

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

Living with Type 2 Diabetes

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 $\frac{1}{2}$ to $\frac{3}{4}$ 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

Causes	Signs
Eating less than usual	Sweating or the chills
Missing a meal	Feeling irritable, angry, stubborn, or sad without reason
Eating later than usual	Feeling confused
Being more active than usual	Dizzy or lightheaded
Taking too much diabetes medicine	Fast heartbeat
Drinking beer, wine, or liquor	Blurry vision, feeling tired, losing consciousness

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