

PROTECTING YOUR FEET

ACTION

- Take off your shoes and socks each time you visit your health care provider.
- Wash your feet daily with mild soap and warm water.
- Examine the top and bottom of your feet regularly. Using a mirror can be helpful.
- Apply lotion to the top and bottom of your feet. **DO NOT APPLY IN BETWEEN TOES.**
- Your footwear should be able to fully cover your feet, feel comfortable in and must fit well.

AVOID:

- Walking barefoot
- Soaking your feet
- Use heating pads or hot water bottles to warm your feet
- Untreated skin and foot conditions.

See your doctor right away if you notice:

- Areas with redness
- Swelling, blisters or cracks on your skin
- Change in feeling or temperature

See a podiatrist if you are not able to cut or trim your nails.

STAYING ACTIVE & EXERCISING

Good exercise can help control weight, lower blood sugar levels, and prevent heart disease and other problems.

If you take insulin:

- Do not inject it into the body area you are exercising. **Do not inject it COLD into your body.**
- You can have low blood sugar many hours after you exercise



Before you exercise, you should:

- Talk with your doctor
- Test your blood sugar
- Eat a snack if your blood sugar is less than 100 mg/dl

ACTION

Remember to:

- Carry a fast-acting sugar
- Wear shoes and socks that fit
- Drink plenty of water before, during and after exercise
- Stop exercising if you experience shortness of breath, fainting, or pain. Talk with your doctor about these problems before scheduling another exercise
- Eat a snack if you are exercising for more than 45 minutes
- Test your blood sugar levels right away if you feel signs of low blood sugar. If you cannot test, treat anyway just to be safe
- Wear a medical identification (so that someone will know you have diabetes in an emergency)

HEMOGLOBIN A1C

- Based on the attachment of glucose (blood sugar) to hemoglobin (protein in your RBCs).
- Reflects your average blood sugar levels over the past three months. RBCs also typically live for about 3 months. Below 7 is generally acceptable.
- It's important to discuss your A1C goals with your doctor.

APPOINTMENTS & FOLLOW-UPS

ACTION

Talk with your doctor about when and how often to test your blood sugars. Record your blood sugar results in a logbook to review with your doctor.

Make sure you have your prescriptions such as:

- Blood glucose testing (meter, strips, lancets)
- Medication (pills, insulin vials, insulin pens) **Insulin should not be injected cold**
- Syringes, pen needles



Ask your doctor to refer you to an **Outpatient Diabetes Self-Management Education Program** or a **Clinical Diabetes Educator**



DIABETES SELF-CARE

EDUCATION BROCHURE



MAUI COMMUNITY RESOURCES

Maui Memorial Medical Center Monthly Diabetes Support Group: (808) 442-5773

Diabetes Self-Management Education Programs (Maui):

| | |
|-----------------------------|----------------|
| Hui No Ke Ola Pono | (808) 244-4647 |
| Maui County Office on Aging | (808) 463-3166 |
| Maui Medical Group | (808) 984-7436 |
| Kaiser Outpatient Clinic | (808) 243-6000 |
| Times Pharmacy Honokowai | (808) 661-8008 |
| Mauliola Pharmacy | (808) 446-3348 |

American Diabetes Association
www.diabetes.org/living-with-diabetes

HIGH BLOOD SUGAR

High blood sugar can occur if you eat too much food, are ill, under a lot of stress, or do not take enough medicine.

ACTION

- Call your healthcare provider if you have unexplained blood sugar of 200 mg/dl or greater for two days
- Monitor your sugar level every four hours or as advised by your doctor

SICK DAY MANAGEMENT

When you are sick, your blood sugar level becomes harder to control. **Call your health care provider if you experience loss of appetite, vomiting, diarrhea, or continued high blood sugar.**

ACTION

- Test your blood sugar regularly (about 4 to 6 times a day) or as discussed with your doctor.
- Keep taking your diabetes medications.
- Drink at least one cup of water or other sugar free and caffeine free drinks every hour.

If you are unable to eat your usual meal, you may substitute one of the following 15 grams of carbohydrates every 3 - 4 hours:

- ½ cup fruit juice
- 1 cup milk
- ½ cup regular soft drinks
- 6 saltine crackers
- 1 cup soup
- ½ cup ice-cream

LOW BLOOD SUGAR

(Sugar less than 70 mg/dl)

Low blood sugar can occur when food, exercise and diabetes medicine have an imbalance, such as:

- Too little food and delay in meals
- Too much exercise
- Too much medication

You may feel: Shaky, hungry, sleepy or tired, sweaty, confused, dizzy, and restless during night time sleep. **If you feel any of these symptoms, test your blood immediately.**

If you're unable to test, take one of the following 15 grams of fast acting sugar immediately:

- 3 glucose tablets or 3 hard candies
- ½ glass (4 ounces) fruit juice
- ½ glass regular soda

Re-check your sugar 15 minutes after treatment or as soon as you are able. If it is above 70 mg/dl eat a snack if your next meal is more than 1 hour away. If it is still below 70 mg/dl, repeat the treatment.

If you do not feel better, call your health care provider or call 911.

BLOOD GLUCOSE TARGETS

Before meals: 80-130mg/dl

Two hours after the start of a meal: below 180mg/dl

MEAL PLANNING

Your plate for meal planning should look like this:



HEALTHY EATING

Keeping a healthy diet, knowing how to control portion sizes, and learning how different foods and amount consumed can affect your blood sugar are an important part of diabetes management.

Eat three meals a day; eat two snacks a day. **DO NOT SKIP MEALS.**

Ask your health care provider to refer you to a dietitian.

Your daily meals should include:

- 1½ cups vegetables
- 2 – 3 servings of fruit
- 1 – 3 cups low fat milk or yogurt

READING NUTRITION LABEL

The serving size for this food is 1 cup
There are 2 servings or 2 cups in this container

Nutrition Facts

Serving Size 1 cup

Servings Per Container 2

| Amount Per Serving | 1 Cup | | |
|---|-----------------------|----------------|------------|
| Calories 250 | Calories from Fat 110 | | |
| | | % Daily Value* | |
| Total Fat 12 g | | | 18% |
| Saturated Fat 3 g | | | 15% |
| Trans Fat 1.5 g | | | |
| Cholesterol 30 mg | | | 10% |
| Sodium 470 mg | | | 20% |
| Total Carbohydrate 31 g | | | 10% |
| Dietary Fiber 0 g | | | 0% |
| Sugars 5 g | | | |
| Vitamin A 4% | | Vitamin C 2% | |
| Calcium 20% | | Iron 4% | |
| * Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs; | | | |
| | Calories | 2,000 | 2,500 |
| Total Fat | Less than | 65 g | 80 g |
| Saturated Fat | Less than | 20 g | 25 g |
| Cholesterol | Less than | 300 mg | 300 mg |
| Sodium | Less than | 2,400 mg | 2,400 mg |
| Total Carbohydrate | | 300 g | 375 g |
| Dietary Fiber | | 25 g | 30 g |
| Calories per gram: | | | |
| Fat 9 | Carbohydrate 4 | Protein 4 | |

Second: Check Total Carbohydrate Content

The Total Carbohydrate tells how many grams of carbohydrate are in 1 serving. 15 grams of carbohydrate is equal to 1 carbohydrate serving.

Fiber is also included in the total carbohydrate amount.

Sugar is already included in the total carbohydrate amount. This value shows the total amount of both natural and added sugars.