gum problems.

To help my teeth and gums stay healthy, I will:

• Brush my teeth at least twice a day

• Floss my teeth at least once a day

• Visit my dentist at least every six months

• Get my teeth cleaned every six months at my dentist’s office

• Tell my dentist I have sugar diabetes

• Tell my dentist about any problems I have with my teeth and gums

• Keep my blood sugar level under control
Immunizations

Diabetes makes it harder for my body to fight some illnesses. I can help protect my body from some illness by getting two important immunizations (shots).

**Flu**

Flu is a serious illness that can be prevented by getting a flu shot every year.

- I will get a flu shot every year between October and November.

**Pneumonia**

A serious disease that causes severe infections of the lungs is called pneumonia. Getting the pneumonia vaccine can prevent pneumonia.

- I will ask my health care provider about getting a pneumonia vaccine or shot and how long it will protect me from pneumonia.
When I feel sick or have the flu, my blood sugar may be higher.

When I am sick I will:

- Continue to take my insulin or my diabetes pills
- Check my blood sugar at least every 4 hours
- Try toast, a little juice, or soup if I cannot eat regular meals or keep food in my stomach
- Drink lots of liquids if I cannot eat regular meals
- Test my urine for ketones with a keto-stick

I will call my health care provider right away if:

- I can’t keep food or liquids down more than 2 times (I throw up)
- I have diarrhea or runny stools more than 2 times
- I have a fever or my breath smells fruity
- My blood sugar is 250 or higher
- I have trouble breathing
- I have ketones in my urine
Traveling

Traveling can be fun and exciting, but may change my regular eating and activity patterns.

While I am traveling I will:

• Wear an ID bracelet that says I have diabetes

• Carry hard candy, such as 5-6 Lifesaver candies, for low sugar spells

• Take extra diabetes supplies, insulin, medication, and diabetes pills with me

• Take the name and phone number of my health care provider with me

• Be sure to eat regular meals and get my exercise

• Be sure to check my blood sugar more often

• Take my diabetes medicine as prescribed by my health care provider

• Ask my health care provider when and how to take my diabetes medicines if I am changing time zones as I travel
**My Rights and Responsibilities**

I have the right at my first diabetes visit to:

- A medical history
- A physical examination
- Laboratory tests for diabetes
- A diabetes management plan
- Have my questions answered in a way that I can understand

I have a right to the following exams:

- Blood pressure and pulse
- Heart
- Skin
- Teeth/gums
- Eyes
- Thyroid
- Feet
- Nerves

I have a right to the following tests:

- A1C (Blood Test)
- Kidney function (urine or blood test)
- EKG (heart)
- Blood tests for cholesterol and other fats

I have a right to know my test results, what they mean and what to do to improve my health and treat my diabetes.
If I Have Sugar Diabetes, What Do I Need to Do to Take Care of My Diabetes?

- Eat healthy foods in the right serving sizes at regular times
- Get exercise or physical activity on most days
- Check my feet each day
- Check my blood sugar levels each day
- Check my blood pressure
- See a health care provider on a regular basis
- Ask my health care provider about pneumonia and flu vaccines
- See a dentist at least twice a year
- Keep a report card record of how well I control my diabetes
- Check my goals for diabetes each month

I must love myself because my body is a temple.
RESOURCES

If I need help getting my diabetes medicine or finding a health care provider, I can contact:

REACH 2010: Charleston & Georgetown Diabetes Coalition
(Charleston or Georgetown County only) (843) 792-5872
A diabetes coalition working to eliminate the health disparities for African Americans with diabetes by supporting diabetes education, nutrition, and exercise programs, sharing reliable and current information, advocating for positive change in health care systems, and linking people with financial assistance programs for health services.
http://www.musc.edu/reach

American Diabetes Association (ADA) (Nationwide) (800) 342-2383
The leading national nonprofit organization providing diabetes information, research, and advocacy to prevent and cure diabetes. The ADA will put you in contact with your local chapter, and link you with excellent diabetes education programs. The ADA also has a list of diabetes specialists for each state.
http://www.diabetes.org

Commun-I-Care (South Carolina only) (800) 763-0059
Provides primary health care services and medication to working adults who do not have Medicare or Medicaid, do not qualify for Veterans Health Benefits, cannot afford any health insurance, and meet income guidelines.
http://www.commun-I-care.org

Tri-County Project Care (Berkeley, Charleston or Dorchester County only) (843) 853-3131
Provides comprehensive, affordable health care services for the working uninsured. To enroll, patients must be employed, have no other health insurance, be between 19-64 years old, meet minimum and maximum income guidelines based on family size, and provide proof of income.
http://tricountyprojectcare.org
South Carolina Primary Health Care Association (SCPHCA)  (South Carolina only)  (803) 788-2778
Provides a listing of all community health care centers that provide health care to all based on a sliding fee scale. Most also provide medications on a sliding fee scale. To find the health center nearest you, call the SCPHCA.
http://www.scphca.org

East Cooper Community Outreach (ECCO)  (843) 849-9220
A charitable organization dedicated to helping needy neighbors mainly living in the East Cooper area (but clients can come from any surrounding area counties). Med-I-Assist program, free dental clinic, clothing and household furnishings, advisory service. Provides Food Pantry and financial assistance to East Cooper area only.
http://www.eccocharleston.org

If I need information on diabetes or a speaker on diabetes for my group, I can contact:

REACH 2010: Charleston & Georgetown Diabetes Coalition  (Charleston or Georgetown County only)  (843) 792-5872
A diabetes coalition working to eliminate the health disparities for African Americans with diabetes by supporting diabetes education, nutrition, and exercise programs, sharing reliable and current information, advocating for positive change in health care systems, and linking people with financial assistance programs for health services.
http://www.musc.edu/reach

SC DHEC Diabetes Prevention and Control Program  (803) 545-4471
Supports community diabetes education, health systems interventions, and coalition development to help reduce the incidence and severity of diabetes in SC. Diabetes Today, an interactive program, introduces community leaders to a program process for addressing community issues related to diabetes.
http://www.scdhec.net/diabetes
Diabetes Initiative of South Carolina  (843) 876-0968
A comprehensive statewide initiative of community outreach programs, health professional education, and diabetes surveillance to improve diabetes in SC.
http://www.musc.edu/diabetes

Project SUGAR - MUSC  (843) 792-5158
Sea Island Genetic African American Family Registry is a community-based research study focusing on families with or affected by SUGAR diabetes (Type 2 Diabetes).
http://www.gcrc.musc.edu/sugar

American Diabetes Association (ADA) (Nationwide)  (800) 342-2383
The leading national nonprofit organization providing diabetes information, research, and advocacy to prevent and cure diabetes. The ADA will put you in contact with your local chapter, and link you with excellent diabetes education programs. The ADA offers high quality diabetes cookbooks, menus, and educational materials.
http://www.diabetes.org

MedlinePlus (Internet)  http://medlineplus.gov
A web site of reliable health information from the world’s largest medical library, the National Library of Medicine. Look under Health Topics, then “D” for Diabetes.
http://medlineplus.gov

Hands on Health-SC  (843) 792-3303
A consumer health web site for South Carolinians. Links to web sites with good, plain language health and wellness information. Includes Spanish language sites.
http://www.handsonhealth-sc.org/

If I need help with getting a dentist, I can contact:

South Carolina Dental Association  (800) 327-2598
Provides a list of state-wide public assistance dental clinics.
http://www.scda.org/clinics.htm

East Cooper Community Outreach (ECCO)  (843) 849-9220
A nonprofit ecumenical charitable organization dedicated to helping needy neighbors mainly living in the East Cooper area (but clients can come from any surrounding area Counties). Free dental clinic.
http://www.eccocharleston.org
Control Your Diabetes

By

Knowing & Controlling Your ABC’s

A = A1C

B = Blood Pressure

C = Cholesterol and Fats

Protect Your Body

EYES  HEART  KIDNEYS  FEET

I will bring this card, my medicines, my blood glucose monitoring log (and meter) for every health care visit.

Recommended Diabetes Management Schedule

At every visit:
Get weight and blood pressure.
• Remove shoes and socks for foot exam.
• Discuss self-monitoring blood glucose records.
• Discuss medicines and any problems getting or taking them.
• Discuss the way I take care of diabetes, my eating, and physical activity and set my goals for diabetes control.

Every 3-6 months:
• Check my A1C

Every year have:
• Dilated eye exam
• Flu shot (in the Fall)

Every year ask my health provider to check:
• My blood fats and how my kidneys are working
• Protein (microalbumin) in my urine

Talk to my doctor, nurse or pharmacist about any concerns.
Tell my health professional about any problems I have managing my diabetes.
Take all my medicines at the recommended times and discuss any problems I have getting or taking my medicines.

For information, call: (843) 792-5872 (REACH 2010 Charleston County)
(843) 546-6887 (REACH 2010 Georgetown County)
(803) 545-4471 (DHEC Statewide)

www.musc.edu/reach  www.scdhec.net/diabetes  www.musc.edu/diabetes

Supported by Grant/Cooperative Agreement 5U62-CU33138-02 from the Centers for Disease Control & Prevention
Ask your health care provider to record results here each visit.

<table>
<thead>
<tr>
<th>Each Visit</th>
<th>Date</th>
<th>Weight</th>
<th>Blood Pressure</th>
<th>Glucose</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1C</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Foot Exam (each visit)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dental Exam (usually every 6 months)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Every 3-6 Months</th>
<th>Dilated Eye Exam</th>
<th>Total Cholesterol</th>
<th>LDL-Cholesterol</th>
<th>HDL-Cholesterol</th>
<th>Triglycerides</th>
<th>Microalbumin (protein in urine)</th>
<th>Flu Vaccine (each Fall)</th>
<th>Pneumovax (once/lifetime)</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Each Year</th>
<th>Stop Smoking</th>
<th>Alcohol Moderation</th>
<th>Physical Activity/Exercise</th>
<th>Cholesterol</th>
<th>Healthy Eating</th>
<th>Medication</th>
<th>Blood Glucose Monitoring</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>My Goals for Diabetes Control</th>
<th>Target</th>
</tr>
</thead>
<tbody>
<tr>
<td>My A1C will be:</td>
<td>Less than 7</td>
</tr>
<tr>
<td>My Blood Pressure will be:</td>
<td>Less than 130/80</td>
</tr>
<tr>
<td>My Cholesterol will be:</td>
<td>Less than 200</td>
</tr>
<tr>
<td>My LDL Cholesterol will be:</td>
<td>Less than 100</td>
</tr>
<tr>
<td>My Blood Glucose before breakfast will be:</td>
<td>90-130</td>
</tr>
<tr>
<td>My Blood Glucose 2 hours after meals will be:</td>
<td>Less than 180</td>
</tr>
<tr>
<td>My Blood Glucose before bedtime will be:</td>
<td>110-140</td>
</tr>
<tr>
<td>To Stop Smoking by:</td>
<td>No Smoking</td>
</tr>
<tr>
<td>Low dose Aspirin (1 daily if my doctor approves)</td>
<td>Low dose Aspirin daily</td>
</tr>
</tbody>
</table>
MY NOTES ON DIABETES
MY NOTES ON DIABETES
This publication was supported by Grant/Cooperative Agreement Number U50/CCU422184-03 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention.

REACH 2010: Charleston and Georgetown Diabetes Coalition

www.musc.edu/reach

If I need further information or have questions about diabetes, I can call 843-792-5872.