



Don't get those blood sugar blues



Learning objectives

Don't get those blood sugar blues

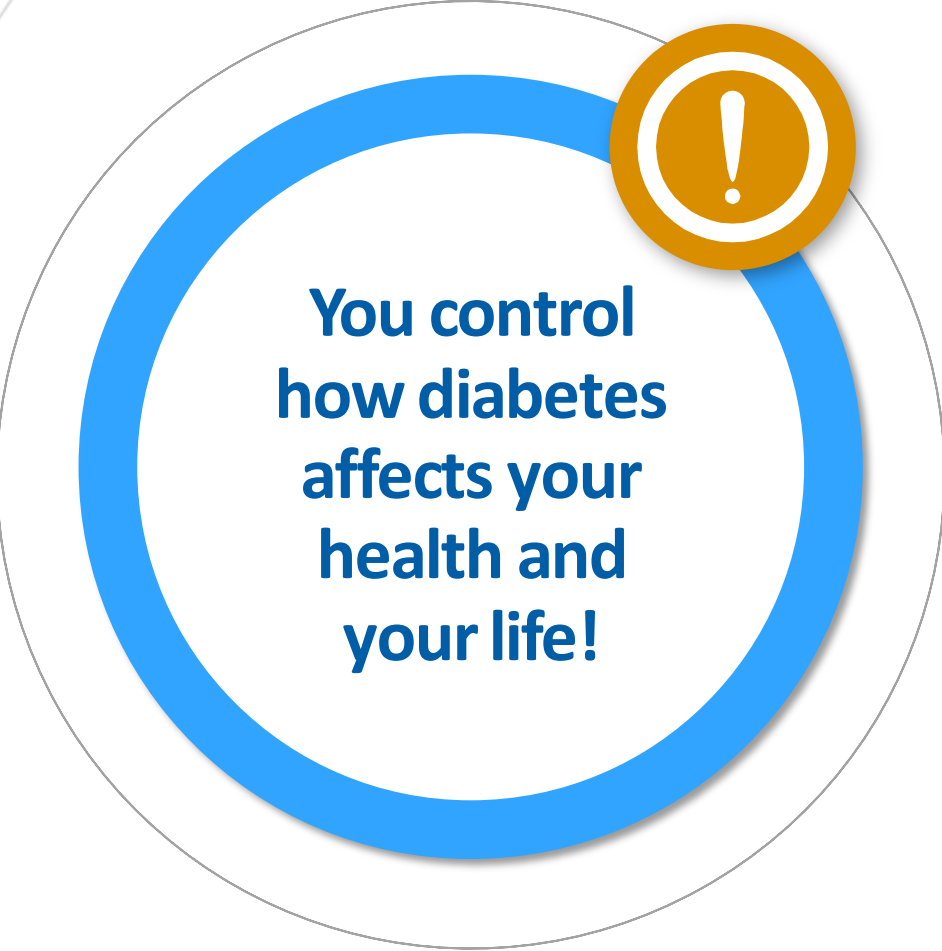
- Review the types of diabetes and associated symptoms
- Discuss managing your diabetes
- Learn tips for managing blood sugar and staying healthy
- Explore resources to help manage diabetes

What is diabetes?

- A condition marked by high levels of **blood glucose (blood sugar)**
- **Types of diabetes**
 - Type 1
 - Type 2
 - Gestational diabetes
- Caused by problems in the way insulin is produced or how it works, or both
- Causes glucose to build up in your blood, putting you **at risk** for complications



Why is diabetes **important to control**?



**You control
how diabetes
affects your
health and
your life!**

Diabetes is a **serious condition**

If diabetes is **not controlled**,
it can cause damage to:

- Heart and other blood vessels
- Eyes
- Kidneys
- Nerves
- Feet
- Gums and teeth

What are some symptoms of diabetes?

**Frequent
urination**

**Excessive
thirst**

**Very dry
skin**

**Extreme
hunger**

**Unexplained
weight loss**

**Feeling very
tired much
of the time**

**Sudden
vision
changes**

**Tingling or
numbness in
hands or feet**

**Sores
that are
slow to heal**

**More
infections
than usual**

• The facts on **prediabetes**

What is it?

- Blood glucose is higher than it should be
- Increases risk for type 2 diabetes

What are the symptoms?

Most people with prediabetes **don't have symptoms**. However, watch for typical signs of diabetes

Will it become diabetes?

Lifestyle changes can prevent prediabetes from developing into diabetes

Who is at risk?

Those with an increased risk are:

- Overweight
- Not staying active
- Have a family history of diabetes

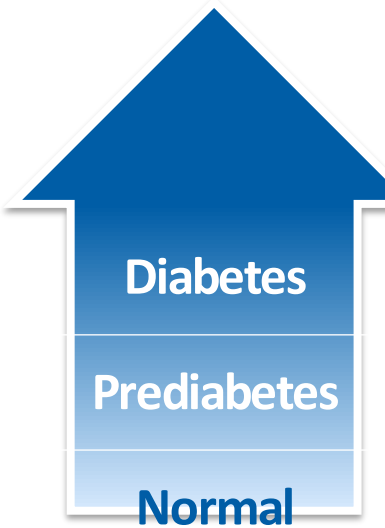
How is it detected?

Your Primary Care Provider can tell if you have prediabetes through a blood test

How is diabetes diagnosed?

Blood test for diagnosis of diabetes and prediabetes

A1C (percent)	Fasting Plasma Glucose (mg/dL)	Oral Glucose Tolerance Test (mg/dL)
Measures your average blood glucose level over the past 3 months	A blood sample that is taken after an 8-hour fast	Blood samples that are taken after drinking a glucose solution to test your body's ability to handle a glucose "load"
6.5 or above	126 or above	200 or above
5.7 to 6.4	100 to 125	140 to 199
About 5	99 or below	139 or below



Definitions: mg = milligram, dL = deciliter
 For all three tests, within the prediabetes range, the higher the test result, the greater the risk of diabetes.

Keys to diabetes self-management

Try working with a **health coach**

Work with your
health care team

Check your
blood glucose levels

Take medicine
as prescribed

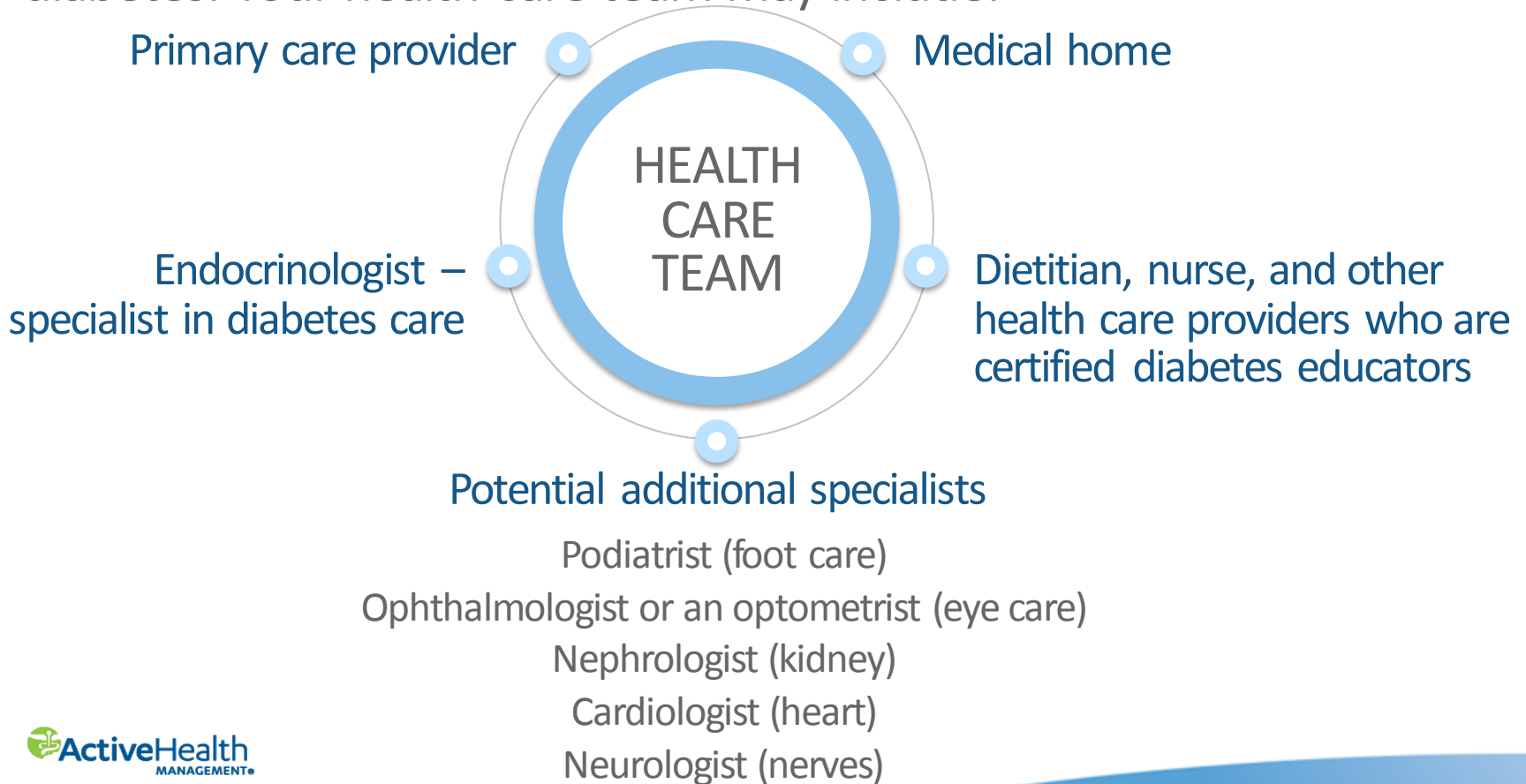
Eat **healthy**
and **stay active**

Ask for support
from family and friends



Health care team

You are the one who manages your diabetes day by day. Your health care team can help you understand how to best care for your diabetes. Your health care team may include:



Why is having a **Primary Care Provider** important?

- Regular visits are good for your **health and wellness**
- PCPs can help you...
 - **Keep track of your preventative services like screening tests**
 - **Track your health over time**
 - **Manage long-term diseases**
 - **Lower health care costs**
 - **Keep your care all in one place**
 - **Feel good about your care**
- Other providers and medical staff within the practice share information and talk with each other



Monitoring blood glucose



Controlling your blood glucose levels helps you **prevent or delay** diabetes complications

Blood glucose monitoring

- Tells you your blood glucose level at any one time
 - Check your blood glucose at various times such as 2 hours after a meal , before bed, or as soon as you wake up in the morning
 - Keep a log of your glucose levels to see if there are any trends or improvements
- Self-administered with a glucose meter and testing strip
 - Check dates on your test strips and recalibrate your glucose meter as needed

A1C test

- Blood test that measures your average blood sugar level over the past 3 months

Blood glucose levels: What do they mean?

High blood glucose

- Blood glucose levels are too high
- Usually caused by eating too much food, being less active, illness, stress, or low dosages of diabetes medicine
- Signs: increased thirst and urination, weight loss, fatigue, blurred vision

Low blood glucose

- Blood glucose levels are too low
- Usually caused by eating less or later than usual, being more active than usual, or taking too much diabetes medication
- Signs: sweating, shakiness, weakness, dizziness, headaches, upset stomach, confusion, or feeling grouchy

What lifestyle changes would help balance these levels?

Tips to help you **take your medications**



Tell your doctor if you see any side effects from medicine

Make sure you know **how long** to take the medication

Tell your doctor if **paying** for prescription drugs is a problem

Try to set daily routines to take medication

Keep medicines where you'll notice them

Think about using daily dosing containers

Keep a written or computerized schedule

Diet and diabetes

Healthy eating for people with diabetes includes:

- Eating regularly
- Limiting foods that are high in sugar
- Eating a variety of whole-grain foods, fruits and vegetables every day
- Eating less fat
- Limiting your use of alcohol
- Using less salt
- Trying to reach and maintain a healthy goal weight



Exercise and diabetes – 4 safety measures

Helps to manage your diabetes



High blood sugar

- Do not exercise if your blood glucose is **above 300 mg/dL**



Low blood glucose

- Exercise can lower your blood glucose too much
- Check your blood glucose before you exercise, if it is **below 100 mg/dL**, have a small snack, and check after you exercise
- Don't skip meals prior to exercise



Take care of your feet

- When you exercise, wear cotton socks and athletic shoes that fit well and are comfortable
- Check your feet regularly using a mirror



Stay hydrated

- Drink plenty of fluids during physical activity

Talk to your doctor before starting any exercise program

Start by setting a S.M.A.R.T. Goal

Specific — Ask who, what, where, when, why

Measurable

Attainable/**A**chievable/**A**ction-Based

Realistic

Timely

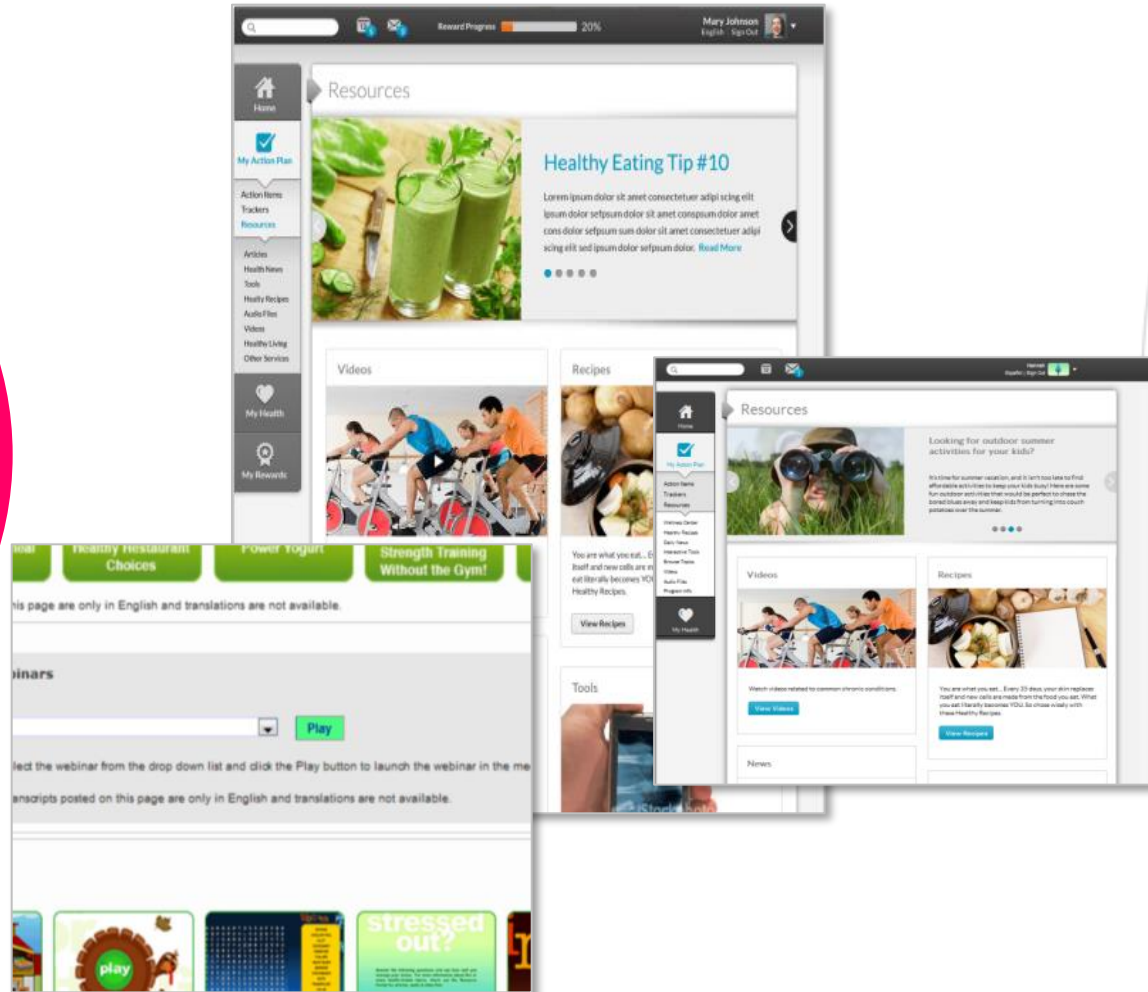
Ask who,
what, where,
when, why

Set a
timeframe
to meet
the goal

How much,
how many,
how long,
how often

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Thank you!

