

Diabetes Basics

What is Diabetes?

- Diabetes is a disease in which the pancreas is **unable to make** insulin or the body is **unable to use** insulin or both.
- This leads to high blood sugar levels in the blood.
- Blood sugar is another way to say blood glucose. My body needs blood glucose for energy to be able to do work, including walking, breathing, and even thinking.

Type 1 diabetes

- The body cannot make insulin
- Requires insulin injection
- Is not treated with oral diabetes medicines (pills)

Type 2 diabetes

The body can still make insulin, but...


- Insulin is not working to let glucose in, or
- Not enough insulin is being released
- Treated with oral diabetes medications (pills)
- Can progress to needing insulin

The type of diabetes I have is:



Things I can do to control my diabetes are:

- Eat a balanced diet
- Be active
- Check my blood sugar
- Take medication as directed
- Get my eyes, feet, blood pressure, and cholesterol checked
- Understand how to detect and fix high and low blood sugar
- Manage stress

My blood glucose goals are: 

Fasting: _____

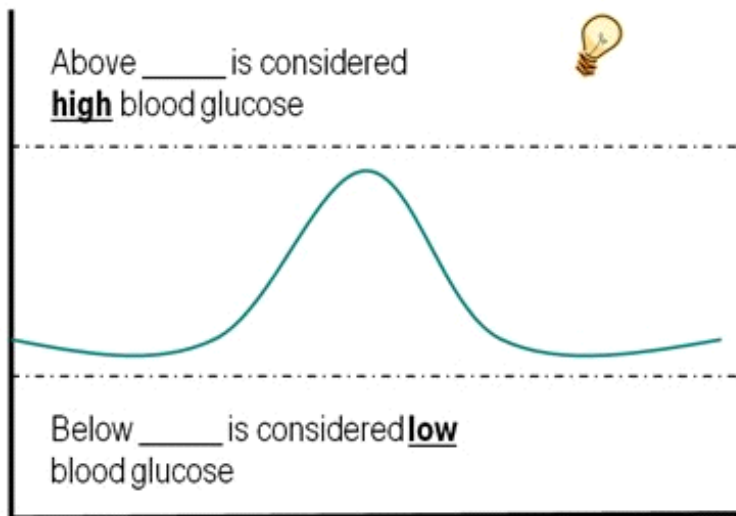
2 hours after eating: _____

List 3 things that increase blood glucose:

- 1.
- 2.
- 3.

List 3 things that decrease blood glucose:

- 1.
- 2.
- 3.



Remember the 15:15 Rule

If your blood sugar feels low, check your blood sugar right away.

- If it is below 70, eat or drink _____ grams of carbohydrate (1/2 cup of juice, 3-4 glucose tabs, Lifesavers) or 5
- Check your blood sugar again in _____ minutes.



Foods with carbohydrate:

Grains	Fruit	Dairy	Starchy Vegetables	Sweets and Sweet Drinks
Bagels Bread Cereal (hot and cold) Chips Crackers Pasta / Noodles Popcorn Pretzels Rice Tortillas	All fruits and Fruit juices	Milk Ice Cream Yogurt Only * <u>Not</u> cheese*	Beans Corn Peas Potatoes Sweet potatoes	Regular Soda Energy drinks Juice Coffee drinks Cocoa Sweet teas ~ Candy Cakes and cookies Honey & Jam Muffins Pastries Pies

Grains		Starchy Vegetables	
1 slice of bread (white, wheat, rye, etc.)	15 grams	1/2 cup of corn kernels	15 grams
1/3 cup of cooked pasta	15 grams	1/2 cup of cooked beans or peas	15 grams
1/3 cup of cooked rice	15 grams	1/2 cup, or one small, potato	15 grams
Milk and Yogurt		Fruit	
1 cup (8 ounces) milk, white/plain	15 grams	1 small piece of fruit	15 grams
Yogurt, 3/4 cup (1 container), plain	15 grams	1 cup cut or diced fruit	15 grams
Snacks		Drinks	
Lays® potato chips, 1 oz (15-20 crisps)	15 grams	4 ounces (1/2 cup) fruit juice	15 grams
3 cups popped, plain popcorn	15 grams	4 ounces (1/2 cup) regular soda	15 grams

How many grams to aim for at meals:


- _____ grams for women
- _____ grams for men
- _____ snacks for men and women

Don't forget to stay active!

- Being active will help maintain my weight and control my blood sugars.
- Aim for _____ minutes a day of walking or other activity, or **150 minutes weekly**.

- Aim to be active **4-5 days a week, without** more than one day between being physically active.

Take care of myself when I am being active.

- Being active will affect my body in many ways, so it is important to be aware of changes that can occur.
- If I am on a medication that causes my blood sugar to drop, I should check my blood sugar before exercise and eat 15 grams carbohydrate if my blood sugar is below 100.
 - Walking for 20 minutes will decrease my blood sugar _____ points. 
 - 15 grams of carbohydrate will increase my blood sugar by about _____ points.

Take care of my feet to save my toes, feet and legs from amputation. Do a self foot exam every day!

Look for cuts, blisters, sores, swelling, dry skin and cracks. These can get infected.

Look between your toes for sores and blisters.

Look at the top and bottom of your foot.

Ask for help, if needed, for a good foot exam.

Use a nail file instead of nail clippers to trim your toe nails. You can cut yourself with nail clippers and the cut can get infected.



Know what medications I am on.

_____ Acarbose (Precose)	_____ Amaryl (Glimipiride)
_____ Actos (Pioglitazone)	_____ Glucotrol (Glipizide)
_____ Byetta (Exenatide)	_____ Glyburide (DiaBeta, Micronase, Glynase, Pres-Tab)
_____ Glucovance	_____ Prandin (Repaglinide)
_____ Metformin (Glucophage, Glucophage SA)	_____ Starlix (Nateglinide)
	_____ Insulin (Specify which insulin)
	_____ Humalog (Lispro)

Miglitol (Glyset)
 Onglyza (Saxagliptin)
 Januvia (Sitagliptin)
 Tradjenta (Linagliptin)
 Symlin (Pramlintide)
 Victoza (Liraglutide)

These prevent my blood glucose from getting high. They will not cause my blood glucose to drop quickly.

If I use one of these I should check my blood sugar, but I do not need to eat 15 grams of carb if I exercise.

NovoLog (Aspart)
 Apidra (Glulisine)
 Novolin R (Humulin R)
 Novolin 70/30
 NPH (N)
 Lantus (Glargine)
 Levemir (Detemir)
 U- 500

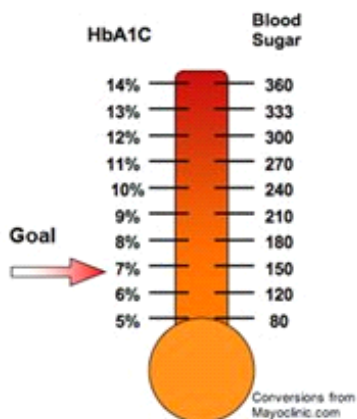
These will cause my blood sugar to drop quickly.

If I use one of these I should check my blood sugar before I exercise 20 minutes or more. If my blood glucose is below 100, I should eat or drink 15 grams of carb.

Monitor my hemoglobin A1c regularly.

- A1c is a measure of my estimated average blood glucose over the last _____ months.
- It lets my diabetes care team and I know how well I am managing my blood sugar.
- I should have it drawn at least twice a year.

My goal hemoglobin A1c is: _____ 



Think about attending the Diabetes Basics class. This is the class handout. The class is offered at National Jewish Health every Friday, 1-2:30 p.m. Please call the Patient Education Coordinator at 303-398-1410 for more information about the patient education class.

Help on the Internet:

Carb Counting

- www.CalorieKing.com
- www.Nutritiondata.com

- www.Diabetes.org

My Goals...

My plans to take care of my diabetes are...

I plan to (choose one from the following):

- _____ limit my portion size at meals
- _____ limit my carbohydrate intake to 45 grams at meals
- _____ limit my carbohydrate intake to 60 grams at meals
- _____ begin carb counting at meals

I plan to aim for _____ minutes of activity _____ days per week by (choose at least one from the following)...

- _____ walking
- _____ riding my bike
- _____ swimming
- _____ other: _____

I plan to check my blood sugar _____ days per week either (choose at least one from the following)...

- _____ First thing in the morning, before eating (fasting)
- _____ Before at least one meal a day
- _____ 2 hours after eating at least one meal a day

Your diabetes educator(s) can help you to balance diet, encourage exercise, understand medications, and help you deal with stress to improve your A1C level and manage your diabetes.

Visit our website for more information about support groups, clinical trials and lifestyle information.

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