

Diabetes Self-Care Information and Record Booklet



Your personal guide.....
what you do each day really matters.



What is Diabetes?

Diabetes is a common, controllable, life-long condition. Diabetes changes the way your body uses the food you eat. Your body turns food into sugar and uses this sugar for energy. Insulin is an important hormone that helps move the sugar from your blood into your body's cells. If your body does not make insulin or the insulin is not working well, sugar will build up in your blood. High blood sugar levels may cause damage to your kidneys, heart, eyes, and nerves by harming the blood vessels that lead to them.

.....

Type 1 Diabetes:

With type 1 diabetes, the body makes little or no insulin on its own so insulin shots are needed. People with type 1 diabetes need to take insulin shots each day for the rest of their lives.

Type 2 Diabetes:

With type 2 diabetes, the body makes some but not enough insulin, or the body may not be able to use insulin as it normally should. Medicine and/or insulin may be needed. It can be normal to use more medicine or insulin the longer you have type 2 diabetes. This does not mean you have failed to take care of yourself.

Having diabetes does not mean you are sick. People with diabetes can be healthy in the same way as people without diabetes by:

- Eating healthy food
- Being active
- Controlling weight or losing weight if needed
- Keeping blood sugars near normal
- Testing blood sugars
- Taking medicine as recommended

What is Diabetes Self-Care?

Diabetes self-care means you are in charge of making healthy choices every day. Making healthy choices will keep blood sugar levels as close to normal as possible.

Below are a few helpful skills you can expect to learn to help you take care of your diabetes:

- ✓ How to make healthy food choices
- ✓ How to feel good about your lifestyle choices
- ✓ How to eat a healthy amount of food at each meal
- ✓ How to test blood sugars and safely dispose of your lancets and needles
- ✓ What your blood sugar numbers mean
- ✓ How your medicine and/or insulin work
- ✓ When to take your medicine and/or insulin
- ✓ What are possible side effects of your medicine and/or insulin
- ✓ What are healthy physical activities and why staying active is good for you
- ✓ What to do if your blood sugars are too high or too low
- ✓ How to reduce your risk of diabetes problems
- ✓ What diabetes care to ask for and what to expect
- ✓ Why it is important to wear a medical ID bracelet or necklace

Living well with diabetes happens day to day. Know your blood sugar numbers; if they are not at goal, talk about different treatment options with your health care provider. If you are taking diabetes medicine, you may need to change the dose and/or start insulin shots. Your self-care skills and treatment may need to change the longer you have diabetes, if your lifestyle habits change, and as you age.

When learning self-care skills, ask for help and support. Many health care providers can teach you new, positive ways to care for yourself. Understanding what you can do to stay healthy and reduce blood sugar levels is the first step.

Things to Remember about Diabetes Self-Care

Be patient with yourself!

Remember that people learn in different ways. Some things you will be able to learn quickly and other things will take you a little longer. Give yourself time to change habits and learn new information. Learning about diabetes self-care takes time and patience.

Find a local diabetes self-management education program!

Many clinics offer individual and/or group classes to help people learn about diabetes self-care. Check with your health care provider to find a diabetes self-management education program in your area.

Find local help and support!

When it comes to your health, you know yourself the best. Learn as much as you can about diabetes. The more you know, the more power you have. Local help can include support groups and your library. Other reliable and trusted resources are listed on the back page of this booklet.

Ask questions!

Diabetes information and treatment can be hard to understand. Health care providers want you to be successful. Be sure to tell your health care provider if you are having problems with any treatment. When you ask questions, health care providers learn more about you. Then together you can decide on the best ways to care for your diabetes.

Prepare for a health emergency!

Carry 15 grams of quick-acting sugar (for example, 3-4 glucose tablets) with you, if you take insulin and/or medication to lower blood sugar. Wear a medical identification bracelet/necklace. Plan ahead and have adequate supplies to safely manage your diabetes.

Recommended Care When You Have Diabetes

Part of self-care is learning what lab tests, exams, shots, medical checks, and education you need. The Personal Diabetes Care Record (page 9) will help you keep track of your results to remind you when it is time for a re-check.

LAB TESTS

A1C – Have this checked every 3-6 months.



(Ideal: Less than 7%, individual goal may vary)

This is a blood test done to check your overall blood sugar control for the past 2-3 months. Your A1C level will vary from test to test. Having a lower A1C level will reduce the risk of diabetes problems.

Fasting Lipid Panel – Have this checked every year.



(Ideal: Total cholesterol less than 200 mg/dL

Triglycerides less than 150 mg/dL

HDL [good cholesterol]

men – 40 mg/dL or higher; women – 50 mg/dL or higher

LDL [bad cholesterol] less than 100 mg/dL or less than 70 mg/dL for those at high risk)

This is a blood test to check the amount of fat in your blood. Too much fat can clog your arteries and can cause poor blood flow in your body.

Kidney Function Tests



Albumin-to-creatinine ratio test every year.

(Ideal: Normal is less than 30 mg/g)

This urine test checks for microalbuminuria, tiny amounts of protein in your urine.

Serum creatinine test every year to estimate glomerular filtration rate (eGFR).

(Ideal: Serum Creatinine less than 1.5 mg/dL)

Together these tests tell your doctor how well your kidneys are filtering waste and if they are damaged.

Recommended Care When You Have Diabetes

EXAMS

Diabetes Visit/Complete Physical Exam



Have a diabetes visit every 3-6 months.

This is a good time to talk with your provider about any diabetes concerns you have.

Have a complete physical every year.

This exam provides preventive health care to keep you healthy.

Dilated Retinal Eye Exam



Have this exam done every year.

Your eye doctor will put drops in your eyes to help see the back of your eyes. This is the only way to find out if high blood sugars have caused any damage to your eyes. Diabetes can cause vision loss and blindness.

Dental Exam/Oral Check



Have a dental exam every 6 months. Have your mouth, teeth, and gums checked at every office visit.

See your dentist for routine cleaning and exams. Your health care provider can check your mouth, teeth, and gums for problems. Mouth infections and gum diseases are more common in people with diabetes. Treatment is helpful if problems are found early.

Foot Exam



Have your provider do a complete foot exam with a monofilament and a tuning fork every year.

Take your shoes and socks off so your provider can check your feet at each office visit.

Check your own feet each day. You may not always be able to feel a foot problem so look at your feet each day to notice changes or problems. High blood sugars can cause poor blood flow and loss of feeling in your feet. A small cut or blister can quickly turn into a big problem without the right care. Talk to your provider right away about any changes you notice.

Recommended Care When You Have Diabetes

EXAMS

Blood Pressure



Have this checked every time you visit your provider.
(Ideal: Less than 130/80 mmHg)

This test measures how well your heart is pumping blood. High blood pressure can be treated and controlled with medicine. You may need more than one kind of medicine to control blood pressure to meet your individual goal.

Emotional/Sexual Health



Tell your provider if you feel depressed or have sexual health concerns.

Everyone has down, sad, or stressful days that can cause you to feel depressed. Depression can keep you from doing your best self-care. Sexual concerns can also cause you to feel sad or down. Talk with your health care provider about reliable treatment options that can help.

Tobacco Use



Quit: Choose a quit day.

Tobacco use causes many health problems. Once you start using tobacco products, it is very hard to stop. There are many ways to quit. Choose a quit plan that will work for you and get support for yourself. Call 1-800-QUITNOW for help.

SHOTS

Flu Shot and Pneumonia Shot



Have the flu shot every fall.

Have a pneumonia shot once before age 65, then as recommended.

Having diabetes puts you at greater risk of getting flu and pneumonia. Shots will help lower your risk.

Recommended Care When You Have Diabetes

EDUCATION FOR HEALTHY LIVING

Physical Activity Level



Find an activity you enjoy doing and safely increase the amount of time until you reach your goal. **(Ideal: 30 minutes a day, at least 5 days a week)**

Any physical activity (for example, walking) will help lower your blood sugar level and help you feel better.

Healthy Eating/Meal Choices



See a registered dietitian when first diagnosed, for 3-4 visits over 3-6 months, then every year or as needed.

A registered dietitian can help you learn how to make healthy meal choices and teach you healthy serving sizes. If you are overweight, any weight loss can be helpful. A healthy weight helps your insulin work better.

Diabetes Self-Care Education



See a diabetes educator when first diagnosed with diabetes, then every 6-12 months or as needed.

A Certified Diabetes Educator (CDE) can help you learn how to self-manage your diabetes. Learning about diabetes will take time, but it will help you make healthy choices every day.

Blood Sugar Testing



Ask your health care provider how often you should test. **(Ideal: Before meals less than 130 mg/dL and after meals less than 180 mg/dL)**

Checking blood sugar levels helps you know how food, physical activity, medicine, and stress/illness cause your blood sugar levels to change. Know what blood sugar range is best for you. Do not throw lancets or needles in your regular garbage or trash; instead, use an approved container. For information on throwing your needles away, see the DNR resource on the back page of this booklet.

Personal Diabetes Care Record

Goal	Date	Date	Date	Date
A1C <7% - every 3-6 months				
Fasting Lipid Panel - yearly				
Total Cholesterol <200 mg/dL				
Triglycerides <150 mg/dL				
LDL <70 mg/dL or <100 mg/dL				
HDL ≥40 mg/dL men ≥50 mg/dL women				
Kidney Function - Albumin-to-creatinine ratio <30 mg/g - yearly Serum creatinine for estimating kidney function (eGFR) - yearly				
Dilated Eye Exam - yearly				
Dental Exam - every 6 months Oral Check - every visit				
Foot Check - visual check every visit Complete Foot Exam - yearly				
Diabetes Visit - every 3-6 months				
Complete Physical Exam - yearly				
Blood Pressure <130/80 mmHg - check each visit				
Emotional/Sexual Health - discuss each visit				
Tobacco Use - discuss each visit				
Flu - each fall				
Pneumonia - once, per your provider				
Physical Activity Level - discuss each visit				
Registered Dietitian - at diagnosis, for 3-4 visits over 3-6 mo., then annually				
Self-Management Education - at diagnosis, every 6-12 months, or as needed				
Home Blood Sugar Testing - review each visit				

LAB TESTS

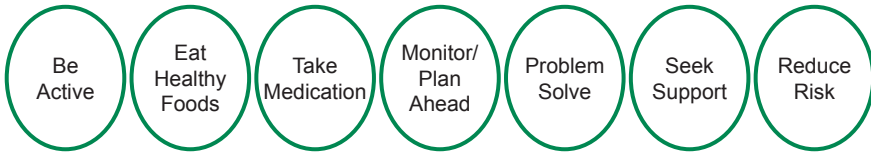
EXAMS

SHOTS

EDUCATION

Self-Care Goals and Action Steps

Choose one or more self-care goal(s) below.



Examples of Action Steps:

- Reduce portion sizes
- Be physically active each day
- Monitor blood glucose each day
- Take medicine each day
- _____
- Join a support group
- Stop smoking
- Get diabetes check-ups
- _____
- _____

My Action Steps: (What will I do?)

My Barriers: (What is in my way?)

My Barrier Busters: (How will I remove the barrier?)

Signature: _____ Date: _____

Talk with Your Provider



Be an active member of your own health care team. Below are a few tips for talking to your health care provider.

- Tell your provider about any current health concerns bothering you.
- Share personal information that could be causing stress even if you're feeling embarrassed.
- Share a list of all your current medicines, vitamins, and supplements you take.
- Prepare a list of questions to ask and list the most important questions first.
- Ask for more information or an explanation if something is not clear.
- Take notes or write down information told to you.
- Ask a family member or friend to go with you to take notes for you.
- Find out when you should set up a follow-up visit.

Questions for your provider:

Take this self-care booklet, your blood sugar log booklet, and blood sugar monitor with you to each health care appointment.

Health Care Provider Name: _____

Phone Number: _____

Additional Resources:

American Diabetes Association

1-800-342-2383
www.diabetes.org

American Dietetic Association

1-800-877-1600
www.eatright.org

American Association of Diabetes Educators

Find a Diabetes Educator in your area: 1-800-338-3633
www.diabeteseducator.org/DiabetesEducation/Find.html

American Heart Association

(414) 271-9999
www.americanheart.org

American Podiatric Medical Association

1-800-366-8227
www.apma.org

National Kidney Foundation of Wisconsin

1-800-543-6393
www.kidneywi.org

National Diabetes Information Clearinghouse (NDIC)

1-800-860-8747
www.diabetes.niddk.nih.gov

National Diabetes Education Program (NDEP)

1-888-693-6337
www.ndep.nih.gov

Wisconsin Department of Health Services Diabetes Prevention and Control Program (DPCP)

www.dhs.wisconsin.gov/health/diabetes

Wisconsin Department of Natural Resources (DNR)

1-888-936-7463
www.dnr.wi.gov/org/aw/wm/medinf/sharps.htm

Wisconsin Tobacco Quit Line

1-800-784-8669 or 1-800-QUITNOW
www.ctri.wisc.edu/quitline.html



Developed by the
Wisconsin Diabetes Prevention and Control Program
Wisconsin Diabetes Advisory Group and other partners
Division of Public Health
Wisconsin Department of Health Services
P- 43081 (3/11)