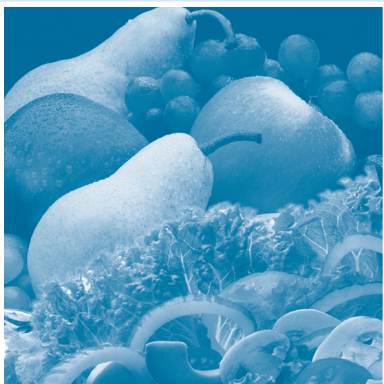


Diabetes Self-Care Booklet



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



This document is available online at:
www.dhs.wisconsin.gov/library/P-43081.htm

How to Use This Guide:

This guide is meant to teach you about how diabetes affects you and what you can do to take care of yourself. There is space in the back for you to keep track of your diabetes care, set goals for yourself, and work toward living well with diabetes.

What is Diabetes?

Diabetes is a controllable condition that never goes away once you are diagnosed. Diabetes changes the way your body uses the food you eat. Your body turns food into glucose (sugar) and uses this glucose (sugar) for energy. Insulin is an important hormone that helps move the glucose (sugar) from your blood into your body's cells. If your body does not make enough insulin or the insulin is not working well, glucose (sugar) will increase in your blood. High blood glucose (sugar) levels may cause damage to your kidneys, heart, eyes, and nerves by harming the blood vessels that lead to them.

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Terms to know:

Health Care Team:

In this booklet, “health care team” refers to doctors, physician assistants, registered nurses, certified diabetes educators, nurse practitioners, registered dietitians, health educators, pharmacists, therapists, and others who help manage your diabetes.

Type 1 Diabetes:

With type 1 diabetes, the body makes no insulin on its own, so insulin is required. People with type 1 diabetes need to take insulin each day for the rest of their lives.

Type 2 Diabetes:

With type 2 diabetes, the body makes some insulin but not enough, or the body may not be able to use insulin as it normally should. Medicine and/or insulin may be needed. It is normal to use more medicine or insulin the longer you have type 2 diabetes; there are at least 11 different types of medication targeting different dysfunctions in people with type 2 diabetes. This does not mean you have failed to take care of yourself.

What is Diabetes Self-Care?

Diabetes self-care means you are in charge of making healthy choices every day to help keep blood glucose (sugar) levels as close to normal as possible. This booklet gives you diabetes self-care education to help you learn about:

- ✓ Making healthy food choices and eating a healthy amount of food at each meal
- ✓ Feeling good about your lifestyle choices
- ✓ Testing your blood glucose (sugar) and safely disposing of your lancets and needles
- ✓ Knowing your blood glucose (sugar) numbers and what to do if they are too high or too low
- ✓ Taking your medicine, how it works, and possible side effects
- ✓ Staying active and why it is good for you
- ✓ Reducing your risk of problems from diabetes
- ✓ Knowing what diabetes care to ask for and what to expect
- ✓ The importance of wearing a medical ID bracelet or necklace

Know your blood glucose (sugar) numbers; when your blood glucose (sugar) numbers are not in range, talk to your health care team about options. If you are taking diabetes pills, you may need a change in dose or add other medication, including insulin. The way you take care of your diabetes may need to change. The length of time you have diabetes, changes to your lifestyle habits, and aging all play a role in diabetes management.

Remember, ask for help and support. Your health care team can teach you new, positive ways to care for yourself. Understanding what you can do to stay healthy and reduce blood glucose (sugar) levels is the first step.

Things to Remember About Diabetes Self-Care

Learning about diabetes self-care takes time and patience

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 learn new information and change habits.

Find a local diabetes self-management education program

Many clinics offer individual and/or group sessions to help people learn about diabetes self-care. Check with your health care team 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. 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 care can be hard to understand. Your health care team wants you to be successful. Be sure to tell your health care team if you are having problems with any treatment. When you ask questions, your health care team learns more about you and together, you can decide on the best ways to care for your diabetes.

Prepare for a health emergency

Plan ahead and have enough supplies to safely manage your diabetes. If you take insulin and/or medicine that lowers blood glucose (sugar), carry 15 grams of quick-acting glucose (for example, three to four glucose (sugar) tablets) with you. Wear a medical identification bracelet/necklace.

Medication

If you cannot afford your medication, talk to your health care team about lower cost options.

Recommended Care When You Have Diabetes

RECOMMENDED LAB TESTS AND OTHER TESTS

A1C – Timing of Test: Once every three to six months
(**Target:** Less than 7 percent; individual goal may vary)



This is a blood test done to check your overall blood glucose (sugar) control for the past two to three months. Your A1C number will vary from test to test. Having a lower A1C number will reduce the risk of diabetes problems.

Fasting Lipid Panel – Timing of Test: Once a year
(**Target:** Total cholesterol less than 200 (170 for people with diabetes) 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) 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. Studies have shown that moderate or high statin therapy can reduce cardiovascular risk.

Kidney Function Tests

Albumin-to-creatinine ratio – Timing of Test: Once a year
(**Target:** Less than 30 mg/g)



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

Serum Creatinine for estimated Glomerular Filtration Rate (eGFR) – Timing of Test: Once a year

(**Target:** estimated GFR greater than 60)

This blood test is used to estimate your GFR. The eGFR tells how well your kidneys are filtering waste and if your kidneys are damaged.

RECOMMENDED EXAMS

Diabetes Visit/Complete Physical Exam



Timing of Test: Once every three to six months

This is a good time to talk with your health care team 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



Timing of Test: Once every one to two years

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 glucose (sugar) has caused any damage to your eyes. Diabetes can cause vision loss and blindness.

Dental Exam/Teeth and Gums Check



Timing of Test: Once every six months.

Have your mouth, teeth, and gums checked at every dentist visit. See your dentist for routine cleanings and exams. Your health care team can check your mouth, teeth, and gums for problems. Mouth infections and gum disease are more common in people with diabetes. The earlier an issue is addressed, the better.

Complete Foot Exam



Timing of Test: Once a year for complete exam. **Take your shoes and socks off so your health care team 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 glucose (sugar) 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 health care team right away about any changes you notice.

RECOMMENDED EXAMS (CONTINUED)

Blood Pressure (BP)



Timing of Test: Once every visit

(Target: Less than 140/80 mmHg for most people with diabetes)

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

Emotional/Sexual Health



Tell your health care team 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 are often seen with diabetes and can cause you to feel sad or down. Talk with your health care team about options that can help.

Tobacco Use



Stop using tobacco. Tobacco use causes many health problems and can make your diabetes worse. 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, Pneumonia, and Hepatitis B Shots



Timing of Test: Flu shot – Once every fall;

pneumonia shot – Once, then as needed; hepatitis

B – One series of shots, one time only. Talk to your

health care team to get a flu shot, pneumonia shot, and the hepatitis B series. Having diabetes puts you at greater risk of these diseases. These shots can help lower your risk of getting the flu, pneumonia, or hepatitis.

Talk to your health care team about child/adult immunization schedules.

RECOMMENDED EDUCATION

Physical Activity Level



Find an activity you enjoy doing and safely increase the amount of time until you reach your goal.

(**Target:** 150 minutes/week spread over several days, such as 30 minutes five days/week. Start with 10 minutes and work your way up!)

Any physical activity (e.g., walking, gardening, dancing) will help lower your blood glucose (sugar) level and help you feel better. Add resistance exercises two days per week.

Healthy Eating/Meal Choices



See a registered dietitian when first diagnosed—three to four visits over three to six 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, a 10% 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 six to 12 months or as needed. A certified diabetes educator (CDE) can help you learn how to manage your diabetes. Learning about diabetes will take time, but it will help you make healthy choices every day.

Blood Glucose (Sugar) Testing



Ask your health care team how often you should test. (**Target:** Before meals, 80-130 mg/dL, and 1-2 hours after meals, less than 180 mg/dL)

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

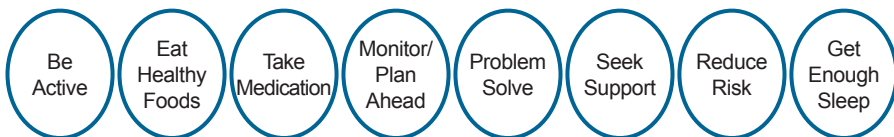
Personal Diabetes Care Record

	Goal	Date	Date	Date
LAB/OTHER TESTS	A1C less than seven percent (7%) – individualized at least two times a year			
	Fasting Lipid Panel – yearly, statin use encouraged			
	Total Cholesterol <170 mg/dL			
	Triglycerides <150 mg/dL			
	LDL <70 or <100 mg/dL (circle)			
	HDL ≥40 mg/dL men; ≥50 mg/dL women			
	Albumin-to-Creatinine ratio <30 mg/g – yearly			
	Serum Creatinine to estimate kidney function (eGFR) – yearly			
EXAMS	Complete Physical Exam – yearly			
	Dilated Eye Exam – yearly			
	Dental Exam - every six months			
	Teeth and Gums Check – every visit			
	Foot Check - visual check every visit			
	Complete Foot Exam – yearly			
	Blood Pressure <140/80 mmHg – check each visit			
	Emotional/Sexual Health – discuss each visit			
	Tobacco Use – discuss each visit			
	Weight – discuss each visit			
SHOTS	Diabetes Visit – every three to six months			
	Flu Shot – seasonally			
	Pneumonia/Hepatitis B series – once			
EDUCATION	Physical Activity Level – discuss each visit			
	Registered Dietitian – at diagnosis, for three to four visits over three to six months, then annually			
	Self-Management Education – at diagnosis, for three to four visits over three to six months, then annually			
	Home Blood Glucose (Sugar) Testing - review each visit			

Self-Care Goals and Action Steps

This page was adapted from the AADE7 guidelines www.diabeteseducator.org.

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



Examples of Action Steps:

- | | |
|---|---|
| <input type="checkbox"/> Reduce portion sizes | <input type="checkbox"/> Join a support group |
| <input type="checkbox"/> Be physically active each day | <input type="checkbox"/> Stop smoking |
| <input type="checkbox"/> Monitor blood glucose (sugar) each day | <input type="checkbox"/> Get diabetes check-ups |
| <input type="checkbox"/> Take medicine each day | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

My Action Steps (What will I do?):

My Barriers (What is in my way?):

My Barrier Busters (How will I remove what is in my way?):

Take this page with you to your health care team visit.

Signature: _____ Date: _____

Talk with Your Health Care Team



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

- Prepare a list of questions to ask and list the most important questions first.
- Ask a family member or friend to go with you to take notes about what is told to you.
- Tell your health care team about any health concerns you have.
- Share a list of all current medicines, vitamins, and supplements you take.
- Share concerns that could be causing stress even if you're feeling embarrassed.
- Ask your health care team to explain anything that is unclear.
- Find out when you should set up a follow-up visit.

Questions for your health care team:

Take this self-care booklet, your blood glucose (sugar) log booklet, and blood glucose (sugar) meter with you to each health care appointment.

Health Care Team Member Name: _____

Phone Number: _____

Additional Resources:

Academy of Nutrition and Dietetics

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

American Diabetes Association

1-800-342-2383
www.diabetes.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, 608-221-8866
www.americanheart.org

American Podiatric Medical Association

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 Chronic Disease Prevention Program (CDPP)

www.dhs.wisconsin.gov/disease/chronic-disease.htm

Wisconsin Department of Natural Resources (DNR)

1-888-936-7463
<http://dnr.wi.gov/files/PDF/pubs/wa/WA1635.pdf>

Wisconsin Tobacco Quit Line

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



WISCONSIN DEPARTMENT
of **HEALTH SERVICES**

Division of Public Health
Chronic Disease Prevention Program
Wisconsin Diabetes Advisory Group and other partners