

Diabetes Education Programs

Learn to take care of your diabetes

Put a check in the boxes that are true for you:

- I have just been told I have diabetes
- My diabetes treatment plan has changed
- I am not meeting my diabetes targets
- I am pregnant or thinking about becoming pregnant

If you marked any boxes, you could benefit from taking a self-management education class.



Learn about these topics

- What is diabetes?
- How do I get my blood sugar down?
- What and how much should I eat?
- What physical activity should I do?
- How and when do I take my prescribed medicine?
- How do I test my blood sugar?
- What do my blood sugar, A1c and lipid numbers mean?
- How do I prevent low blood sugar?
- How do I care for my feet?
- How do I prevent diabetes related problems?
- What do I do when I am sick or traveling?
- How do I deal with stress?
- If I use tobacco, how do I stop?

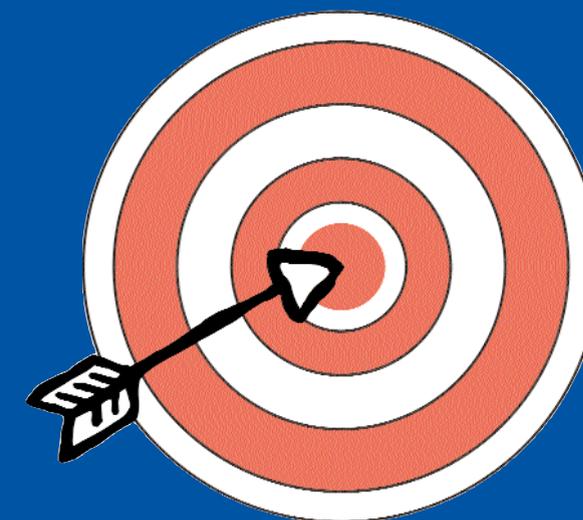


Call the toll free
Health Resource Line
(888) 222-2542
 for more information about
**Diabetes Self-Management
 Education Programs**

www.health.utah.gov/diabetes

This booklet has been developed by the Utah Diabetes Prevention and Control Program, selected Utah health care providers and Utahns with diabetes. This publication was supported by Cooperative Agreement Number 5 U32 DP822702-04 from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.

Is Your Diabetes Control On Target?



Manage your diabetes...

Get and stay on target...

Learn about the tests
and exams you need...

Control Your Diabetes

You have diabetes. Here are some ideas to help you keep it in control. Diabetes can affect every part of your body, including your eyes, teeth, nerves, feet, kidneys, and heart. **The good news is, if you keep diabetes in control, you can lower your chances of getting many of these diabetes related problems.** The chart at the right shows the targets for good control.

A1C: A blood test that shows the average amount of glucose (blood sugar) in your blood during the last two to three months. This test helps your doctor know if your treatment plan is working. The recommended level is less than 7%

Fasting Lipid Profile: A blood test to measure your total cholesterol, LDL ("bad" cholesterol), HDL ("good" cholesterol) and triglycerides (fats in the blood). This test shows if you are at risk for clogged arteries. Clogged arteries can lead to heart disease and stroke. Do not eat or drink anything except water for eight hours before you have this test.

Blood Pressure: Measures the pressure of blood against your arteries. High blood pressure can lead to heart disease, stroke, kidney and eye disease. This test should be done while you are sitting, with your arm resting on a flat surface. The recommended level is less than or equal to 130/80. The only way to tell if blood pressure is high is to have it checked.

Weight: You and your doctor should discuss what a healthy weight is for you. A healthy weight will help you control your blood sugar and stay close to your targets.

Lifestyle/Physical Activity: Add physical activity to your daily routine, gradually increasing to 30 minutes a day, 5-6 times a week.

Dental Exam: Diabetes can make dental problems worse. See your dentist at least two times a year. Brush often and floss daily.

Microalbumin: (urine protein) Ask your doctor to test your urine for protein. Diabetes may cause you to have protein in your urine. This is an early sign your kidneys are being hurt by diabetes. If it is found, your doctor will treat it so it does not get worse.

Dilated Eye Exam: Your doctor will put drops in your eyes to make your pupils large and use a bright light to check the blood vessels in the back of your eyes. Drops are put in your eyes to make your pupils large and then checked with a bright light.

Foot Exam: Ask your doctor to check your feet for ulcers, blisters, cuts, deformities, tingling, numbness and blood flow. If foot problems are found early and treated properly, amputations can be avoided.

Diabetes Care Tests and Targets

Tests and Exams You Need	Target	My Target	Dates and Results of Exams			
Every Visit (2-4 times each year or as decided by you and your doctor)						
■ Hemoglobin A1c (A1c)	Less than 7.0%* (lower if possible without undue problems with low blood sugar.					
■ Blood Glucose	Test at times chosen by you and doctor					
■ Blood Pressure	Less than or equal to 130/80 mm Hg					
■ Foot Exam	No foot sores, blisters or ulcers, good blood supply					
■ BMI	Less than 25					
■ Tobacco use	Remain or become tobacco free					
Every Year						
■ Fasting Lipid Profile:						
LDL (bad cholesterol)	Less than 70-100 mg/dL depending on presence of heart disease					
HDL (good cholesterol)	More than 50 mg/dL for females; 40 mg/dl for males					
Triglycerides (blood fats)	Less than 150 mg/dL					
■ Dilated Eye Exam	No diabetes related eye problems					
■ Microalbumin	Less than 30 mg/dL					
■ Dental Exam	No gum disease					
■ Complete Physical Exam	One per year					
■ Flu Shot	One per year					
■ Self-Management Education	At diagnosis, change in treatment or when not meeting targets					
■ Refer to Specialist (Podiatrist, Ophthalmologist, Cardiologist, etc)	As needed to find and treat problems					
■ Pneumonia Shot	Once before age 65. Check with your doctor about second shot after age 65					
■ Complete Foot Exam	Test done with monofilament to check feeling in feet					

*Many experts recommend that A1C should be less than 6.5%