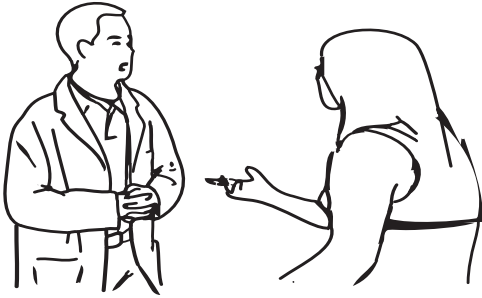


WHAT IS DIABETES?

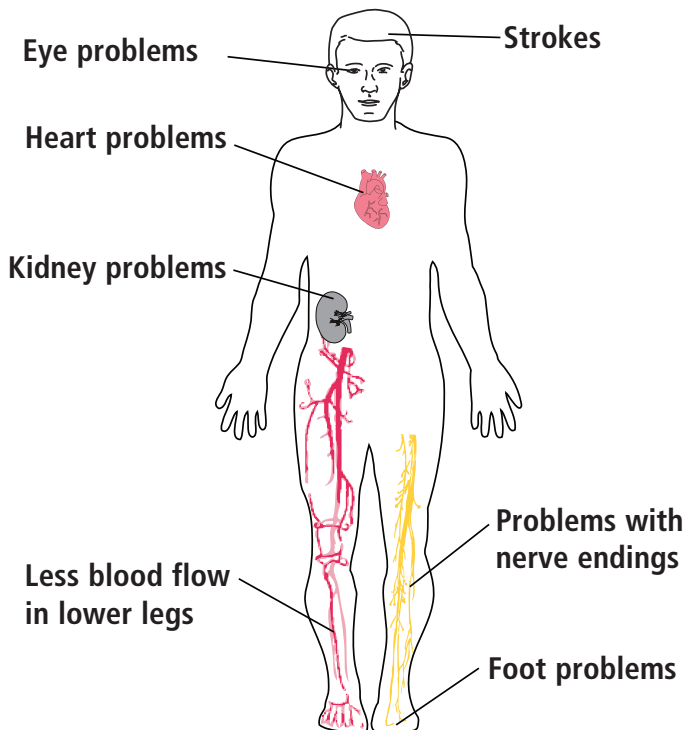


The Major Problems From Diabetes

- Diabetes causes you to have too much sugar in your blood (high sugar).
- High sugar in the blood can make you very sick.

It can cause:

- Damage to your eyes, kidneys, and heart.
- Strokes and heart attacks.
- Pain and sores in your feet and legs.
- Infections.
- Poor sleep from getting up at night to use the bathroom.



WHAT IS DIABETES?

Keep Your Blood Sugar in Control to Stay Healthy

- If you keep your blood sugar in control, you can help prevent these problems. This is good news!
- Try to keep your blood sugar between about 70 and 120 before you eat a meal.

Use this chart to tell if your blood sugar is in a good range, too high, or too low

If your blood sugar is:	It means:
Over 300	This is very high. Call your doctor or nurse at _____ if it stays this high for 2-3 days.
181-300	This is too high. Call your doctor or nurse if it stays this high for over a week.
90 -180	This is good 2 hours after meals.
70 -120	This is perfect before meals.
Below 70	This is too low. Eat 3-4 glucose tablets or _____ right away! Call your doctor or nurse if you have more than _____ low sugars in one week.

WHAT IS DIABETES?

To Control Your Blood Sugar:

• Check your blood sugar every day

- Keep your meter and test strips handy.
- Write down your blood sugar check results.



• Watch your weight

- Limit fast food, restaurant foods, and frozen meals.
- Limit fats and starches.
- Eat smaller portions.



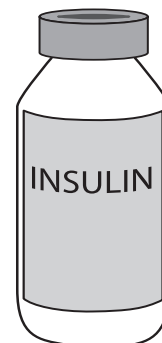
• Stay active

- Try to walk or do other activities every day!
- Sit less and move more. Don't watch TV for more than 1 hour each day.



• Take your diabetes medication every day

- Tell the doctor or nurse if you have side effects or cannot afford your medication.
- Use alarms, notes, or pill boxes to help you remember.



• Ask your family and friends to help you with your diabetes

- They can remind you to check your blood sugar and take your medicine.

• Every year have your eyes and your feet checked

CALENDAR						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

WHAT IS DIABETES?

I CAN DO IT!

I can help to control my diabetes!

I will pick a goal from the list below to start this week and continue until I talk about it with my doctor, nurse, or dietician. I will:

- _____

- Ask my family and friends to help me with my diabetes.
- Tell my doctor or nurse if I am having trouble with my diabetes.
- Put my pills in a pill box to help me remember.
- Eat less sugar and starch by _____.
- Limit fast food to _____ meals per week.
- Eat less sugary and starchy foods such as bread, desserts, soda, and chips. I will eat less of this food:

- Eat more veggies.
I will eat _____
instead of _____.
- Stay active by _____.