

TYPE 2 DIABETES AND YOU

Live Well with Diabetes



Basic Guidelines for Good Diabetes Care

✓ **Check your blood sugar regularly**

✓ **At every doctor visit:**

- Review your blood sugar records
- Blood pressure
- Weight
- Foot exam

✓ **Every 3 – 6 months:**

- Hemoglobin A1C test

✓ **Once a year:**

- Dilated eye exam
- Thorough foot exam
- Flu shot
- Microalbuminuria
- Cholesterol
- HDL & LDL
- Triglycerides

✓ **One time:**

- Pneumonia vaccine

✓ **Education update at least yearly**

Type 2 Diabetes

The diagnosis of diabetes is serious. However, with good control, you can live a long and healthy life with diabetes. The diabetes team will help you to have the best control possible of your diabetes. You are the key player on your diabetes team. Members of this team may include a primary doctor, dietitian, diabetes educator, endocrinologist, eye specialist, podiatrist, and dentist.

Live Well with Diabetes Education Program

Live Well with Diabetes is an excellent update for all people with diabetes and is a must for anyone with a new diagnosis. Family members are welcome to come, too. Ask your doctor for a referral today.

The program includes:

- Group programs about diabetes essentials, nutrition, glucometers, medicines, and shopping, cooking and eating out
- Individual appointments with a diabetes educator
- Glucose clinics to help you manage your blood sugar

Reference:

Clinical Practice Recommendations 2011. *Diabetes Care*, 2011; 34, Supplement 1.

Getting Started with Good Self-Management

Here are the keys to good diabetes control:

- Test your blood sugar
- Make healthy food choices
- Be physically active
- Work towards a healthy weight
- Take medicine as prescribed

Test your blood sugar often and keep a record in writing. This will tell you and your diabetes team how well your plan is working for you. Your team will tell you what time of day to test. Many people test blood sugar when they wake up in the morning, before meals, and again 1–2 hours after meals. If you use insulin injections, check your blood sugar 4 times each day, before meals and at bedtime. Always bring your blood sugar log, your meter and a current list of medicines with you to all your health care appointments. The diabetes team will help you use your records to adjust your diet, medicine, and activity.

How to Get a Meter to Test Your Blood Sugar

Call your insurance company to find out how to get a meter to test blood sugar. You may need to ask your doctor for a prescription and a pre-authorization form if required by your insurance.

Target Blood Sugar Ranges

80 – 110 mg/dl before meals

140 mg/dl one or two hours after meals

Tips for Healthy Eating

Your eating plan for diabetes should be tailored to your needs. It will depend on your weight, current blood sugar readings, physical activity, and food preferences. The diabetes team will help you to find the plan that is right for you. The following tips will also help you to get a healthy start:

- **Choose drinks with no calories.**

Good choices are water, sugar-free iced tea, diet soda, flavored water, or unsweetened coffee or tea.

- **Enjoy larger amounts of non-starchy vegetables, such as salads and vegetables of all colors.**

Try to have a plate of food that is half-filled with vegetables at lunch and dinner.

- **Limit the amount of fruit you eat.**

Have only one small piece of fruit with a meal or snack, such as a small apple, 1/2 banana, or 15 grapes.

- **Eat only small servings of bread, cereal, grain products, corn, potatoes and milk.**

Choose high fiber grains like 100% whole grain breads and crackers, corn tortillas, oats, beans, and brown rice.

- **Choose sweets less often.**

Cakes, pies, cookies, and other sugary foods do not promote health for anyone, with diabetes or not! Try a small “no sugar added” yogurt or ice cream as an occasional treat.

- **Keep in mind that foods with carbohydrates have the greatest impact on your blood sugar.**
- **If you are overweight, decide where you can cut calories to lose weight.**

Use smaller amounts of fat, such as butter, margarine, oil, avocado, mayonnaise, salad dressing, and fried foods. Be careful to have small servings, especially in restaurants, and limit meat to 3–6 ounces, which is the size of your palm.

Keep testing your blood sugar. Notice how different foods affect your blood sugar readings and adjust your serving sizes accordingly.



Taking the First Step

Learning more about diabetes and making healthy changes to your lifestyle will increase your confidence, your sense of control, and your quality of life.

Presently, there is no cure for diabetes. However, you can work with your diabetes team to achieve good control and you will remain healthier for longer, until the cure for diabetes is found.

Resources

Live Well with Diabetes Education Program

For more information or to register please call:

(805) 681-8976 (Santa Barbara)

(805) 737-8700 (Lompoc)

Visit: www.sansumclinic.org

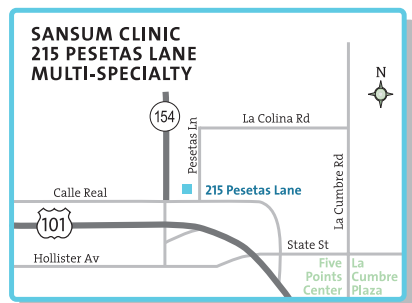
Health Resource Center

Sansum Clinic

215 Pesetas Lane

Santa Barbara, CA 93110

(805) 681-7672 or (800) 281-4425 x7672



American Diabetes Association

Phone: (800) DIABETES

Visit: www.diabetes.org



*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.

Sansum Clinic is an independent nonprofit healthcare organization providing the full spectrum of quality healthcare in our community.



A Nonprofit Organization
P.O. Box 1200
Santa Barbara, CA 93102-1200

Sansum Clinic is a 501 (c) (3) California Nonprofit Public Benefit Corporation with Clinic locations from Carpinteria to Lompoc and over 150 affiliated physicians, and is accredited by the Institute for Medical Quality.