Basic Guidelines for Good Diabetes Care

- Check blood sugar regularly
- At every doctor visit:
  - Blood sugar records
  - Blood pressure
  - Weight
  - Foot exam
- Every 3 to 6 months: Hemoglobin A1C test
- Once a year:
  - Dilated eye exam
  - Thorough foot exam
  - Flu shot
  - Urine protein test
  - Cholesterol
- One Time: pneumonia vaccine
- Education update every year

Diabetes Education

Contact us to learn more:
www.SansumClinic.org
(866) 829-0909 (group program)
(805) 681-7820 (appointment)
Type 2 Diabetes

Diabetes is serious but with good control, you can live a long and healthy life. The diabetes team is here to help you have the best control possible of your diabetes. You are the key player on the team. Others who will work with you include your primary doctor, dietitian, diabetes educator, endocrinologist, eye specialist, foot specialist, dentist and pharmacist.

Diabetes Basics Program

Diabetes Basics 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. The group program covers diabetes essentials, food choices, cooking, shopping and eating out as well as using glucometers and taking medicines. Individual appointments with a dietitian or diabetes educator can help tailor the program to meet your individual needs. To sign up, visit calendar.sansumclinic.org or call (866) 829-0909.

Testing Blood Sugar

HOW TO GET A METER:
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. Ask your doctor if you are interested in a way to check blood sugar that does not require a finger-prick.

WHEN TO TEST:
- When you wake up in the morning
- Before meals
- 1 to 2 hours after meals
- If you use insulin injections, test before meals and at bedtime

TARGET BLOOD SUGAR RANGES:
- 80 to 130 mg/dl before meals*
- 180 mg/dl 1 or 2 hours after meals*

* These are general guidelines. Your diabetes team will help you determine the best target for you.

BRING TO YOUR MEDICAL APPOINTMENTS:
- Blood sugar log, meter and current list of medicines.

The diabetes team will help you use your records to adjust diet, medicine and activity for your health.

Tips for Health

Your eating plan for diabetes should be tailored to your needs. It will depend upon your weight, current blood sugar readings, physical activity and food preferences.

Onset of type 2 diabetes can be delayed or prevented through proper nutrition and regular exercise.