

Living Well with Diabetes



Goshen Health

GoshenHealth.com/Diabetes-Education
Talk to our diabetes educators at (574) 537-1221.



Table of Contents

Living well with diabetes	2
What is diabetes?	3
Types of diabetes	4
Type 2 diabetes-insulin resistance	4
Risk factors for type 2 diabetes	5
Warning signs of diabetes.....	5
Monitoring your glucose.....	6
Monitoring your A1C.....	7
Hyperglycemia or high glucose.....	8
Hypoglycemia or low glucose	8
Healthy eating.....	10
Taking medications.....	15
Be active every day	16
Reducing your risk of diabetes complications.....	18
Foot care.....	20
Problem solving.....	21
Coping with diabetes.....	22
Managing sick days.....	23
Preparing for your healthcare provider visit.....	24
You can do this!.....	24

Living well with diabetes

Over 34 million adults and children live with diabetes in the United States, that's nearly 1 in every 10 people. Hearing the news that you have diabetes can be overwhelming. You may have no symptoms of diabetes making the diagnosis hard to believe. Even though there is currently no cure, you will discover there are steps you can take to manage your diabetes. People with diabetes live full and healthy lives. This book will introduce you to the skills and information to live well with diabetes.

To get started on managing your diabetes, we'll cover:

- Understanding diabetes
- Monitoring your glucose and A1C
- Mindful eating/nutrition/meal planning
- Being active
- Taking medications
- Problem solving
- Healthy coping
- Reducing complications commonly associated with diabetes
- Communicating with your healthcare provider



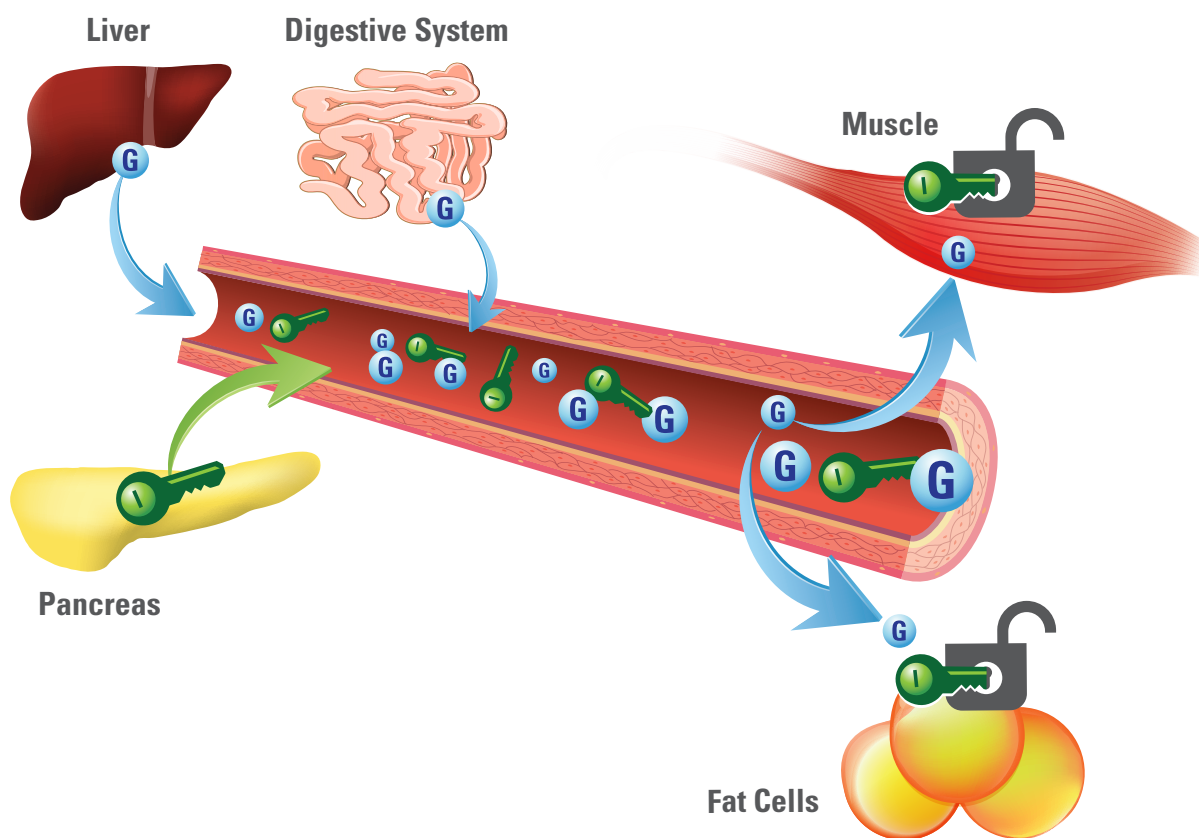
What is diabetes?

Diabetes means your blood glucose or sugar is too high. Glucose is used by your body for energy and comes from two places:

- What you eat or drink
- Your liver

Your body turns most of the food you eat into **GLUCOSE**. Glucose is carried by your blood throughout your body. When there is glucose in your blood, your pancreas makes and releases insulin. Insulin is a hormone that acts like a **KEY** – unlocking cells and allowing glucose to move from your blood into your cells. Once glucose is in your cells, it can be used for energy now or stored by the body for use later.

HOW BLOOD GLUCOSE IS USED FOR ENERGY



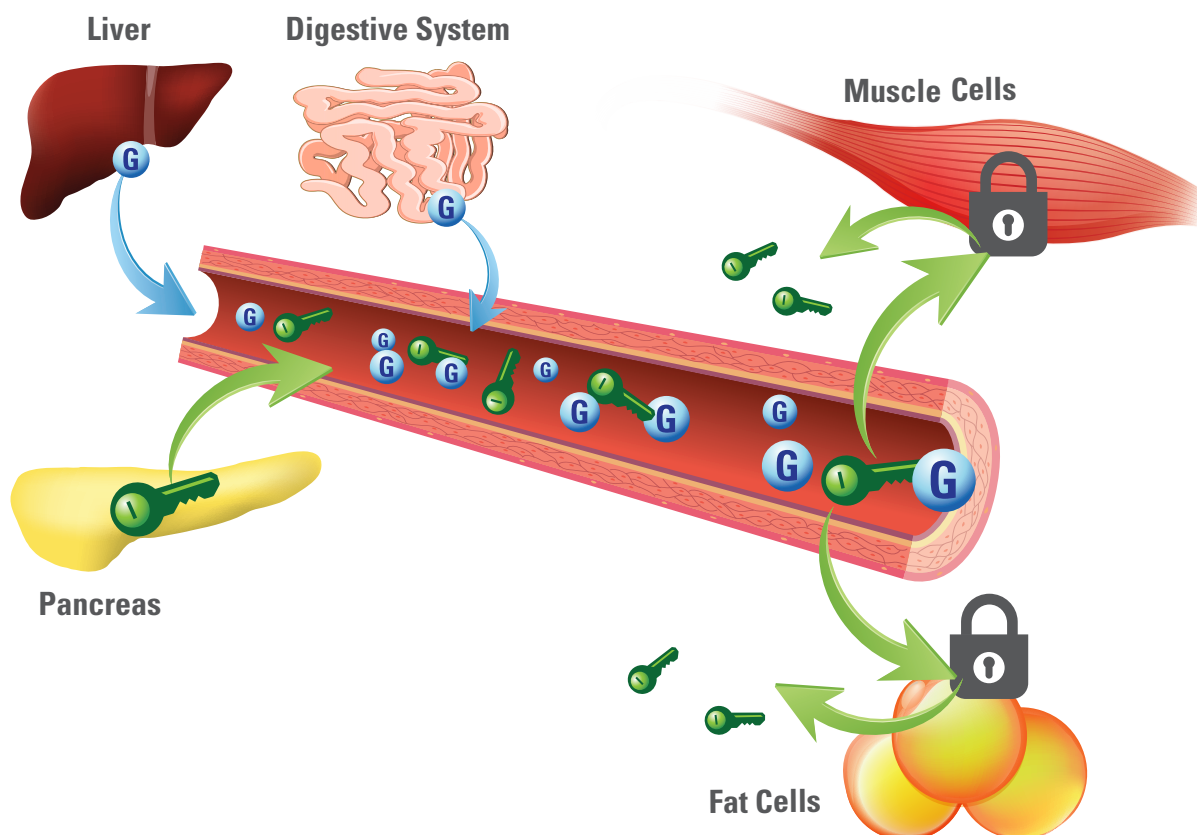
Types of diabetes

Type 2: Ninety to 95 percent of all cases of diabetes are type 2. With type 2 diabetes your body does not use insulin correctly, this is called insulin resistance. Often, insulin resistance starts many years before you develop type 2 diabetes. The more resistant your body is, the more insulin your pancreas must make. During the early years with insulin resistance, your pancreas can keep up with the increased need for insulin. Over time, your pancreas insulin producing ability slows down. As a result, your blood glucose will rise, resulting in type 2 diabetes. Treatment for type 2 diabetes includes meal planning, physical activity, monitoring and, for many, diabetes medications.

Gestational Diabetes: This type of diabetes develops during pregnancy. For most women, their blood glucose returns to normal after delivery. Women who have had gestational diabetes are more likely to develop type 2 diabetes later in life. The risk for developing type 2 can be reduced by maintaining a healthy weight and staying physically active. Treatment for gestational diabetes is meal planning, physical activity, monitoring and for some individuals, diabetes medications.

Type 1: Although it can happen at any age, most people with type 1 diabetes are diagnosed under the age of 30. Type 1 diabetes is caused when the body's immune system attacks the cells of the pancreas that make insulin. Treatment for type 1 diabetes includes meal planning, monitoring, physical activity and insulin.

TYPE 2 DIABETES-INSULIN RESISTANCE (cells are resistant to insulin)



Risk factors for type 2 diabetes

- Have a parent, brother or sister with diabetes
- Being overweight/obese
- Age 45 or older
- Prediabetes
- African American, American Indian, Asian American, Hispanic/Latino, or Pacific Islander
- Inactivity
- Abnormal cholesterol
- Had diabetes during pregnancy
- Have been diagnosed with polycystic ovary syndrome

Some risk factors you can change, such as body weight and physical activity. However, there are other factors you cannot change, such as your age, ethnicity, and family health history.

You cannot change your diagnosis of type 2 diabetes. However, you can focus on making changes to improve your health and manage your diabetes. Being successful in managing your diabetes may require some lifestyle changes.

Start thinking about the changes you can make to improve your health. Small changes can have big results!

Warning signs of diabetes

Many people with type 2 diabetes feel fine and have no symptoms of diabetes, while others have signs or symptoms.

COMMON SIGNS AND SYMPTOMS OF DIABETES

Type 2 Diabetes	Type 1 Diabetes
Tiredness Very thirsty Urinating often Blurry vision Dry itchy skin Cuts or sores that heal slowly Tingling, pain, or numbness in hand or feet Extreme hunger	Extreme thirst Frequent urination Increased hunger Weight loss

Monitoring your glucose

Testing your glucose (sugar) is an important part of your diabetes self-care. Glucose monitoring will help you see how food, activity, stress or illness affects your glucose. It also provides your healthcare provider vital information on your treatment plan. While testing can be a challenge for some, monitoring on a regular basis is key to helping you better manage your diabetes.

Your target glucose should be individualized and based on the recommendations of your healthcare provider. If you have not discussed your target glucose range with your healthcare provider, you will want to do so. In the meantime, you can use the recommendations from the American Diabetes Association:

- Fasting or before meal **80-130**
- Two hours after start of meal **Less than 180**

Talk with your healthcare provider about how often and when to check your glucose.

Typical times of the day are:

- When you first wake up
- Before a meal
- Two hours after the start of a meal
- At bedtime

Record your glucose results in a logbook or on your electronic device.

It may also be helpful to record other factors that can affect your glucose:

- Dose/time when you took your diabetes medication
- Food/drink
- Activity
- Stress
- Illness

When using a blood glucose meter, to be sure you're getting the most accurate test results by:

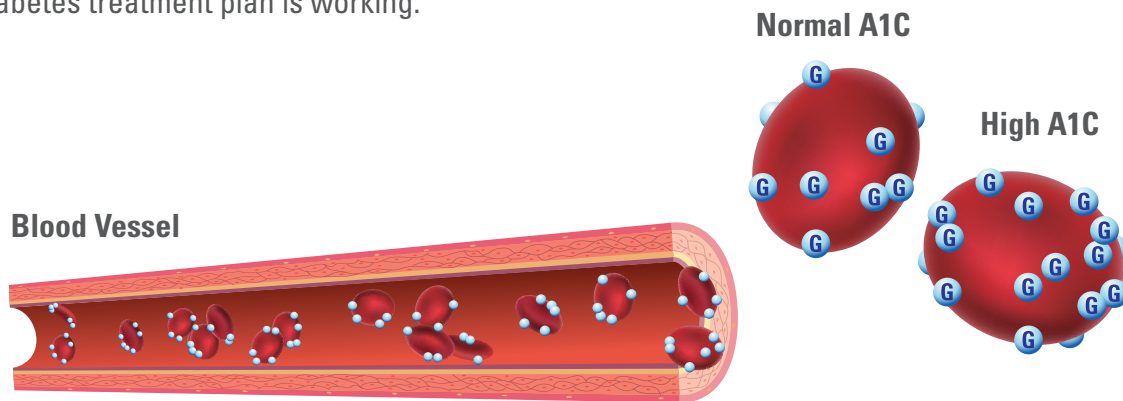
- Follow the manufacturer's recommendations on the care and use of your meter
- Wash your hands with warm soap and water or use an alcohol wipe to clean your finger
- Do not use hand sanitizer

You can monitor your glucose by doing a finger stick blood sample using a blood glucose meter (BGM) or by continuous glucose monitoring (CGM). A CGM measure your glucose every few minutes, 24 hours a day and would replace finger stick glucose monitoring. A CGM generally is very comfortable and easy to use. CGMs monitor interstitial fluid glucose not blood glucose. Glucose enters the bloodstream first before it enters the interstitial fluid. When glucose is stable CGM and BGM readings are similar. When glucose is rising or falling fast you may see a lag in the BGM vs CGM. In general, a CGM gives you a very detailed picture of how your treatment plan is working. It can provide you with areas to focus on for improvement. Some CGM's are also designed to alert you before you have a possible low or high glucose. Discuss CGM options with your healthcare provider.

Monitoring your A1C

The A1C test is your average glucose value over the last three months by measuring the amount of glucose attached to your red blood cells. Since red blood cells live for three months, the test shows the amount of glucose in your blood during that time. When you have too much glucose in your blood, your A1C number will be higher.

You and your healthcare provider will use both, your A1C and your daily glucose results to assess how well your diabetes treatment plan is working.



Elevated A1C levels increases your risk for complications commonly associated with diabetes. Such as eye, kidney, or nerve damage.

If you have diabetes or prediabetes, lowering your A1C is important. In fact, each percentage-point decrease in A1C levels can reduce risk of long-term complications from diabetes by 40%*.

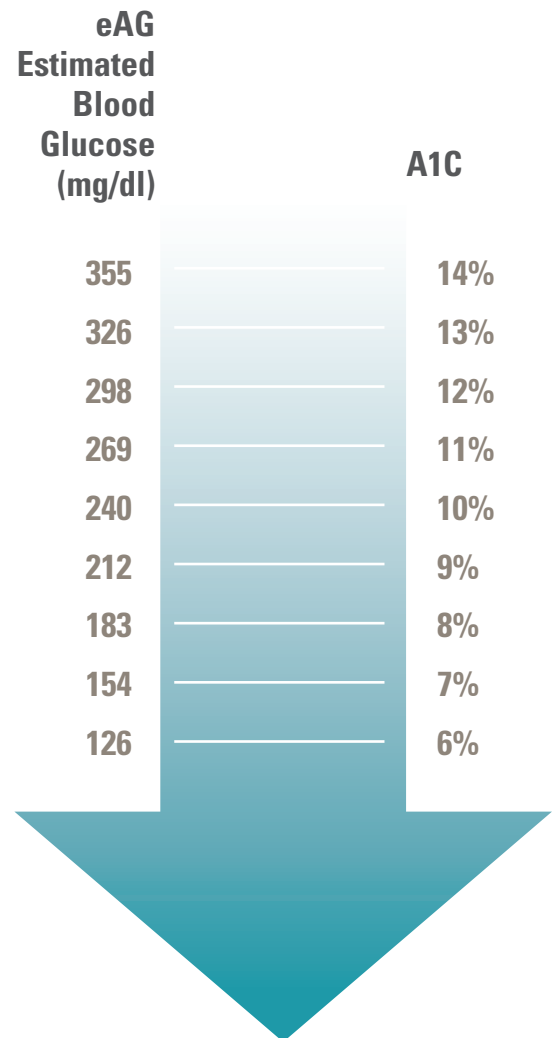
You can lower your A1C by keeping your daily glucose in your target range.

The chart shows how your A1C equals your glucose numbers on your selected glucose monitoring device.

In general, your A1C will be checked at least twice a year. If you are not on target, more frequent testing may be needed.

Talk with your healthcare provider to discuss your recommended A1C target. Although the American Diabetes Association recommends a target A1C of 7 percent or less, A1C targets are often specific to an individual.

* according to the American Diabetes Association.2022



My target A1C goal is _____

Hyperglycemia or high blood glucose

Although your glucose levels will vary throughout the day and night, one goal of your diabetes treatment plan is to keep your glucose on target as often as possible.

What can make your glucose too high?

- Eating too much food
- Less activity than usual
- Forgetting to take or taking too little diabetes medication
- Having emotional or physical stress, such as from illness or infection, job changes or family relationships
- Changes in hormone levels such as during menstrual periods
- Some medications such as steroids

Signs of high glucose

- Feeling thirsty
- Going to the bathroom more than usual – especially at night
- Feeling tired
- Blurry vision

What should you do if you suspect your glucose is too high?

- Check your glucose – report any pattern of high glucose to your healthcare provider
- Take diabetes medications as directed – if you cannot afford your medication, tell your healthcare provider
- Follow your meal and exercise plans
- Drink plenty of sugar-free drinks – water is the best choice

Hypoglycemia or low blood glucose

When your glucose is too low, your body is not receiving the fuel you need to stay healthy. Your brain may not be getting enough glucose to work properly. You will need to be able to recognize the signs of low sugar so you can treat it quickly.

What can cause your glucose to go too low?

- Delaying or missing a meal
- Eating too little
- More active than usual
- Taking too much diabetes medication
- Drinking alcohol without eating especially before bed

Signs of low blood glucose

- Feeling dizzy, light-headed, weak or shaky
- Sweaty or clammy skin
- Fast heart beat
- Hunger
- Confusion, headache or irritability
- Tingling of lips

What should you do if you're feeling the signs of low blood glucose?

- If less than 70 or if you cannot test, follow the steps below sometimes referred to as the "rule of 15"

Rule of 15 to treat low glucose

- When you feel signs of a low, check your glucose *
- If less than 70 eat or drink 15 grams carbohydrate **
- Wait 15 minutes and check glucose again
- If glucose is still less than 70, eat or drink another 15 grams carbohydrate **
- In 15 minutes check glucose again. If still less than 70, eat or drink another 15 grams carbohydrate **
- If glucose remain <70 after three treatments, consider calling 911.

***If you have signs of low glucose and do not have access to your glucose meter, eat or drink 15 grams carbohydrate. Check your glucose as soon as possible.**

****Samples of 15 grams of carbohydrate**

- 4 glucose tablets
- ½ cup or 4 ounces of fruit juice or regular soft drink (not diet)
- 1 Tbsp of honey

Potentially life-saving tips

- Always wear identification stating that you have diabetes.
That way, if you pass out, others will be able to help you
- Always carry emergency foods (listed above) with you
- Test your blood glucose more often
 - on days you exercise
 - when you are ill
 - any time you change your diabetes treatment plan

Healthy eating

You can still enjoy your favorite foods and eating out, even though you have diabetes. In fact, there is no strict diabetes diet. A healthy meal plan is about eating the right portions and combinations of foods, with the goal of reducing your risk of diabetes complications.

When to eat

- Eat at least three times a day
- Space meals four to six hours apart
- Try to eat at about the same time every day
- Try not to skip meals

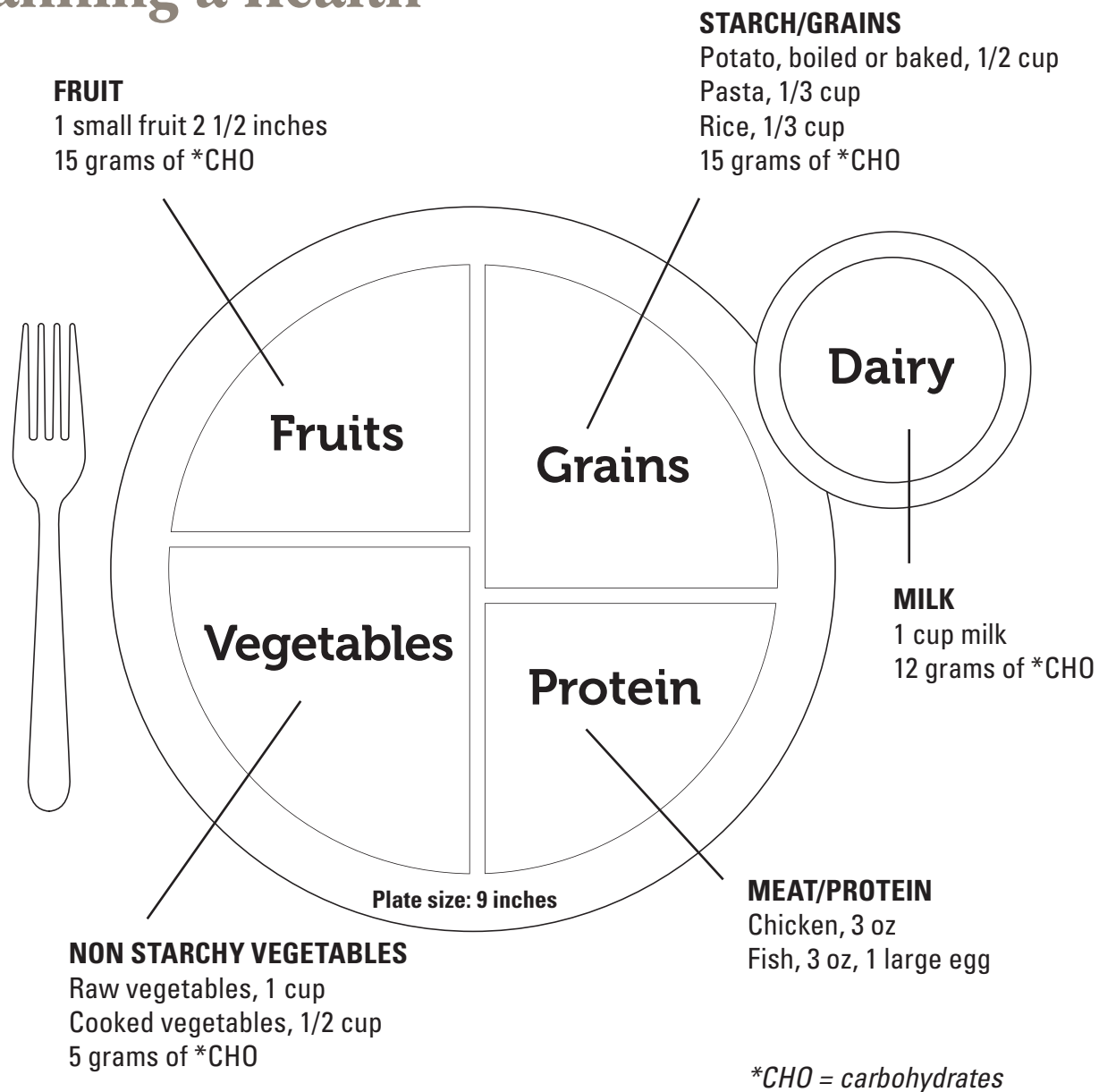
What to eat

- Choose 'Better for you' foods and drinks
- Choose plain water or other calorie-free drinks such as sparkling or flavored water, unsweet tea or coffee
- Choose a wide variety of colorful fresh or frozen vegetables. If canned, drain and rinse to wash off extra salt
- Decrease portions of carbohydrate foods
- Limit foods high in saturated fat and sodium (salt)

Understanding carbohydrates

Carbohydrates are foods that rapidly convert into glucose. That means, they can raise your blood glucose very quickly. Controlling the number of carbohydrates in each meal will help you maintain a healthier blood glucose.

Planning a Health



GENERAL CARBOHYDRATE GUIDELINES FOR EACH MEAL

	To Lose Weight	To Maintain Weight	For the Very Active
Women	2-3 choices (30 to 45 grams)	3-4 choices (45 to 60 grams)	4-5 choices (60 to 75 grams)
Men	3-4 choices (45 to 60 grams)	4-5 choices (60 to 75 grams)	4-6 choices (60 to 90 grams)

Food labels

Knowing how to understand nutrition labels can help you make better food choices. Food labels have a wealth of information that will be valuable to you.

In this example, the serving size is 2/3 cup, and has 37 grams of total carbohydrate (equal to over two carbohydrate choices).

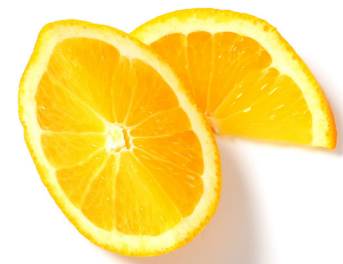
Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

(For educational purposes only. These labels do not meet the labeling requirements described in 21 CFR 101.9.)

Sample meal plan

Breakfast

- 1 egg
- 1 slice whole wheat toast = 1 carbohydrate choice or 15 grams of carbohydrate
- 1 teaspoon butter made with olive oil spread
- 1 small orange = 1 carbohydrate choice or 15 grams of carbohydrate
- Water or sugar-free beverage



Lunch

- 1 turkey wrap with lettuce, tomato & mustard = 1 carbohydrate choice or 15 grams of carbohydrate
- 1 cup side salad with 1 tablespoon of lite vinaigrette
- 1 cup of chicken noodle soup or other broth based soup = 1 carbohydrate choice or 15 grams of carbohydrate
- 1 small apple = 1 carbohydrate choice or 15 grams of carbohydrate
- Water or sugar-free beverage



Dinner

- 3 ounces grilled pork loin chop or chicken breast
- ½ cup mashed potatoes = 1 carbohydrate choice or 15 grams of carbohydrate
- ½ cup lite canned peaches = 1 carbohydrate choice or 15 grams of carbohydrate
- ½ cup of quinoa (whole grain) salad = 1 carbohydrate choice or 15 grams of carbohydrate
- ½ cup green beans
- Water or sugar-free beverage



Snack, if desired-

- 3 cups light popcorn = 1 carbohydrate choice or 15 grams of carbohydrate
- 1 oz of nuts (monounsaturated fat but also a protein source)



Controlling your carbohydrates is one aspect of healthy meal planning. You'll also want to choose foods low in saturated fat and salt (sodium) to help manage your cholesterol and blood pressure. A diabetes educator or registered dietitian can help you with meal planning. Here are some suggestions:

HEALTHY FOOD SUBSTITUTES

Food	Instead of...	Try
Grains	White bread, white rice, french fries, macaroni and cheese, biscuits, rolls	Whole-grain bread, whole-grain pasta, brown rice, baked sweet potato, beans lentils and quinoa
Fruit	Fruit juices, fruit snacks, fruit canned in heavy syrup	Fresh fruit, frozen fruit, fruits canned in their own juice
Milk	Whole milk, 2% milk, full-fat yogurt	Skim milk, 1% milk, unsweetened soy almond or rice milk, fat-free and artificially sweetened yogurt
Combination Foods	Thick-crust supreme pizza, chili with beef, lasagna with sausage and cheese	Whole grain thin crust veggie pizza, chili with ground turkey, lasagna with chicken and low-fat cheese
Non-Starchy Vegetables	Canned vegetables, fried vegetables	Fresh or frozen vegetables, steamed/baked vegetables
Meats	Fried meats, sausage, bologna, bacon	Fish, white chicken or turkey, baked/grilled meats, plant based protein such as beans, lentils, nuts and nut butters
Fats	Butter, mayonnaise, sour cream, bacon fat, creamy salad dressings	Olive oil-based products, canola oil, tub margarine, light sour cream, vinegar based salad dressings



Taking medications

Many people with diabetes may need to take medicine to keep their blood glucose on target. Each diabetes medication works in a different way. For example, your medicine

- Help your muscle cells to be less insulin resistant
- Help your body release more insulin
- Block reabsorption of glucose in the kidneys
- Help your body use insulin more effectively

Frequently, multiple medications are needed.

Depending on your overall health, your healthcare provider may also prescribe medication to help manage your blood pressure or cholesterol. Taken along with your diabetes medications, these medications may be critical in helping delay or prevent complications of diabetes.

Make sure you understand

- The name of the medicine and the correct dosage
- When to take your medicine(s)
- What to do if you forget to take your medicine(s)
- Possible side effects
- How to take medication safely if you use alcohol

Helpful tips

- Take your medicines as prescribed
- Use a pill reminder box
- Set alarms on your phone
- Place sticky notes in places that you will notice them
- Set up automatic refills at your pharmacy
- Keep a current list of all medications with you
- Report any side effects or problems to your healthcare provider
- If you cannot afford your medication, tell your healthcare provider



Be active every day

Getting regular physical activity can help you improve your overall health. Being active helps:

- Lower your blood glucose levels
- Promote healthy weight
- Lower your blood pressure
- Improve cholesterol levels
- Lower your stress levels and can improve your mood and emotional health
- Increase your strength, endurance, flexibility and energy

The American Diabetes Association recommends 150 minutes of exercise or activity each week. Speak with your healthcare provider on your personal goal for exercise. If you have not been active, start slowly with five to 10 minutes twice daily and work up to your goal.

Choose activities you enjoy, such as walking, biking, armchair exercise, or attending exercise classes. When you choose something you enjoy, you are more likely to make it a regular part of your life.

Try turning everyday activities into exercise opportunities. Take the stairs instead of the elevator, walk around while you talk on the telephone or march in place while watching TV.

More vigorous activities like brisk walking, dancing, swimming or riding a bicycle will help strengthen your heart and lungs. If you sit for long periods of time, make sure you get up and move every 30 minutes.

Increase your strength by using resistance bands, weightlifting (hand weights or machines) or exercising with light weights like canned goods or bottles of water at home. This helps build muscle, aids in weight loss and improves bone density.

Stretching before you exercise will improve your flexibility and help prevent injury.

When you are increasing your activity level, be sure to test your glucose more frequently, especially if you are on insulin or taking medication(s) that may cause low glucose.

- Check your glucose after you exercise and record it.
- Write down what type and for how long you were active.
- Take these readings to your healthcare provider to help decide if any changes are needed in your treatment plan.
- Be alert to possible low glucose after you exercise

Helpful tips

- Choose comfortable clothing that fits properly, especially your shoes
- Wear identification that says you have diabetes
- Always drink more water or calorie/caffiene-free beverages when you exercise, especially in warm weather. Don't wait until you are thirsty to begin drinking.
- Carry an emergency food that contains carbohydrate (See the list of carbohydrates in treating low blood glucose section) in case your blood glucose drops too low.
- If you have numbness or loss of feeling in your feet or legs, you may want to choose exercise that puts less strain on your feet, such as biking or swimming.

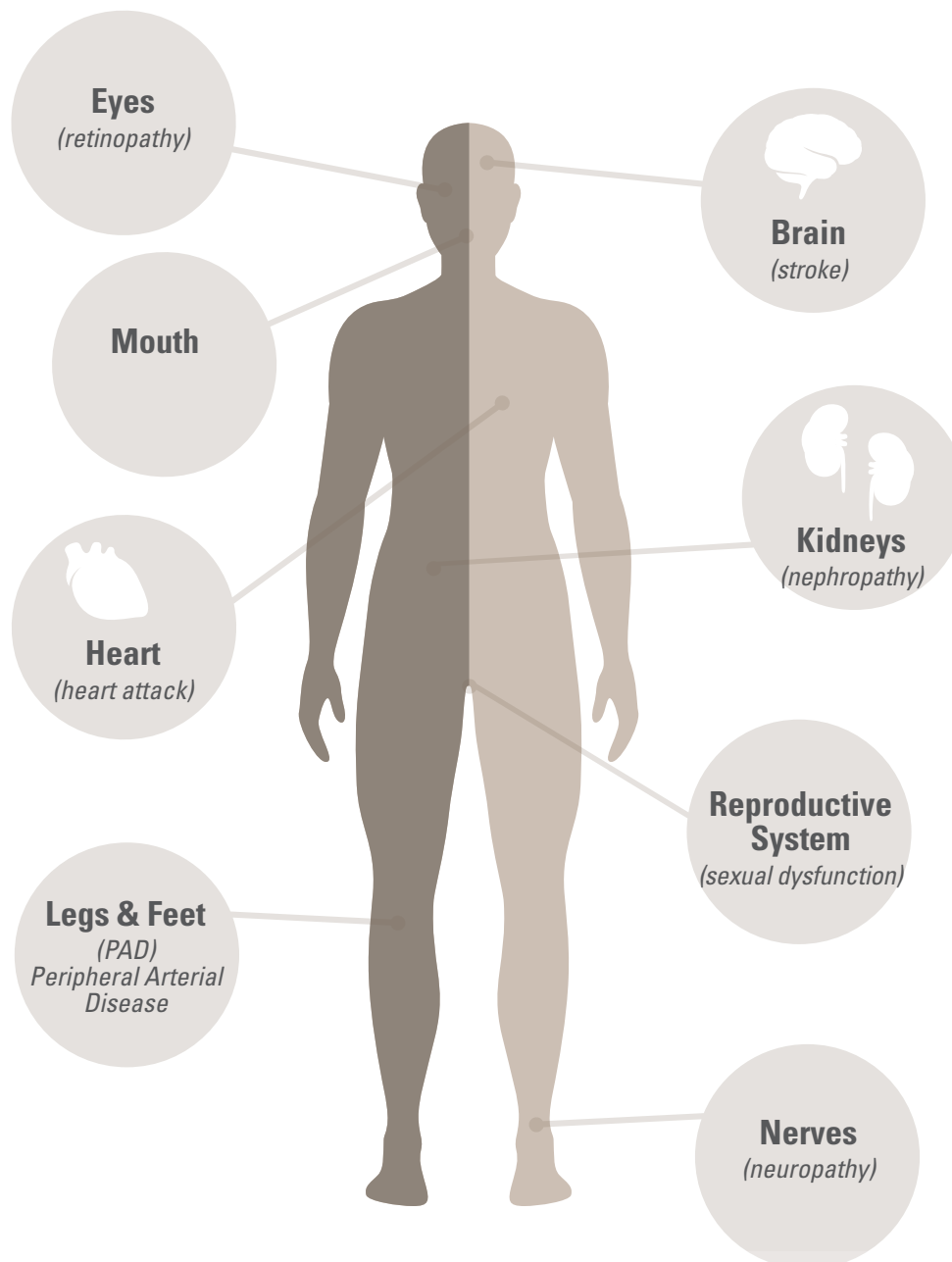


Reducing your risk of diabetes complications

It is natural for diabetes to change over time. These changes happen at different times for each person. Your body may become more resistant to the action of insulin. Over time, your pancreas may produce less insulin. Because of the possibility of these changes, your treatment plan may need to be adjusted. See your healthcare provider two to four times a year to determine your diabetes control.

Your healthcare provider will also check to be sure you are not developing any complications of diabetes. Catching these early can be critical to prevention or managing them.

COMPLICATIONS OF DIABETES



- **Heart problems or stroke** – damage to the large blood vessels can lead to heart attack or stroke.
- **Eye problems** – damage to the small blood vessels of the eye can lead to vision problems. High blood pressure can worsen eye disease.
- **Tooth and gum problems** – high blood glucose can increase your risk for gum disease.
- **Feet** – damage to small and large blood vessels can slow circulation and damage the nerves in the legs and feet. Decreases in circulation and nerve response can lead to reduced walking stability and delay in wound healing. If wounds don't heal, then amputation may result.
- **Kidneys** – damage to the blood vessels in the kidneys can cause a decrease in kidney function.
- **Sexual function for both men and women** – nerve damage can interfere with the body's sexual response and function.
- **Nerve problems (neuropathy)** – can occur in all parts of the body.

One of the most effective ways to delay or prevent these complications is to keep your blood glucose as close to your target goal as possible. If you have other health conditions, such as high blood pressure or abnormal cholesterol, your risk for developing diabetes complications is even higher. Working with your healthcare provider to manage all your health conditions is the best way to protect your health.

Helpful tips

- Don't rely on your healthcare team to identify areas of concern. No one has more at stake than you do. Play an active role in reducing your risk.
- Learn about complications and how to delay or prevent them.
- Talk with your healthcare provider about the tests you need. Maintain your own personal care record.
- Reduce your risk of complications by taking these precautions:
 - Don't smoke, vape, do street drugs, or chew tobacco.
 - Schedule regular medical checkups.
 - Follow your healthcare provider's recommendations on other tests you should have.
 - Keep your feet dry and clean. Look for redness or sores, and report these to your healthcare provider if you find them.
 - Listen to your body and recognize when you aren't feeling well, and call your healthcare provider.



Foot care

Taking care of your feet every day can help prevent diabetes-related foot problems.

Best Practices	
Clean	<ul style="list-style-type: none"> • Wash your feet daily with mild soap and warm water. • Do not soak your feet. Soaking can cause dry skin that cracks easily. • Dry feet well, especially between the toes. • Trim nails straight across. Let your healthcare provider know if you are unable to trim your nails.
Check feet daily	<ul style="list-style-type: none"> • Use your hands to feel your feet. A spot that feels hot to the touch can be a sign of infection. • Look at the top and bottom of each foot and between the toes. Check for any cuts, cracks, sores, redness or swelling. • Use a mirror or ask for help if you have difficulty checking your feet.
Protect	<ul style="list-style-type: none"> • Do not walk without protecting your feet with slippers or shoes. • Wear well-fitting socks and shoes. • Check your shoes before you put them on to be sure there are no objects inside. • When bathing, check the water temperature with your hand first.
Treat	<ul style="list-style-type: none"> • Apply lotion to dry feet, but not between your toes as this can lead to fungal infections. • Do not use sharp instruments, chemical treatments or abrasive materials on corns, calluses, or ingrown toenails. Let your healthcare provider help treat these. • Clean and treat minor cuts or sores. Call your healthcare provider if have a cut or scrape that is slow to heal, itches, feels warm, oozes fluid or smells bad. • Report foot problems immediately to your healthcare provider.
Healthcare provider foot check	<ul style="list-style-type: none"> • Remove your shoes and socks at every diabetes visit to allow your healthcare provider to check your feet.

Problem solving

At one time or another, almost everyone encounters problems trying to manage their diabetes. Challenges like low or high blood glucose will happen. In the long run, the more you understand about why a problem occurred, the better you'll be able to prevent it from recurring.

Developing good problem-solving skills takes practice. By following a few key steps, you can learn how to work your way through a difficult situation. Remember, if your first solution doesn't work, you can always try another idea. Be willing to accept that the problem may not be solvable right now. You can always revisit it later.

- 1. Don't beat yourself up. Managing your diabetes doesn't mean being perfect.**
- 2. Think about your day**
 - a. Was your day stressful?
 - b. Were you feeling ill?
 - c. Was your routine different – woke up earlier, went to bed later or something else?
 - d. Were you less active than usual?
 - e. Was your meal larger than usual?
- 3. After reviewing your day, did you find a possible reason for your high blood glucose?**
- 4. If so, what changes can you make now to help prevent a high blood glucose reading next time?**

Keep in mind that keeping your blood glucose on target is the best way to manage your diabetes and delay or prevent complications.



- Review your day
- Choose how to correct problem
- Put this plan into action
- Learn from experience

Coping with diabetes

Living with diabetes every day can be discouraging, stressful or even depressing. How you deal with these emotions can affect your overall health.

Discover positive techniques for handling the difficult emotions that come with living with diabetes. Healthy ways to cope include having enjoyable hobbies, joining a support group, exercising, journaling or practicing meditation. Having the support of family, friends and other people with diabetes (support group) can help you feel less alone in coping with diabetes.

Helpful tips

- Simplify and organize your daily life
- Plan ahead to help manage a busy schedule
- Try deep breathing exercises, meditation or prayer to help relax
- Exercise regularly
- Talk with a friend or family member
- Get adequate sleep and rest
- Be patient. Making changes in your lifestyle takes time and practice.
- Aim for consistency, not perfection

Sometimes emotional lows can be lengthy and negatively impact your overall health. Talk with your healthcare provider if you have experienced any of these symptoms:

- Difficulty sleeping
- Poor appetite
- Not seeing the benefit of taking care of yourself
- Decreased interest or pleasure in your life
- Withdrawing from others
- Feeling like diabetes has taken over your life



Managing sick days

Pay special attention to your diabetes when you are ill. Illness can cause your blood glucose to rise quickly. Therefore, you will need to test your blood glucose more often when you are ill. High blood glucose readings can be a sign of infection and can also cause an infection to get worse.

Helpful tips

- Take your regular diabetes medications at the usual time
- Check your glucose more often than usual
- Drink extra fluids such as water, broth or caffeine-free liquids
- If you cannot eat solid food, replace the carbohydrate in your meal plan with one of the following choices (each provides 15 grams of carbohydrate)
 - ½ cup regular gelatin
 - ½ cup regular soft drink
 - ½ cup hot cereal
 - 1 cup skim or 1% milk
 - ½ cup ice cream
 - ¼ cup sherbet
- Rest and avoid exercise
- Check your temperature one to two times daily
- Talk to your pharmacist before choosing over-the-counter medicines, as some can affect your blood glucose
- Call your healthcare provider if:
 - most of your blood glucose readings are over 200 for more than two days in a row
 - your blood glucose falls below 70 more than once during your illness
 - you are vomiting or have persistent diarrhea



Preparing for your healthcare provider visit

You are the key member of your healthcare team. Every day, you are the one making the decisions that impact your health. The good news is that you are not alone in your journey. Your healthcare provider is your partner in helping you manage your diabetes.

As the key member of your team, you'll want to be sure you're communicating clearly with your healthcare team. Be prepared to make the most of your appointments with the following tips:

- Take your logbook or a computer printout of your glucose results
- Write down a list of your questions
- Take a list of all your prescriptions including any over-the-counter medications, vitamins and supplements
- Remove your shoes and socks for your foot exam
- Discuss any physical, emotional or other concerns
- Make sure your healthcare provider knows when your last eye and dental exams were
- Write down any special instructions/care advice
- Follow through on your healthcare provider's advice
- If you are looking for more information concerning diabetes you may request a diabetes education referral

You can do this!

Changing how you live so you can manage your diabetes is a big job. But like most big efforts in our lives, it's made up of the many small decisions you make each day. Most people can't make the healthiest choice 100 percent of the time. However, you can work toward improvement, so that you are choosing healthy options 60, then 70, then 80 percent of the time.

The changes in lifestyle that come with managing diabetes can make you healthier than you have ever been. Becoming more physically active, eating more balanced meals, stopping smoking, taking medication so your blood glucose is more regulated, finding positive ways to handle stress and getting more sleep are all positive lifestyle choices that are good for your body, making you stronger and more energetic.

You can do it – on your own or with the support of family, friends and a group of peers who understand your challenges. We're here if you need us. We want to see you succeed.

Goshen Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATTENTION: If you speak Spanish, language assistance services, free of charge, are available to you. Call 1 (574) 364-1000 (TTY: 711 or 1 (800) 743-3333 to be connected with Relay Indiana).

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