

Navigating the course of diabetes self-care





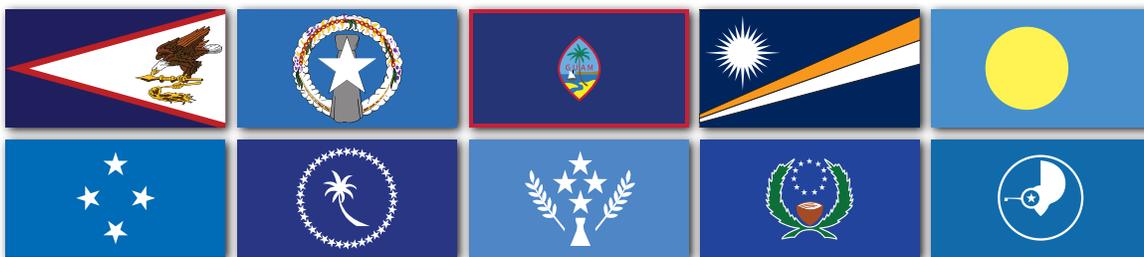
Welcome

Many Pacific Island healthcare teams have worked to create this guidebook to help you and your family learn about diabetes. Diabetes is a serious lifelong illness. There is a lot you can do to protect your health—not only for today, but for the coming years.

Pacific Island navigators have many ways of telling direction and position. These ways help the navigator chart the course and plan the journey. As you learn about diabetes self-care you will become the navigator, charting your course to stay in good health.

Learning how to navigate the course of diabetes self-care will help you stay in good health. The sailing may not always be smooth. But it is worth it.

Pacific Chronic Disease Council
February, 2021





Contents

Page

Welcome

1-16 Learning about diabetes

- Types of diabetes
- Blood sugar balance
- Blood sugar numbers
- A1c test
- Diabetes self-care worksheet

17-26 Navigating the course of diabetes self-care

- Long-term and short-term goals
- Take small steps
- Support from family and friends
- Diabetes self-care worksheet

27-38 Diabetes medicine

- Oral pills
- Tips to take your medicine
- Changing medicine over time
- Insulin
- Family support
- Diabetes self-care worksheet

39-50 Diabetes and your feelings

- How your feelings may affect your blood sugar
- Some ways to handle these feelings.
- Diabetes self-care worksheet

51-64 Making good food choices

- Food groups
- Foods that can make blood sugar go up
- Timing of your meals
- Tips on how much to eat
- Reading food labels
- Limiting alcohol use
- Diabetes self-care worksheet

Contents

Page

65-74 Be active. Move more. Sit less.

- What being active means
- Ways to move more and sit less
- Tips to help you stay active
- How to make a plan to move more
- Diabetes self-care worksheet

75-84 Healthy feet keep you going

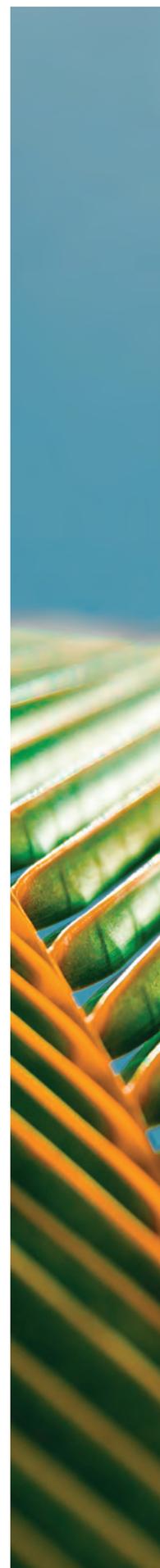
- How diabetes may cause foot problems
- How to take care of your feet
- Tips for buying shoes
- Diabetes self-care worksheet

85-98 Taking care of your heart

- How the heart works
- High blood pressure
- Know your numbers
- Cholesterol and other blood fats
- Diabetes self-care worksheet

99-114 Prevent long-term problems

- Taking care of your eyes
- Taking care of your heart
- Taking care of your gums
- Taking care of your kidneys
- Preventing nerve damage
- A word about sexual problems
- Diabetes self-care worksheet



Learning about diabetes

My name is **Lubi Joseph**. A few years ago, I found out I had diabetes. At first, I went to my scheduled clinic visits. Then, I did not go to the clinic for over two years.

When I went to a community health screening, I learned that my blood sugar was very high. The Ebeye clinic team asked me to come back to the clinic. They wanted to check on my health.

Now, I try not to miss any clinic visits. The clinic team helps me learn how to stay in good health. My blood sugar is good. I have more energy. I no longer feel tired or sleepy during my day.



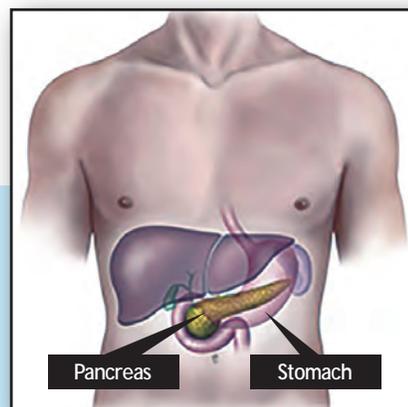
The Ebeye clinic team, Dr. Cho Cho Thein, and Johannes Seremai (clinic nurse), helps Lubi learn about how to stay in good health.

What is Diabetes?

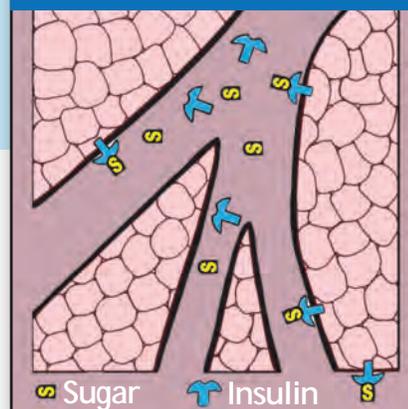
Diabetes means that a person's blood sugar (also called glucose) is too high. All people have sugar in their blood. The food we eat is turned into blood sugar. Blood sugar is the fuel our body uses for energy, like muscle power.

The **pancreas**, an organ near the stomach, makes a hormone called insulin. **Insulin** helps move the **blood sugar** into our body cells. As blood sugar goes up, your pancreas releases insulin into the bloodstream.

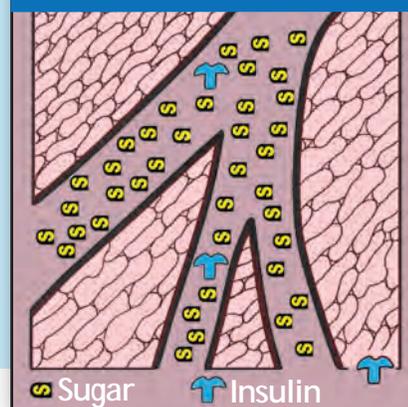
Insulin then attaches to the body cell and helps move blood sugar into the cell. As blood sugar moves into the body cells, your blood sugar level goes down.



Insulin helps move blood sugar into the body cell



Too much sugar in blood



There are three main types of diabetes

Type 1 diabetes is when your body does not make insulin. People with type 1 diabetes need to take insulin. This type of diabetes is rare in Pacific Islanders.

Type 2 diabetes is when your body does not make enough insulin or use insulin well. It is the most common type of diabetes in the world and in Pacific Islanders. There are children with type 2 diabetes.

Gestational (jes-tā-shun-al) diabetes can happen during pregnancy. In most cases, gestational diabetes goes away after birth of the baby. However, with this type of diabetes, the mother and the child have a greater chance for developing type 2 diabetes later in life.

What is blood sugar balance?

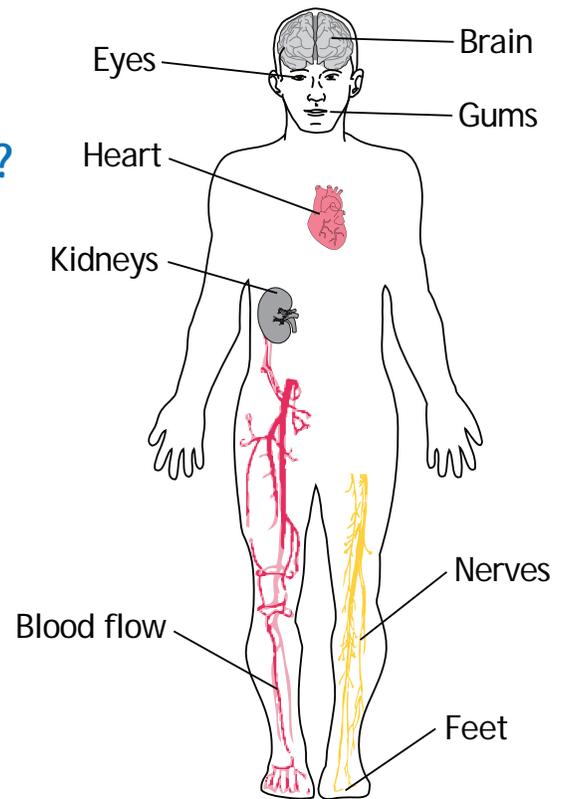
Blood sugar balance means keeping your blood sugar in target range. Having high blood sugar, over many years, can cause problems with your eyes, heart, kidneys, and feet. You can prevent or delay these problems. Talk to your doctor about your blood sugar targets.

When your blood sugar is in target range, you will:

- have more energy,
- be less tired and thirsty,
- pee less often,
- heal better, and
- have fewer skin or bladder infections.

Over time you will:

- lower your chances of problems with your eyes, kidneys, feet, or gums, and
- lower your chances of heart attack and stroke.



Having high blood sugar, over time, can cause health problems.

How is blood sugar measured?

There are two ways to measure blood sugar:

1. Blood sugar checks done at the clinic or by yourself using a blood sugar meter and test strips. These checks tell you what your blood sugar level is at the time of the test.
2. The A1c (A-one-C) test done at the lab or clinic.
This test shows your average blood sugar level over the past 3 months.

What are target blood sugar levels?

A **target** is something you aim for or try to reach. Your doctor and clinic team may also use the word **goal**.

Target blood sugar levels can vary for people with diabetes. When you check blood sugar at the clinic or by yourself these targets are:

- Before a meal: 80 to 130.
- Two hours after the start of a meal: Below 180.

Talk with your doctor about your blood sugar targets.

What about the A1c test?

The A1c test tells you and your doctor your average blood sugar over the past 3 months. It helps you and your doctor decide about changes in diabetes medicine, food choices, or physical activity you may need.

Your doctor will tell you how often you need an A1c test. For most people living with diabetes, an A1c test is done two times a year.



Check your A1c at least two times a year.

What does an A1c test measure?

The A1c test measures how much blood sugar has been sticking to your red blood cells. Since each red blood cell is replaced by a new one every 3 to 4 months, this test tells you how high the blood sugar has been during the life of the cells. It is your blood sugar average over the past 3 months.

Research shows that lowering a high A1c (9% or more) by 1 point can lower your chances of developing problems with your eyes, heart, kidneys, and feet.

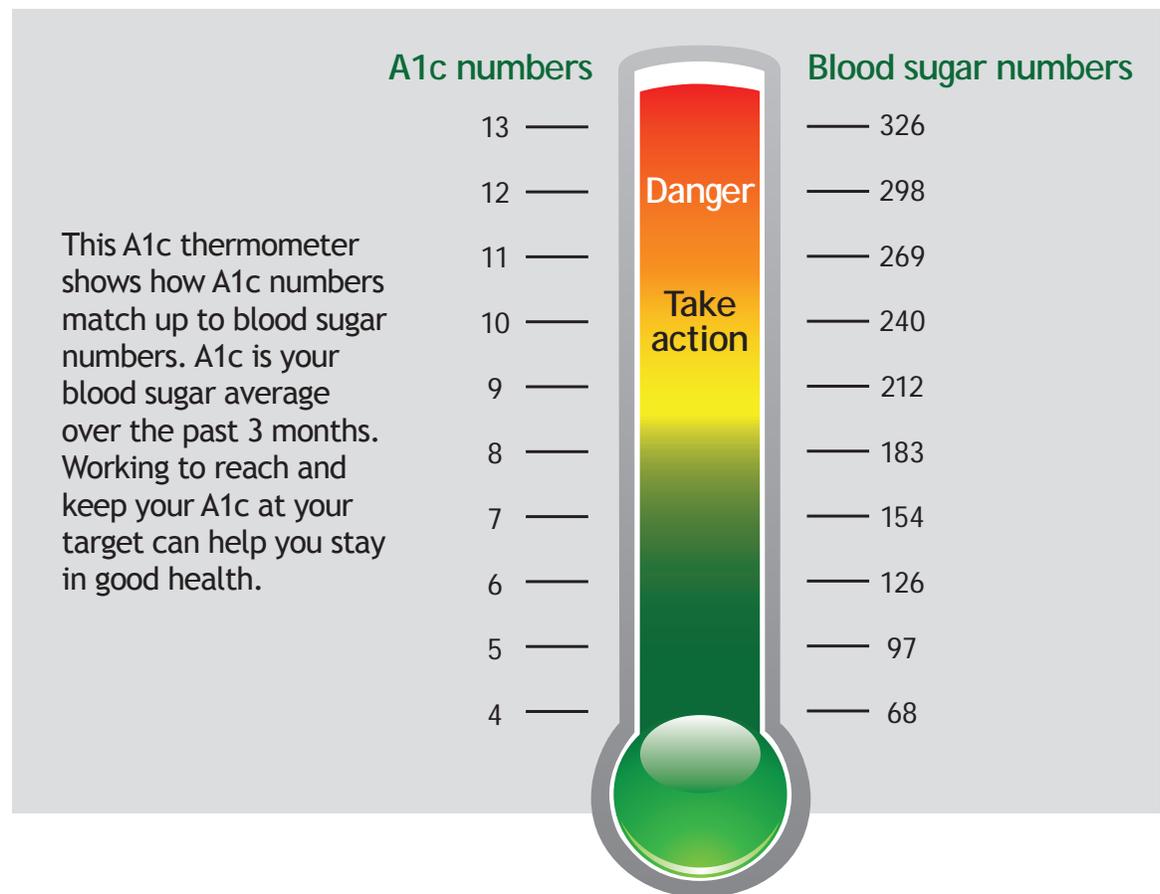
Talk with your doctor about your target A1c.



Being active can help you stay in good health.

What is a good A1c target?

Your doctor will help you decide your A1c target. Your target A1c will be based on your age, how long you have had diabetes, and if you have other health problems.



How can you reach your blood sugar target?

There are things you can do to reach your blood sugar target.

A few things to try:

- Eat more local foods, such as fish, banana, taro, and breadfruit.
- Cut down on sweet foods and drinks.
- Eat smaller portions of white rice.
- Drink plenty of water.
- Be active—walking, working in your yard, and dancing are good ways to start.
- Get enough sleep.

Other things

- Diabetes pills and insulin can help lower your blood sugar. Take your diabetes medicine the way your doctor tells you.
- Know your stress level. Stress can make your blood sugar go up. Do things that help you relax.
- Stop using tobacco, such as cigarettes, chew, e-cigarettes, and cigars.
- Limit alcohol.



Discussion

Local foods are good choices.

How often should you check your blood sugar?

The number of times that you check your blood sugar depends on you and your doctor. You can check your blood sugar at the clinic, in your community, or at home.

Keep a record of your blood sugar checks.

If you check your blood sugar between your doctor visits, keep a record. Write the date, time, and result of the test in your record.

Keeping a record of your blood sugar checks may help you see how your blood sugar changes.

You may see what makes your numbers go up. You may also see how making healthy food choices and being more active helps you reach your blood sugar target.

For instance, if you test two hours after eating a lunch with a sugary drink, rice, and fried fish, your blood sugar may be high.

What are some other lunch choices?

Drink water instead of a sugary drink. Fish is a good local choice. Try grilling instead of frying fish. You could add a small serving of rice.

Blood sugar record *Sample* Week Starting *August 29, 2017*

Day	Breakfast		Lunch		Dinner		Bedtime	Notes
	Before	2 hours after	Before	2 hours after	Before	2 hours after		
Sunday				368				Picnic lunch - cold, white rice, fried fish
Monday	230							Walk 3x today!
Tuesday			126					
Wednesday						210		missed evening walk start back tomorrow
Thursday								
Friday				152				lunch at church - cole slaw, water, grilled fish, banana
Saturday								



Talk with your doctor about checking your blood sugar between clinic visits. You may be able to use a blood sugar meter at a place near you or at home. The clinic team can help you learn how to use a meter.

What is high blood sugar?

High blood sugar means that your blood sugar level is above your target level. Over time, high blood sugar can lead to health problems.

Here is what may happen when your blood sugar is high:



Very thirsty



Needing to pee more than usual



Very hungry



Sleepy



Blurry vision



Sores heal more slowly than usual

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What you can do

If you can, check your blood sugar. If it is high (above 250) drink water. And go for a brisk walk, if you can walk safely. Go to the clinic if your blood sugar is high more than 3 times in two weeks and you do not know why.

What about low blood sugar?

Low blood sugar means your blood sugar is 70 or lower. You may feel sweaty, shaky, or very hungry. If you manage your diabetes by eating well and being active, you have a lower chance of having low blood sugar.

You have a greater chance of having low blood sugar if you take insulin or certain pills for diabetes. Talk with your doctor and clinic staff if you take diabetes medicine. They will help you learn more about low blood sugar and how to treat it.

Here is what may happen when your blood sugar is low:



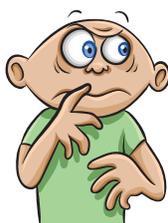
Shaky



Sweaty



Dizzy



Confusion and difficulty speaking



Hungry



Weak or tired



Headache



Nervous or upset

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What you can do



Check your blood sugar right away. If you cannot check, treat anyway.



Treat by eating 3 to 5 candies you can chew quickly (such as peppermints), or by drinking 4-ounces of fruit juice, or 1/2 can of regular soda pop.



Check your blood sugar again after 15 minutes. If it still is low, treat again. If symptoms do not stop, call your doctor.

What if you have trouble reaching your blood sugar target?

There may be times when you have trouble reaching your blood sugar target. This does not mean that you have failed. It means that you and your doctor need to talk about what changes are needed.

Go to the clinic if your blood sugar is often too high (above 250) or too low (below 70). Taking action will help you stay in good health.

If your A1c test result is high, think of what you can do to lower your blood sugar. Being active, making good food choices (like our local foods—banana, fish, taro), may help lower your A1c. Diabetes medicine may also be needed. Talk with your doctor and clinic team.



Making good food choices can help you and your family stay in good health.



Review

- Check your A1c at least two times a year.
- Keep a record of your A1c and blood sugar numbers.
- Talk with your doctor about your blood sugar targets.
- Keep your scheduled clinic visits.

Take a few minutes to plan to stay in good health with diabetes.

Choose something that you can do and works for you. Make your goal simple and clear. You can use the worksheet on the next page.

Or you can write your goal here: _____

Ghilissow Si Yu'us ma'åse'
Fa'afetai Kinisou Kammagar
Kalahngan Kulo Kommol
Mesulang Thank You

Diabetes self-care goals and pledge

You are the key person to take care of your diabetes. You can prevent or delay problems with your eyes, kidneys, feet, gums, and heart. We will guide you and offer support. Here are some things you can do to stay well with diabetes.

Circle the number (or numbers) for what you would like to work on to manage your diabetes.



1. I will work to keep my A1c below _____ and go to my scheduled clinic visits.



2. I will walk _____ minutes _____ day(s) a week. If I feel chest pain or tightness, or shortness of breath, I will stop walking. I will go to the clinic or hospital and talk with my doctor.



3. I will take my diabetes pills or insulin and other medicine as my doctor has told me.



4. I will check my feet each day. If I see a sore or redness and swelling, I will go to the clinic for a foot check.



5. I will eat more local foods. I will eat more veggies. I will drink more water. I will keep my portion size small. (Circle your choice or choices)



6. I will lose _____ pounds of weight in the next _____ months.



7. I will stop using tobacco such as cigarettes, chew, e-cigarettes, and cigars. I will limit my alcohol intake. (circle your choice or choices)



8. I will take a baby aspirin or coated aspirin each day, if my doctor tells me.



9. I will use less salt to help lower my blood pressure.



10. I will talk with my family and friends about diabetes. They can offer support.



Notes:

Learning how to live well with diabetes

My name is **Jesse Castro**. By going to the Guam Community Health Center, I learned how to stay in good health with diabetes. Clinic staff helped me learn how to make a plan to reach my goals. Having a plan and taking small steps helps me make changes I can stick with.

I also learned how local foods can help you stay in good health. My next goal is to help my family and community enjoy local food. My first step is to grow breadfruit and papaya trees on my land.

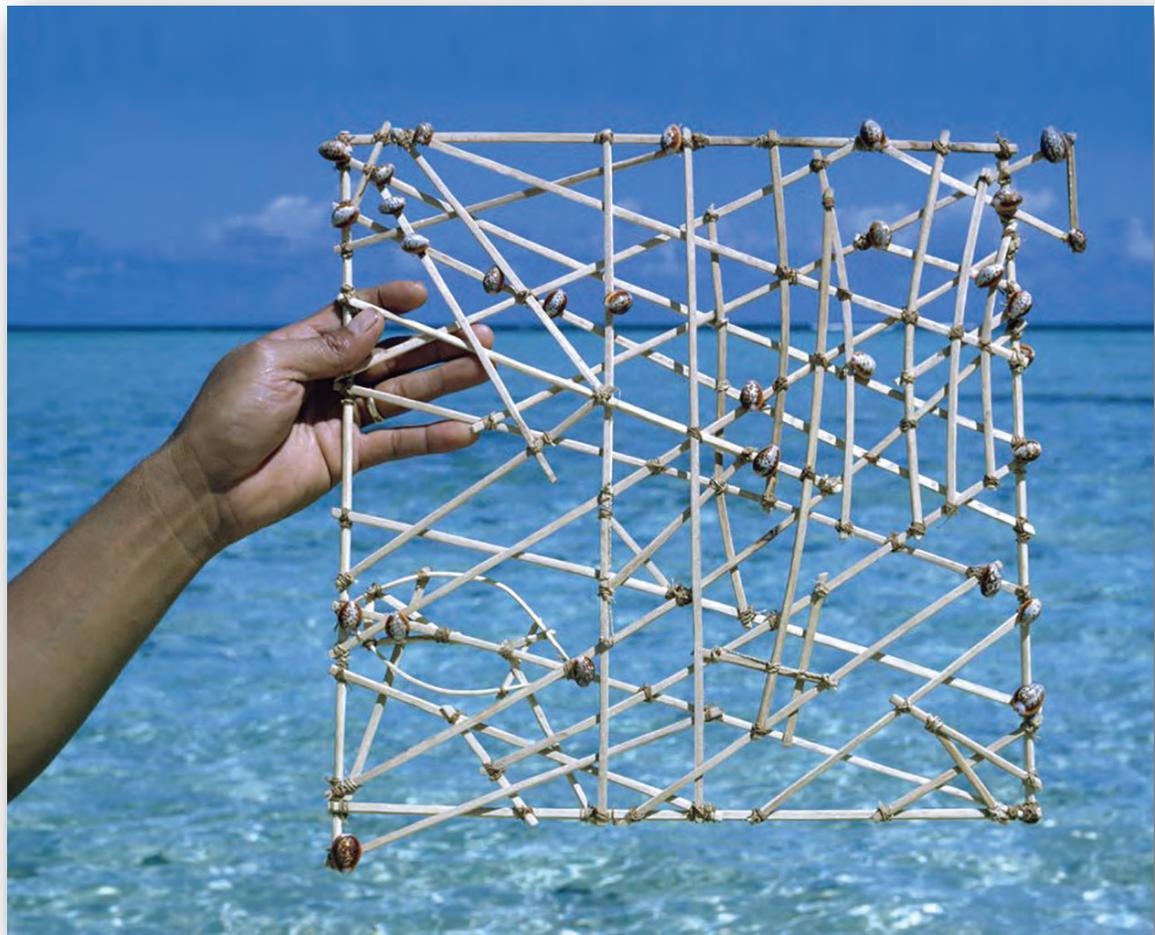


Jesse is growing breadfruit and papaya trees to share with his family and community.

What does navigating the course of diabetes self-care mean?

Pacific Island navigators have many ways of telling direction and position. These ways help the navigator chart the course and plan the journey. As you learn about diabetes self-care you will become the navigator, charting your course to stay in good health.

Navigating the course for diabetes self-care means making a plan. Making a plan includes setting a goal. A goal is something that you want to aim for or try to reach.



You can navigate the course of diabetes self-care.

Setting sail

Learning how to navigate the course of diabetes self-care will help you stay in good health. The sailing may not always be smooth. But it is worth it.

Begin with setting a goal.

When setting goals, you want to set both long-term and short-term goals. A long-term goal is something you want to work toward in 3 to 6 months, 1 year, or longer. Some long-term goals:

- Keeping your A1c in target range.
- Losing weight (i.e. 10 to 15 pounds).

Reaching a long-term goal takes time and planning.

Take small steps.

Short-term goals are the small steps you take over a short period of time; a few days or weeks. These small steps, help you reach your long-term goal. Some examples:

- Choosing water instead of a sugary drink at lunch time, 3 days a week.
- Walking after dinner for 30 minutes, 2 days a week.

Most times, you need to make a new habit to get to or reach a goal.

A habit is something you do or repeat often. Going to church to worship is a habit. Going for a walk each morning is a habit.

Many habits we learn from our families. With your help your children and grandchildren can learn to make good food choices and be active. Many of the steps you take to stay in good health will be good for all your family.



Set sail and navigate your course of diabetes self-care.

Taking small steps to make changes

Change does not happen overnight. When you decide you want to make a change in your habits, think of small steps that are:

- Practical—you know you can do it, if you put in the work.
- Measurable—you are clear about what you want to do, the steps you want to take, and when you will begin.

Making changes takes time and planning. Some examples:

- If you want to make changes in your food choices, maybe start with changing your breakfast and nothing else. When you can stick with those changes, consider making small changes in your lunch.
- Maybe you want to work on taking your medicine each day. A small step would be thinking of how you can remind yourself. You can try keeping the medicine bottle in the kitchen near your breakfast or dinner food. Or try a pill box that you fill each week.

Be careful to keep all medicine out of reach and out of sight from children.

With each small step, you begin to feel good about making changes and reaching your goal.



Are you thinking about making any changes in your habits?
What are some steps you could take?

Good health habits

- Eat more fruit and veggies.
- Move more. Sit less.
- Cut down on sugary food and drinks.
- Eat less fried foods.
- Take your medicine as your doctor tells you.
- Check your feet each day.
- Keep your scheduled clinic visits.
- Manage stress.
- Stop use of cigarettes, e-cigarettes, and other tobacco products.
- Limit alcohol use.

Stick to your plan

Changes are hard to make and stick with. There are good days and bad days. We all have days when we do not stick to our plans. We call these times **slips**. Slips are a normal part of change and may happen to you.

Changes in your daily routines, moods, or feelings cause you to slip from your plan. For example, when you go on a trip, you may not stick with your walking plan. When you return home, you may not want to start walking again—because it may seem too hard or you are too busy.

Slips happen to all of us. If you miss a walk, it does not ruin things. The slip is not the problem. The problem happens if you do not get back on your feet again and keep moving toward your goal.

If a slip happens to you:

- Keep an upbeat inner voice. Try not to feel bad. **Say to yourself: I am not giving up on my goal. I can get back on my feet right now.**
- Think about what happened. Did you overeat because you were celebrating, bored, or sad? Did you skip your walk because you were too busy? What could you do you if the same thing happens again?
- Get back to your plan as soon as you can.



Try not to let celebrations cause a slip. If you overeat, get up and dance!

Support

Sometimes getting support from family and friends can be hard. Here are some ways to talk with family and friends about getting the support you need:

- Choose a time when you and your family, or friend, are rested and in a positive mood.
- Explain your idea. Tell your family and friends that you value their help.
- Say why you need their help. Your family and friends may be more supportive, if they understand the reason.
- Work things out for the best. For instance, maybe you want to walk at lunch time, each day. But your co-worker is only able to walk three times a week. That is a start. Make plans to walk on those days with your friend. You may be able to find someone else to walk with on the other days. Or enjoy a walk by yourself.



Family and friends can help you navigate the course of diabetes self-care.

It takes practice

It takes practice to let others know that you welcome their help and support. At first it may seem hard to do. It might not even work the first time. Your family and friends may help you stick with your plan, if they know you want their support.



Family and friends can help you find your balance as you make changes to stay in good health. Let them know you value their support.



Review

Change takes time. Be patient with yourself and others.

You will have more success if:

- You are clear about what you want to do.
- You decide when you will start.
- You take small steps.
- You talk with family and friends about how they can help.

If you cannot stick to your plan, think about the reasons why. Ask yourself these questions:

- Is the goal too big?
- Are you trying to do too much?

It is okay to choose a new goal or make a new plan.

Take a few minutes to plan to stay in good health with diabetes.

Choose something that you can do and works for you. Make your goal simple and clear. You can use the worksheet on the next page.

Or you can write your goal here: _____

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Circle the number (or numbers) for what you would like to work on to manage your diabetes.



1. I will work to keep my A1c below _____ and go to my scheduled clinic visits.



2. I will walk _____ minutes _____ day(s) a week. If I feel chest pain or tightness, or shortness of breath, I will stop walking. I will go to the clinic or hospital and talk with my doctor.



3. I will take my diabetes pills or insulin and other medicine as my doctor has told me.



4. I will check my feet each day. If I see a sore or redness and swelling, I will go to the clinic for a foot check.



5. I will eat more local foods. I will eat more veggies. I will drink more water. I will keep my portion size small. (Circle your choice or choices)



6. I will lose _____ pounds of weight in the next _____ months.



7. I will stop using tobacco such as cigarettes, chew, e-cigarettes, and cigars. I will limit my alcohol intake. (circle your choice or choices)



8. I will take a baby aspirin or coated aspirin each day, if my doctor tells me.



9. I will use less salt to help lower my blood pressure.



10. I will talk with my family and friends about diabetes. They can offer support.



Notes:

Living well with diabetes

My name is **Lucio Techong Hidemi**. I work very hard to change my habits. I want to improve my health. It is hard work but worth it.

Having diabetes woke me up and helped me learn how to think positively. Now, I make better decisions for myself and my family. I am active for at least 30 minutes a day. I pay attention to my food choices and portion size.

I am also careful not to overload myself with work. I want to have time for myself and enjoy fun times with family.



Living well with diabetes for myself and my family.

Staying in good health with diabetes

Staying in good health with diabetes means keeping your blood sugar in target range. For people with type 2 diabetes, the pancreas can make insulin but:

- the insulin may not work well, or
- the pancreas may not make enough insulin.

Some diabetes medicine are pills taken by mouth and others are injected, like an insulin shot.

Diabetes medicine cannot work alone. They work best when you:

- make good food choices,
- are more active, and
- reach or stay at a weight that is healthy for you.



Take your diabetes pills or insulin and other medicine as your doctor tells you.

Do you need diabetes medicine?

Some people may reach blood sugar target by making good food choices and being active. Other people may also need diabetes medicine.

You are probably wondering why that is. Well, as time goes by, your body changes. People who do not need diabetes medicine at first, may need to start taking medicine later to help manage their blood sugar. Just as our bodies change over time, so too, does diabetes.

How you and your doctor decide how to manage your diabetes may also change over time.



The pharmacy staff can help you learn about your diabetes medicine.

What about diabetes pills?

Diabetes pills help the body use the insulin it makes or help the body make more insulin. Your doctor decides which diabetes pill is best for you based on your age, A1c, and other health problems.

When should you take your diabetes pills?

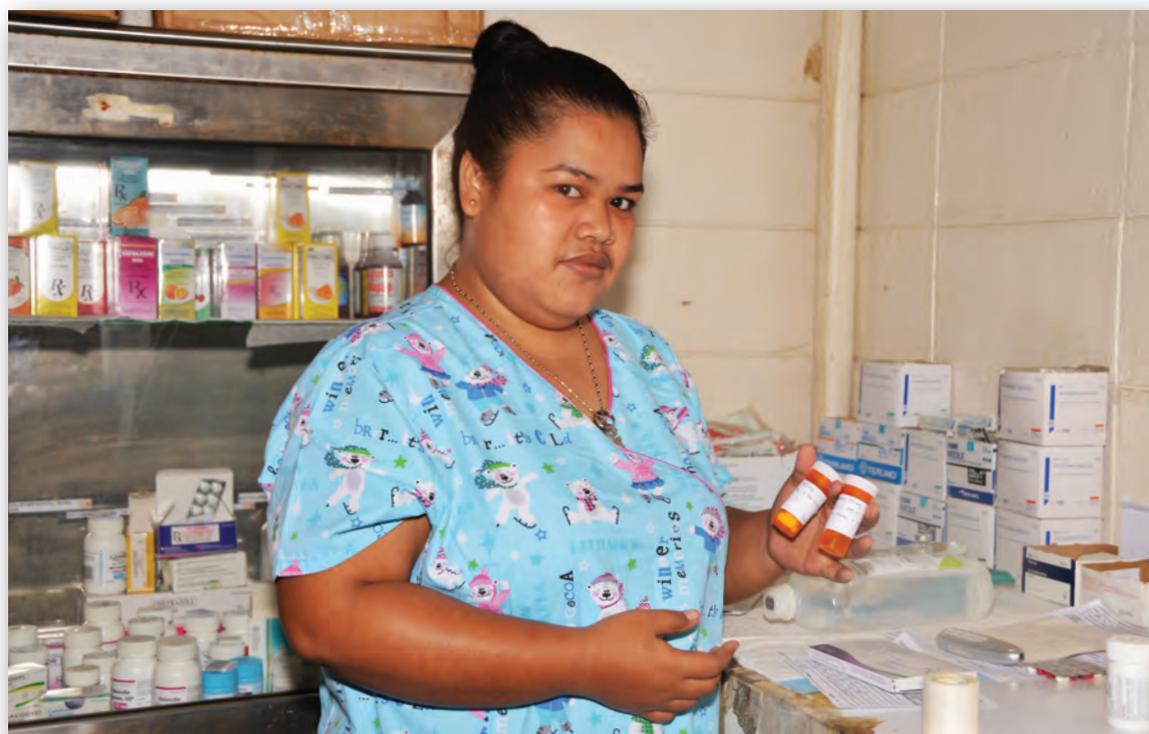
Diabetes pills work best if taken about the same time each day, with a meal. Take your pills the way your doctor tells you.

Tips to help remind you to take your diabetes pills:

- Take your diabetes pills with other medicine or when doing something you do each day, such as brushing your teeth, watching the news, or preparing for sleep.
- Try using a pill box with a section for each day of the week.

Things you can do to take your diabetes pills safely:

- Do not take anyone else's medicine. Keep your medicine in a safe place and away from children.
- Learn the name of the pill you take, including how much and how often.
- Read the label when getting refills from the pharmacy. Check the name, dose, and time it is taken.
- Do not use medicine that is expired or changed colors.
- Talk with your doctor if your medicine makes you feel sick.
- Learn how to refill your diabetes pills. When there are 5 to 7 pills left, get a refill.



Diabetes pills help lower your blood sugar.

Will your diabetes medicine change?

Your doctor may make changes to your medicine if:

- Your blood sugar is too high or too low.
- Your medicine is making you feel sick.

Some people with diabetes may be able to take less medicine by making good food choices, being active, and losing some weight.

Do not stop taking your diabetes medicine, unless your doctor tells you. Your diabetes medicine helps lower your chances for problems with your eyes, heart, kidneys, feet, and gums.

If your doctor suggests changes to your diabetes medicine, no one is to blame. It is not a failure of a person or not living right. You and your doctor decide which medicine is best for you based on your age, A1c, and other health problems.



You and your doctor decide which medicine is best for you.

What about insulin?

Insulin can also help you reach your blood sugar target. If you and your doctor decide you need insulin; clinic staff will help you learn how to take insulin shots.

Insulin helps improve the quality and length of life for many people. The needles for insulin shots are very thin and tiny. They are hardly felt at all.



Taking insulin helps lower your chances for problems with your eyes, heart, kidneys, feet, and gums.

Traditional or local ways?

If you use traditional or local ways, talk with your doctor. Your doctor can help you use these ways together with medical treatments in a safe and helpful way.



If you or your family have questions about your medicine, your doctor or pharmacy staff can help.

A few other things

- Keep taking your diabetes medicine even when you may not feel good.
- Go to the hospital or clinic if you are sick and cannot take your medicine.
- Know the possible side effects of the medicine you take. If you have any side effects talk to your doctor.
- Tell your doctor about over-the-counter medicine you are taking, such as vitamins, herbal medicine or teas, or anything else.
- Talk with your doctor before stopping any of your medicine.



Your doctor and clinic staff can help you with your diabetes care.

Family matters

Your family members are partners in your diabetes self-care.

Many times, our family members help with meals, yard work, and other chores. They may also want to learn how to help you with diabetes self-care.

Your family or friends might want to come with you on your clinic visits. This may help them learn more about how they can support you.

Family members need to know these things about your diabetes medicine:

- Where you keep your diabetes medicine.
- How often you take your medicine.
- How often your medicine needs to be refilled.
- Signs of low blood sugar and what to do for you if you show signs of low blood sugar.



Family members are partners in your diabetes self-care.



Review

- Making good food choices and being active helps your diabetes medicine work better.
- Your diabetes medicine helps lower your chances for problems with your eyes, heart, kidneys, feet, and gums.
- You can learn how to take care of your diabetes.

Take a few minutes to plan to stay in good health with diabetes.

Choose something that you can do and works for you. Make your goal simple and clear. You can use the worksheet on the next page.

Or you can write your goal here: _____

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2. I will walk _____ minutes _____ day(s) a week. If I feel chest pain or tightness, or shortness of breath, I will stop walking. I will go to the clinic or hospital and talk with my doctor.



3. I will take my diabetes pills or insulin and other medicine as my doctor has told me.



4. I will check my feet each day. If I see a sore or redness and swelling, I will go to the clinic for a foot check.



5. I will eat more local foods. I will eat more veggies. I will drink more water. I will keep my portion size small. (Circle your choice or choices)



6. I will lose _____ pounds of weight in the next _____ months.



7. I will stop using tobacco such as cigarettes, chew, e-cigarettes, and cigars. I will limit my alcohol intake. (circle your choice or choices)



8. I will take a baby aspirin or coated aspirin each day, if my doctor tells me.



9. I will use less salt to help lower my blood pressure.



10. I will talk with my family and friends about diabetes. They can offer support.



Notes:

Diabetes and your feelings

My name is **Swingly Judas**. I learned that handling stress can help manage my blood sugar.

I enjoy working with my hands. Mending my wharf and fishing helps me relax. By doing this, I am able to lower my stress, provide for my family, and stay active.



Being outdoors and enjoying nature lifts my mood and spirits.

How feelings may affect your blood sugar

Living with diabetes is not easy. It is normal to have different feelings about diabetes. That is because it is with you all the time - 24 hours a day, 7 days a week.

When a person first learns they have diabetes, they may feel:

- **Shock:** The results must be wrong.
- **Fear:** What will this mean?
- **Anger:** Why me?
- **Sadness:** I feel so alone.
- **Guilt:** What have I done to myself?
- **Denial:** Not me.
- **Acceptance:** I have diabetes. I can be well.

People living with diabetes may have these feelings at one time or another. Feelings may change from day to day and over time.

Circle your feelings using the “feelings faces” below:



Shock



Fear



Anger



Sadness



Guilt



Denial



Acceptance

Diabetes and depression

The way a person feels about having diabetes may affect how they manage their diabetes. Some people may feel depressed or sad. If your feelings are getting in the way of taking care of yourself, you might need help.

Depression is a common feeling. We have all felt depressed about the death of a loved one or loss of job. Sometimes, we feel down for no reason at all.

Many times, people do not know they are depressed. Some people with diabetes may think their diabetes is causing them to feel the way they do. For instance, high blood sugar can cause a person to feel tired and weak, but so can depression.

Feeling depressed or sad for two weeks or more may be a sign of serious depression. People who feel very sad or depressed need to talk with their doctor. Depression is treatable.

Getting support

Support from family and friends may help you manage your diabetes better.

Family and friends may want to be supportive but may not know how to help. You can help by telling them what you need. Here are some ideas:

- Invite them to come to your clinic visits.
- Be active with a family member or friend. Like walking or working in the yard.
- Eat well. Help your family and friends learn about good food choices.



Support from your family and friends may help you manage your diabetes.

Are there other ways that your family or friends can offer support?



What were your thoughts or feelings when you first learned you had diabetes?

What are your thoughts or feelings now about having diabetes?

Community Matters

Your community may provide support. Many communities offer diabetes classes, recipe sharing and food tasting, fitness, and other events.

Yap community partners showcase local foods.



Banana flower burger recipe sharing and taste testing in Fais, Island of Yap State.

Provided by the Yap Agricultural and Non-Communicable Disease Programs.

Banana Blossom Burger

Ingredients:

- 1 banana flower/blossom, diced
- 1-2 eggs, beaten
- 1/4 cup flour
- 1/2 cup onion, diced
- Salt and ground pepper to taste
- 1/2 cup crabmeat or flaked fish (optional)
- 1/2 cup cooking oil
- 2 ginggang (kalamansi) or half-lemon
- 1/3 cup water



Directions:

1. Squeeze ginggang juice into water. Add 1 tablespoon salt. Set aside.
 2. Clean banana flower by removing the mature parts. Dice and soak in the water/ginggang solution. Mix well. Let stand for at least 30 minutes then drain.
 3. Squeeze out excess water.
 4. Add flour, eggs, onions, salt, pepper and meat. Mix well. Form into patties.
 5. Heat oil. Fry the patties until golden brown.
 6. Drain excess oil from cooked patties using paper towels.
- Use as sandwich, burger bun filling, or eat as is.



Discussion

What kinds of support do you have in your community?



What is stress?

Stress is your body's way of reacting to any demand. Change of any kind, whether it is good or bad, can cause stress. Major life events, such as school graduation, a new baby, a new job, can cause stress. Arguing with a family member, doctor visits, finances, even planning vacations can also cause stress.



What are some things that cause stress for you?

What are some signs of stress?

You may have felt some signs of stress - sweaty palms, a pounding heart, rapid or shallow breathing, and muscle tightening. Other signs include:

- not being able to relax or quiet your mind,
- feeling bad about yourself,
- avoiding others,
- headaches,
- trouble sleeping, and
- clenched jaw or grinding teeth.



Group support helps lower stress.

How does stress affect health?

Some stress is good because it can help you meet life's demands. But too much stress is not good. It can affect your health and damage relationships with friends and family.

A lot of stress makes it hard for a person to manage diabetes. Having too much stress, over time, can also cause high blood pressure and heart disease. Too much stress causes many people to overeat and stop being active.



What can you do to handle stress?

Each person handles stress in their own way. Some of these ways work and some do not. There are things you can do to handle stress.

First, try to figure out what causes you the most stress. Think of one thing that is bothering you a lot. It can be hard to be sure what is stressing you. If you can spot what makes you stressed, you can figure out the best way to handle it.



Two ways to handle stress

1) Keep an upbeat inner voice.

Whether you are aware of it or not, you probably talk to yourself silently every day. For many people, self-talk consists of telling themselves what is wrong with them or what they cannot do. This is called negative self-talk.

Negative self-talk can make you feel badly about yourself. It can keep you from making changes. Each time you hear negative self-talk in your mind, erase it. Use positive self-talk instead.

Try to change negative self-talk to positive self-talk.

Negative self-talk: **I will never be able to manage my diabetes.**

Positive self-talk: **I will do my best. I can drink more water, during my day, instead of sugary drinks.**

2) Practice deep breathing.

When we are stressed, we breathe in a rapid and shallow way. Deep breathing can help you handle stress. You can use deep breathing in your car, at home, or at work.

You can try this breathing:

- Relax in a chair or stand.
- Take a slow deep breath through your nose. Try to fill your lungs and hold as long as you are able (no longer than a count of 7).
- Slowly exhale through your mouth for a count of 8. Slowly exhale through your mouth. As you exhale, pull your stomach muscles in.
- Take another slow deep breath through your nose. As you exhale, pull in your stomach muscles.

The hard part of using deep breathing or other ways to lower stress is making them a habit. Many times, you may say to yourself: **I cannot stop what I am doing. There is no time.**

But the truth is, once you start to feel stress in your neck, your shoulders, or your lower back, it is time to take a break. Do something that helps you relax. Try deep breathing.

Other ways to handle stress

Learning to handle stress will help you stay in good health. Eating too much, smoking, alcohol, drugs, or working too hard are not helpful ways to handle stress. Here are a few ways that may help:

- Walk on the beach. Listen to the ocean waves.
- Prayer or meditation.
- Take time to do things you like to do.
- Find something to laugh about.
- Be sure you get the sleep you need.

Many times, people eat more sugary foods when they feel stressed. This may make them feel worse.

If you find yourself eating sugary foods when you are stressed—Stop. Is there something else you could do?

Going for a walk or talking with a friend might be a better choice.

A few more tips

- Be here now. Do not waste energy worrying about the past.
- Accept what you cannot change. Take action to change things you have control over.
- Stay away from stressful settings if you can. If you cannot, try to plan ahead how you will handle the stress.



Relax and take time to enjoy your family.



Review

- Having diabetes can be stressful and bring up many feelings.
- Your feelings about diabetes will change over time.
- Positive self-talk and deep breathing can help lower stress.
- If you are feeling depressed, talk with your doctor.

Take a few minutes to plan to stay in good health with diabetes.

Choose something that you can do and works for you. Make your goal simple and clear. You can use the worksheet on the next page.

Or you can write your goal here: _____

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Notes:

Learning to make good food choices

My name is **Ann Alik**. A few years ago, I was told my blood sugar was too high (over 300). This worried me, as I did not want to get health problems from diabetes.

I decided to make changes in my food choices to help lower my blood sugar. I used to eat mostly white bread, white rice, and meat. I also liked sugary drinks.

Now, I eat lots of veggies and more whole grains, such as whole wheat, brown rice, and oats. I also drink more water.

Making changes in my food choices helps manage my blood sugar. I have more energy to do things for my community.



Ann helps children learn how to choose healthy snacks.

What kinds of food can you eat?

Learning to make good choices can help you and your family stay in good health. The key is making good food choices and watching how much you eat.

Some tips:

- Use a smaller plate.
- Drink more water.
- Eat more high fiber foods, such as yams, taro, local root crops, broccoli, and cabbage.
- Eat less food high in sugar and fat.



When eating meals choose from all the food groups.

What are the food groups?

No food group is better than another. For good health you need them all.

Food can be grouped into:

- Vegetables (also known as veggies)
 - **Non-starchy** includes broccoli, kang kong, pumpkin leaves, tapioca buds, spinach, and cabbage.
 - **Starchy** includes root crops and starchy fruits, such as taro, cassava, yam, green bananas, and breadfruit.
- Fruits—includes bananas, melons, oranges, papaya, bandanus, and mango.
- Grains—includes bread, pasta, noodles, and cereal. At least half of your grains for the day should be whole grains like wheat, brown rice, oats, and cornmeal.
- Protein—includes fish, chicken or turkey without the skin, lean meat with fat removed, eggs, beans, and nuts.
- Calcium foods
 - Milk and milk products such as nonfat or low-fat milk, yogurt, and cheese.
 - Other foods with calcium include broccoli and broccoli rabe, oranges, soybeans (including tofu), kale, and bok choy.

Eat foods with heart-healthy fats:

- Coconut oil or other oils that are liquid at room temperature.
- Small amounts of nuts and seeds.
- Heart-healthy fish such as tuna and mackerel.



Use coconut oil when cooking instead of butter, cream, shortening, lard, or stick margarine.

What foods should you eat less often?

Eat less:

- Fried foods or fast foods.
- Foods high in salt, such as chips or bacon.
- Sweets, such as baked goods, candies, and ice creams.
- Drinks with added sugars, such as juice and regular soda or sport drinks.



What foods are you eating less often?

What helped you make that change?

Drink coconut or plain water instead of sugary drinks.
Try using a sugar substitute in your coffee or tea.

What foods raise your blood sugar the most?

Some foods can make your blood sugar go up more than other foods. Carbohydrates (also known as carbs), protein, and fat are the main nutrients found in food and drinks.

Carbs affect blood sugar the most. Most carbs come from starchy veggies, fruit, and milk. Eating too many carbs can cause your blood sugar to go too high.

Sugary foods and drinks are also high in carbs. Eat less food with added sugar. Eat less white bread and white rice.

Eat more whole grains, fruits, and veggies. These foods provide the energy, vitamins, minerals, and fiber your body needs.

Eat more high fiber foods such as oatmeal, brown rice, beans, and starchy root veggies and fruits—such as taro, cassava, yam, green bananas, and breadfruit.

Fiber helps:

- keep your blood sugar in target range,
- control your weight,
- lower your chances for heart disease, and
- prevent constipation.

White rice or fried rice can cause your blood sugar to go up very quickly. Brown rice is a better choice. Try making your rice using $\frac{1}{2}$ white rice and $\frac{1}{2}$ brown rice. Eat smaller portions of rice.



Discussion What are some local foods that are high in fiber?



When should you eat?

Eat the same amount of food, at about the same time each day. This will help keep your blood sugar from being too high or too low. It also helps your diabetes medicine work better.

A few tips about when to eat:

- Eat 3 meals a day. Space your meals about 4 to 5 hours apart.
- Eat breakfast.
- Try not to skip meals. When you skip a meal, you may overeat at the next meal. You may also look for a quick snack that may not be a good choice.

If you miss a meal, try keeping these foods on hand for a snack:

- Veggies and fruits—a local banana is a good choice.
- Small handful of nuts.
- Low-fat granola bar.



Keep a daily routine. Eat the same amount of food, at about the same time, each day. If you use diabetes pills or insulin, take your medicine, at about the same time each day. Be active each day.

How much should you eat?

Eating more food, or bigger portions will cause your blood sugar to go up. Even foods that are good for you can make your blood sugar go up, if you eat too much. Eat smaller amounts of food spaced every 4 to 5 hours.

A portion is how much of something a person eats.
Some ways to eat smaller portions:

- Use a small plate.
- Eat one serving.
- Eat more slowly.
- Put fork down between bites.
- Stop eating when you feel comfortable and not over-full.
- Share a dessert.



Enjoy your meals. Go local. Eat small portions.

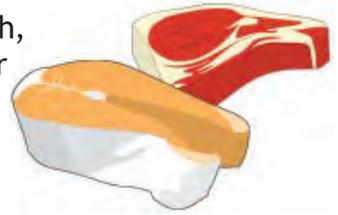
Helping Hands

You can learn portion sizes for the food you eat. Use your hands as a guide.

Your hands are useful in measuring portion size. If you are a big person, you have big hands. A little person has little hands. Your hands are custom-made to show you how much to eat.



Eat this much for meat, fish, or chicken (the size of your palm and the thickness of your little finger).



Eat this much for root crops, starchy veggies, cereal, rice, or fruit (the size of your fist).



Eat this much for non-starchy veggies (as much as you can hold in your cupped hands).



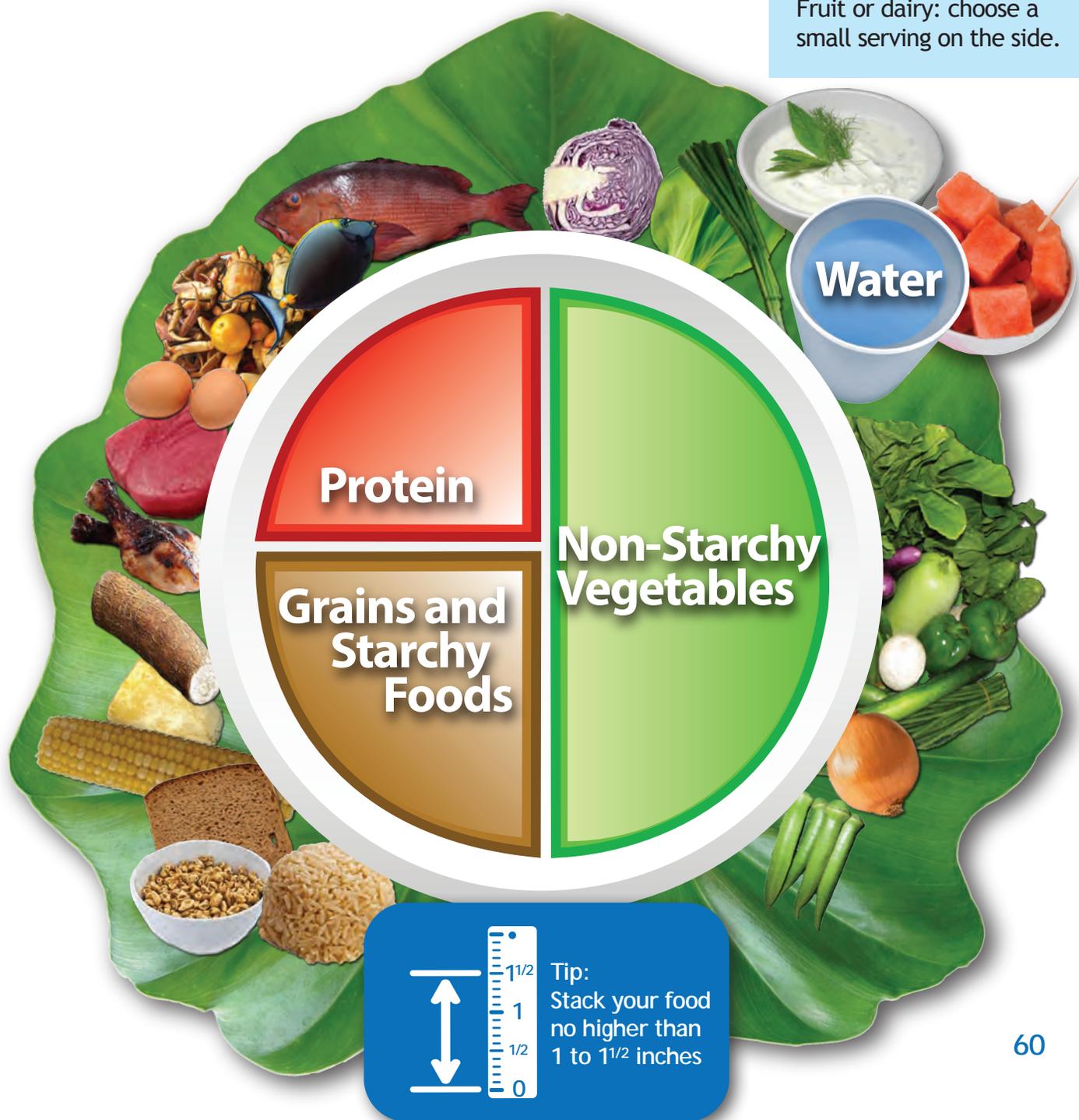
My Pacific Plate

An easy way to help you and your family know how much to eat.

Three steps:

- 1.) Use a 9 inch plate or a 9 inch area of a taro or other local leaf.
- 2.) Divide your plate into three sections:
 - Half plate of non-starchy vegetables.
 - 1/4 plate is grains or starch.
 - 1/4 plate is protein.
- 3.) Stack your food no higher than 1 to 1^{1/2} inches.

Fruit or dairy: choose a small serving on the side.



What about reading food labels?

Food labels are printed on most packaged foods. Reading food labels can help you make better choices.

Size up servings

Look for the number of servings and the serving size.

Choose nutrients wisely

Nutrients are the key ingredients found in food.

Nutrition Facts

4 servings per container
Serving size 1 1/2 cup (208g)

Amount per serving

Calories 240

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Consider the calories

Calories are the amount of energy you get from each serving of the food in the package. Eating more calories than what your body needs can lead to overweight and obesity.

Use % daily value

Choose foods with 5% or less of saturated fat, sodium and added sugars.

Choose foods with 20% or more of healthier nutrients such as dietary fiber, vitamin D, calcium, iron, and potassium.

A word about alcohol

If you drink alcohol, limit the amount. No more than one standard drink a day if you are a woman or two drinks a day if you are a man.

If you use insulin or diabetes pills that increase the amount of insulin your body makes, drinking alcohol can make your blood sugar drop too low.

It is best to eat some food when you drink alcohol.

What is a standard drink?

12 ounces of regular beer = 8-9 ounces of malt liquor (shown in a 12 ounce glass) = 5 ounces of table wine = 1.5 ounce shot of distilled spirits (gin, rum, tequila, vodka, whiskey, etc.)



about 5% alcohol



about 5% alcohol



about 12% alcohol



about 40% alcohol



Review

You and your family members can learn to make good food choices. Start with small changes.

- Eat breakfast.
- Vary your veggies.
- Eat smaller servings of rice.
- Stay away from foods high in sugar and fat.
- Vary your protein foods such as fish, eggs, beans, chicken, and pork.
- Stop eating when you are comfortable and not over-full.

Making small changes in your food choices will help you keep your blood sugar in target range.

Take a few minutes to plan to stay in good health with diabetes.

Choose something that you can do and works for you. Make your goal simple and clear. You can use the worksheet on the next page.

Or you can write your goal here: _____

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Notes:

Be active

My name is **Skaruno Kodep Dlutaoch**. I have lived with diabetes for over 15 years. My goal is to witness my 10-year old granddaughter go to college.

Living with diabetes does not limit the things I do. I like helping with the family chores, farming, and fishing. Being active helps me sleep better.

It also helps manage my blood sugar and blood pressure. My advice for living well with diabetes is to stay away from alcohol, take control of what you eat, and move more.



Being active at the farm and showing children how to care for the land is very rewarding.

What does being active mean?

Being active means moving your body. It is best to stay active for at least 10 minutes or more, 3 times a day. You can be active by doing yard work, walking, farming your land, or fishing.

Choose things that make you breathe a little harder and make your heart beat faster. It should be easy enough to talk to someone while moving. Doing things that help strengthen your muscles and stretching are also part of being active.

How does being active help you?

When you have diabetes, your body either does not make enough insulin or cannot use its own insulin very well. This problem causes high blood sugar.

When you are active, like going for a brisk walk, your muscles use more blood sugar. It also helps the insulin in your body work better.

Over time, being active may help lower your blood sugar. You may be able to take fewer diabetes pills or less insulin.



Be active. Try simple things, like sweeping your yard.

Being active can also help you:

- Reach and stay at a weight that is good for you.
- Keep your blood pressure in control.
- Lower your chances for heart disease.
- Have more energy and sleep better.



What are some other benefits of being active?

Hint: lowers stress, sharing time with family and friends.

Being active can help you stay in good health and live longer so you can:

- Be there for your children, grandchildren, and other family and friends.
- Be an active community member.
- Be recognized as an Elder and share your knowledge and wisdom.



Being active can help you live a happy and healthy life.

We all need to move more

Sitting for long periods of time—such as watching TV or working at your desk—can be harmful to your health. After sitting for 20 minutes, stand up or move around for 2 minutes or more. Less sitting and more moving during your day helps you stay in good health.

Be active your way.

If you have not been active, talk to your doctor before you begin. Choose something you enjoy. Brisk walking or working in the yard are good ways to start. Other ways include:

- walking up the stairs,
- playing with the grandkids,
- swimming, basketball, volleyball, and
- fishing or farming.

Choose something you enjoy. Be active with a family member or friend.



Can you think of other ways to be active around the house, at work, or doing errands?

If you have not been active, start slow. Do not start with a 3-mile walk. Try doing more standing activities, light yard work, cooking, or playing music and moving your feet.

Set small goals. For example:

- First, try walking 2 times a week, for 5 minutes each time.
- After a few weeks, try walking 2 times a day, 3 days of the week, for 10 minutes each time.
- As you get stronger, keep increasing your time until you are walking most days of the week, for 30 minutes or more.

Be active. Move more. Sit less.

- Before you are active, warm up for 3 to 5 minutes, by walking slowly and doing stretches.
- After you are active, cool down by walking or slow stretches, for 5 to 10 minutes.
- Wear light loose-fitting clothes.
- Wear shoes that fit well and protect your feet.
- Drink 6 to 8 glasses of water a day. Drink more water if it is hot and humid outside. Try to drink a little water every 15 to 30 minutes.

Go to the clinic and talk with your doctor if you feel:

- Pain or pressure in your chest, stomach, neck, jaw or arms.
- Unusual shortness of breath.
- Dizziness, nausea, or vomiting.
- Unusual pulse, shaky, nervous, confused.
- Extreme tiredness.

What if I am already active?

If you are active 30 minutes or more a day, congratulations! Talk with your doctor to be sure you are doing things safely.



Be active. Do things you like to do.

Reward yourself

Rewards are a good way to keep us going. Being active has a lot of rewards, like lowering blood sugar, blood pressure, and stress. It can make you stronger and have more energy.

Reward yourself when you reach a goal. When thinking of a reward, try not to think of food as a reward. Try a new hairstyle, playing music, or spend time with your children or grandchildren.



What kind of reward would you give yourself for reaching a goal?

Being active is good for family and friends.

Help your family and friends move more each day. Invite them to be active with you. Walking is a good way to start.



You have more fun when you walk with family and friends.

Excuses

There are a lot of excuses for not being active.

Do any of these sound familiar? What keeps you from being active?

- No time.
- Too hot.
- Too tired.
- It is not safe to go walking.
- I cannot do what I used to do.

Getting around the excuses.

What about the 'no time' excuse? What could you do?

- Take short (10 minute) walks during the day.
- Turn off the TV for 30 minutes and be active.
- Have a friend or family member go for a walk or work in the yard with you.
- Do sit-ups, stretches, or walk in place during TV ads.

What about the 'too tired' excuse? What could you do?

- Remind yourself that being active will give you more energy.
- Take a short walk. Once you get started, it may be easy to keep going.
- Listen to upbeat music to get you going.
- Have a friend or family member walk or work in the yard with you.

Stay on track.

We all have things that may get in the way and cause us to stop being active. Do not feel guilty or give up. Be kind to yourself. Make plans to get started again as soon as you can.





Review

Being active means that you are moving your body.

- You are active for 10 minutes, three times a day.
- Your heart beats faster and you sweat a little.
- It should be easy enough to talk to someone while moving.
- If you have not been active for a long time, start slow.
- Reward yourself with non-food rewards.

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Notes:

Check your feet

My name is **Jennifer Tedtaotao**. I enjoy walking and working in my yard. I want to keep my feet in good health. I check them daily for any cuts or sores. If I have a cut or sore that does not heal in 2 to 3 days, I go to the clinic to show my doctor.



Jennifer uses a mirror to check the bottom of her feet.



Jennifer also asks the clinic team to check her feet for nerve damage at least once a year.

Why do people with diabetes need to take care of their feet?

Over time, diabetes may cause nerve damage. You may lose feeling in your feet. You may not feel a sore or cut on your foot. The sore or cut may get worse because you do not know it is there.

Diabetes can also lower the amount of blood flow in your feet. Less blood flow in your feet makes it hard for a sore or infection to heal.

People with diabetes need to check their feet each day. This is even more true if you have:

- pain or loss of feeling in your feet (numbness, tingling);
- changes in the shape of your feet or toes; or
- sores, cuts, or ulcers on your feet that do not heal.



Be sure to check between your toes.

How do you take care of your feet?

Taking care of your feet can help lower your chances of losing a toe, foot, or leg.

Check your feet:

- In the morning, before you put on socks and shoes.
- In the evening, before bed after you take off your slippers or shoes.
- Look at the tops and both sides of each foot and between your toes.
- Use a mirror to check the bottom of your feet, or have a family member help you.
- Look for cuts, sores, red spots, swelling, and blisters.

Get help if you find a foot problem.

- Go to the clinic if you have a sore that is red, swollen, painful, or if the sore is draining pus.
- Problems with your feet can get worse very fast.
- Do not wait to see if it will get better. Do not try to take care of it yourself. Show your doctor or nurse your foot problem right away.
- Getting help right away can keep a small foot problem from getting bigger.



At each clinic visit, take off your shoes and socks. Have your doctor or nurse:

- Check your feet.
- Trim your toenails or take care of corns and calluses, if needed.

Your doctor or nurse will check your feet for nerve damage and poor blood flow at least once a year.



Taking care of your feet

Wear shoes or slippers indoors and outdoors.

- Wear shoes that fit well and protect your feet.
- Before putting your shoes or slippers on, check inside to make sure there are no objects, such as a small rock.
- Wear socks to help prevent getting blisters and sores.

Protect your feet from hot and cold.

- Wear shoes at the beach and on hot pavement. You may burn your feet and may not know it. Use sunscreen on the top of your feet to prevent sunburn.
- Keep your feet away from heaters, open fires, heating pads, or hot water bottles. These may burn your feet.
- Wear socks at night if your feet get cold.

Wash your feet each day.

- Use lukewarm water.
- Do not soak your feet. Soaking dries your skin.
- Dry your feet well, especially between your toes.

Keep your skin soft and smooth.

- Use a thin coat of lotion or coconut oil on the tops and bottoms of your feet.
- Do not use lotion or oil between your toes. Moisture between your toes can make the skin soften and break down, which can lead to infection.
- Do not use iodine or alcohol on your feet.

Corns and calluses.

- Thick patches of skin on your feet are called corns or calluses. If you have corns or calluses, clinic staff can help take care of them.
- Do not cut corns or calluses. Do not use a razor on any part of your feet.
- Do not use corn removal medicine.

Trim your toenails or get help.

- Trim your toenails straight across. Smooth corners with an emery board or nail file. This prevents the nails from growing into the skin.
- Do not use knives or sharp tools on your feet.
- A family member or clinic staff can help trim your toenails if you:
 - cannot see well,
 - have lost feeling in your feet,
 - cannot reach your feet, or
 - have thick toenails or nails that curve into the skin.



Wash your feet each day. Do not soak your feet. Dry your feet well.
Check between your toes.



Taking care of your feet

Keep the blood flowing to your feet.

- Put your feet up when you are sitting.
- Wiggle your toes for 5 minutes, 2 or 3 times a day. Move your ankles up and down and in and out to help blood flow in your feet and legs.
- Do not cross your legs for long periods of time.
- Do not wear tight socks, elastic, or rubber bands around your legs.
- Do not smoke. Smoking can reduce blood flow to your feet. Talk with your health care team about ways to help you to quit smoking.
- Be active. Being active improves blood flow to your feet.

If you cannot bend over or bring your feet up to check them yourself, you still need to know how to check your feet. You can help a family member learn how to check your feet.



What things can you do to take care of your feet?

Tips for buying shoes

- Buy shoes that are wide enough so that your toes can wiggle when you are standing.
- Shoes made of canvas or leather help support your feet and allow them to breathe.
- Stay away from vinyl or plastic shoes. They do not stretch or breathe.
- Look for shoes with rounded toes and low heels.
- Buy your shoes late in the day, after you have been on your feet for a while, so you can find the best fit.
- Shoes should not be tight or put pressure on any spot.



Look for shoes with rounded toes and low heels.



Review

- Check your feet each day.
- Always trim your toenails straight across.
- Wear shoes and socks—never walk barefoot.
- Go to the clinic right away if you find a problem with your feet.
- Talk with your doctor about your blood sugar targets.

Take a few minutes to plan to stay in good health with diabetes.

Choose something that you can do and works for you. Make your goal simple and clear. You can use the worksheet on the next page.

Or you can write your goal here: _____

Ghilissow Si Yu'us ma'åse'
Fa'afetai Kinisou Kammagar
Kalahngan Kulo Kommol
Mesulang Thank You

Diabetes self-care goals and pledge

You are the key person to take care of your diabetes. You can prevent or delay problems with your eyes, kidneys, feet, gums, and heart. We will guide you and offer support. Here are some things you can do to stay well with diabetes.

Circle the number (or numbers) for what you would like to work on to manage your diabetes.



1. I will work to keep my A1c below _____ and go to my scheduled clinic visits.



2. I will walk _____ minutes _____ day(s) a week. If I feel chest pain or tightness, or shortness of breath, I will stop walking. I will go to the clinic or hospital and talk with my doctor.



3. I will take my diabetes pills or insulin and other medicine as my doctor has told me.



4. I will check my feet each day. If I see a sore or redness and swelling, I will go to the clinic for a foot check.



5. I will eat more local foods. I will eat more veggies. I will drink more water. I will keep my portion size small. (Circle your choice or choices)



6. I will lose _____ pounds of weight in the next _____ months.



7. I will stop using tobacco such as cigarettes, chew, e-cigarettes, and cigars. I will limit my alcohol intake. (circle your choice or choices)



8. I will take a baby aspirin or coated aspirin each day, if my doctor tells me.



9. I will use less salt to help lower my blood pressure.



10. I will talk with my family and friends about diabetes. They can offer support.



Notes:

Taking care of your heart

My name is **Lynn Judas**. Walking helps keep my heart strong. I enjoy walking, each day, up and down the road to my house.

By doing this, I feel strong and happy. I want to stay in good health for my husband, children, and grandchildren.



Lynn wants to keep her heart strong. Walking is a daily habit.

How the heart works

Your heart works like a pump. As your heart beats, it pumps blood around your body. This blood provides your body with oxygen and nutrients. It also carries away waste.

You can feel your heart beat by taking your pulse.

To find your pulse, place the index and middle finger of one hand on the inside wrist of your other hand. Slide your two fingers toward the thumb side of your wrist until you feel a slight beating.

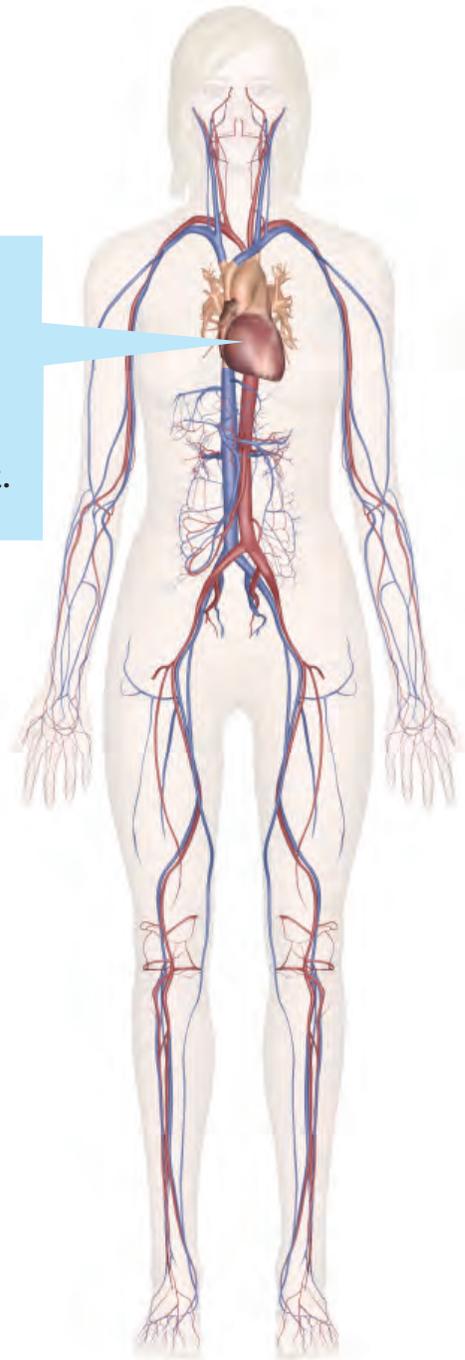
Blood vessels.

Once the blood leaves your heart, it moves through many tubes called blood vessels. Blood vessels are long, hollow tubes of tissue, much like pipes or drinking straws.

The blood vessels that carry blood away from the heart are called arteries. The ones that carry blood back to the heart are called veins.

Your heart needs to have the blood vessels open and unblocked to pump blood around your body.

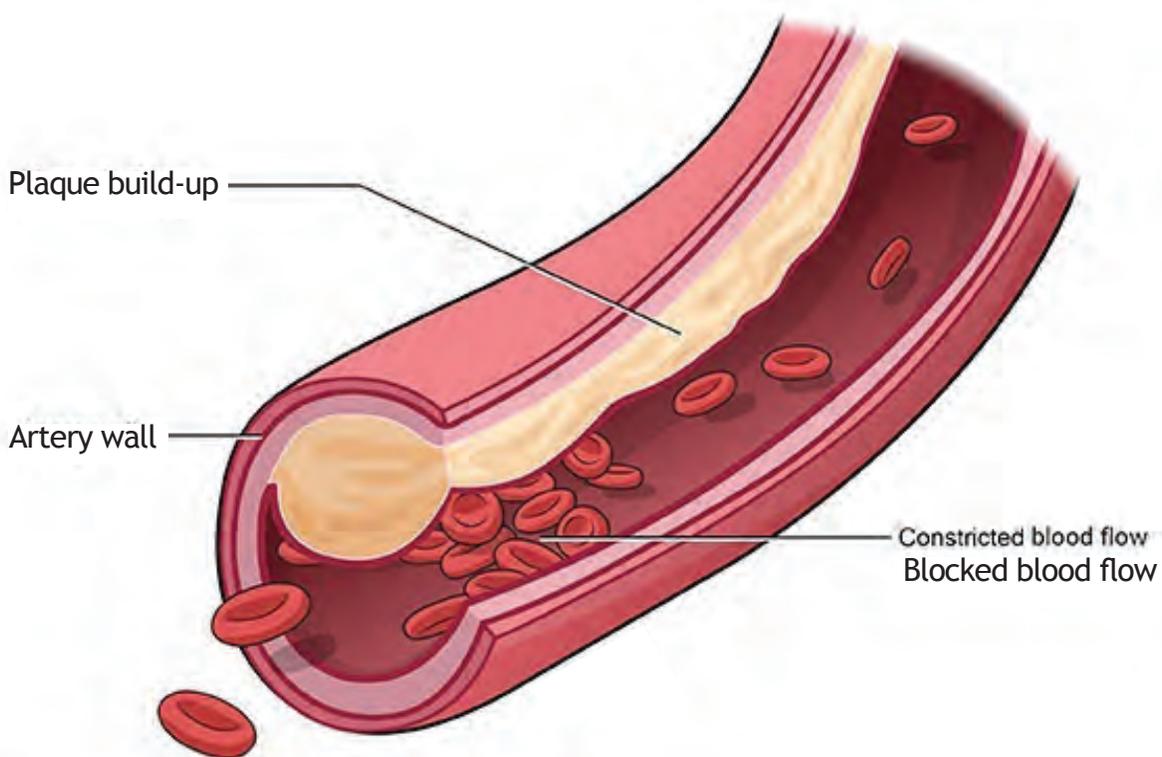
The heart is a muscle about the size of a fist and sits in the middle of your chest, slightly to the left.



How does diabetes affect your blood vessels?

High blood sugar, over time, can make the artery walls rough. This allows fat (plaque) to build up on the walls. Like rust building up inside a pipe. The artery becomes stiff and narrow. This is called hardening of the arteries or atherosclerosis (ath-ero-scle-ro-sis).

This build up can block the flow of blood to your heart and body. If blood flow to your heart is blocked, you may feel chest pain or have a heart attack. If blood flow to your brain is blocked, you may have problems thinking, trouble with memory, or a stroke.





What can you do to lower your chances of heart disease?

High blood sugar, over time, can damage your blood vessels and the nerves that control your heart and blood vessels. Keeping your blood sugar in target range can help you lower your chances of heart disease, such as a heart attack or stroke.

Blood sugar target:

- Right before a meal: 80 to 130.
- Two hours after the start of a meal: Below 180.

Talk with your doctor about your blood sugar targets.

Other things you can do:

- Be active.
- Eat more local foods, such as fresh fish and non-starchy veggies.
- Try to control or prevent high blood pressure.
- Reach and stay at a weight that is good for you.

What about tobacco use?

If you use tobacco stop. Tobacco use includes cigarettes, chew, e-cigarettes, and cigars. Tobacco use can increase your chances for having problems with your heart, eyes, feet, and kidneys. If you use tobacco, you also have a greater chance for lung, mouth, or other cancers.

Talk with your doctor or nurse about ways to help you to quit using tobacco.

Chewing betel nut with tobacco: greatly increases the risk of oral cancers.

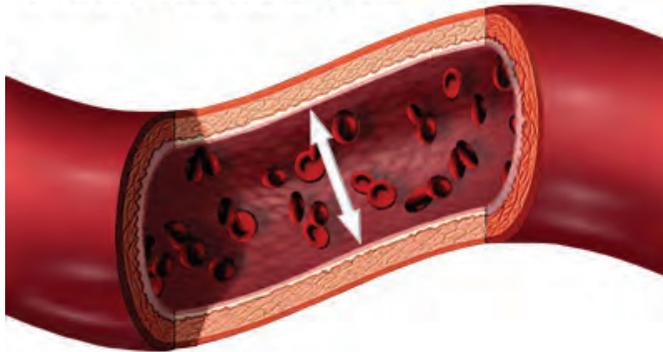
Heavy use of betel nut causes tooth decay, problems with your jaw, and oral cancers and oral cancers.

What is high blood pressure?

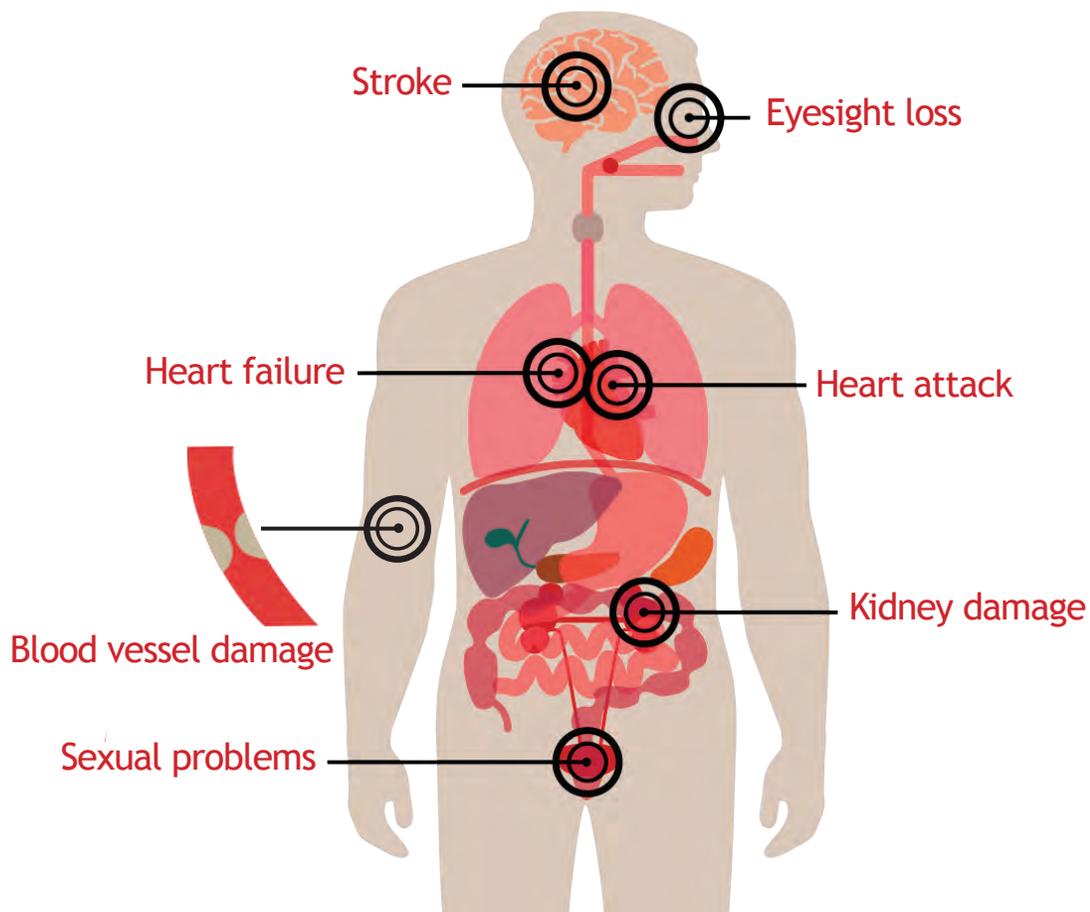
Blood pressure is the force of blood pushing against the artery wall as your heart pumps blood. High blood pressure means that this force is too high. High blood pressure makes your heart work too hard.

Over time, high blood pressure can weaken and damage your blood vessels. High blood pressure can increase your chances of heart attack, stroke, or eye and kidney problems.

Blood pressure is the force of blood pushing against the artery wall.



High blood pressure, over time, can cause damage to your body.



You may not know if your blood pressure is high

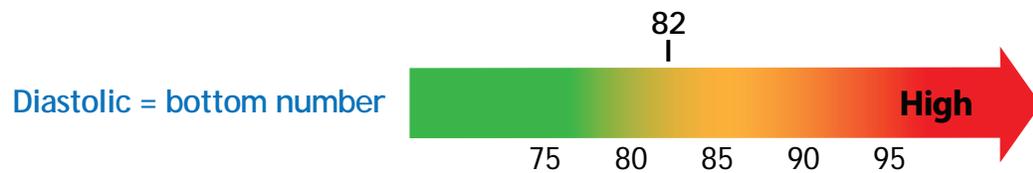
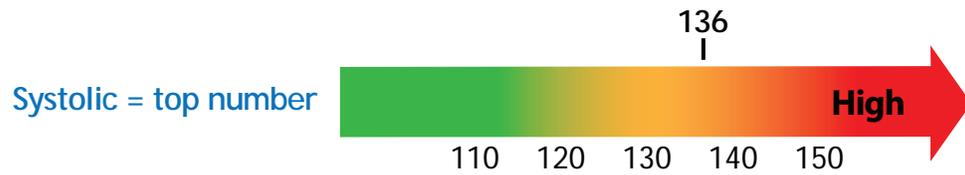
Check your blood pressure at each clinic visit or at a community location.

There are two blood pressure numbers. They are written one above the other, such as 136/82. If your blood pressure is 136/82, you say that it is 136 over 82.

136
/
82

The top number (also called **systolic**) is the pressure on your blood vessels when your heart is pumping and pushing blood out to the body.

The bottom number (also called **diastolic**) is the pressure on your blood vessels when your heart rests.



It is best to keep your blood pressure below 140/90.



Check your blood pressure at each clinic visit or at a community location.

Can you prevent or control high blood pressure?

You can prevent or control high blood pressure.

- Check your blood pressure at each clinic visit or at a community location.
- Take your blood pressure pills the way your doctor tells you.
- Cut down on salt and salty food. Do not add salt when cooking or at the table. Use less soy sauce.
- Be active. Move more. Sit less.
- Drink less alcohol—no more than one drink a day if you are a woman or two drinks a day if you are a man.
- If you use tobacco stop. Tobacco use includes cigarettes, chew, e-cigarettes, and cigars. Talk with your doctor or clinic team about ways to help you quit using tobacco.



What other things can you do to prevent high blood pressure?

Hint: Eat more local veggies and fruit.
Cut back on canned veggies and meat.

Blood pressure pills

- Take your pills the way your doctor tells you.
- Do not stop your pills unless your doctor tells you.
- Use a pill box to help remind you to take your pills.
- Get a refill when there are about 5 to 7 pills left in the bottle.
- Talk with your doctor if your pills makes you feel sick.
- Ask your doctor or pharmacist before using over-the-counter medicine.



What are blood fats?

Blood fats (also called lipids) are needed for good health. Everyone has fats in their blood. Two of the major blood fats are cholesterol (kul-LES-ter-rol) and triglycerides (tri-GLI-ser-ides). If these blood fats are high for long periods of time, you increase your chances of heart disease, such as heart attack or stroke.

What is cholesterol?

Cholesterol is a type of fat in your blood. There are two types of cholesterol. LDL (Low-density lipoprotein) or ‘bad’ cholesterol is the type that sticks to the blood vessel walls. HDL (High-density lipoprotein) or ‘good’ cholesterol helps remove the ‘bad’ fat from blood.

Bad cholesterol, or LDL, can build up and block your blood vessels. Blocked blood vessels can lead to heart disease.

It is good to have high HDL levels and low LDL levels.

What are triglycerides?

Triglycerides are the other major blood fat. When your triglycerides are high, most times, your blood sugar and cholesterol levels are also high. This can increase your chances for heart disease.

How often should you have your blood fats checked?

Your doctor can order a simple test to check your blood fats. People with diabetes need this blood test at least once a year. Learn what your blood fat numbers mean. If they are high, talk with your doctor about what you can do to lower them.

What can you do to lower blood fats?

Some people have a family history of high blood fats (LDL and triglycerides). You cannot change your family history. There are things you can do to keep these blood fats low.

- Be active. Move more. Sit less.
- Eat more local foods. Local veggies, fruits, and seafood are rich in vitamins, minerals, and fiber, and low in fat.
- Eat less processed foods, such as canned meats, potato and corn chips, candy bars, snack cakes, fast food burgers, and fries.



What local foods are high in fiber?

Hint: root veggies, such as yams, taro, and sweet potato.

Take care of your heart

There are many things you can do to take care of your heart.

Remember, it took years to develop your habits. It will take some time to change. Change habits slowly. Take small steps.

Eating local foods is good for you and your family.



Try grilling or baking instead of frying.

Take care of your heart

Be active.

- Be active for 30 minutes or more each day. Try a 10 minute brisk walk 3 times a day.

Make good food choices.

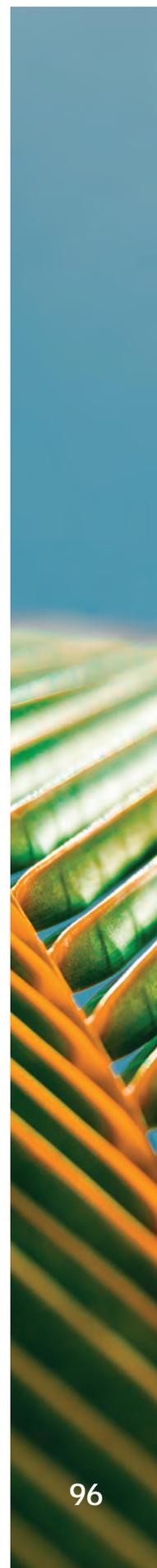
- Eat more local foods: fresh fruit, fish, and non-starchy veggies (such as spinach, cucumber, broccoli, and eggplant.)
- Bake, broil, or grill food instead of frying.
- Eat foods with healthy fats such as fish, nuts, and seeds.
- Trim fat from meats before you cook them. Drain off fat after you brown the meat or while you are roasting it. Eat chicken without the skin.
- Chill soups and stews after cooking and spoon off the top layer of fat that forms.
- Use oils when cooking instead of hard fats such as shortening, lard, margarine, and butter.
- Limit desserts, such as cookies and ice cream, to only 1 or 2 times a week.
- Do not add salt to food.

Reach and stay at a weight that is good for you.

Deal with stress as best you can.

- If you feel sad or down, talk with someone. Share your feelings and concerns with your doctor, or others who will listen and give you support.
- Talk with family and friends about how they can support you.
- Taking time to laugh, visit friends and family, and do things you like.

Talk with your clinic staff about things you can do to take care of your heart.





Review

You can take care of your heart.

- Eat more local foods, such as fresh fish and veggies.
- Be active. Move more. Sit less.
- Keep your blood pressure below 140/90.
- Talk with your doctor about your blood sugar targets.
- Take your pills the way your doctor tells you.
- Keep your scheduled clinic visits.
- Talk with your family and friends about how they can support you.

Take a few minutes to plan to stay in good health with diabetes.

Choose something that you can do and works for you. Make your goal simple and clear. You can use the worksheet on the next page.

Or you can write your goal here: _____

Ghilissow Si Yu'us ma'åse'
Fa'afetai Kinisou Kammagar
Kalahngan Kulo Kommol
Mesulang Thank You

Diabetes self-care goals and pledge

You are the key person to take care of your diabetes. You can prevent or delay problems with your eyes, kidneys, feet, gums, and heart. We will guide you and offer support. Here are some things you can do to stay well with diabetes.

Circle the number (or numbers) for what you would like to work on to manage your diabetes.



1. I will work to keep my A1c below _____ and go to my scheduled clinic visits.



2. I will walk _____ minutes _____ day(s) a week. If I feel chest pain or tightness, or shortness of breath, I will stop walking. I will go to the clinic or hospital and talk with my doctor.



3. I will take my diabetes pills or insulin and other medicine as my doctor has told me.



4. I will check my feet each day. If I see a sore or redness and swelling, I will go to the clinic for a foot check.



5. I will eat more local foods. I will eat more veggies. I will drink more water. I will keep my portion size small. (Circle your choice or choices)



6. I will lose _____ pounds of weight in the next _____ months.



7. I will stop using tobacco such as cigarettes, chew, e-cigarettes, and cigars. I will limit my alcohol intake. (circle your choice or choices)



8. I will take a baby aspirin or coated aspirin each day, if my doctor tells me.



9. I will use less salt to help lower my blood pressure.



10. I will talk with my family and friends about diabetes. They can offer support.



Notes:

Prevent long-term problems

We are **Madline**, **Liban**, **Ernestine**, and **Atrina**. We used to worry about getting long-term problems from diabetes, such as losing our eyesight or kidney disease. The Ebeye Community Health Center staff checks our health and helps us learn how to prevent these problems.

Now, we want to give back to the community by helping others learn about diabetes. We talk story with others about going to clinic visits, taking diabetes medicine, being active, and making good food choices.



Madline, (in front) **Liban**, **Ernestine** and **Atrina** are helping others learn how to stay in good health. They also enjoy picking fresh veggies at the local community garden.

Taking care of your eyes

People with diabetes can have eye problems. If your blood sugar and blood pressure stay high, for long periods of time, the blood vessels in the eye can become damaged.

Changes in the eye happen slowly and build up over time. When the blood vessels in the eye are damaged you may have problems with your eyesight. Go to the clinic, if you notice any of these changes in your eyesight:

- Blurred or cloudy eyesight,
- Black floating spots,
- Color is less clear,
- Hard to drive at night, or
- Seems like you are looking through a spider web or a pool of blood.

If you have diabetes, you may get other eyesight problems.

- Cataract is the clouding of the lens in the eye. It causes blurry, dull vision.
- Glaucoma is high pressure in the eye. The high pressure can cause loss of eyesight. People have trouble seeing things out to the sides (sometimes called tunnel vision).

The early stages of eye damage from diabetes has no symptoms. Finding eye damage early can save your eyesight. An eye doctor can check and treat problems with your eyes.

If you can, see an eye doctor at least once a year. Getting treatment right away can save your eyesight.



Have you experienced any eye problems?

If so, what kind of treatment did you have?

You can protect your eyesight

- Talk with your doctor about your blood sugar targets.
- Keep your blood pressure below 140/90.
- If you can, see an eye doctor at least once a year.
- If you use tobacco stop. Tobacco use includes cigarettes, chew, e-cigarettes, and cigars. Talk with your doctor or clinic team about ways to help you quit using tobacco.

Get new glasses when your sugar is in target range.

When your blood sugar changes a lot over time, your eyesight may be blurry. Get your eyes checked for glasses when your blood sugar is in target range for about 4 weeks in a row.

Go to the clinic if you notice any changes in your eyesight.



You can protect your eyesight.

Taking care of your heart

Having diabetes increases your chances of heart disease, such as heart attack or stroke.

How does heart disease happen?

Heart disease can happen if your blood sugar, blood pressure, and blood fats are high for long periods of time. High stress levels, tobacco use, and family history may also increase your chances for getting heart disease.

Can you prevent heart disease?

You can prevent or delay heart disease.

- Choose local foods—eat more fruits and veggies.
- Be active. Move more. Sit less.
- Learn ways to help you handle your stress.
- Take your medicine as your doctor tells you.
- Keep your scheduled clinic visits.
- Reach and stay at a weight that is good for you.
- If you use tobacco stop. Tobacco use includes cigarettes, chew, e-cigarettes, and cigars. Talk with your doctor or clinic team about ways to help you quit using tobacco.

Make small changes that lead to bigger changes you can stick with.



Talk with your doctor or clinic team about heart disease.

What are the ABCs of Diabetes?

A

A is for the A1c test. This test shows your blood sugar levels over the past 3 months. High blood sugar, over time, can cause problems with your eyes, heart, kidneys, and feet. Check at least 1 to 2 times a year.

B

B is for Blood Pressure. High blood pressure can make your heart work too hard. High blood pressure can increase your chances of heart attack, stroke, or eye and kidney problems. Check your blood pressure at each clinic visit.

C

C is for Cholesterol. One kind of cholesterol, called LDL, can build up and block your blood vessels. It can cause heart attack or stroke. Check with your doctor about how often you need this blood test.

S

S is for Stop tobacco use. Tobacco use includes cigarettes, chew, e-cigarettes, and cigars. Talk with your doctor or clinic team about ways to help you quit using tobacco.

Taking care of your gums

People with diabetes have a greater chance of gum problems. High blood sugar can lead to infections of the gums and bones that hold your teeth in place. Without treatment, teeth may become loose and fall out.

Take care of gum problems right away. Signs of gum infection:

- Gums bleed when you brush or floss your teeth.
- Swollen, red, or tender gums.
- Gums are pulled away from your teeth.
- Bad breath or a bad taste in your mouth.
- Teeth that hurt or bleed when you eat.
- Loose teeth.

You can help protect your teeth and gums.

- Talk with your doctor about your blood sugar targets.
- Brush your teeth 2 times a day or more, 2 to 3 minutes each time.
- Use dental floss each day.
- See a dentist at least once a year. More often if your dentist recommends.
- If you use tobacco stop. Tobacco use includes cigarettes, chew, e-cigarettes, and cigars. Talk with your doctor or clinic team about ways to help you quit using tobacco.



See a dentist at least once a year.

Taking care of your kidneys

People with diabetes have a greater chance of kidney damage. Kidney damage happens slowly over many years.

Your kidneys do a lot, but their key job is to take waste out of the blood and make urine (pee). Your kidneys act as filters, much like how coconut pieces are removed from coconut milk before using for cooking or giving to a baby or child.

How does diabetes cause kidney disease?

High blood sugar, over time, can damage the blood vessels in your kidneys. When the blood vessels are damaged, they cannot remove waste from the blood. This can cause waste to build up in your body.

There are things you can do to prevent or delay kidney disease.

- Talk with your doctor about your blood sugar targets.
- Keep your blood pressure below 140/90.
- Take your medicine, as your doctor tells you.
- Keep your scheduled clinic visits. Your doctor will check your kidneys using blood and urine samples once a year.

Treat bladder infections right away. Go to the clinic if you think you have a bladder infection. Signs include pain, burning, or frequent peeing. You may also feel that you want to pee but cannot, have a fever, or pain in your back or side.

The kidneys are two bean-shaped organs. Each about the size of a fist. Your kidneys are located just below your rib cage, one on each side of the spine.



What happens if you have kidney disease?

Treatment for kidney damage can include:

- Medicine
- Changes in what you eat and drink:
 - Eating less protein foods, such as beef, chicken, fish, pork. Especially canned or packaged meats.
 - Eating less salt.
 - Limiting fluids.

If kidney disease grows worse, the kidneys may not work anymore. A person then needs to have their blood filtered to remove the waste products. If this happens, the treatment choices are:

- Hemodialysis done in a clinic with a machine 2 to 3 times a week.
- Peritoneal dialysis done at home, each day.
- Kidney transplant.

You can take care of your kidneys.



What are some things you can do to take care of your kidneys?

What about nerve damage?

Nerves carry messages back and forth between the brain and other parts of the body. People with diabetes have a greater chance of nerve damage.

Neuropathy (noo-ROP-uh-thee) means nerve damage.

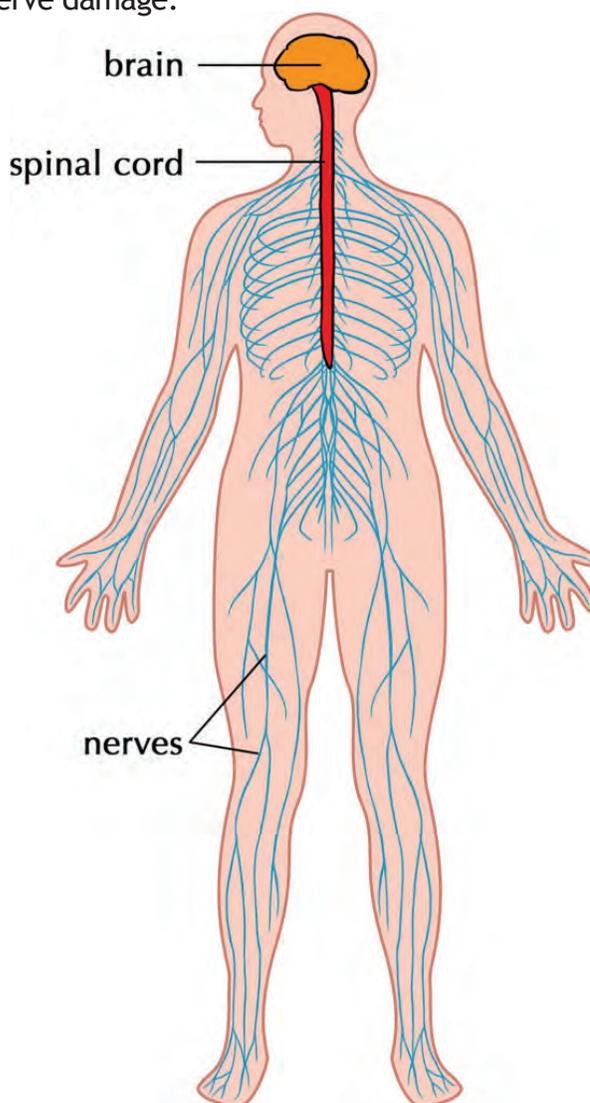
What are the signs of nerve damage?

Having high blood sugar, over time, can cause damage to your nerves. When you have nerve damage you may feel pain, tingling, or numbness—loss of feeling—in your hands, feet, and legs. Nerve damage can happen in other parts of your body.

What you may feel depends on the nerves that are damaged.

For many people, the first sign is often numbness, tingling, or pain in the feet. Other signs of nerve damage include:

- upset stomach,
- diarrhea or constipation,
- dizziness or faintness due to standing or sitting up,
- problems with peeing, and
- weakness.





Can you prevent nerve damage?

You can prevent nerve damage. The best way is to keep your blood sugar in target range. Other ways include:

- Eat more local foods and veggies
- Be active. Move more. Sit less
- Take your medicine as your doctor tells you.
- Keep your scheduled clinic visits. Tell your doctor about any health changes or problems you notice.
- Drink less alcohol.
- If you use tobacco stop. Tobacco use includes cigarettes, chew, e-cigarettes, and cigars. Talk with your doctor or clinic team about ways to help you quit using tobacco.

A word about sexual problems

Many health issues can cause problems with sexual function. For example, high blood sugar, high blood pressure, and tobacco use, over time, may damage nerves and blood vessels that control sexual function.

It may be difficult to talk about sexual problems. If you have problems, talk with your doctor or someone you trust. There are things that can be done to fix the problem. Sexual problems are more common than you think.





You can stay in good health

Start with small changes.

Diabetes self-care is not easy, but it is worth it. Start with small, simple changes that lead to bigger changes you can stick with.

Find problems early.

Most of the long-term problems of diabetes can be treated better if they are found early. Your doctor and clinic team can help you find problems early. Here is a list of things to do during your clinic visits.

Things to do during your clinic visits

At each clinic visit:

- Weight
- Blood pressure
- Blood sugar
- Foot check
- Self care goal

Every year:

- A1c test (at least 2 times a year)
- Complete foot exam to check nerves and blood flow
- Eye exam (dilated)
- Kidney check
- Blood fat check
- Dental exam
- Flu shot

Your diabetes record

Medicine from my doctor					
Name of medicine	Dose	How often	Why taken	Doctor's name	Notes
1					
2					
3					
4					
5					
6					
7					
8					
9					



My Diabetes Record

Patient Name: _____

In case of emergency, call:

Name: _____

Relationship: _____

Phone: _____

Allergies: _____

Blood Type: _____

Keep track of your test results each time you visit

Medicine from my doctor					
Name of medicine	Dose	How often	Why taken	Doctor's name	Notes
1					
2					
3					
4					
5					
6					
7					
8					
9					



My Diabetes Record

Patient Name: _____

In case of emergency, call:

Name: _____

Relationship: _____

Phone: _____

Allergies: _____

Blood Type: _____

Keep track of your test results each time you visit

Keep records of your clinic visits. Bring your record to each clinic visit. It will help you and your health care team keep track of your diabetes care and avoid long-term problems.

Protect your health in other ways too

During your clinic visits, your doctor may ask that you have other things done. Here are a few things:

- TB (Tuberculosis: too-bur-kyuh-LOH-sis) skin test once—after learning you have diabetes. If you are TB positive, your doctor will order other tests to check for active TB disease.
- Tetanus shot every 10 years.
- Pneumonia shot at least once after learning you have diabetes.
- For women:
 - Mammogram
 - Breast and pelvic exam

Your diabetes and TB clinic teams will help you learn more about TB and diabetes.



Review

To stay in good health and prevent problems with diabetes, it is best to:

- Eat more local fruits and veggies.
- Cut down on foods that are high in sugar and fat.
- Be active. Move more. Sit less.
- Keep your scheduled clinic visits.
- Tell your doctor about health changes or problems you notice.
- Take your medicine as your doctor tells you.
- Talk with your doctor about your blood sugar targets.
- Keep your blood pressure below 140/90.
- If you use tobacco stop. Tobacco use includes cigarettes, chew, e-cigarettes, and cigars. Talk with your doctor or clinic team about ways to help you quit using tobacco.
- Keep your stress level low. Spend time with family and friends.

Take a few minutes to plan to stay in good health with diabetes.

Choose something that you can do and works for you. Make your goal simple and clear. You can use the worksheet on the next page.

Or you can write your goal here: _____

Ghilissow Si Yu'us ma'åse'
Fa'afetai Kinisou Kammagar
Kalahngan Kulo Kommol
Mesulang Thank You

Diabetes self-care goals and pledge

You are the key person to take care of your diabetes. You can prevent or delay problems with your eyes, kidneys, feet, gums, and heart. We will guide you and offer support. Here are some things you can do to stay well with diabetes.

Circle the number (or numbers) for what you would like to work on to manage your diabetes.



1. I will work to keep my A1c below _____ and go to my scheduled clinic visits.



2. I will walk _____ minutes _____ day(s) a week. If I feel chest pain or tightness, or shortness of breath, I will stop walking. I will go to the clinic or hospital and talk with my doctor.



3. I will take my diabetes pills or insulin and other medicine as my doctor has told me.



4. I will check my feet each day. If I see a sore or redness and swelling, I will go to the clinic for a foot check.



5. I will eat more local foods. I will eat more veggies. I will drink more water. I will keep my portion size small. (Circle your choice or choices)



6. I will lose _____ pounds of weight in the next _____ months.



7. I will stop using tobacco such as cigarettes, chew, e-cigarettes, and cigars. I will limit my alcohol intake. (circle your choice or choices)



8. I will take a baby aspirin or coated aspirin each day, if my doctor tells me.



9. I will use less salt to help lower my blood pressure.

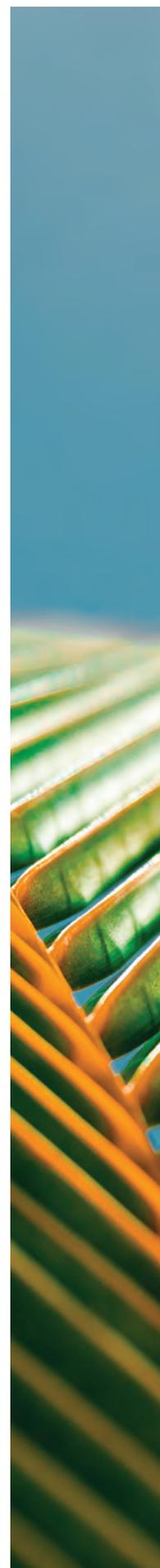


10. I will talk with my family and friends about diabetes. They can offer support.



Notes:

Notes:





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