Living with Type 2 Diabetes

What is Diabetes?
- Diabetes affects the way your body uses food
- Most foods are broken down into glucose, a form of sugar in the blood
- Insulin is needed to move glucose to all the cells in your body
- The pancreas makes and releases insulin when you eat
- After eating, glucose travels through the bloodstream, where cells use it for growth and energy
- Diabetes is caused when the pancreas does not make enough insulin or does not use it in the right way; when this happens:
  - Glucose builds up in the blood and overflows into the urine
  - High levels of glucose can damage different parts of the body

Treatment Goals
- Enjoy an active, healthy lifestyle
- Control your blood glucose levels
- Control symptoms
- Lower your risk of heart disease and stroke
- Lower your risk of eye, nerve, foot, and kidney problems
- Lower your risk of other health problems
- If you smoke, stop

Goals for Glucose Levels

Target Glucose Levels
- Less than 180 mg/dL 1 to 2 hours after start of a meal
- 90 to 130 mg/dL after not eating for 8 or more hours
- 80 to 130 mg/dL before eating
- A1c <7% for most people
- Your healthcare provider will work with you to set a goal for your glucose levels

Checking and Tracking Blood Glucose Levels
- Self-monitoring blood glucose (SMBG) is part of your treatment plan
- SMBG tells you your glucose level at a selected point in time
- Follow directions given by the maker of your home glucose monitor to get reading
- Your healthcare provider decides how often and when you should do SMBG

Medicines for Type 2 Diabetes
- Successful treatment for type 2 diabetes includes both lifestyle changes and medicines
- There are several kinds of medicines to control glucose levels, including:
  - Pills
  - Insulin
  - Medicines given by a shot or breathed in (inhaled)
- You may take one medicine or a combination of medicines
- Because diabetes progresses over time, your medicines may change

Healthy Eating
- Most foods affect your glucose levels
- Talk with your healthcare provider before making any changes to your eating habits
- Your healthcare provider may ask you to eat different kinds of healthy foods that you enjoy such as:
  - High-fiber foods (cereal, vegetables, beans, and grains)
  - Low-fat dairy foods (skim milk)
  - Low-fat meats (chicken, pork, or fish)
  - High-protein foods (chicken, eggs, beans)
- Your healthcare provider may ask you to limit the amount you eat of:
  - High-fat foods such as chips, full-fat cheese, whole milk, and butter
  - Sugar-sweetened drinks such as soda and juices
  - High-salt foods (canned soups, processed meats), especially if you have high blood pressure
- Keeping a daily record of the food and amounts you eat may be helpful
- Your healthcare provider may refer you to a dietitian or nutritionist to help you learn about healthy eating

NOTES
Physical Activity
• Talk with your healthcare provider before making any changes to your exercise habits. Your healthcare provider may offer the following advice:
  • Make physical activity part of your daily life
  • Work up to at least 30 minutes per day for 5 or more days per week
  • This can be broken down into three 10-minute sessions during the day
  • Choose activities that you enjoy
  • Working out with a buddy can help you stick with it
  • You may need to check your glucose levels before and after physical activity
  • Ask your healthcare provider to help you develop an activity plan that works for you

Foot Care
Follow these steps to lower your chances of foot problems
• Wash your feet each day with mild soap and water and dry well, especially between your toes
• Use lotion to prevent dryness and cracking, avoid putting between toes
• Check your feet every day for dry, cracked skin, blisters, sores, cuts, scratches, redness or soreness, callouses, and ingrown toenails
• Always wear properly fitted shoes with cotton, wool, or cotton-wool blend socks; never go barefoot even in the house
• Take care of your toenails
  • Cut toenails straight across with nail clippers, after bathing, when they are soft
  • Smooth rough edges
  • Never use scissors, razors, or other sharp tools

Managing Type 2 Diabetes When You Are Sick
• Being sick can increase glucose levels and you need to take special care of yourself
• Check your glucose levels more often
  • Call your healthcare provider if glucose levels are too high or too low
• Keep taking all of your medicines as prescribed by your healthcare provider
• Try to drink at least ½ to ¼ cup of water, diet soda, or tea without sugar every 30 to 60 minutes
  • Try to eat your usual foods
  • If you can’t eat, drink enough liquids or eat soft foods to take the place of foods you usually eat
  • Check your temperature, because a fever can be a sign of infection
  • Call your healthcare provider if your fever is above 100°F
  • Ask your healthcare provider how often you should check with them when you are sick

What is Low Blood Glucose? (Hypoglycemia)
• Hypoglycemia is caused by very low glucose levels, usually less than 70 mg/dL

<table>
<thead>
<tr>
<th>Causes</th>
<th>Signs</th>
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<tbody>
<tr>
<td>Eating less than usual</td>
<td>Sweating or the chills</td>
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<tr>
<td>Missing a meal</td>
<td>Feeling irritable, angry, stubborn, or sad without reason</td>
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<tr>
<td>Eating later than usual</td>
<td>Feeling confused</td>
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<tr>
<td>Being more active than usual</td>
<td>Dizzy or lightheaded</td>
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<tr>
<td>Taking too much diabetes medicine</td>
<td>Fast heartbeat</td>
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<tr>
<td>Drinking beer, wine, or liquor</td>
<td>Blurry vision, feeling tired, losing consciousness</td>
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Treatment for Low Blood Glucose (Hypoglycemia)
The 15:15 Rule to Treat Hypoglycemia
• Recheck your glucose levels 15 minutes after you eat 15 grams of glucose
• If glucose levels are still low, eat 15 more grams of glucose every 15 minutes until your glucose level is above 80 mg/dL
• Always carry some kind of food or drink with you to treat low glucose
• Check glucose levels before doing important tasks such as driving
• To prevent low glucose levels, don’t skip meals

Examples of 15 Grams of Glucose
  3 to 4 glucose tablets
  2 tablespoons of raisins
  Half a cup of juice or non-diet soda
  3 to 5 pieces of hard candy