

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)



Reference: Standards of Medical Care in Diabetes 2018. Diabetes Care, Volume 41, Supplement 1.

Type 2 Diabetes

Live a long and healthy life with proper care



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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

Keys to Diabetes Control

- Test blood sugar and keep a record of the results
- Make healthy food choices
- Be physically active
- Work towards a healthy weight
- Take medicine as prescribed



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.

Here are tips to help you get started:

- **Be active most days**, with your doctor's approval. It is more important to exercise regularly than vigorously to improve your blood sugar. Walking after meals improves blood sugar too.
- **Choose drinks with no calories.** Good choices are water, sparkling water, flavored water, unsweetened tea or coffee, or sugar-free soda.
- **Enjoy more vegetables and salads.** Add vegetables at every meal. Fill half your plate with vegetables. Try vegetables as snacks.
- **Limit the amount of fruit you eat.** Choose one fruit to have with a meal or snack. Try a small apple or 1/2 banana or 15 grapes. Fresh, frozen or canned with no sugar added are all good options.
- **Eat only small servings of bread, grains, potatoes, corn, peas and other starchy vegetables.** Choose high fiber such as 100% whole grain, 100% whole wheat, whole oats, corn tortilla, brown rice, or beans.
- **Choose sweets less often** and in small amounts. Try a small yogurt or ice cream with no sugar added as an occasional treat.
- **If you are overweight keep portions small** and look for places to cut calories.
- **Eat slowly** and enjoy the flavors of your meal.
- **Stop smoking.** There are many aids to help you.
- **Share this information** with family and friends. Share your feelings too.
- **See your doctor** regularly and get the tests recommended.
- **Keep testing blood sugar.**

Notice how different foods and activity affects your blood sugar. Adjust accordingly.