

WEBSITES

Centers for Disease Control and Prevention- www.cdc.gov

American Diabetes Association- www.diabetes.org

Medline Plus- www.nlm.nih.gov/medlineplus

National Institute of Mental Health- www.nimh.nih.gov

NC CareLink- www.nccarelink.gov

North Carolina Department of Health and Human Services-
www.dhhs.state.nc.us

North Carolina Division of Public Health-
www.ncpublichealth.com

Diabetes Prevention & Control Branch
North Carolina Institute of Medicine's Health Care Help-
<http://www.nchealthcarehelp.org/>

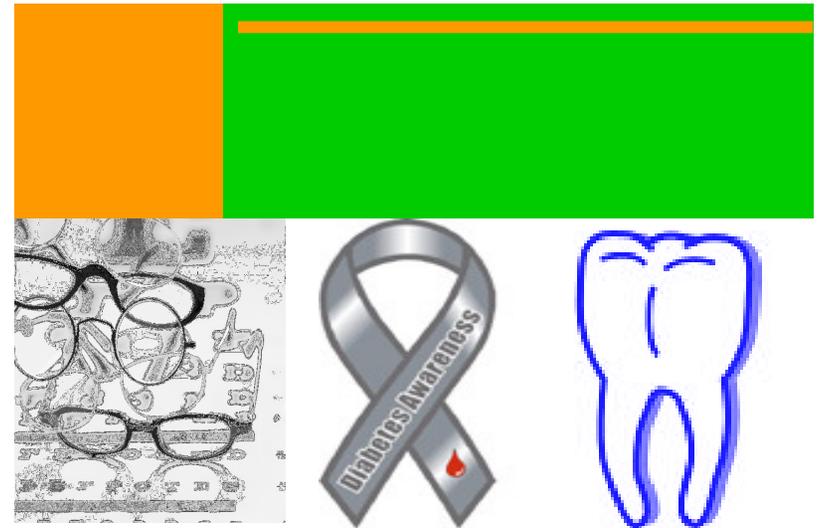
Food Pyramid Guide- www.mypyramid.gov

Idaho Plate Method- www.platemethod.com

Chatham County Public Health Department -
www.chathamnc.org/diabetes

Chatham County Council on Aging-
<http://www.chathamcouncilonaging.org/Home>

The online version is available at
www.chathamnc.org/diabetes



Chatham County Diabetes Care Guide

Developed by the Healthy Chatham
Diabetes Task Force

Program Sponsored by the Chatham
County Public Health Department



2010

Chatham County Diabetes Care Guide

This Diabetes Care Guide was published to help answer many questions Chatham County residents may have about living with diabetes. The guide includes an overview of what is diabetes, self management tips, and a listing of available resources. This guide is also available on the Chatham County Public Health Department website: www.chathamnc.org/healthychatham.

Healthy Chatham is a community coalition whose mission is to create a foundation for healthy living, improve health and ultimately enhance the quality of life for all Chatham County residents by increasing community capacity and advocating for policies and community changes that support health. Healthy Chatham's current priorities are: increasing access to affordable health care, decreasing obesity and decreasing diabetes. This resource guide was compiled by the Healthy Chatham Diabetes Task Force.

For more information about Healthy Chatham, contact Marissa Jelks at 919-545-8517 or marissa.jelks@chathamnc.org.

Case Management, cont...

Chatham Hospital

475 Progress Boulevard
P.O Box 649
Siler City, NC 27344
Phone: (919) 799-4000
Website: www.chathamhospital.org

Community Care of Central Carolina

41 Fayetteville Street
Pittsboro, NC 27312
Office: (919) 542-1387
Cell: (919) 306 - 8949
Website: www.communitycareofcentralcarolina.org

Mental Health Services

Chatham Counseling Services

1105 E. Cardinal Street
Siler City, NC 27344
(919) 742-5612
1-800-233-6834

Freedom House

Contact: Mary Linker

UNC, Community Health Center HealthLink

(919) 966-7890

Wren Memorial Library

North 2nd Avenue
Siler City, NC 27344
(919) 742-2016
Books on diabetes information and computers available for public use

(Local physicians and specialists are available in the phone book.)

Wake County, cont....

Project DIRECT

219 S. East Street
Raleigh, NC 27601
(919) 856-6551

Rex Diabetes Education Center

2500 Blue Ridge Road, Suite 200-H
Raleigh, NC 27607

Website: www.rexhealth.com

Diabetes support group open to public

Contact: Kristi Miller; (919) 784-4486

Wake County Human Services- Project DIRECT

219 S. East Street
Raleigh, NC 27601

Contact: Melvin Jackson, (919) 856-6544

Self-management classes, food demonstrations, walking programs, church outreach

Case Management

Family Resource Center

Spanish speaking caseworkers
225 Chatham Square
Siler City, NC 27344
(919) 742-5867

Piedmont Health Services

(Siler City location)

224 S. Tenth Avenue
Siler City, NC 27344
(919) 663-1744
(919) 742-4964

(Moncure Location)

Moncure Health Center

7228 Moncure Pittsboro Road
Moncure, NC
(919) 542-4991

Members of the Diabetes Task Force

Thank you to the members of the task force whose
hard work made this guide possible:

Patricia Dowdy, Chatham CARES Pharmacy

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Katrina Johnson, Quality Home Health Care

Lee Stubbs, Community Care of Central Carolina

Faye Tillman, Council on Aging

Gretchen Tong, Community Care of Central Carolina

Kelcy Walker, Chatham County Public Health Department

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Orange County, cont...

UNC School of Medicine, Division of General Internal Medicine

5039 Old Clinic Building, CB#7110
Chapel Hill, NC 27613

Pharmacist-led comprehensive disease management program for patients with type 2 diabetes. Will work with your UNC primary care provider on medical and lifestyle interventions.

www.med.unc.edu/depts_medicine.htm

Contact: Rob Malone; (919) 966-6989

Wake County

American Diabetes Association

434 Fayetteville Street Mall
Two Hannover Square, Suite 1650
Raleigh, NC, 27601
(919) 743-5400
1-888-DIABETES

Diabetes Treatment Center at Raleigh Community Hospital

3325 Executive Drive, Suite 150
Raleigh, NC 27609
(919) 954-3616

Comprehensive services providing diabetes self-management education to individuals with diabetes, general support group meets the second Thursday of every month at 7pm

Diabetes Prevention and Control Branch

1915 Mail Service Center
Raleigh, NC 27699-1915
(919) 715-0112

Website: www.ncdiabetes.org

Lee County

The Enrichment Center

1615 S. Third Street
Sanford, NC 27330

Two diabetes support groups, (1) meets weekly Tuesday at 10:00 am, 2nd group meets evenings on the first Tuesday of each month at 7:30 pm
Contact: Sylvia Wilbon or Debbie Davidson;
(919) 776-0501

Podiatry

611 Carthage Street
Sanford, NC

“Healthy feet are happy feet”
Diabetic Foot Care/Shoes

Contact: Dr. Howard Staley, DPM; (919)774-4527

Moore County

Moore Regional Hospital

PO Box 3000

Pinehurst, NC 28734

Diabetes support groups, third Tuesday of each month at 7:30 pm in the Monroe Auditorium
(910) 215-1585

Orange County

UNC Diabetes Care Center

5316 Highgate Drive, Suite 125
Durham, NC 27713

The UNC Diabetes Care Center provides a wide range of services to patients with diabetes, including consultative and comprehensive diabetes care, educational services and referrals to other specialists, Taking Control of Your Diabetes- once a year major event held Raleigh Civic Center.

<http://medicine.med.unc.edu/centers/diab/practice.htm>

Contact: John Buse; (919) 848-1015

I have diabetes. What does that mean?

What is diabetes?

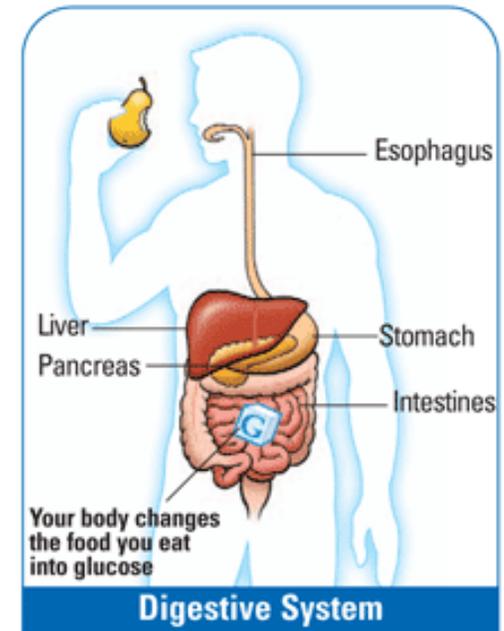
Diabetes means that the sugar levels in your blood are too high. To understand diabetes, you must first know how glucose and insulin work when your body digests food.

What is glucose?

Your body changes the food you eat into glucose (sugar). Your body uses it for energy.

What is insulin?

Insulin is made by a gland called the pancreas that is near the stomach. When insulin enters the bloodstream, it acts as a “key”. It opens the cells for sugar to enter and be used by your body. But the door shuts again and must be reopened by more insulin. Then more sugar moves in and then the door shuts again. Insulin must always be present and there must always be sugar present. This is the only way our hearts and our breathing muscles get energy. Also, this is the only way our arm and leg muscles get energy.



Types of Diabetes

Diabetes Resources by County (nearby counties)

Type 1 Diabetes

In type 1 diabetes, the body does not produce insulin. Insulin is a hormone that is needed to convert sugar (glucose), starches and other food into energy needed for daily life.

Pre-diabetes

Before people develop type 2 diabetes, they almost always have "pre-diabetes" – blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes.

Type 2 Diabetes

In type 2 diabetes, either the body does not produce enough insulin or the cells ignore the insulin. Insulin is necessary for the body to be able to use glucose for energy.

Gestational Diabetes

Pregnant women who have never had diabetes before but who have high blood sugar (glucose) levels during pregnancy are said to have gestational diabetes.

Source: American Diabetes Association
www.diabetes.org

This list is not all-inclusive. To check for more programs in the area, go to <http://www.ncdiabetes.org/CountySurvey/default.asp> or call your local healthcare providers.

Alamance County

Alamance Regional Medical Center

1240 Huffman Mill Road
Burlington, NC 27215
Screening, education, and case management
www.armc.com
Contact: Cyra Kussman; (336) 538-8100

The Triad Foot Center

1680 Westbrook Avenue
Burlington, NC
Turn to the experts for a gentle, convenient end to your foot pain.
Contact: (336) 538-6885; www.triadfoot.com

Durham County

Duke Medical Center- Clinical Diabetes Research

Box 3291 DUMC
Durham, NC 27710
Clinical diabetes research for those meeting research protocol qualifications
Contact: Jennifer English; (919) 684-4319

Duke University Adult Diabetes Education Program (Outpatient)

3405 DMUC
Durham, NC 27710
All aspects of Diabetes Self-Care Management Training, individual and groups, insulin pump therapy, continuous glucose sensor monitoring, nutrition consultation
Contact: Jan Nicollerrat; (919) 684-3158

Mail Order Supplies

Check with your primary care provider if you need to go to a specialist. A specialist will work with your PCP to coordinate special care you need.

Advanced Diabetic Solutions

Corporate Office
223 Scenic Highway Suite 203
Lawrenceville, GA 30045
1-888-377-6382
1-888-377-1192

Raleigh Office

2817 Kittrell Drive
Raleigh, NC 27608
(919) 881-9567 (fax)

CCS Medical (contracted with BCBC Insurance)

14255 49th Street North
Suite 301
Clearwater, FL 33762
1-800-306-9651
1-800-260-8193

Carolina Diabetic Supply Group, INC

P.O. Box 12734
New Bern, NC 28561
1-800-575-2291
CDSG@coastalnet.com

Liberty Medical

1-800-376-1599

Pharmacy South

1-888-879-6684

Risk Factors

Controllable

- Overweight/Obesity
- High Blood Glucose
- Hypertension
- Physical Inactivity
- Smoking

Non-controllable

- Age
- Race/Ethnicity
- Gender
- Family History

Signs and Symptoms

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Increased fatigue
- Irritability
- Blurry vision
- Recurrent infections (especially yeast infections)
- Poor healing (cuts or sores that will not heal)

Progression

Diabetes is a progressive disease meaning it gets worse over time. Think about climbing a ladder, you start at the bottom and each step takes you closer to the top. Diabetes starts off slow then keeps going forward with the pancreas giving out eventually.

Controlling diabetes helps to decrease the risk of complications. Higher blood sugars continue to damage the cells that make insulin in your pancreas. Eventually your pancreas gives out or does not produce enough insulin which leads to having to provide insulin shots.

Insulin is not as bad as many people think, it is a life saver for those who do not produce much insulin. Keep in mind insulin was made before all of the diabetes medicines we have today. Recent studies have shown that early treatment with insulin can help manage blood sugar levels better and decrease the risk of complications.

Question: True or False

Uncontrolled diabetes can cause complications such as blindness, kidney disease, amputations, nerve damage, heart disease, and gum diseases.

(True is the correct answer)

Durable Medical Suppliers (DME)

What are Durable Medical Supplies? (DME)

DME and insurance

Medicare, Medicaid, and private insurance plans often cover diabetes testing supplies such as blood sugar monitors, test strips, lancets, and insulin syringes. You will need a prescription from your doctor. There may be monthly quantity limits and you may be responsible for a co-pay and/or deductible. Ask your local pharmacy or supplier if it is enrolled in your insurance program prior to purchasing your diabetes supplies.

Carolina Apothecary

726 S. Scales Street
P.O. Box 29
Reidsville, NC27323-0029
1-888-342-6474

Edgepark (Contracted with BCBS Insurance)

1810 Summit Commerce Park
Twinsburg, OH 44087
1-800-321-0591
www.edgepark.com

MedXpress

171-B Monroe Lane
Lexington, SC 29072
1-800-381-6339
www.medxpress-msa.com

Quality Home Health Care

1089-A East Street
Pittsboro, NC 27312
(919) 542-0722

Pittsboro Discount Drug

650 East Street
Pittsboro, NC 27312
(919) 542-7283

Diabetes Support Groups

Chatham County Public Health Department

The health department hosts a monthly diabetes support group meeting. Diabetics, as well as friends and family members, are welcome to attend to learn ways to control diabetes and its complications.

Where: Western Chatham Senior Center

When: Second Monday of each month at 5:30pm

Contact: Kelcy Walker

Phone: (919) 545-8520

Website: www.chathamnc.org/diabetes

FREE

Chatham County Council on Aging, Pittsboro

Diabetes Support Group

Where: Pittsboro Senior Center

When: Fourth Tuesday of each month at 2:00pm

Contact: Phyllis Reid

Address: 365 NC Hwy 87 North
Pittsboro, NC 27312

Phone: (919) 542-4512

Website: www.chathamcouncilonaging.org

Chatham County Council on Aging, Siler City

Diabetes Support Group

Where: Western Chatham Senior Center

When: 1st Thursday of each month at 10:00am

Contact: Phyllis Reid

Address: 365 NC Hwy 87 North
Pittsboro, NC 27312

Phone: (919) 542-4512

Website: www.chathamcouncilonaging.org

How Diabetes Affects Your Body

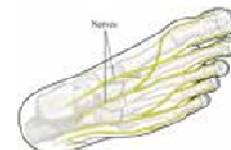


EYES — Can cause glaucoma, cataracts, and even blindness.

Recommendation: Dilated-eye exam at least once yearly.

NERVES— Can cause burning, tingling, and numbness in hands and feet.

Recommendation: Monofilament foot exam at every doctors visit.



KIDNEYS — Can cause damage to kidneys and may eventually lead to dialysis.

Recommendations:

- Urine Protein Test (microalbumin) at least once a year.
- Have your blood pressure checked regularly, and ask your doctor about medications that help control blood pressure to protect your kidneys.



HEART AND BLOOD VESSELS — Can cause high cholesterol, high blood pressure, heart disease, heart attack, stroke, and poor circulation.

Recommendations:

- Have blood pressure checked regularly-goal is less than 130/80.
- “Bad” cholesterol (LDL) should be less than 100 mg/dl and less than 70 mg/dl for some people.
- Consult your physician before taking aspirin daily
- Stop smoking tobacco; if you smoke or do not start.



MOUTH — Can cause cavities, gum disease, and tooth loss.

Recommendations:

- Dental exam every 6 months.
- Brush teeth at least twice daily, and floss regularly.

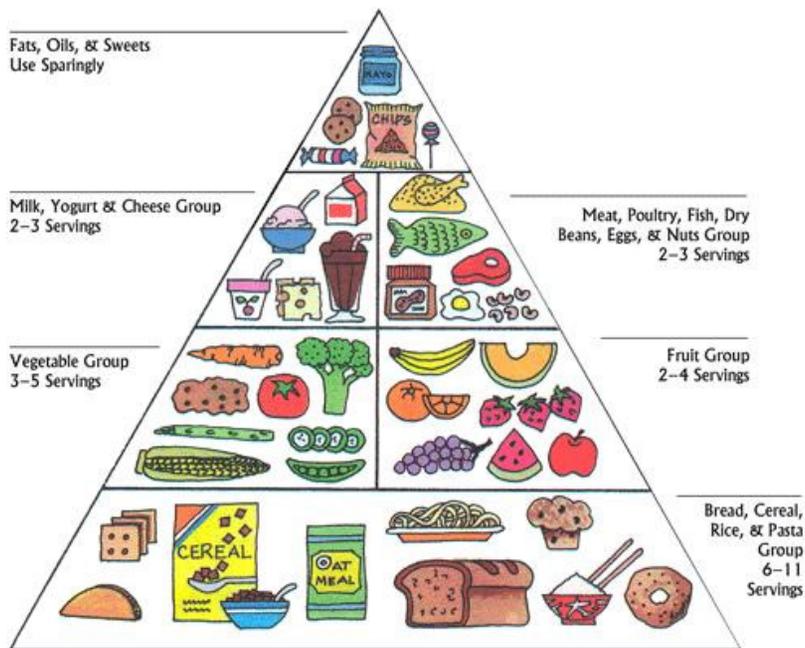


So how do you control diabetes?

Self Management

- Healthy Eating
- Physical Activity and Exercise
- Monitoring Blood Glucose and Blood Pressure
- Taking Medications, if prescribed
 - Oral (pills)
 - Insulin
 - Injectables other than insulin
 - A combination of the above
- Keeping appointments with healthcare providers and having laboratory tests as ordered by healthcare providers
- Daily foot checks and routine foot care
- Routine eye examinations

How to Eat Healthy?



www.mypyramid.gov

Chatham County Diabetes Resources

Diabetes Self-Management Education Classes

Chatham County Public Health Department

Diabetes Self-Management Education & Nutrition Program

Join us for interactive classes that give you the tools and skills you need to manage Diabetes. The topics covered will be useful to understanding and controlling Diabetes. We are confident that you will find the meetings helpful and useful to your life. *Must be a Chatham County resident.*

Contact: Zach Deaton or Kelcy Walker

Website: www.chathamnc.org/diabetes

1000 South Tenth Avenue
Siler City, NC 27344
(919) 742-5641

80 East Street
P.O. Box 130
Pittsboro, NC 27312
(919) 545-8520

Chatham Hospital Diabetes & Nutrition Program

The Chatham Hospital Diabetes Program is certified by the American Diabetes Association. Our highly trained staff are also nationally certified as diabetes educators. This program offers a variety of services to better meet the needs of the people with diabetes in our community. We provide diabetes and nutritional education in group sessions or on an individual basis. Other services offered are insulin pump training, three day continuous glucose testing, and intensive insulin management. We work together with your health care provider to give you the education and skills needed to manage and control your diabetes. Please contact our office or talk with your provider if you are interested and would like to know more about our program.

*Classes are also available in Spanish.

Contact: Doris Welborn or Deanna Edmisten

Address: 124 Village Lake Road
Siler City, NC 27344

Phone: (919) 663-2314

Website: www.chathamhospital.org

How can I manage my diabetes?

This booklet is a guide to help manage your diabetes. It will give you the tools you need to take control of your diabetes and help reduce your risk of complications.

Your individual plan will help you to:

- Eat healthy, well-balanced meals at the right times
- Be physically active
- Manage your self-care (taking diabetes medicine, checking blood glucose, getting health checkups, etc.)
- Work closely with your diabetes-care team

You are not alone! Millions of people are managing their diabetes and you can too! You can work, travel, and do all the other things that make for a full and active life.



Healthy Eating

Meal planning and a healthy diet is an important part of managing your diabetes. Your dietary intake should include healthy foods that help you meet your nutritional needs. It should also be easy to follow and enjoyable.

Some common guidelines:

- Eat a wide variety of foods
- Balance the number of calories you eat with your activity level
- Eat a diet rich in whole grains, vegetables, fruits, and fat-free and low fat milk products
- Include lean meats, poultry, fish, beans, eggs, and nuts
- Limit the amount of saturated fats, trans fat, cholesterol, salt, and added sugar
- Space your eating throughout the day
- Be sure to ask your provider about any dietary advice or recommendations they have for you.

For more information see: www.mypyramid.gov or a registered dietician.

How To Read a Food Label

SERVING SIZE is the Key!!!

Everything on the label is *per one serving!*

Calories control weight gain, but not blood sugar directly

Nutrition Facts
 Serving Size 1 cup (224g)
 Servings Per Container 20

Amount Per Serving	
Calories 530	Calories from Fat 320
% Daily Value*	
Total Fat 35g	54%
Saturated Fat 6g	31%
Cholesterol 5mg	2%
Sodium 1010mg	42%
Total Carbohydrate 43g	14%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 10g	
Vitamin A 25%	Vitamin C 60%
Calcium 15%	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

Fat can make cholesterol go up, which can hurt your heart

Total Carbohydrate grams is the key to controlling blood sugar!

1 Serving of Carbohydrate =
15 grams of Total Carbohydrate

Each Meal = about 45 grams of Total Carbohydrate

Each Meal less than 15g Total Fat
 Each Meal less than 5g Saturated Fat

Reviewing your goals

Each time you visit your healthcare provider you should review how well your treatment plan is working. Some things you may want to talk about include:

- ✓ Your blood sugar goal range.
- ✓ Your exercise program.
- ✓ Your medications.
- ✓ A healthy and balanced diet.
- ✓ Any problems you are having with your diabetes plan.
- ✓ Take off your socks and shoes so your doctor can check your feet.
- ✓ Make a list of things you would like to talk with your provider about before going to your visit.



Bring a support person to your doctor's visit
(ex. spouse, sibling, etc).

Again, you should review your goals and treatment plan as needed with your provider.

Medications

Many people with diabetes need to take medications to help control their blood glucose.



Since people with type 1 diabetes do not make insulin (or enough insulin), they must take insulin by injecting it. There are several different types of insulin; some are short acting while others work for longer periods of time. Many people take a combination of both short and long acting insulin.

People with type 2 diabetes often make some insulin, but they produce less than their body needs or their body's cells cannot use it properly. They can use either pills, insulin, another injectable medication, or a combination of these to manage their blood glucose. Some pills help a person's cells and tissues use the insulin they make better, some slow down the absorption of glucose (sugar) into the blood, and others help increase a person's insulin secretion.



If you have any problems taking your medications, talk to your healthcare provider. Don't stop taking your diabetes medications without talking to your provider first.

TIPS:

- Have all of your prescriptions filled at one pharmacy, so the pharmacist can help you monitor your medications.
- Carry a list of all your medications with you at all times, in case of emergency.
- Be sure all your doctors know of what medications you are taking.



Tips for Eating Out

VEGETABLES:

ORDER

Raw, boiled, steamed

LIMIT

Escalloped, creamed, au gratin, fried and sautéed

BREADS:

ORDER

Hard/soft rolls, plain muffins, crackers, corn bread

LIMIT

Sweet rolls, coffee cake, danish rolls, frosted rolls

MEAT, CHICKEN, FISH

ORDER

Roasted, baked, broiled, boiled, grilled, braised, steamed, blackened

LIMIT

Fried, sautéed, breaded and with gravy/bacon

POTATOES:

ORDER

Steamed, baked, boiled, steamed, mashed

LIMIT

Au gratin, creamed, escalloped, home fried, browned

EGGS:

ORDER

Soft/hard boiled, poached, scrambled

LIMIT

Fried in butter or trans-fat margarine

FATS:

ORDER

Low-calorie salad dressings, soft-margarine (*trans-fat free*)

LIMIT

Butter, gravy, fried, items in cream sauce, salads w/pre-mixed dressings, cream

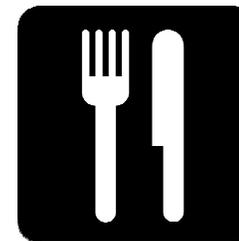
DESSERTS:

ORDER

Fresh fruits, angel food cake, sugar-free pudding or Jello

LIMIT

Custards, pies, sweetened canned fruits, pastries, sundaes, frosted cake





The Plate Method

Help control your weight and your blood sugar by filling at least half your plate with Veggies!

veggie ideas:

Green beans	Asparagus	Mushrooms	Okra	Onions	Beets
Broccoli	Brussels sprouts	Pea pods	Peppers	Radishes	Cabbage
Carrots	Cauliflower	Spinach	Celery	Tomato	Summer squash
Cucumber	Tomato Sauce	Eggplant	Turnips	Zucchini	Green onions
Greens (collards, mustard, turnip)	Salad greens (lettuce, spinach)	Artichoke	Rutabaga	Garlic	Tomato/vegetable juice



Non-Starchy Vegetables



Don't add fat to season Vegetables!
Try cooking vegetables with smoked turkey, low sodium pork or chicken bullion. Healthy Choice Ham, or turkey bacon instead 😊

Meat/ Protein



Carbohydrate



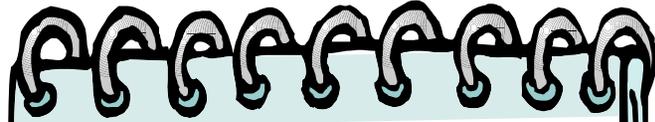
These are the foods that make blood SUGAR go UP!



"Carbohydrates" include:
Sweets, sugar, starchy foods like bread and rice, fruit, and milk. Look for Fiber!

Keep it Lean!
Try fish, but bake or broil—don't fry! Poultry without the skin and lean meats are also good choices.

Source: Idaho Plate Method
www.platemethod.com



Foot Care Tips

- Keep your feet clean and dry
- Don't take hot baths or showers
- Use skin lotion to prevent dryness, but don't put it between your toes.
- Never go barefoot.
- Wear comfortable shoes and socks that fit well.
- Inspect your feet daily for cuts, bruises or swelling. Use a mirror to see the bottoms of your feet.
- File your toenails straight across. Your healthcare provider may have you visit a podiatrist (a foot-care doctor) for foot care.
- Call your healthcare provider if you injure your feet in any way.
- If you have problems with your feet, check with you doctor about seeing a podiatrist (foot doctor).

Sick Days



When you are sick, your blood sugar may rise more than usual.

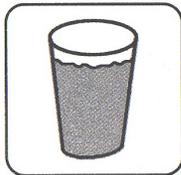


Continue taking your diabetes medicine as usual.



Measure your blood sugar more often (every 2-4 hours if it is higher than normal).

Eat the usual amounts of food at the usual times.



To avoid dehydration, drink at least 8 ounces of calorie-free fluids (water, broth, diet soda) every hour.

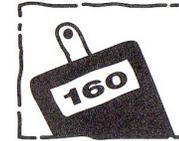
Source: Bryam Healthcare

Exercise



Why should I exercise?

It lowers your blood sugar level.



Before Exercise



After Exercise

You feel better.

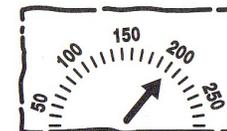


Before Exercise



After Exercise

It helps you to lose weight.



Before Exercise



After Exercise

Source: Bryam Healthcare

How often should I exercise?

At least 30 minutes 5 days a week.
Do more if you can.

What type of exercise is best?

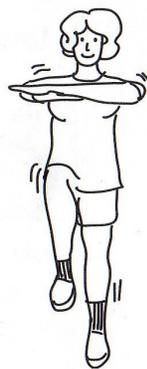
Whatever you can enjoy without pain.
Ask your doctor before starting an exercise program.



Walking



Dancing



Aerobics



Exercise While Sitting



Stationary Bike

Source: Bryam Healthcare

What is an A1c?

There is a test that can help measure diabetes control. An A1c (also known as hemoglobin or HbA1c) test gives you a picture of your average blood glucose control for the past 2 to 3 months. The results give you a good idea of how well your diabetes treatment plan is working. Lowering your A1c to below or around 7% has been shown to reduce complications.

Your A1c can also be converted to show your estimated Average Glucose, or eAG, over the past 2-3 months. This reports your A1c in units you may be more familiar with; like those from a blood glucose monitor .

Comparison of A1C and eAG levels	
A1C %	AVERAGE
6%	126
6.5%	140
7%	154
7.5%	169
8%	183
8.5%	197
9%	212
9.5%	226
10%	240

Check with your doctor for your goal!

A1C

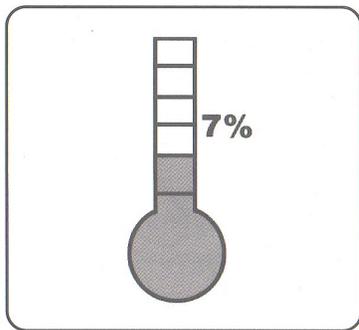


What is the A1C?

The A1C test tells you how well your blood sugar control was during the last 3 months. It helps the doctor decide your treatment plan.

How often do I need it?
At least twice a year, and sometimes more often.

What is a good A1C level?



More than 7% = Take Action

7% or less = Good

Source: Bryam Healthcare

Blood Sugar Goals

Fasting: 80-110

Before Meals: 90-130

2 Hours After Meals: 140-160

Before Bed: 100-140

Blood sugars ranges may vary from person to person. Consult your doctor for his or his recommendation.

Signs and Symptoms of Hypoglycemia

HYPOGLYCEMIA
(Low Blood Glucose)

Causes: Too little food or skip a meal; too much insulin or diabetes pills; more active than usual

Onset: Often sudden; may pass out if untreated.

SYMPTOMS:

SHAKY	FAST HEARTBEAT		
SWEATING	DIZZY	ANXIOUS	HUNGRY
BLURRY VISION	WEAKNESS OR FATIGUE	HEADACHE	IRRITABLE

WHAT CAN YOU DO?

	CHECK	TREAT		CHECK	
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CHECK your blood glucose right away. If you can't check, treat anyway.

TREAT by eating 3 to 4 glucose tablets or 3 to 5 hard candies you can chew quickly (such as peppermints), or by drinking 4-ounces of fruit juice, or 1/2 can of regular soda pop.

CHECK your blood glucose again after 15 minutes. If it is still low, treat again. If symptoms don't stop, call your healthcare provider.

Source: Novo Nordisk Pharmaceuticals, Inc., 2001

Signs and Symptoms of Hyperglycemia

HYPERGLYCEMIA
(High Blood Glucose)

Causes: Too much food, too little insulin or diabetes pills, illness, or stress.

Onset: Often starts slowly. May lead to a medical emergency if not treated.

SYMPTOMS:

 NEED TO URINATE OFTEN	 DRY SKIN	 HUNGRY
 BLURRY VISION	 DROWSY	 SLOW-HEALING WOUNDS

EXTREME THIRST 

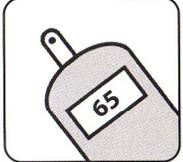
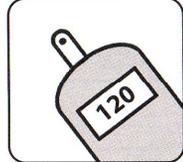
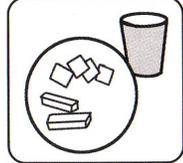
WHAT CAN YOU DO?

 CHECK BLOOD GLUCOSE	 CALL YOUR HEALTHCARE PROVIDER
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Call your healthcare provider if your blood glucose levels are higher than normal for 3 days and you don't know why.

Source: Novo Nordisk Pharmaceuticals, Inc., 2001

What should I do if I have symptoms of low blood sugar?

- 1  Measure your blood sugar level.
- 2  If blood sugar is under 70, at bedtime, drink 4 ounces of fruit juice, or 4 ounces of milk.
- 3  Wait 15-20 minutes and measure blood sugar again.
- 4  If you do not plan to eat in the next 1-2 hours, eat a snack – cheese and crackers, or peanut butter, or 4 ounces of milk.
- 5  Eat your meals on time.
- 6  For patients who take insulin, inject glucagon if blood sugar is under 50. Ask your doctor or diabetes educator how it works and when to take it.

Please always follow your providers instructions for your individualized treatment plan.

Source: Bryam Healthcare