

WHAT TO KNOW & WHEN TO GET HELP

It's important to be familiar with the basic signs and symptoms. Please reference the guidelines below to track the severity of your condition.



TO STAY WELL:

AVOID:

- Processed grains
- High sugar desserts
- Fruit punch or sugary juices
- Sweet tea
- Regular sodas
- Solid fats

EAT:

- Non-starchy fresh vegetables
- Small servings of fresh fruit without added sugar
- Whole grains
- Dried beans
- Baked or grilled fish 2-3 times per week
- Lean meats (meats that end in "loin"; remove skin from chicken and turkey)
- Non-fat dairy
- Use liquid oils for cooking

ACTIVITY & EXERCISE: Incorporate exercise into your life but always approve new exercise programs with your doctor

STAYING HEALTHY:

- Keep all doctor's appointments even if you feel fine
- Get sleep
- If you feel anxious, depressed or nervous, talk to your Health Partner

EVERY DAY ACTIONS:

- Take your medications as ordered
- Keep a daily log of your blood sugars
- If you do not understand how to use your meter correctly, call your Health Partner or primary care provider
- Keep a source of sugar with you at all times in case of a drop in glucose

MEDICATION: If you have any questions about taking your insulin, contact your Health Partner or primary care provider

MANAGING YOUR DIABETES



PROCEED TO THE ER IF:

- Your blood sugar stays under 70mg/dL after eating sugar and waiting 15 minutes two-three times within an hour
- You experience fainting or passing out
- You have a seizure
- See ketones in your urine when testing
- Your blood sugar rises over 400mg/dL



CONTACT YOUR PHYSICIAN IF YOU HAVE:

If you cannot reach your physician in 24 hours, please visit a walk-in clinic.

- Your blood sugar is below 70mg/dL and/or you have symptoms of low blood sugar that are not helped by eating sugar
- Symptoms of low blood sugar can include being sweaty, shaky, dizzy, anxious, nervous, upset, fast heart rate, headache, blurry vision, feeling weak, tired, hungry, trouble thinking, confused or irritable
- You have symptoms of high blood sugar that are not helped by taking your diabetes medicine
- Symptoms of high blood sugar can include being very thirsty, frequent urination, sleepy, weakness, blurry vision, sugar in your urine
- Your blood sugar level has been above your goal for 3 days and you don't know why
- Vomiting or diarrhea more than one time
- Upper respiratory infection
- Fever
- Open wounds or redness, swelling and warmth of skin



Eating sugar can include taking 3 to 4 glucose tablets, drinking juice, soda or milk, eating 5 to 6 pieces of hard candy, eating peanut butter

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