

*Your personal guide.....*

## Diabetes Self-Management Information and Record Booklet



*What you do each day really matters.*

# What is Diabetes?

Diabetes is a common, controllable, life-long disease. Diabetes changes the way your body uses the food you eat. Your body turns food into sugar and then uses this sugar for energy. Insulin is what helps move the sugar from your blood into your body's cells. If your body does not have insulin or the insulin is not working, sugar will then build up in your blood. High blood sugar levels may cause damage to your kidneys, heart, eyes, and nerves.



## **Type 1 Diabetes:**

With Type 1 diabetes, the body has little or no insulin and insulin shots are needed.

## **Type 2 Diabetes:**

With Type 2 diabetes, the body makes some—but not enough—insulin, or the body may not be able to use the insulin as it normally should.



Having diabetes does not mean you are sick. People with diabetes can be healthy in the same way as people without diabetes: by eating healthy food, being active, and controlling weight or losing weight if needed. Keeping blood sugars near normal which are 70 to 120 mg/dL, can help lower your risk of other problems.

# Self-Management:

## What is self-management?

Diabetes self-management means you are making healthy choices every day. Making healthy choices puts you in charge.

Below are a few examples of helpful skills you can expect to learn as you begin to self-manage your diabetes:

- ✓ How to make healthy food choices
- ✓ How to feel confident about the choices you make
- ✓ How to eat a healthy amount of food at each meal
- ✓ How to test blood sugars at home
- ✓ What the blood sugar numbers mean
- ✓ How your medicine(s)/insulin(s) work
- ✓ When to take your medicine(s)/insulin(s)
- ✓ Possible side effects from your medicine(s)/ insulin(s) and what to do
- ✓ What are healthy physical activities for you and the good things that come from staying active
- ✓ What to do if your sugars are too high or too low
- ✓ How to reduce your risk of diabetes problems
- ✓ What diabetes care to expect or ask for

Living well with diabetes happens day to day. If you are taking diabetes medicine(s) you may need to change them and/or insulin shots may be needed. Your self-management skills may need to change as your lifestyle changes or as you age. Talk about how you are managing your diabetes with your health care provider.

When learning self-management skills, ask for help and support. Many health care providers can teach you new, positive ways to care for yourself. Understanding what you can do to stay healthy and reduce blood sugar levels is the first step.

# Self-Management:

## Things to remember

### Feel free to ask questions!

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All the information about diabetes and its treatments can be hard to understand. Health care providers want you to be successful. When you ask questions, health care providers learn more about you. Then together you can decide on the best ways to care for your diabetes.

### Use many resources!

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When it comes to your health, you know yourself the best. Be sure to tell your health care provider if things aren't working out. Learn as much as you can about diabetes. The more you know, the more power you have. Resources can include support groups, the local library, the Internet, or your local American Diabetes Association.

### Be patient with yourself!

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Remember that people learn in different ways. Some things you will be able to learn quickly. Other things will take a little longer. Give yourself time to change habits and learn all the new information. You can learn to self-manage your diabetes well.

# Recommended Health Care

## When You Have Diabetes – LAB TESTS

Part of self-management is learning and understanding what lab tests, exams, shots, medical checks, and education you need to stay healthy. These are listed below.

The Personal Diabetes Care Record will help you keep track of your results and remind you when it is time for a re-check. (See page 9)

### LAB TESTS

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#### A1c

Have this checked every 3-6 months.

(Ideal: Less than 7%)

This is a blood test done by a lab which checks your average blood sugar level for the past 2-3 months.



#### Fasting Lipid Panel

Have this checked every year.

(Ideal: Total cholesterol less than 200 mg/dL

Triglycerides less than 150 mg/dL

HDL [good cholesterol]

men – 40 mg/dL or above

women – 50 mg/dL or above

LDL [bad cholesterol]

less than 100 mg/dL or

less than 70 mg/dL for those at high risk

Cholesterol is a fat that builds up in your blood, clogs your arteries, and can block blood flow to your heart.



#### Urine Microalbumin

Have this checked every year.

(Ideal: Less than 30 mg/dL)

This is a urine test that looks for tiny amounts of protein in your urine. Protein should not be found in your urine. If protein is found, you may be treated with medication to help control protein amount.

# Recommended Health Care When You Have Diabetes – EXAMS

## EXAMS

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### **Dilated Retinal Eye Exam**

**Have this exam done every year.**

Your doctor will put drops in your eyes. This helps to see the back of your eyes. This is the only way to find out if diabetes has caused any damage to your eyes.



### **Dental Exam / Oral Exam**

**Have a dental exam every 6-12 months.**

**Have an oral exam at every diabetes visit.**

Regular visits with a dentist and oral exams can help find problems early, such as mouth infections and gum diseases, so treatment can be started.



### **Foot Exam**

**Have your feet checked each time you visit the doctor. Have your provider check your feet using a tool called a monofilament every year.**

Ask your provider to look at your feet each visit.

Diabetes can cause poor circulation. Over time, there can be a loss of feeling in your feet. Checking your feet every day will help you notice changes so you can report any changes or problems and keep them from getting worse.



### **Diabetes Visit / Complete Physical Exam**

**Diabetes Visit - Have this exam every 3-6 months.**

A diabetes office visit is a time to talk with your provider and discuss concerns you may have.

**Complete Physical - Have this exam every year.**

A complete physical exam can help you stay healthy by providing preventive health care services.

# Recommended Health Care When You Have Diabetes

SHOTS, MEDICAL CHECKS, EDUCATION

## SHOTS

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### Flu Shot and Pneumonia Shot

Have the flu shot every fall.

Have a pneumonia shot once, then as recommended.

People with diabetes are at greater risk of getting the flu and pneumonia. Shots will help lower that risk.

## MEDICAL CHECKS AND EDUCATION

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### Blood Pressure

Have this checked every time you visit your provider.

(Ideal: Less than 130/80 mmHg)

This test measures how well your heart is pumping blood. High blood pressure can be treated and controlled with medicine.



### Physical Activity Level

(Ideal: 30 minutes a day, 5 days a week)

Any physical activity will help lower your blood sugar level and help you feel better. Find an activity you enjoy doing and gradually increase the amount of time you do it.



### Healthy Eating/Meal Choices

See a Registered Dietitian when first diagnosed with diabetes, then every 6-12 months or more as needed.

A Registered Dietitian can help you learn how to make healthy meal choices and teach you healthy serving sizes. If you are overweight, any weight loss can be helpful. A healthy weight helps your insulin work better.

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# Recommended Health Care When You Have Diabetes

SHOTS, MEDICAL CHECKS, EDUCATION



## Diabetes Self-Management Education

See a Diabetes Educator when first diagnosed with diabetes, then every 6-12 months or more as needed.

A Certified Diabetes Educator (CDE) is best to help you learn how to self-manage your diabetes. Learning about diabetes will take time. Learning as much as you can will help you make healthy choices every day.



## Home Blood Sugar Testing (with a meter)

(Ideal: Fasting before meals 90-130 mg/dL and after meals less than 180 mg/dL)

Testing blood sugar levels is important as it will help you know how your body is using the food you eat. How often to test is different for each person. Ask your health care provider what is best for you.



## Emotional/Sexual Health

Tell your provider if you feel depressed or have sexual health concerns.

Depression can keep you from doing your best self-care. Sexual concerns can also cause you to feel sad or down. Treatment is possible and may be helpful.



## Tobacco Use

(Ideal: Quit or never start)

Once someone starts using tobacco products, it is very hard to stop. There are many ways to quit. Find one that works for you. Tobacco use is known to cause more health problems.

# Personal Diabetes Care Record

**LAB TESTS**

Goal	Date:				
Alc <7% - every 3 months					
Fasting Lipid Panel - yearly					
Total Cholesterol <200 mg/dL					
Triglycerides <150 mg/dL					
LDL <70 or <100 mg/dL					
HDL ≥40 mg/dL men ≥50 mg/dL women					
Urine Microalbumin <30 mg/dL - yearly					

**EXAMS**

Dilated Eye Exam - yearly					
Dental Exam - twice yearly					
Oral Exam - every visit					
Foot Exam - visual every visit					
Complete Exam - yearly					
Diabetes Visit - every 3-6 months					
Complete Physical Exam - yearly					

**SHOTS**

Flu - each fall					
Pneumonia - once, per your provider					

**MEDICAL CHECKS & EDUCATION**

Blood Pressure <130/80 mmHg - check each visit					
Physical Activity Level - talk about each visit					
Dietitian/Healthy Eating - every 6-12 months or as needed					
Self-Management Education - every 6-12 months or as needed					
Home Blood Sugar Testing - review each visit					
Emotional/Sexual Health - talk about each visit					
Tobacco Use - talk about each visit					

# Self-Management Behavior Goals

## Self-Management Goals

Choose a goal(s) that is realistic and obtainable.  
Use the extra space to personalize your goal(s).

### Goal 1: Be Active



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### Goal 2: Healthy Eating



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### Goal 3: Taking Medicine(s)



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### Goal 4: Monitoring



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### Goal 5: Problem Solving



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### Goal 6: Reducing Risk



I will decrease my risk of complications through these preventive care goals:

- Lower or maintain my A1c at \_\_\_\_\_.
- Schedule a dilated eye exam
- Have a fasting lipid panel
- Get my urine checked
- Stop smoking
- See my provider every 3 to 6 months
- Have my blood pressure checked each visit
- Obtain a flu shot annually & pneumonia shot
- Check my own feet daily

List additional goal \_\_\_\_\_.

### Goal 7: Healthy Coping



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For additional information,  
contact the following organizations:

**American Diabetes Association**

1-800-342-2383

<http://www.diabetes.org>

**American Heart Association**

(414) 271-9999

<http://www.americanheart.org>

**National Kidney Foundation of Wisconsin**

1-800-543-6393 • (262) 821-0705

<http://www.kidneywi.org>

**National Diabetes Information Clearinghouse (NDIC)**

1-800-860-8747 • (301) 654-3327

<http://diabetes.niddk.nih.gov>

**National Diabetes Education Program (NDEP)**

1-800-860-8747

<http://www.ndep.nih.gov>

**Wisconsin Diabetes Prevention and Control  
Program (DPCP)**

<http://dhfs.wisconsin.gov/health/diabetes>

