

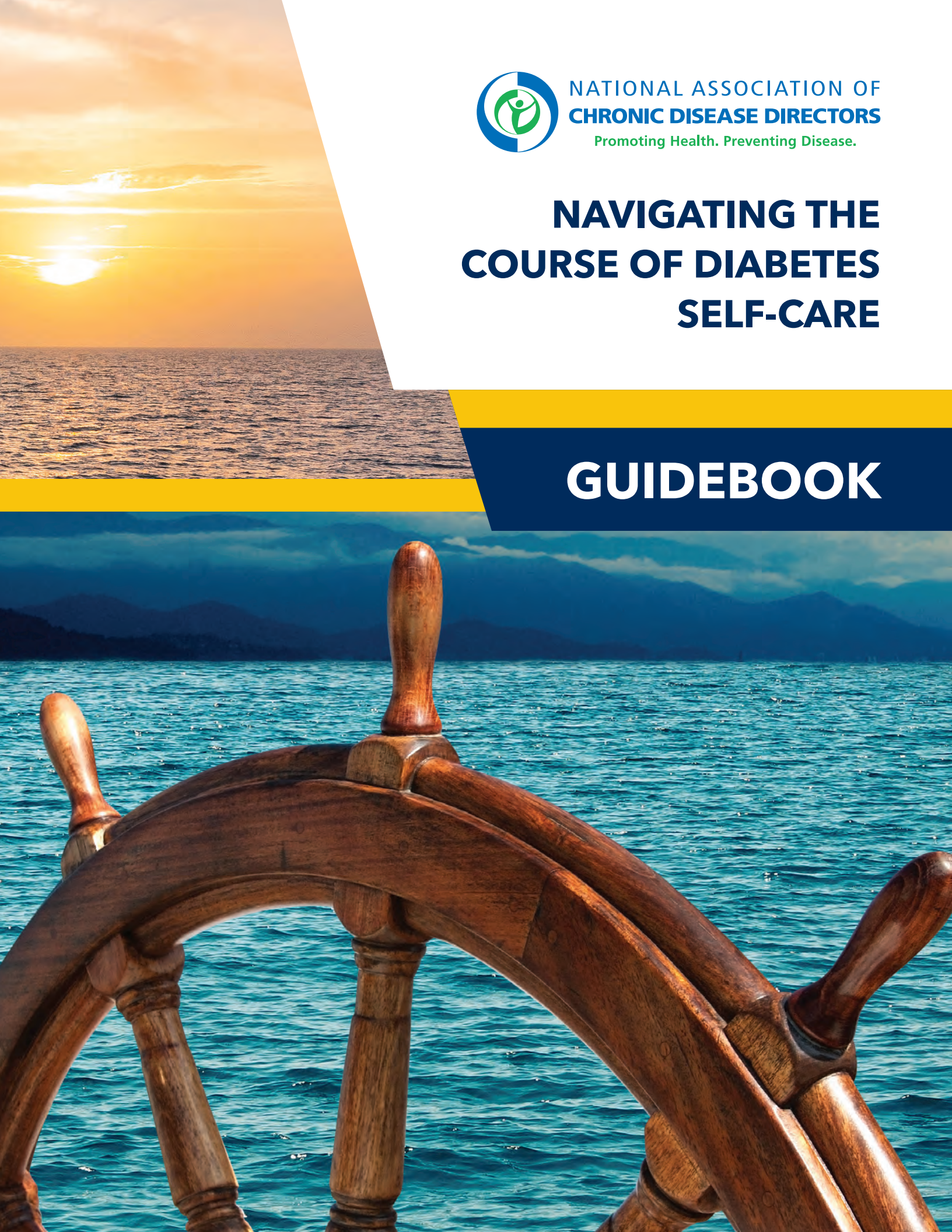


NATIONAL ASSOCIATION OF  
**CHRONIC DISEASE DIRECTORS**

Promoting Health. Preventing Disease.

# NAVIGATING THE COURSE OF DIABETES SELF-CARE

## GUIDEBOOK





## WELCOME

The Non-Communicable Disease Caribbean Collaborative directed by the National Association of Chronic Disease Directors has 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.

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.



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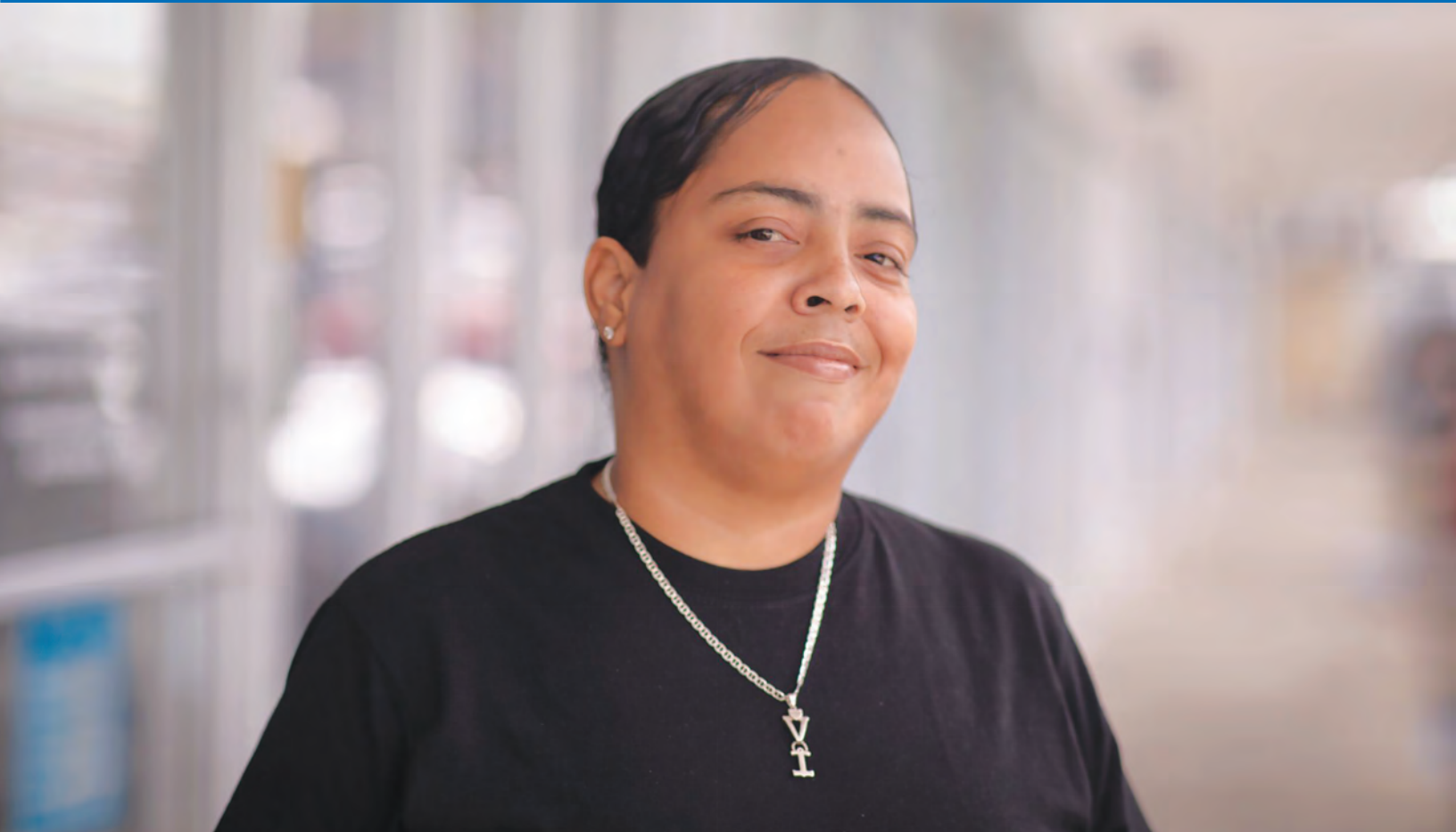


# Learning About Diabetes

## Welcome Bienvenido

Today, we will talk about:

- What it means to have diabetes.
- What blood sugar balance means.
- Tips to help you balance your blood sugar.
- How you can check your blood sugar.
- Target blood sugar numbers.
- What the A1c test is and what the results mean.



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## LEARNING ABOUT DIABETES

My name is Angelina.

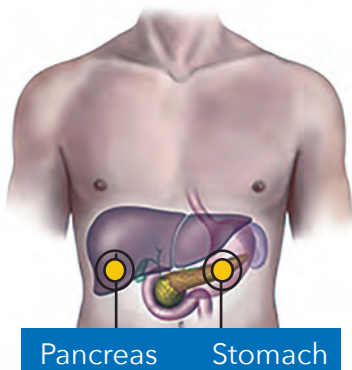
I discovered I had gestational diabetes because my sugar was too high during a prenatal visit 13 years ago. My life changed drastically because there were many foods I could no longer eat, even those that I was accustomed to and enjoyed. I was later diagnosed with diabetes type 2.

The clinic has helped me because I am able to learn from and talk to medical professionals about diabetes. I learned about proper portion sizes. It can be rough sometimes, but you have to do it to stay healthy.



## 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

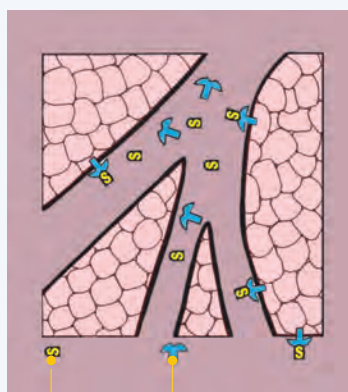
The **pancreas**, an organ near the stomach, makes a hormone called insulin. Insulin helps move the **blood sugar** into our body cells. As blood sugar goes up, your pancreas releases **insulin** into the bloodstream.

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

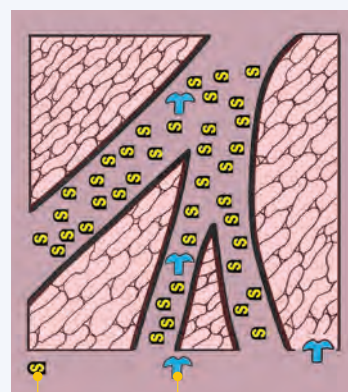
When you have diabetes, your body either does not make enough insulin or cannot use its own insulin very well. This problem causes blood sugar to build up in your blood. But too much sugar in the blood, over time, can cause problems with your eyes, heart, kidneys, and feet.

Insulin helps move blood sugar into the body cell



Insulin Sugar

Too much sugar in the blood



Insulin Sugar



## 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 less frequent.



### **Type 2 Diabetes**

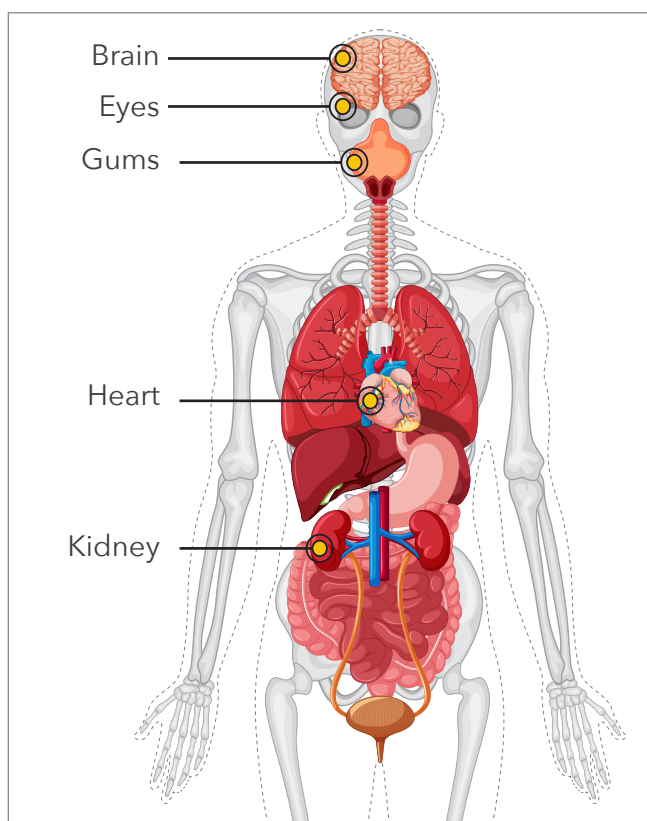
Is when your body does not make enough insulin or use insulin well. It is the most common type of diabetes in the world and in the Caribbean.



### **Gestational Diabetes**

Can occur 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.

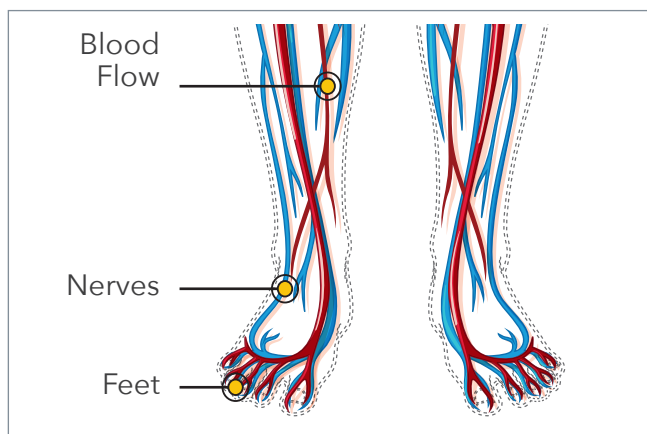
Having high blood sugar, over many years, can cause problems with your eyes, heart, kidneys, and feet. You can prevent or delay these problems. Talk to your doctor about your blood sugar targets.

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

- Have more energy.
- Be less tired and thirsty.
- Pee less often.
- Heal better.
- Have fewer skin or bladder infections.

### Over time you will lower your chances of:

- Problems with your eyes, kidneys, feet, or gums.
- 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:



Talk with your doctor about your blood sugar targets.

**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.

**The A1c test** is 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 your 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

## WHAT IS THE A1C TEST?



Talk with your doctor about your target A1c.

**The A1c test** tells you and your doctor your average blood sugar level 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 at least two times a year.

## WHAT DOES THE A1C TEST MEASURE?

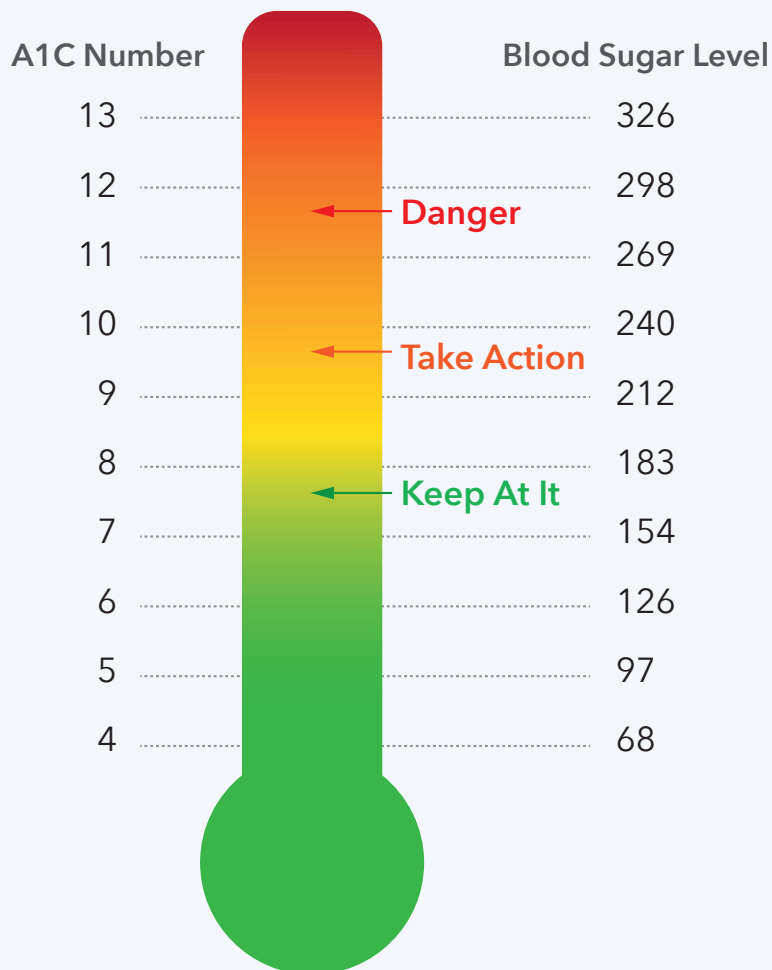
**The A1c test measures** how much blood sugar has been sticking to your red blood cells. Since each red blood cell is replaced by a new one every 3 to 4 months, this test tells you how high the blood sugar has been during the life of the cells. It is your blood sugar average over the past 3 months.

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.

## WHAT IS A GOOD A1C TARGET?

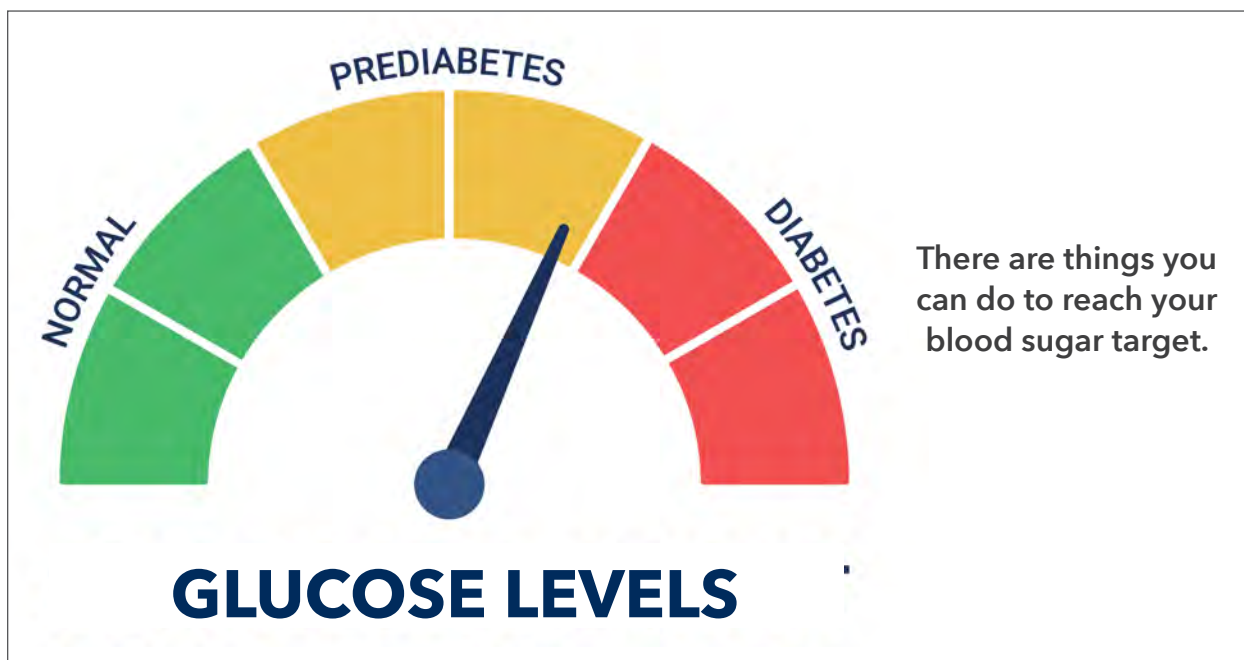


Your doctor will help you decide your A1c target. Your target A1c will be based on your age, how long you have had diabetes, and if you have other health problems.



This **A1c thermometer** shows how A1c numbers match up to the blood sugar level. A1c is your blood sugar average over the past 3 months. Working to reach and keep your A1c at your target can help you stay in good health.

## HOW CAN YOU REACH YOUR BLOOD SUGAR TARGET?



### A few things to try:

- Eat more local foods, such as chicken, fish, banana, and locally grown lettuce.
- 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.

## 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.

### Sample of a blood sugar record

Start Date \_\_\_\_\_ End Date \_\_\_\_\_

Day	Breakfast		Lunch		Dinner		Bedtime	Notes
	Before	2 hours after	Before	2 hours after	Before	2 hours after		
Sunday				368				Picnic lunch, cola, rice, and fish
Monday	230							Walk 3x day
Tuesday			126					
Wednesday						210		Missed evening walk
Thursday								
Friday				152				Church lunch: coleslaw, grilled fish, banana
Saturday								

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.



**Talk with your doctor about checking your blood sugar between clinic visits.**

You may be able to use a blood sugar meter to check your blood sugar 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



Need to pee more than usual



Very Hungry



Sleepy



Blurry Vision



Sores heal slower than usual

## 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:



Shakey



Sweaty



Dizzy



Headache



Confused and  
Difficulty Speaking



Hungry



Weak and  
Tired



Nervous  
and Upset

## WHAT YOU CAN DO

STEP

1



**Check** your blood sugar right away— if you cannot check, treat anyway.

STEP

2



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

STEP

3



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



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

## 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 (more than 9), think of what you can do to lower your blood sugar. Being active, making good food choices (like our local foods— chicken, fish, banana, lettuce) may help lower your A1c. Diabetes medicine may also be needed. Talk with your doctor and clinic team.



## 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:

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**Gracias 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 goal (or goals)** that you would like to work on to manage your diabetes.



I will work to keep my A1c below \_\_\_\_\_ and go to my scheduled clinic visits.



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.



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



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.



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



I will lose \_\_\_\_\_ pounds of weight in the next \_\_\_\_\_ months.



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



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



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



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

## NOTES



# Navigating the Course of Diabetes Self-Care

## Welcome Bienvenido

Today, we will talk about:

- What navigating the course of diabetes self-care means.
- Long-term and short-term goals.
- Sticking to a plan.
- Support from family and friends.



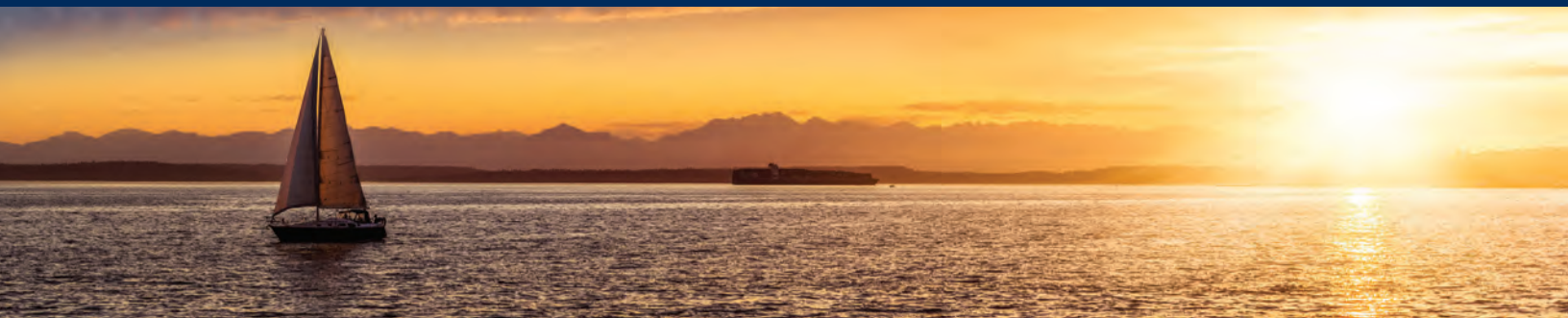
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## NAVIGATING THE COURSE OF DIABETES SELF-CARE.

My name is Sebastián.

A lot of people in my family have diabetes. So, I wasn't surprised when they told me I had it, too.

After they told me, they sent me to meet with a nutritionist to learn about eating for my health. I started taking medications to control my blood sugar level, but it took some time to find the right dose. I have learned a lot about what I can do to make sure diabetes doesn't beat me.



## WHAT DOES NAVIGATING THE COURSE OF DIABETES SELF-CARE MEAN?

Island navigators have many ways of finding their way to good health. 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.





## 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 for 6 months.
- Losing weight (i.e. 10 to 15 pounds) in 3 months.

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 short-term goals:

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

**We learn many habits 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.**

### 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.





## TAKING SMALL STEPS TO MAKE CHANGES

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

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

### 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.



### DISCUSSION

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

### Good Health Habits

- Eat more fruits and veggies.
- Move more. Sit less.
- Cut down on sugary foods 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 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.



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

## 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 if the same thing happens again?
- Get back to your plan as soon as you can.

## SUPPORT



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

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.

## IT TAKES PRACTICE



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.

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.



## 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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**THANK YOU GRACIAS**

## DIABETES SELF-CARE GOALS AND PLEDGE

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**Circle the goal (or goals)** that you would like to work on to manage your diabetes.



I will work to keep my A1c below \_\_\_\_\_ and go to my scheduled clinic visits.



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.



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



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.



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



I will lose \_\_\_\_\_ pounds of weight in the next \_\_\_\_\_ months.



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



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



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



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

## NOTES



# Diabetes Medicine

## Welcome Bienvenido

### Today, we will talk about:

- Diabetes medicine you may use.
- The way your diabetes medicine works.
- How to take your diabetes medicine.

Think of your diabetes medicine as a tool to help reach your blood sugar target. You can navigate the course of diabetes self-care. Do not give up.

The goal is to keep trying.



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## DIABETES MEDICINE

My name is María.

I never liked sweets when I was young, but about 20 years ago, I suddenly wanted to eat sweets. I was feeling dizzy, so I went to the doctor and found out I had diabetes. My life has changed A LOT.

I used to not eat breakfast or lunch and starve before I would eat. This was in addition to a back injury I had. I really struggled during these times.

My nurse spent a lot of time with me to talk to me about diabetes. I now try to eat good for my health. I also tried different medications. I now take my medication with food, which has helped. It's important to seek help if you have diabetes because you can't do it alone.

## 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.
- The pancreas may not make enough insulin.



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

Some diabetes medications or medicines 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.
- Reach or stay at a weight that is healthy for you.



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

## 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.**



## 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.

Diabetes pills help lower your blood sugar.



### 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.



## 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.



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

## 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.

## TRADITIONAL OR LOCAL WAY



Your doctor and clinic staff can help you as you manage your diabetes.

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.**



### 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 family matters in your diabetes self-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.



## 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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**THANK YOU GRACIAS**

## 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 goal (or goals)** that you would like to work on to manage your diabetes.



I will work to keep my A1c below \_\_\_\_\_ and go to my scheduled clinic visits.



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.



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



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.



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



I will lose \_\_\_\_\_ pounds of weight in the next \_\_\_\_\_ months.



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



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



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



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

## NOTES

## NOTES



# Diabetes and Your Feelings

## Welcome Bienvenido

Today, we will talk about:

- How your feelings may affect your blood sugar.
- Some ways to handle these feelings.



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## DIABETES AND YOUR FEELINGS

My name is Sammy.

I first found out I had diabetes at my annual checkup 15 years ago. Since my diagnosis, I started paying attention to my diet, including more vegetables and greens, and checking food labels for ingredients and grams of sugar.

The clinic staff has been supportive and encouraging. They offer exercise, cooking classes, and education on my medications. They've suggested I quit smoking, and I'm working on that. The one advice I would give to a person diagnosed with diabetes is to not stress. Diabetes is a manageable condition, and you can have a good quality of life with it.

## 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.

**Guilt:** What have I done to myself?

**Fear:** What will this mean?

**Denial:** Not me.

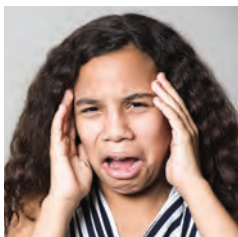
**Anger:** Why me?

**Acceptance:** I have diabetes. I can be well.

**Sadness:** I feel so alone.

People who live with diabetes may experience these feelings any time. Feelings may change from one day to another or throughout 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.

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



### DISCUSSION

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

What are your thoughts or feelings now about having diabetes?



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

### COMMUNITY MATTERS

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



**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.

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



Group support helps lower stress.



### DISCUSSION

What are some things that cause stress for you?  
What are some signs of stress?

### Other signs include:

- Not being able to relax or quiet your mind.
- Feeling bad about yourself.
- Avoiding others.
- Headaches.
- Trouble sleeping.
- Clenched jaw or grinding teeth.



## 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.



### DISCUSSION

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.

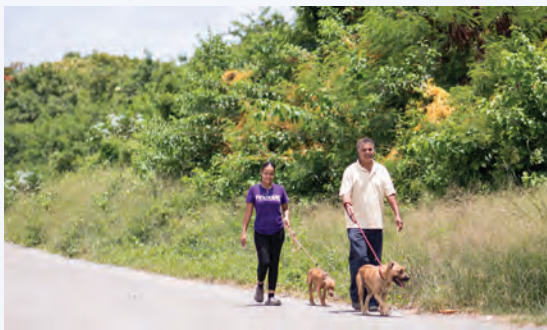


## OTHER WAYS TO HANDLE STRESS

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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**GRACIAS THANK YOU**

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## NOTES



# Making Good Food Choices

## Welcome Bienvenido

Making good food choices, being active, and taking your medicine, as your doctor tells you, are key in helping you reach your blood sugar targets.

### Making good food choices and being active can also help you:

- Lose weight or stay at a weight that is good for you.
- Prevent or delay diabetes problems.
- Feel good and have more energy.

### Today we will talk about:

- Food Groups.
- Food that can make your blood sugar go up.
- Timing of your meals.
- Tips on how much to eat.
- Reading food labels.
- Limiting alcohol use.



## 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 instead of sugary drinks.
- Eat more high fiber foods, such as yams, local root crops, broccoli, and cabbage.
- Eat less foods high in sugar and unhealthy fats.
- Use vegetable oil when cooking instead of butter, cream, shortening, lard, or stick margarine.
- Try using a sugar substitute in your coffee or tea.

## WHAT ARE THE FOOD GROUPS?

When eating meals choose from all the food groups. No food group is better than another. For good health you need them all.

**Foods can be grouped into:**

**Vegetables** (also known as veggies)



**Non-starchy** includes broccoli, green beans, asparagus, spinach, and cabbage.



**Starchy** includes root crops and starchy fruits, such as carrots, cassava, yam, green bananas, and breadfruit.



**Fruits**—includes bananas, melons, oranges, papaya, apple, 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 spinach, oranges, soybeans (including tofu), and kale.

### Eat foods with heart-healthy fats:

- Vegetable oil (ex. olive, corn oil) or other oils that are liquid at room temperature.
- Small amounts of nuts and seeds.
- Heart-healthy fish such as tuna and salmon.



## 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.



### DISCUSSION

What foods are you eating less often?  
What helped you make that change?



## 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 carrots, cassava, yam, green bananas, and breadfruit.

### Fiber helps:

- Keep your blood sugar in target range.
- Control your weight.
- Lower your chances for heart disease.
- 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 ½ white rice and ½ brown rice.

Eat smaller portions of rice (1/3 cup).



### 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.

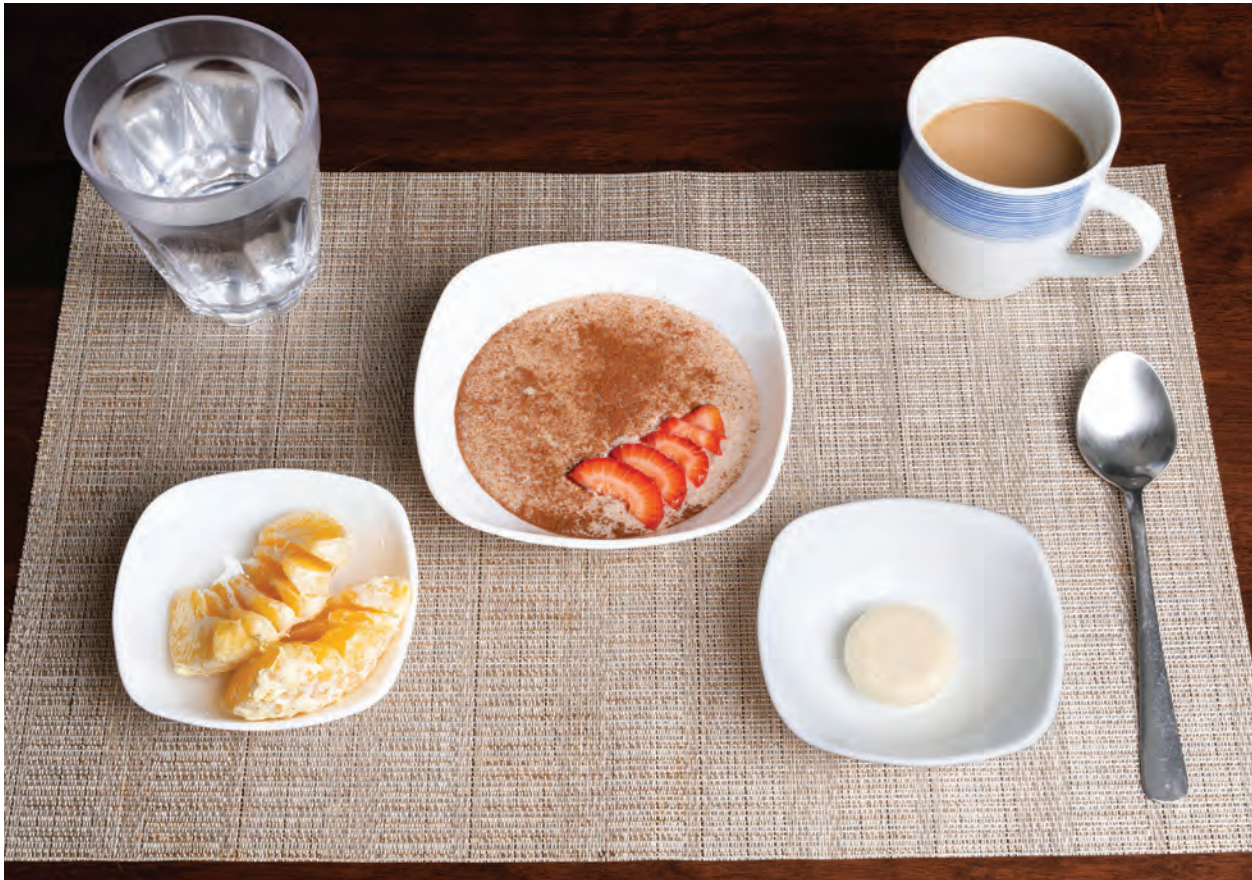
### If you miss a meal, try keeping these foods on hand for a snack:

- Veggies and fruits—a local banana is a good choice.
- Small handful of nuts.
- Low-fat and low in added sugars 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.



Enjoy your meals. Go local. Eat small portions.

## 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 the fork down between bites.
- Stop eating when you feel comfortable and not over-full.
- Share a dessert.



## 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 HEALTHY PLATE

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

### Three steps:

1. Use a 9 inch plate.
2. Divide your plate into three sections (see below).
3. Stack your food no higher than 1 to 1<sup>1/2</sup> inches.



- Half plate of non-starchy vegetables.
- 1/4 plate is grains or starch.
- 1/4 plate is protein.



## WHAT ABOUT READING FOOD LABELS

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

### Size of 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.

- Eat breakfast.
- Vary your veggies.
- Eat smaller servings of rice.
- Stay away from foods high in sugar and unhealthy fats.
- Vary your protein foods such as fish, eggs, beans, chicken, and turkey.
- 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. Move More. Sit Less.**

## **Welcome** Bienvenido

**Today, we will talk about:**

- 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.



---

## MAKING GOOD FOOD CHOICES

My name is Lynette.

I went to see the doctor when I was having frequent urination. That's when they told me I had diabetes. I had to make lots of changes.

The staff at the clinic, including the nurse and nutritionist, helped me to improve my eating habits. I read food labels which I did not do before.

For those with diabetes, I recommend they take advantage of the services available to them, and go to the doctor as soon as you notice a change in your health.



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## BE ACTIVE. MOVE MORE. SIT LESS.

My name is Melba.

Once I was diagnosed with diabetes my doctor told me that I had to be on a diet, and so on until I had control of my diabetes.

I became aware of the damage diabetes can do to the organs. I walk. I've lost weight, I weighed 240, I'm at 209. I want to become a healthy older adult and keep moving forward.

My daughter is a nurse. Some nurses do not take care of themselves. Her A1c is high so I take care of her, I talk to her about what to eat and physical activity. I am with her hand in hand. My hope is that she gains the awareness that her mother has gained. When I get older, I will be a healthy old lady!

## 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, doing house chores, or dancing.

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.



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

## 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.



## 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.



### DISCUSSION

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.
- Doing house chores or dancing.

### Start slow.

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 10 minutes each time.
- After a few weeks, try walking 2 times a day, 3 days of the week, for 15 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.



### DISCUSSION

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

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



## 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, grandchildren, or friends.

### **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.



### DISCUSSION

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

**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.

**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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**GRACIAS 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 goal (or goals)** that you would like to work on to manage your diabetes.



I will work to keep my A1c below \_\_\_\_\_ and go to my scheduled clinic visits.



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.



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



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.



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



I will lose \_\_\_\_\_ pounds of weight in the next \_\_\_\_\_ months.



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



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



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



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

## NOTES



## Healthy Feet Keep You Going

### Welcome Bienvenido

You can prevent foot problems. Today, we will talk about:

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



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## HEALTHY FEET KEEP YOU GOING

My name is Nereida.

It was a routine annual visit, and the doctor asked me if I knew I had diabetes. I was in shock as nobody had ever told me. I'd had diabetes for for some time, but I was not aware of my diagnosis. I experienced many headaches and other symptoms and was worried about my health. I was sad and not feeling good about my health during this time.

I had to learn to care for myself. Now, I am very conscious of my health and I feel good after making these changes.

Coming to the clinic has shown me the importance of caring for my body. I see the podiatrist regularly for footcare and to make sure I don't have damage to my feet.

## 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.



Be sure to check between your toes.

**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.
- Sores, cuts, or ulcers on your feet that do not heal.

## 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.

## TAKING CARE OF YOUR FEET (continuation)



### 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-
  - 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 (continuation)

### 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.



### DISCUSSION

What things can you do to take care of 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.**



## 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:

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**GRACIAS** THANK YOU

## DIABETES SELF-CARE GOALS AND PLEDGE

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



I will lose \_\_\_\_\_ pounds of weight in the next \_\_\_\_\_ months.



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



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



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



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

## NOTES



# Taking Care of Your Heart

## Welcome Bienvenido

People with diabetes have a greater chance of heart disease, such as heart attack or stroke. The good news is you can take steps to prevent or delay heart disease.

### Today we will talk about:

- Diabetes and your heart.
- High blood pressure.
- Cholesterol and other blood fats.
- How to take care of your heart.



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## TAKING CARE OF YOUR HEART

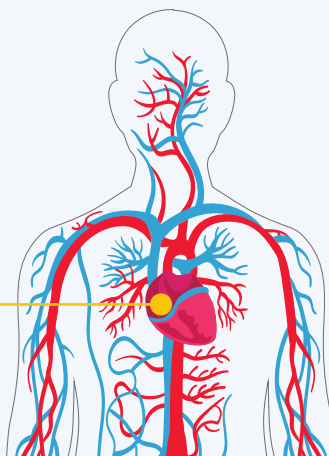
My name is Dean.

I found out I had diabetes when my doctor did a blood test 10 years ago. I became serious about taking care of my health then and started to learn more about diabetes in general.

I visit the clinic about every 3 months. I've taken cooking classes and nutrition counseling and I now eat less food at mealtime. I used to eat a lot. I also eat more vegetables and drink lots of water. I take my oral medication daily and my insulin weekly.

My advice to any diabetic patient is to eat healthy and not miss any appointments.

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



## 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.

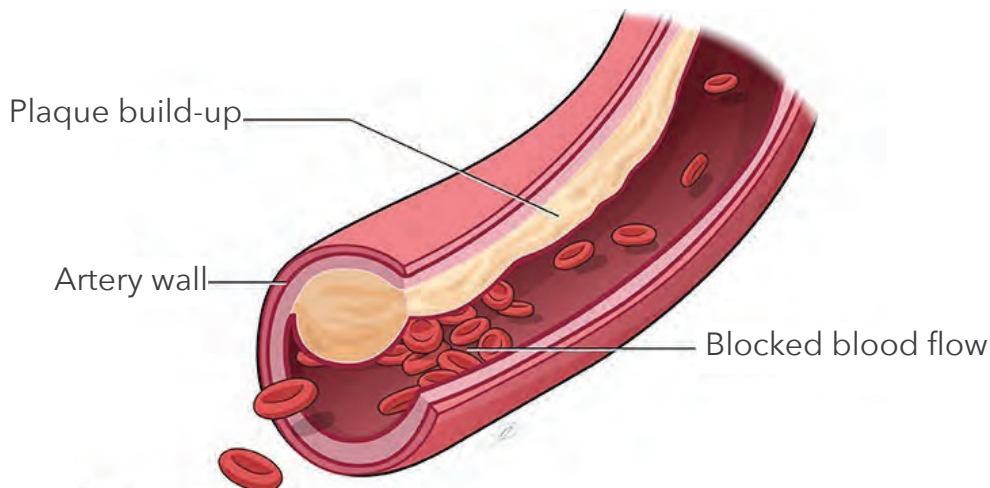
You can feel your heart beat by taking your pulse. To find your pulse, place the index and middle finger of one hand on the inside wrist of your other hand. Slide your two fingers toward the thumb side of your wrist until you feel a slight beating.

## 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.

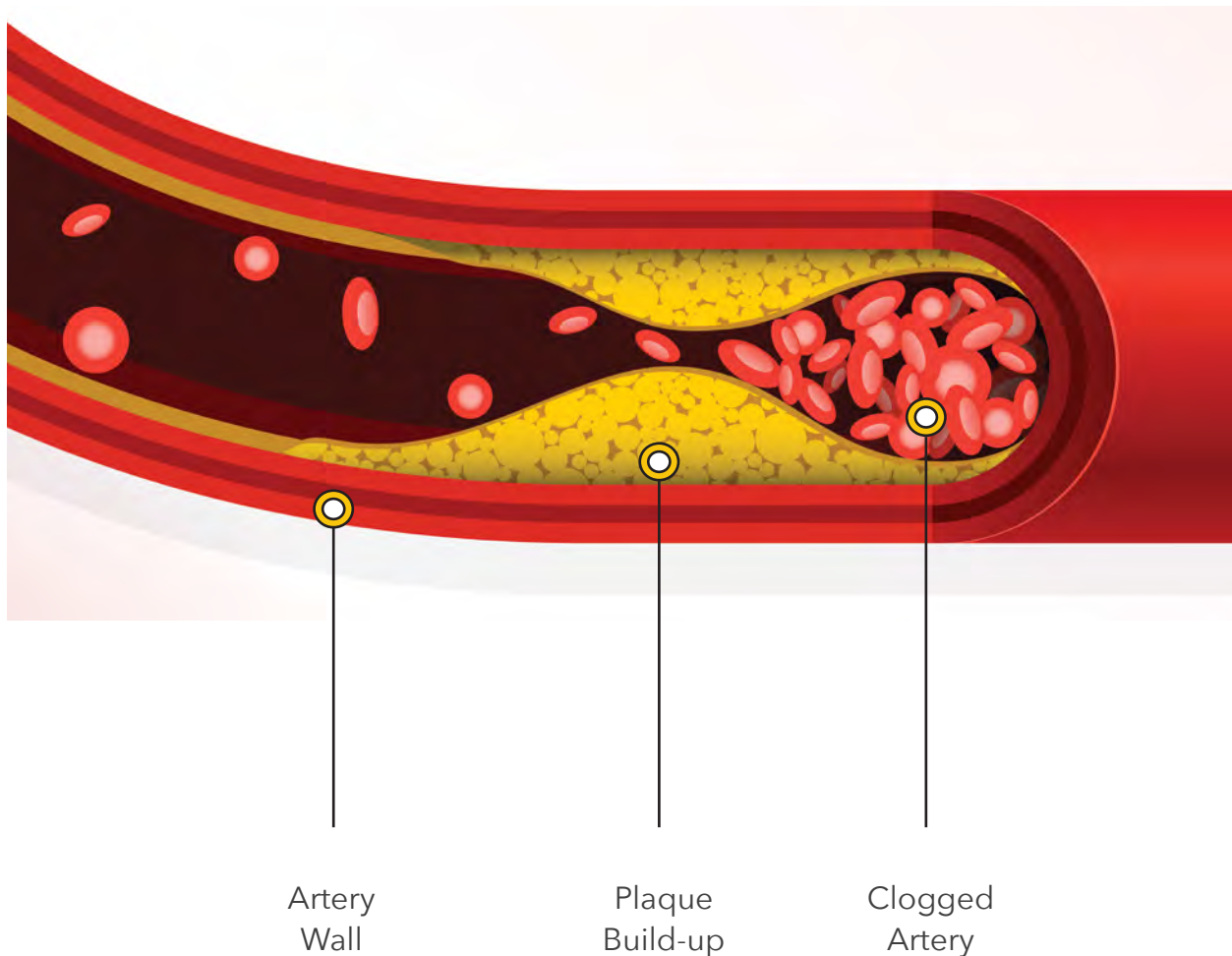
Your heart needs to have the blood vessels open and unblocked to pump blood around your body.



## HOW DOES DIABETES AFFECT YOUR BLOOD VESSELS?

High blood sugar, over time, can make the artery walls rough. This allows fat to build up on the walls forming a plaque. 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.

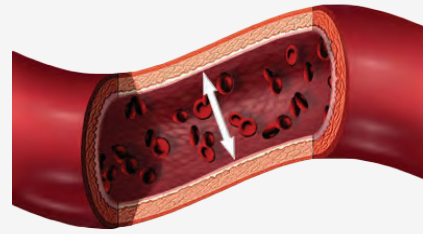


Talk with your doctor or nurse about ways to help you to quit using tobacco.

## 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.

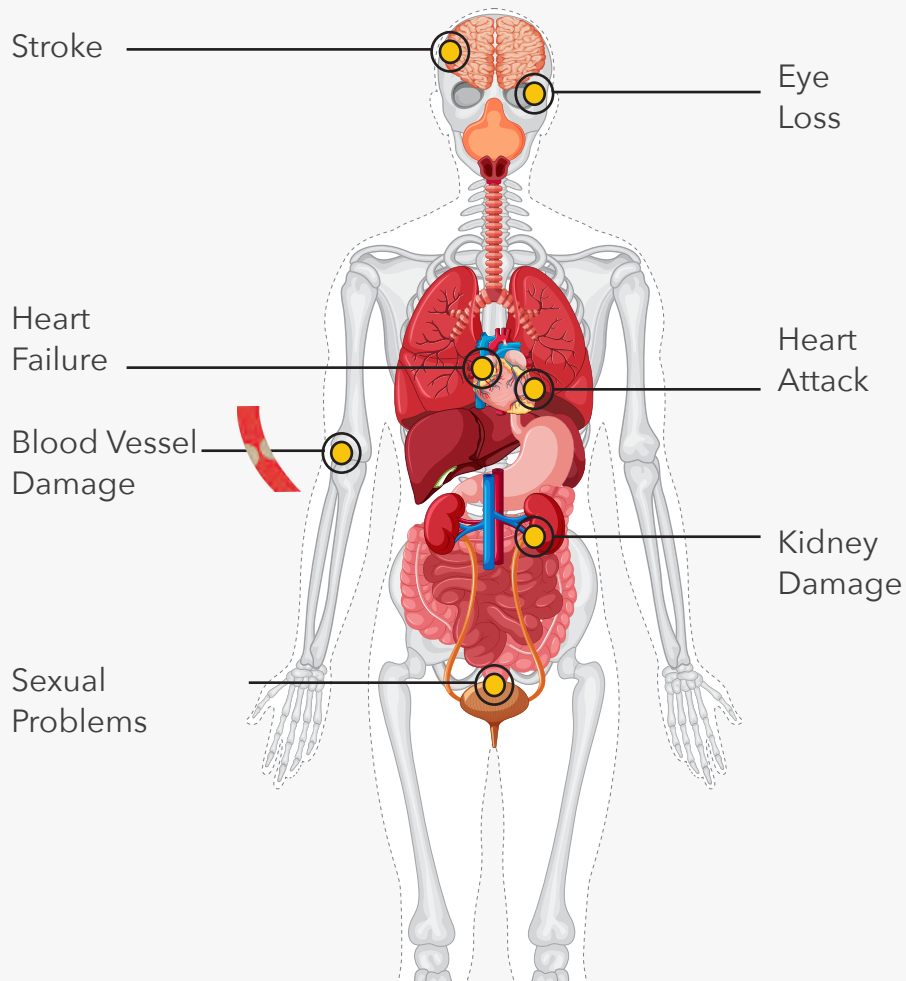
Over time, high blood pressure can weaken and damage your blood vessels. High blood pressure can increase your chances of heart attack, stroke, or eye and kidney problems.



**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**

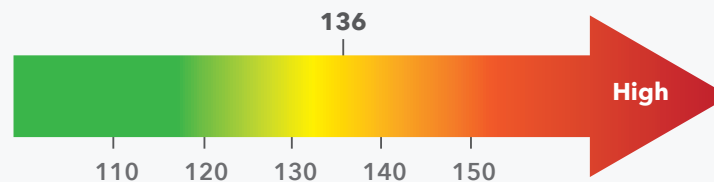
### The top number (also called systolic)

Is the pressure on your blood vessels when your heart is pumping and pushing blood out to the body.

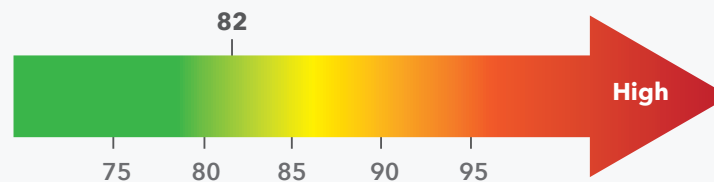
### The bottom number (also called diastolic)

Is the pressure on your blood vessels when your heart rests.

#### Systolic = Top Number



#### Diastolic = Bottom Number



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 dressings or sauces with added salt (ex. ketchup).
- 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.



### DISCUSSION

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. If you use canned products choose those with low sodium content.

### 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.



### DISCUSSION

What local foods are high in fiber?

**Hint:** Root veggies, such as yams, cassava, 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.

## HOW TO 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. Consider eating 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.
- Try using less added salt.

**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:**

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**GRACIAS THANK YOU**

## DIABETES SELF-CARE GOALS AND PLEDGE

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I will work to keep my A1c below \_\_\_\_\_ and go to my scheduled clinic visits.



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.



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



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.



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



I will lose \_\_\_\_\_ pounds of weight in the next \_\_\_\_\_ months.



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



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



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



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

## NOTES

## NOTES



## Prevent Long-Term Problems

### Welcome Bienvenido

Today, we will talk about the long-term health problems of diabetes. Having high blood sugar, over time, can cause damage to your eyes, heart, kidneys, and feet. Even your teeth and gums can be harmed.

You can prevent or delay long-term health problems. Making changes to help stay in good health with diabetes may seem hard. Start with small changes that lead to bigger changes you can stick with.



---

## PREVENT LONG-TERM PROBLEMS

My name is Angelica.

I was diagnosed with diabetes after I went for a visit to the ophthalmologist, since I'd had a change in my vision recently,

In general, I have a "healthy" life, but I have to deal with daily life. In reality, it is not easy at all because you take care of yourself and puff another situation appears elsewhere. Life stressors also affect the condition. In short, it is a condition that is not so easy to control.

I sought multidisciplinary help to make healthy life changes, both short and long term. Above all, know your body, watch for the signs when you have changes in your blood sugar levels. Do what you can to avoid diabetic neuropathy, diabetic retinopathy, blindness, and even kidney failure.

I hope to maintain my healthy weight, since I have lost about 55 pounds.



## 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.
- 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 side (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.

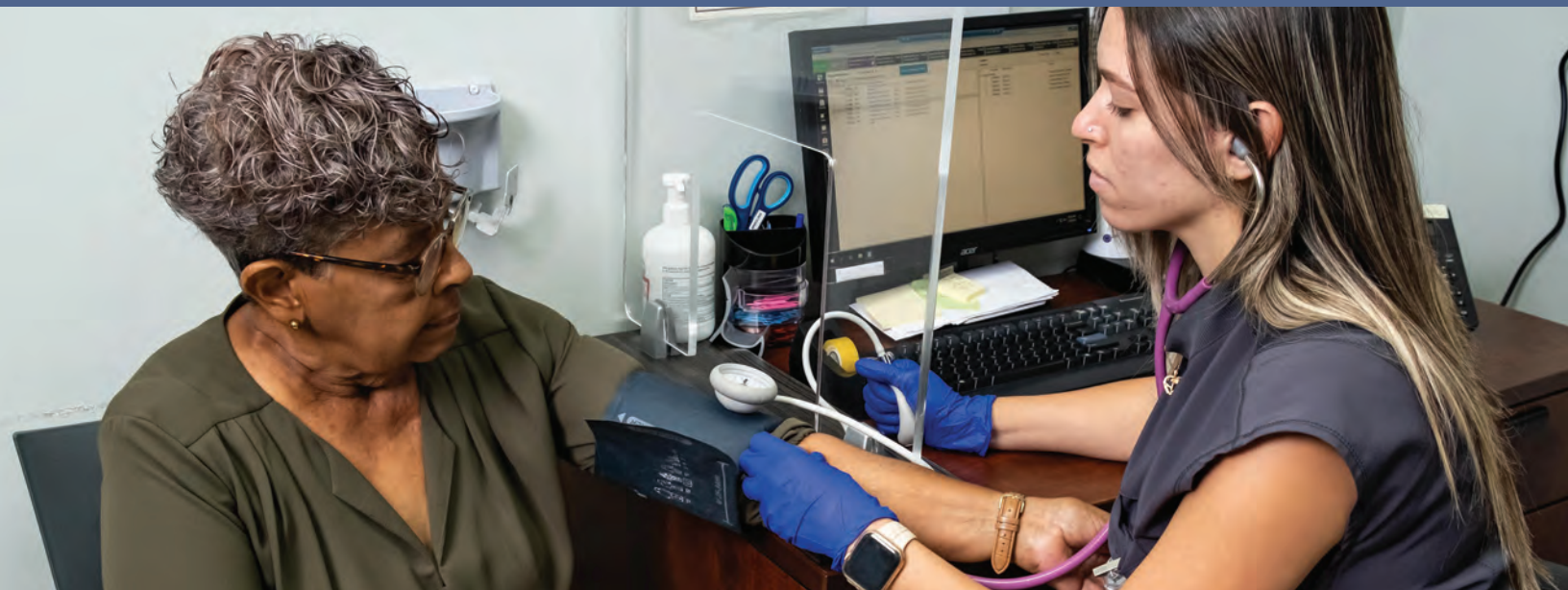


### Get new glasses when your blood sugar is in target range.

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 problem. 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.

## 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.

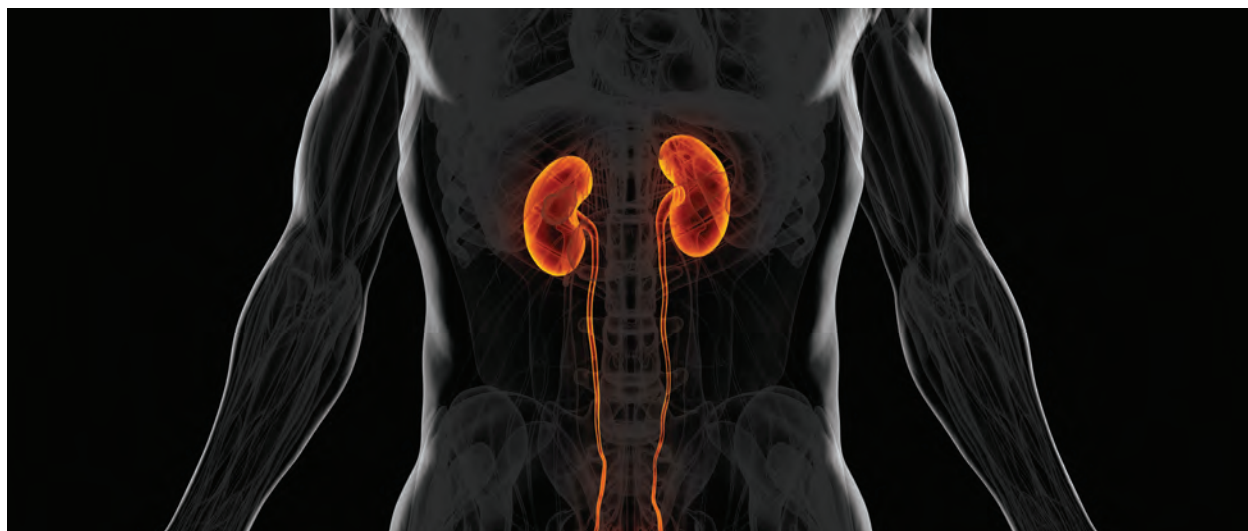


Go to the dentist at least once per year.

### 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.

## TAKING CARE OF YOUR KIDNEYS



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.

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 a coffee strainer works to filter coffee at home.

### 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.

## 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, and 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.



### DISCUSSION

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

## WHAT HAPPENS IF YOU HAVE 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?

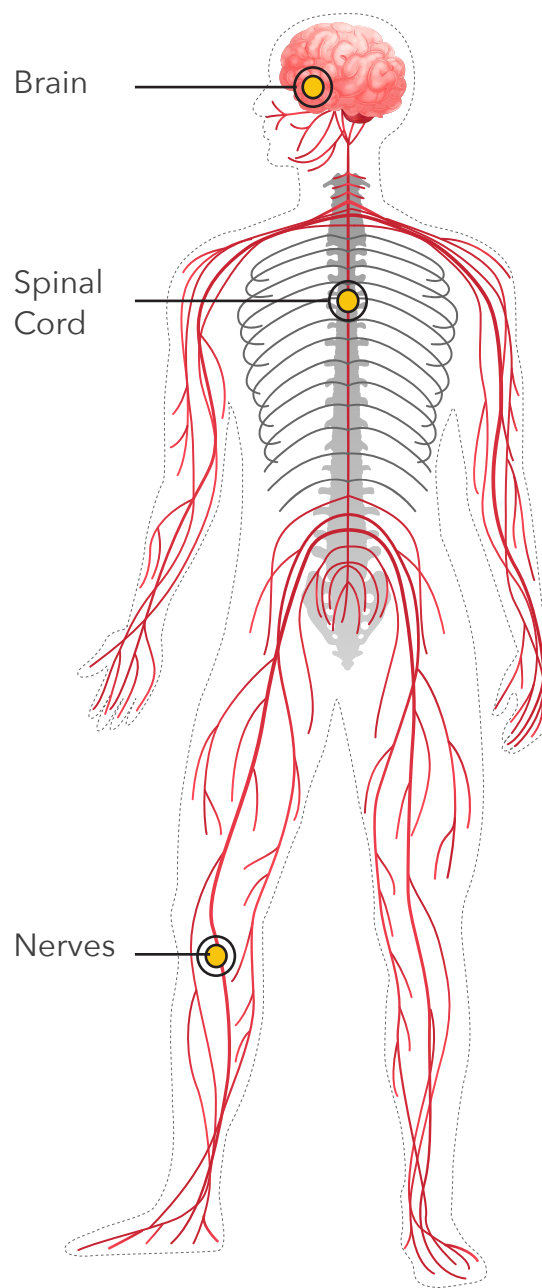
Having high blood sugar, over time, can cause damage to your nerves. When you have nerve damage you may feel pain, tingling, or numbness—loss of feeling—in your hands, feet, and legs. Nerve damage can happen in other parts of your body.

### 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.
- 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.



## THINGS TO DO DURING YOUR CLINIC VISITS

### At each clinic visit, check your:

- Weight.
- Blood pressure.
- Blood sugar.
- Feet check.
- Self care goals.

### 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.





## 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. Share time with your 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:**

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**GRACIAS 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 goal (or goals)** that you would like to work on to manage your diabetes.



I will work to keep my A1c below \_\_\_\_\_ and go to my scheduled clinic visits.



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.



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



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.



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



I will lose \_\_\_\_\_ pounds of weight in the next \_\_\_\_\_ months.



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



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



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



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

NOTES

## NOTES

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NATIONAL ASSOCIATION OF  
**CHRONIC DISEASE DIRECTORS**  
Promoting Health, Preventing Disease.

**National Association of  
Chronic Disease Directors**

325 Swanton Way  
Decatur, GA 30030

[info@chronicdisease.org](mailto:info@chronicdisease.org)  
[www.chronicdisease.org](http://www.chronicdisease.org)