

A Focus on Diabetes

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High blood glucose can be a sign of diabetes or pre-diabetes. Your doctor will work to make a diagnosis by doing several blood tests and a full examination. In either case, what does this mean? This page will give you a short overview of diabetes, in addition to resources where you can find more extensive information that will help you take control.

WHAT IS BLOOD GLUCOSE AND WHAT IS INSULIN?

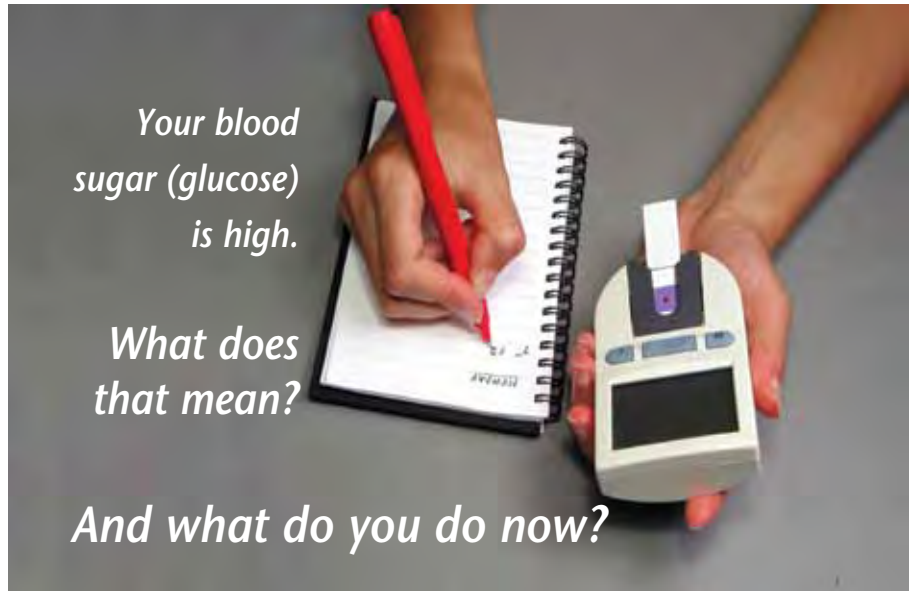
In short, your body needs fuel. Glucose is the fuel your body gets from the food you eat. Insulin is what allows your body to make "usable" fuel from food. When your body either does not make insulin or does not use insulin the right way, then the sugar in food remains in your blood and is not used as fuel.

What are the different types of diabetes?

Type 1: Where your body does not make the insulin necessary to maintain proper functioning.

Type 2: Where your body does make enough insulin or it does not use insulin correctly.

Pre-Diabetes: Where blood sugar tests are higher than normal, meaning that one may become a type 2 diabetic in the future.



NOW WHAT DO I DO?

- **DIET.** There are easy ways to begin healthy eating. Consider these options:
 - › Control portion (serving) size.
 - › Adopt the "push back method" (i.e., push back from the table).
 - › Keep track of what you eat in a day.
 - » Are there foods you could skip? Chips, cookies or foods high in fat?
- **EXERCISE.** Do some type of aerobic exercise 30 minutes a day, five days per week.
 - › Walking is a good way to start.
 - › Plan to do strength training two to three times a week.
- **MEDICATION.** Take your medicine as the doctor tells you.
- **STAY HEALTHY**
 - › Visit regularly with your health care provider.
 - › Know your numbers:
 - » Measure your blood glucose and know your target numbers.

SELF CHECK OF BLOOD GLUCOSE

Record your targets and the date, time, and results of your tests. Take this card with you on your health care visits. Show it to your health care team to remind them of tests you need.

Before Meals: Usual goal 90-130	1-2 hours after meals: Usual goal below 180	Bedtime: Usual goal 110-150
My Target: _____	My Target: _____	My Target: _____

This chart presents things to watch and do on a regular basis to monitor your health. Share this with your health care provider.

Diabetes Care	Date	Result	Diabetes Care	Date	Result	Diabetes Care	Date	Result
Each visit			Once each year			At least once		
Foot check			Dental exam			Pneumonia shot		
Review self-care			Dilated eye exam					
Plan			Complete foot exam					
Weight check			Flu shot					
			Kidney check					