

# MEDfacts

An Educational Health Series From National Jewish Health®



## 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

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## My blood glucose goals are:

Fasting: \_\_\_\_\_

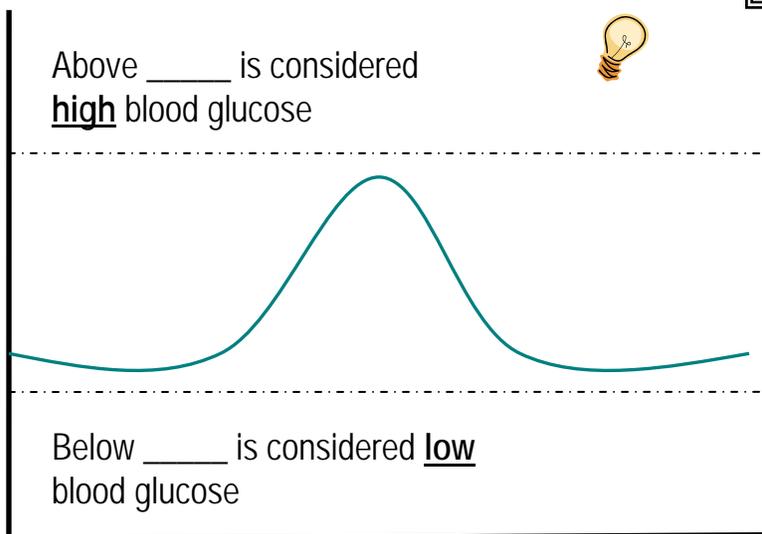
2 hours after eating: \_\_\_\_\_



List 3 things that increase blood glucose:



List 3 things that decrease blood glucose:



## Keep a blood glucose log

Bring it to every appointment

Day of Week	Before Meal	2 hrs After Meal
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

## 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, or 5 Lifesavers)
- 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 <u>Only</u> * <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 <u>cooked</u> pasta	15 grams	1/2 cup of cooked beans or peas	15 grams
1/3 cup of <u>cooked</u> 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

- I should do a self-foot exam every day,
  - Look for cuts, blisters, sores, swelling dry skin and cracks.



- Look between the toes.



- Look at the top and bottom of your foot



- Ask for help if you need to for a good foot exam



Know what medications I am on.



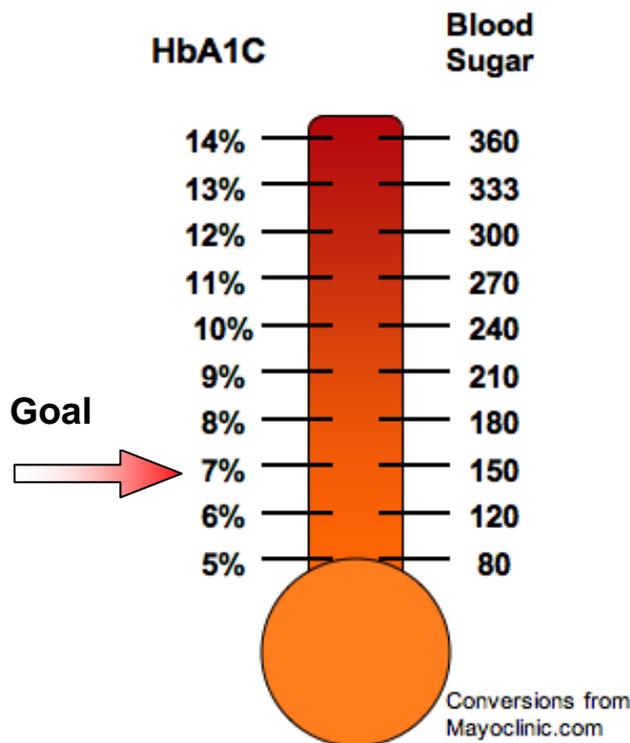
<p><input type="checkbox"/> Acarbose (Precose)</p> <p><input type="checkbox"/> Actos (Pioglitazone)</p> <p><input type="checkbox"/> Byetta (Exenatide)</p> <p><input type="checkbox"/> Glucovance</p> <p><input type="checkbox"/> Metformin (Glucophage, Glucophage SA)</p> <p><input type="checkbox"/> Miglitol (Glyset)</p> <p><input type="checkbox"/> Onglyza (Saxagliptin)</p> <p><input type="checkbox"/> Januvia (Sitagliptin)</p> <p><input type="checkbox"/> Tradjenta (Linagliptin)</p> <p><input type="checkbox"/> Symlin (Pramlintide)</p> <p><input type="checkbox"/> Victoza (Liraglutide)</p> <p>These prevent my blood glucose from getting high. They <u>will not</u> cause my blood glucose to drop quickly.</p> <p>If I use one of these I should check my blood sugar, but I <u>do not</u> need to eat 15 grams of carb if I exercise.</p>	<p><input type="checkbox"/> Amaryl (Glimipiride)</p> <p><input type="checkbox"/> Glucotrol (Glipizide)</p> <p><input type="checkbox"/> Glyburide (DiaBeta, Micronase, Glynase, Pres-Tab)</p> <p><input type="checkbox"/> Prandin (Repaglinide)</p> <p><input type="checkbox"/> Starlix (Nateglinide)</p> <p><input type="checkbox"/> Insulin (Specify which insulin)</p> <p><input type="checkbox"/> Humalog (Lispro)</p> <p><input type="checkbox"/> NovoLog (Aspart)</p> <p><input type="checkbox"/> Apidra (Glulisine)</p> <p><input type="checkbox"/> Novolin R (Humulin R)</p> <p><input type="checkbox"/> Novolin 70/30</p> <p><input type="checkbox"/> NPH (N)</p> <p><input type="checkbox"/> Lantus (Glargine)</p> <p><input type="checkbox"/> Levemir (Detemir)</p> <p><input type="checkbox"/> U- 500</p> <p>These <u>will</u> cause my blood sugar to drop quickly.</p> <p>If I use one of these I <u>should</u> check my blood sugar before I exercise 20 minutes or more. <u>If</u> my blood glucose is <u>below 100</u>, I should eat or drink 15 grams of carb.</p>
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## Monitor my hemoglobin A1c regularly.

- A1c is a measure of my estimated average blood glucose over the last \_\_\_\_\_ days.
- 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.

## 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.

**Note:** This information is provided to you as an educational service of LUNG LINE®. It is not meant to be a substitute for consulting with your own physician.

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