Don’t get those blood sugar blues
Learning objectives

Don’t get those blood sugar blues

• Review the types of diabetes and associated symptoms
• Discuss managing your diabetes
• Learn tips for managing blood sugar and staying healthy
• Explore resources to help manage diabetes
What is diabetes?

• A condition marked by high levels of blood glucose (blood sugar)

• Types of diabetes
  – Type 1
  – Type 2
  – Gestational diabetes

• Caused by problems in the way insulin is produced or how it works, or both

• Causes glucose to build up in your blood, putting you at risk for complications
Why is diabetes **important** to control?

You control how diabetes affects your health and your life!

Diabetes is a **serious condition**

If diabetes is **not controlled**, it can cause damage to:

- Heart and other blood vessels
- Eyes
- Kidneys
- Nerves
- Feet
- Gums and teeth
What are some **symptoms of diabetes?**

<table>
<thead>
<tr>
<th>Frequent urination</th>
<th>Excessive thirst</th>
<th>Very dry skin</th>
<th>Extreme hunger</th>
<th>Unexplained weight loss</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feeling very tired much of the time</td>
<td>Sudden vision changes</td>
<td>Tingling or numbness in hands or feet</td>
<td>Sores that are slow to heal</td>
<td>More infections than usual</td>
</tr>
</tbody>
</table>
The facts on **prediabetes**

**What is it?**
- Blood glucose is higher than it should be
- Increases risk for type 2 diabetes

**Who is at risk?**
Those with an increased risk are:
- Overweight
- Not staying active
- Have a family history of diabetes

**What are the symptoms?**
Most people with prediabetes don’t have symptoms. However, watch for typical signs of diabetes.

**How is it detected?**
Your Primary Care Provider can tell if you have prediabetes through a blood test.

**Will it become diabetes?**
Lifestyle changes can prevent prediabetes from developing into diabetes.
# How is diabetes diagnosed?

<table>
<thead>
<tr>
<th>Blood test for diagnosis of diabetes and prediabetes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A1C (percent)</strong></td>
</tr>
<tr>
<td>Measures your average blood glucose level over the past 3 months</td>
</tr>
<tr>
<td>Diabetes</td>
</tr>
<tr>
<td>---------</td>
</tr>
<tr>
<td>6.5 or above</td>
</tr>
<tr>
<td>5.7 to 6.4</td>
</tr>
<tr>
<td>About 5</td>
</tr>
</tbody>
</table>

Definitions: mg = milligram, dL = deciliter

For all three tests, within the prediabetes range, the higher the test result, the greater the risk of diabetes.
Keys to diabetes **self-management**

- Try working with a **health coach**
- Work with your **health care team**
- Check your **blood glucose levels**
- Take medicine as prescribed
- Eat **healthy** and **stay active**
- Ask for support from family and friends
Health care team

You are the one who manages your diabetes day by day. Your health care team can help you understand how to best care for your diabetes. Your health care team may include:

Primary care provider

Medical home

Endocrinologist – specialist in diabetes care

Dietitian, nurse, and other health care providers who are certified diabetes educators

Potential additional specialists

Podiatrist (foot care)

Ophthalmologist or an optometrist (eye care)

Nephrologist (kidney)

Cardiologist (heart)

Neurologist (nerves)
Why is having a **Primary Care Provider** important?

- Regular visits are good for your **health and wellness**
- PCPs can help you...
  - **Keep track of your preventative services** like screening tests
  - **Track your health over time**
  - **Manage long-term diseases**
  - **Lower health care costs**
  - **Keep your care all in one place**
  - **Feel good about your care**
- Other providers and medical staff within the practice share information and talk with each other
Monitoring blood glucose

Controlling your blood glucose levels helps you prevent or delay diabetes complications

Blood glucose monitoring

• Tells you your blood glucose level at any one time
  • Check your blood glucose at various times such as 2 hours after a meal, before bed, or as soon as you wake up in the morning
  • Keep a log of your glucose levels to see if there are any trends or improvements
• Self-administered with a glucose meter and testing strip
  • Check dates on your test strips and recalibrate your glucose meter as needed

A1C test

• Blood test that measures your average blood sugar level over the past 3 months
## Blood glucose levels: What do they mean?

### High blood glucose
- Blood glucose levels are too high
- Usually caused by eating too much food, being less active, illness, stress, or low dosages of diabetes medicine
- Signs: increased thirst and urination, weight loss, fatigue, blurred vision

### Low blood glucose
- Blood glucose levels are too low
- Usually caused by eating less or later than usual, being more active than usual, or taking too much diabetes medication
- Signs: sweating, shakiness, weakness, dizziness, headaches, upset stomach, confusion, or feeling grouchy

### What lifestyle changes would help balance these levels?

**Tips to help you take your medications**

<table>
<thead>
<tr>
<th>Tip</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tell your doctor if you see any side effects from medicine</strong></td>
<td>Make sure you know <strong>how long</strong> to take the medication</td>
</tr>
<tr>
<td><strong>Try to set daily routines to take medication</strong></td>
<td>Tell your doctor if <strong>paying</strong> for prescription drugs is a problem</td>
</tr>
<tr>
<td><strong>Keep medicines where you’ll notice them</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Think about using daily dosing containers</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Keep a written or computerized schedule</strong></td>
<td></td>
</tr>
</tbody>
</table>
Diet and diabetes

Healthy eating for people with diabetes includes:

• Eating regularly
• Limiting foods that are high in sugar
• Eating a variety of whole-grain foods, fruits and vegetables every day
• Eating less fat
• Limiting your use of alcohol
• Using less salt
• Trying to reach and maintain a healthy goal weight
Exercise and diabetes – 4 safety measures

Helps to manage your diabetes

**High blood sugar**
- Do not exercise if your blood glucose is **above 300 mg/dL**

**Low blood glucose**
- Exercise can lower your blood glucose too much
- Check your blood glucose before you exercise, if it is **below 100 mg/dL**, have a small snack, and check after you exercise
- Don’t skip meals prior to exercise

**Take care of your feet**
- When you exercise, wear cotton socks and athletic shoes that fit well and are comfortable
- Check your feet regularly using a mirror

**Stay hydrated**
- Drink plenty of fluids during physical activity

Talk to your doctor before starting any exercise program
Start by setting a S.M.A.R.T. Goal

S - Specific — Ask who, what, where, when, why
M - Measurable
A - Attainable/Achievable/Action-Based
R - Realistic
T - Timely

Set a timeframe to meet the goal

Ask who, what, where, when, why
How much, how many, how long, how often
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Thank you!