

Diabetes Education



Welcome to Natividad

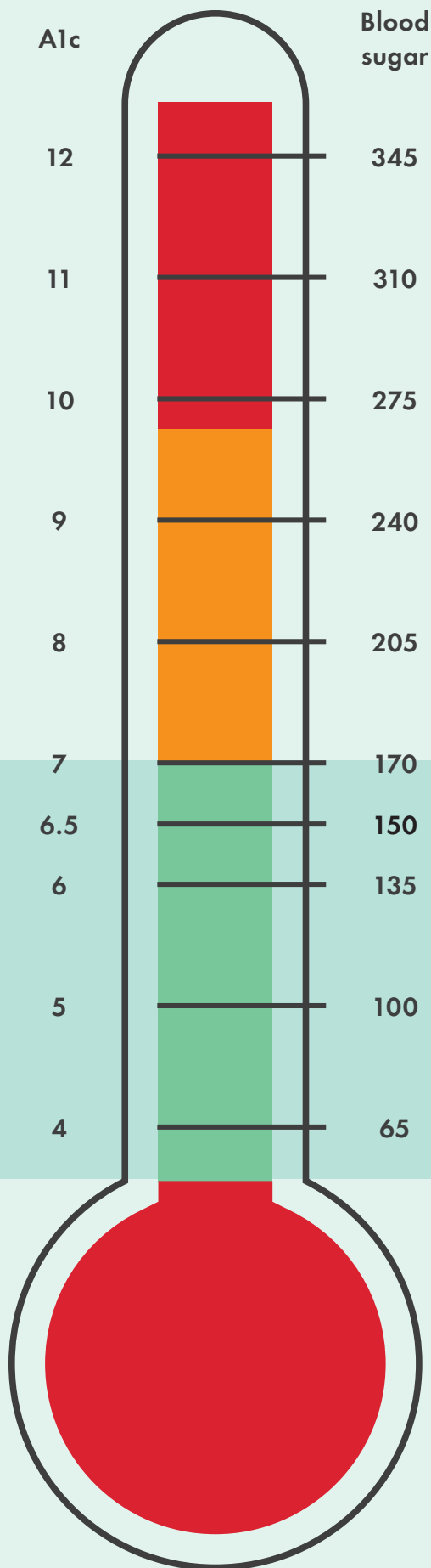
While you are here at Natividad, the management of your diabetes may be different than when you are at home.

Here are some of the ways we can ensure your diabetes stays in good control while you're at Natividad:

- You will have established meal times, with healthy amounts of carbohydrates
- Your doctor may stop your pills and use insulin to make sure your blood sugar stays in good control. This does not mean you will necessarily go home on insulin.
- Your doctor will monitor your blood sugar very closely to make sure your blood sugar stays in good control because you might experience different situations that can raise or lower your blood sugar, such as:
 - You may be prescribed new medicines (like steroids)
 - You will be less active
 - You might be experiencing pain or stress from being sick

This packet contains information that can help you better manage your diabetes after you are discharged home. A Natividad Certified Diabetes Specialist, Registered Dietitian or your nurse will explain the following contents to you:

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Hemoglobin A1c

A Hemoglobin A1c test (or A1c, for short) measures your average blood sugar over the past 2 to 3 months. The American Diabetes Association recommends it for most people with diabetes to maintain an A1c of 7% or less.

The higher your A1c level, the poorer your blood sugar control and the higher your risk of diabetes complications, such as kidney disease, eye problems, nerve damage and heart issues. Speak to your doctor or diabetes specialist about your A1c goal.

Blood sugar that is too high can affect your



Heart



Kidneys



Vision



Nerves,
feet, hands

Success!

Controlling your blood sugar helps you feel better, avoid health complications, and can even save your life!



Blood sugar that is too low can cause



Convulsions



Dizziness



Fainting



Taking Your Medications

Understanding your medication plan

- Follow the day-to-day prescribed treatment for your diabetes and other conditions at the right time, dose and frequency for the required length of time
- Create a daily routine for taking and tracking your medications

Talk to your provider about your concerns with your medications

- Are you having any side effects?
- Are you concerned about the number of pills you must take every day?
- Is your medication plan too complicated for your lifestyle?
- Have you stopped taking any of your medications?

Keep an updated list of all your current medications

- A medication list provides valuable information for your health care team. Be sure to include the name, dose and time you take each one
- Do not share medications with a family member or a friend

Testing Your Blood Sugar

- Testing your blood sugar helps you know if you are meeting recommended treatment goals to keep you healthy
- Testing your blood sugar helps you get the information you need to make food and activity adjustments and manage your medications so that your body can perform at its best

BEFORE MEALS



AFTER MEAL

2 hours after start



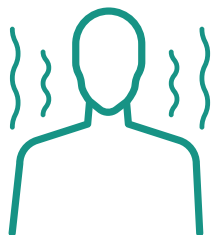
Ask your provider or diabetes care specialist how your target blood sugar numbers compare to what is recommended for optimal health

Low Blood Sugar or Hypoglycemia

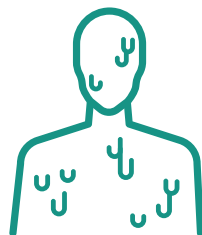
Blood Sugar of 70 mg/dl or less

Signs and symptoms

Here's what may happen when your blood sugar is low, or you may have no symptoms at all:



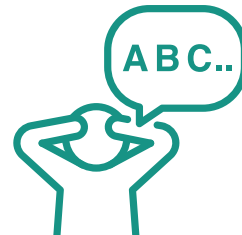
Shaky



Sweaty



Dizzy



Confusion/
difficulty speaking



Hungry



Weak or tired



Headache



Nervous or upset

What to do if you think you have low blood sugar

- Check your blood sugar right away if you have any symptoms of low blood sugar
- Treat by eating or drinking 15 grams of a high sugar source like:
 - 4 ounces of juice
 - 4 glucose tablets/1 tube of glucose gel
 - 4 ounces of regular soda
 - 1 tablespoon of sugar, honey or syrup
 - 2 tablespoons of raisins
 - 1 cup of low-fat milk
- Wait 15 minutes and then check your blood sugar again
 - If it is still low, repeat eating or drinking 15 grams of a sugar source
 - If your next meal is over 1 hour away, eat a snack to keep your blood sugar from going low again

High Blood Sugar or Hyperglycemia

Blood sugar more than 200 mg/dl

Possible causes of high blood sugar can be eating too much food or food high in carbohydrates, skipping your diabetes medicine, sickness, stress or not being as active as usual.

Severe high blood sugar lasting more than a few days can result in damaging vital organs or being hospitalized for a condition called **diabetic ketoacidosis**.

Common symptoms of high blood sugar



Sleepy



Blurry vision



Very thirsty



Frequent
infections/injuries
that heal slowly



Urinating more
than usual



Very hungry

What you should do if your blood sugar is high

- Take your medication as prescribed by your doctor
- Follow your meal plan
- If you have Type 1 diabetes, check your urine ketones: if it is moderate or high, go to the hospital
- Drink water or sugar-free drinks and check your blood sugar more often
- Determine what might have caused your high blood sugar. If you have unexplained high blood sugar for more than 2 days, call your doctor or diabetes care specialist



How Can You Prevent Low Blood Sugar?

- Take the exact amount of diabetes medication as prescribed by your primary care provider
- Eat on time and don't skip meals
- Time your exercise with your meals and medications
- Plan ahead and stick to your plan
- Find out what caused your low blood sugar
- Communicate often with your doctor or diabetes care specialist
- Call your diabetes care specialist if
 - Your blood sugar is over 240 mg/dl for more than 2 days
 - You had more than 2 low blood sugar reactions within the past week
 - You have Type 1 diabetes and have moderate to large urine ketones
 - You have diarrhea or are vomiting for more than 6 hours
 - You have a high fever of 101.5°F or higher for more than 24 hours
 - You have been sick for more than 2 days

Healthy Steps for Living with Diabetes

1. Eat smaller meals and snacks

Reduce meal size. Snacks are not necessary but are helpful if meals are more than 4 hours apart or if you get hungry between meals.

2. Eat a variety of vegetables

Eat at least 2 to 3 cups per day of vegetables—cooked or raw.

3. Include more whole grains with fiber in your meals

At least half of your daily intake of bread, cereal or other grain foods should be 100% whole grain.

4. Know your carbohydrate foods and limit portions

Limit desserts, candy and ice cream. Most diabetic or sugar-free desserts still contain carbohydrates — eat them in moderation.

5. Increase physical activity and reduce time spent in sedentary activities

Exercising can help with weight loss. Make sure you talk to your doctor before beginning an exercise program.

6. Avoid sugary, sweetened beverages

Drinks like sodas, fruit juices, sport drinks, and sweetened teas can cause blood glucose spikes. Instead, drink water, diet sodas or other beverages with no calories.

7. Limit your alcohol intake and speak to your doctor

Limit to 1 to 2 drinks a day (1 drink = 5 ounces of wine, 12 ounces of beer, 1 ½ ounces of alcohol).

8. Limit foods high in saturated fats

Limit whole milk, cheese, cream, bacon, sausage and other high fat foods. Choose lean meats, poultry, fish and soy protein.

9. See a dietitian about an individualized meal plan

Call your health care provider or diabetes care specialist if you have 2 or more blood sugar reactions in 1 week!

What is a Carbohydrate?

A carbohydrate is a term used for foods consisting of dietary sugar. Our digestion breaks down carbohydrates into glucose (blood sugar), which is used for energy by the body. The food groups below in **orange** are sources of carbohydrates. Eat around the same time each day and try to not skip meals.



Sweets



Milk and yogurt



Fruits



Starches and grains



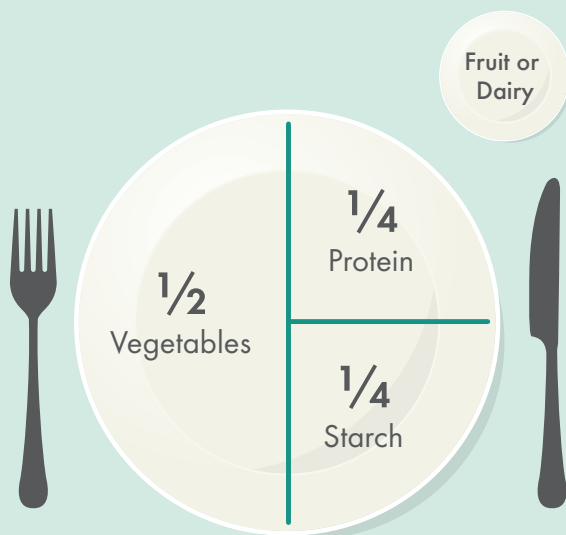
Vegetables



Meat, meat substitutes
and other products



Fats



How to Build a Balanced Meal

- Draw an imaginary line down the middle of a 9-inch dinner plate
- Fill half of your plate with non-starchy vegetables (broccoli, spinach, tomatoes, etc.)
- Add a starch to one of the small sections of the plate, like pasta, rice, bread, tortillas, etc.
- Add meat or protein source to the other small section, like chicken, turkey, fish, lean beef or pork, eggs or tofu
- Add a dairy or fruit to your meal, and a low calorie or calorie-free drink (such as water, unsweetened tea or coffee)

Portion Sizes

When you can't measure your food

Your helpful hands

The best way to find out how much food you are eating, or your portion size, is to use measuring cups, spoons, or a scale. Sometimes, such as when you eat out, you can't do this. Here are a number of ways you can use your hands to help you find out about how much you are eating. The portion size in each food group use an adult woman's hand as a guide.



Two hands, cupped = 1 cup

- Breakfast cereal
- Soup
- Green salad (lettuce or spinach)
- Mixed dishes (chili, stew, macaroni and cheese)
- Chinese food



One fist clenched = 8 fl ounces

- Cold and hot beverages



Palm of hand = 3 ounces

- Cooked meats (hamburger patty, chicken breast, fish fillet, pork loin)
- Canned fish (tuna, salmon)



One hand, cupped = 1/2 cup

- Pasta, rice
- Hot cereal (oatmeal, farina, cream of wheat)
- Fruit salad, berries, applesauce
- Tomato or spaghetti sauce
- Beans (cooked or canned)
- Cole slaw or potato salad
- Mashed potatoes
- Cottage cheese
- Pudding, gelatin



Two thumbs together = 1 tablespoon

- Peanut butter
- Salad dressing
- Sour cream
- Dips
- Whipped topping
- Dessert sauces
- Margarine
- Cream cheese
- Mayonnaise



Natividad's Diabetes Education Center (DEC)

The DEC is an accredited diabetes education program by the American Association of Diabetes Educators. This allows residents in Monterey County increased access to critical diabetes education services.

The DEC offers outpatient services to individuals with diabetes Type 1, Type 2 and pre-diabetes. Diabetes education is provided by a certified diabetes educator.

Services provided

- Individual and group counseling and education
- Services available in English, Spanish and other languages
- Education services for children and adults

Paying for services

The DEC provides services to individuals regardless of their ability to pay and at low cost.

Appointments or referrals can be made by calling (831) 755-6292

Your primary care provider can make a referral by contacting the DEC. You may also call directly to make an appointment. Please call the DEC with any questions regarding services provided and/or for additional information.

Hours of operation

Monday through Friday, 8:00 am to 4:30 pm

Location:

1441 Constitution Blvd, Bldg 300
Salinas, CA 93906



My Diabetes Medications

Name of Medicine	Medication Instructions (e.g. take 30 mins before eating, etc)	Dose	Date & Time

My Diabetes Supplies

(Check all that apply)

- ☐ Glucometer
 ☐ Lancets
 ☐ Insulin Pen Needles
 ☐ Sharps Container
- ☐ Glucostrips
 ☐ Insulin Syringes
 ☐ Glucagon Kit

My Follow-Up Appointments

Name of Provider	Clinic	Address	Date & Time

When I Need To Call My Doctor

- My blood sugar is over 240 mg/dl for more than 2 days
- I have more than 2 low blood sugar reactions within the past week
- I have Type 1 diabetes and have moderate to large urine ketones
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