

Managing your Diabetes

According to the American Diabetes Association, diabetes is the 7th leading cause of death in the United States, which means one out of every three persons born in the U.S. is at risk for developing diabetes.

Once a person has been diagnosed with diabetes, management is the key to maintaining your health.

Tips for Management:

- ◆ See your doctor regularly
- ◆ Take medication as prescribed
- ◆ Eat healthy and exercise
- ◆ Know your HbA1C number
- ◆ Get your cholesterol checked

Test Often

Individual blood glucose checks are like pieces of a puzzle – you need a lot of them before you can see the big picture. The way to put them together is in a logbook. You can get a logbook from the doctor or diabetes educator.

Every time you check your blood glucose, write down the result in the logbook. Don't forget to include the date and time of the check. By looking at how blood glucose levels change (or don't change) from check to check, you and the doctor can fine-tune your diabetes care.



What Are the Warning Signs?

- Excessive thirst
- Constant hunger
- Excessive urination
- Sudden weight loss
- Rapid, hard breathing
- Sudden vision changes
- Weakness or fatigue
- Drowsiness or exhaustion
- Sores that are slow to heal
- Fruity odor to breath

Are You at Risk?

Ask your health care provider
or visit www.diabetes.org
and take the Risk Test!



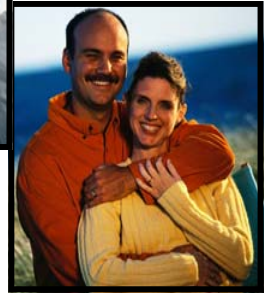
For more information contact:
STEPS to a HealthierFL-Pinellas
www.PinellasWellness.com
Free Classes Available

Call: (727) 820-4113

or dial 2-1-1 for a list of services near you!



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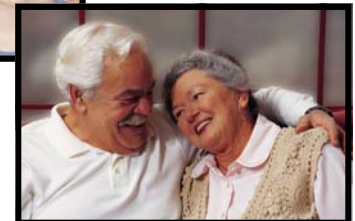


*Learn
to*

**Manage
Your
Diabetes**

with

Steps to a HealthierFL



Taking Care of Diabetes Does Make a Difference!

Anyone can develop diabetes but persons at higher risk include African Americans, Asian Americans/Pacific Islanders, Hispanic/Latino Americans, and American Indians/Alaskan Natives. Other people at risk are:

- ◆ 45 years or older
- ◆ overweight or obese
- ◆ physically inactive
- ◆ have a family history of diabetes

Managing Your Diabetes

Work with your health care team to plan your diabetes care around your lifestyle. You can start by taking these steps:

- ◆ **Plan your meals and eat smaller portions.**
- ◆ **Eat a wide variety of foods each day.** Choose low-fat foods that are high in fiber such as fruits, vegetables, grains and beans.
- ◆ **Be more active.** Pick a favorite activity and do it most days of the week. Check with your health care provider before you begin any exercise program.
- ◆ **Have good dental hygiene.** Brush your teeth twice a day. Floss daily and see your dentist twice a year.
- ◆ **Don't smoke.** It raises your blood sugar making it more difficult to control and it prevents insulin from working properly.

Your Eyes

Diabetes can lead to vision loss or even blindness. You may not have any symptoms. That is why it is important to have an eye exam each year.



To take care of your eyes:

- ◆ Keep your blood sugar close to your goal
- ◆ Bring high blood pressure down
- ◆ Get a dilated eye exam by an eye doctor every year

See your eye doctor if:

- ◆ You have blurred or double vision
- ◆ You see spots or floaters
- ◆ You feel pressure or pain in one or both eyes
- You notice loss of side vision
- You have trouble reading

Your Heart

People with diabetes are twice as likely to develop high blood pressure (hypertension) than people without diabetes. If untreated, hypertension can lead to heart disease and stroke.

To have a healthy heart:

- ◆ Lose weight, if you are overweight
- ◆ Become more physically active
- ◆ Have blood pressure checked at each health care provider visit — try to keep it under 130/85
- ◆ Don't smoke

Your Feet

Diabetes can harm the blood vessels and nerves in your feet. When it does, you may not feel a cut or blister on your feet. Untreated, a cut or blister can lead to infection and possible amputation.

To keep your feet healthy:

- ◆ Keep your blood sugar close to your goal
- ◆ Have your feet checked at least once a year, more often if you have foot problems
- ◆ Wash your feet everyday and dry them, even between your toes
- ◆ Check for cuts, blisters, redness and swelling
- ◆ Never walk barefoot
- ◆ Wear shoes that fit well

Your Kidneys

Diabetes may cause kidney disease. High levels of glucose make the kidneys filter blood more often than necessary, resulting in the leakage of protein into the urine and kidney damage. Kidney disease can be slowed down by keeping your blood pressure in control and minimizing your protein intake.

Signs of damage:

- ◆ Foul taste in the mouth
- ◆ Poor appetite
- ◆ Frequent upset stomach
- ◆ Restless legs
- ◆ Lack of concentration
- ◆ Loss of sleep at night

Warning signs are evident only after the kidney damage has begun.

