Live Your Life!
Control Your Diabetes
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A partnership between
La Clinica de la Raza Preventive Medicine
Oakland, California

and

Lumetra
California's Medicare Quality Improvement Organization
San Francisco, California

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Lumetra extends our deep appreciation to La Clinica de la Raza for assisting us in sharing this valuable information.

Lumetra, California’s Medicare Quality Improvement Organization, initiated the Viva la Vida project to improve diabetes care for Medicare beneficiaries in the Latino community. Viva la Vida means “Live your life!” – a call to action for older Latinos and their families to take charge of their diabetes, and live their lives to the fullest. For more information, contact Ana Perez, APRN, BC-ADM, CDE, at (415) 677-2142 or aperez@caqio.sdps.org, or visit www.lumetra.com/diabetesandalatinos

This document was made possible by Lumetra’s contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services, contract number 500-02-CA02. The contents presented do not necessarily reflect CMS policy.

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Diabetes Resource Card

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The major responsibility for your care rests with you.

You can improve your quality of life.

You can avoid problems in the future.

You can take control of your diabetes before it takes control of you.

**Emergency Numbers**

Doctor’s name: ____________________________

Doctor’s phone number: __________________

Emergency phone number: __________________

Diabetes educator’s name: __________________

Diabetes educator’s phone number: ____________

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**Routine Self-Care**

There are 9 things that you can do each day to take care of your diabetes.

- Check Your Blood Sugar
- Follow a Meal Plan
- Exercise
- Take Care of Your Heart
- Take Your Medicine
- Take Care of Your Feet
- Take Care of Your Teeth
- Manage Stress
- Create an Action Plan to Stay Healthy
Check Your Blood Sugar

When should I measure my blood sugar?

What should it be?

**Before breakfast (90-130)**
so you can start the day knowing your blood sugar level.

**Before meals (90-130)**
to know which foods to eat and how much.

**2 hours after meals (<180)**
to learn how your food choices affect your blood sugar level.

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**Exercise**

**Why should I exercise?**

- **It lowers your blood sugar level.**
  - Before Exercise: 160
  - After Exercise: 100

- **You feel better.**
  - Before Exercise
  - After Exercise

- **It helps you to lose weight.**
  - Before Exercise
  - After Exercise
How often should I exercise?
At least 30 minutes 5 days a week.
Do more if you can.

What type of exercise is best?
Whatever you can enjoy without pain.
Ask your doctor before starting an exercise program.

Follow a Meal Plan
Some foods contain carbohydrates. Those that are
high in carbohydrates increase blood sugar levels.
One serving is equal to 15 grams of carbohydrate.
Some recommendations follow:

- Eat 2 to 4 servings of carbohydrate-rich foods
every 4-5 hours.
- If your blood sugar is too high, eat fewer
servings of these foods.
- Eat at least 3 meals a day.

Foods high in carbohydrates and serving sizes:

<table>
<thead>
<tr>
<th>Grains &amp; Beans</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans</td>
<td>1/2 Cup</td>
<td>Lentils</td>
<td>1/2 Cup</td>
</tr>
<tr>
<td>Rice</td>
<td>1/3 Cup</td>
<td>Hot Cereal</td>
<td>1/2 Cup</td>
</tr>
<tr>
<td>Pasta</td>
<td>1/3 Cup</td>
<td>Cold Cereal</td>
<td>Read food label</td>
</tr>
<tr>
<td>Tortilla</td>
<td>1</td>
<td>Bread</td>
<td>1 regular slice</td>
</tr>
</tbody>
</table>

Read food label
Starchy Vegetables

- Potato 1 small
- Corn 1/2 cup
- Green Peas 1/2 cup
- Sweet Potato 1/3 cup

Fruits and Fruit Juices

- Banana 1 small
- Apple 1 small
- Orange 1 small
- Mango 1/2 small
- Papaya 1 cup
- Cantaloupe 1/3 small
- Watermelon 1 cup
- Fruit Cocktail 1/2 cup
- Strawberries 4 big or 6-7 small
- Grapes 15
- Fruit Juice 4 ounces
- Kiwi 1

Note: 4 ounces is equal to 1/2 cup.

Milk and Yogurt

- Milk 8 ounces
- Yogurt flavored (read food label)
- Yogurt unflavored 6 ounces

Sweets and Desserts

- Mexican Sweet Bread 1/4 piece
- Cookie (read food label for total carbohydrates)
- Ice Cream 1/2 cup
- Gelatin 1/2 cup
Take Care of Your Heart: Cholesterol
Causes of High Cholesterol

- Lack of physical activity
- Being overweight
- Eating fatty foods

What can you do to reduce your cholesterol?

- Eat less meats, butter, and cheese
- Eat low fat foods or low fat substitutes
- Eat oatmeal and beans more often
- Eat fewer eggs
- Bake or broil instead of frying

Take Care of Your Heart: Blood Pressure
Causes of High Blood Pressure

- Smoking
- Overweight
- Lack of physical activity

What can you change in your diet to lower your blood pressure?

- Use less salt
- Eat less processed and canned foods
- Eat more vegetables and fresh food
- Consume low fat dairy products
- Alcohol
- Too much salt
**Take Your Medicine**

Many people with diabetes take pills to control their blood sugar. Others inject insulin. The following guide tells you when to take your medicine.

**Glipizide**
Take 30 minutes before meals.

**Glyburide**
Metformin (Glucophage)
Take with meals.

**Actos, Avandia**
Take at the same time every day.

**Insulin**
You need to know the kind of insulin and how it works in your body (fast- or slow-acting, or mix). Ask your doctor or diabetes educator how it works and when to take it.

**Take Care of Your Feet**

Here are some things you can do to take good care of your feet.

- Take your shoes and socks off at each doctor visit. Ask the doctor to check your feet.
- Wash your feet with warm water every day. Dry them well, especially between the toes.
- Use a moisturizing lotion but not between the toes.
- Check your feet daily for cuts, bruises, blisters, redness and swelling.
Take Care of Your Feet
(continued)

- Never walk barefoot.
- Wear shoes that fit well.
- Check inside your shoes before putting them on. There may be something that can cut you.
- Cut your nails straight across as shown.

Take Care of Your Teeth

Why is it important?
- You can get gum infections. This can cause pain and lead to tooth loss.
- Infections can increase your blood sugar.
- High blood sugar increases bacteria in the mouth. This leads to dental decay.

What should I do?
- Use dental floss every day.
- Brush 2 minutes or more, at least 2 times per day.
- Keep blood sugar under good control.
Manage Stress
Diabetes can increase stress. Stress can increase your blood sugar.

What can I do?
Try to see things positively. Talk to a friend or family. Exercise.

Depression
How do I know if I am depressed?
• During the past month, have you often been bothered by feeling down, depressed, or hopeless?
• During the past month, have you often been bothered by having little interest in doing things?
If you answered “yes” to either question, talk to your doctor.

Create an Action Plan to Stay Healthy
An action plan gives you detailed steps to help manage your diabetes and help you stay healthy.

Your action plan should include:
• The specific action you are going to take.
• How often or how much time you will spend doing the specific action.
• When you will do the specific action.

Your action plan should be:
• Desirable (Something you want to do to improve your diabetes)
• Realistic (Something you can do)
• Specific (Something very concrete)
Create an Action Plan to Stay Healthy
(continued)

To develop your plan, ask yourself these questions:

What exactly am I going to do?

- I will walk.
- I will eat less.

How often or how much will I do?

- I will walk 20 minutes.
- I will eat no more than 2 tortillas.

When am I going to do it?

- I will walk 20 minutes in the morning after breakfast.
- I will eat no more than 2 tortillas every meal.

Remember to ask yourself:
What • How • When

Tests You Need

A1C
Blood cholesterol
Blood Pressure
Microalbumin
Dilated Eye Exam
Foot Exam (monofilament)
Dental Exam

Use the handy tear-off card in the middle of the brochure to keep track of your tests.
**Blood Cholesterol**

**What is cholesterol?**
It is a wax-like substance that blocks the flow of blood in your arteries. Bad cholesterol (LDL cholesterol) can lead to heart problems.

**What is a good level of LDL?**

<table>
<thead>
<tr>
<th>LDL Level</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 100</td>
<td>OK</td>
</tr>
<tr>
<td>Over 100</td>
<td>Take Action</td>
</tr>
</tbody>
</table>

For more information see page 9.

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**A1C**

**What is the A1C?**
The A1C test tells you how well your blood sugar control was during the last 3 months. It helps the doctor decide your treatment plan.

**How often do I need it?**
At least twice a year, and sometimes more often.

**What is a good A1C level?**

<table>
<thead>
<tr>
<th>A1C Level</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>More than 7%</td>
<td>Take Action</td>
</tr>
<tr>
<td>7% or less</td>
<td>Good</td>
</tr>
</tbody>
</table>

For more information see page 9.
Blood Pressure

Why is high blood pressure bad?
It can cause serious problems in the following organs:

- Kidneys
- Eyes
- Heart

What is a good level for blood pressure?
Less than 130/80

What can I do if it is too high?
Take your blood pressure medicines as directed.

How can I keep my kidneys healthy?
Keep your blood sugar within healthy limits (see page 3).

For more information see page 10.

Microalbumin

Why do I need this test?
It tells you how well your kidneys are working. It measures the amount of protein in the urine. Early detection helps prevent problems in the future.

How often do I need it?
Once a year

Why is high blood pressure bad?

How can I keep my kidneys healthy?
Take blood pressure medicines prescribed by your doctor.
Dilated Eye Exam

What is the dilated eye exam?
The doctor puts drops in your eyes to dilate them. Your pupils become larger. The doctor can then look at the back of your eye for any changes.

Why do I need this exam?
If the doctor finds a problem, they can treat it to prevent further problems.

How often do I need this exam?
Once a year

Foot Exam
(Monofilament)

What is this test?
The doctor or nurse touches your foot with a thin nylon filament. You tell the doctor if you feel it.

Why do I need this?
This test tells you if the nerves in your feet are healthy. If you do not feel the filament, the nurse or doctor will tell you how to avoid foot problems.

How often do I need this?
Once a year
Dental Exam

The dentist looks at your teeth, gums and mouth to see if you have any problems. If you do, the problems are corrected. Even if you use false teeth, you still need an exam.

How often do I need this exam?

2 times a year

Why do I need this exam?

Healthy teeth and gums are needed to eat without having pain.
Gum disease can increase blood sugar.
Gum disease can cause heart problems.

Emergency Care

This section contains emergency care for the following areas:

Low Blood Sugar
Sick Days
When to Get Help
Low Blood Sugar

Low blood sugar can cause some of the following symptoms:

- Dizziness
- Sweating
- Shaking

What are the causes?

- Skipping meals.
- Long periods of exercise with no snack.
- Delaying meals too long after taking diabetes medicine.
Emergency Care

What should I do if I have symptoms of low blood sugar?

1. Measure your blood sugar level.
2. If blood sugar is under 70, drink 4 ounces of fruit juice or 4 ounces of regular soda.
3. Wait 15-20 minutes and measure blood sugar again.
4. If you do not plan to eat in the next 1-2 hours, eat a snack.
5. Eat your meals on time.

Sick Days

When you are sick, your blood sugar may rise more than usual.

- Continue taking your diabetes medicine as usual.
- Measure your blood sugar more often (every 2-4 hours if it is higher than normal).
- Eat the usual amounts of food at the usual times.
- To avoid dehydration, drink at least 8 ounces of calorie-free fluids (water, broth, diet soda) every hour.
Sick Days
(continued)

If you can’t eat as usual because of nausea and vomiting, drink liquids or eat foods with carbohydrates (1 serving every 1-2 hours).

You can try these foods:

- Gelatin (1/2 cup)
- Ice cream (1/2 cup)
- Fruit Juice (4 ounces)
- Gatorade™ (1 cup)
- Pudding (1/2 cup)
- 6 saltines

Look on pages 6, 7, and 8 for other foods with carbohydrates.

When Should I Call the Doctor?

- If your blood sugar is much higher than usual for more than two days.
- If you are vomiting for more than 8 hours and cannot hold down fluids.
- If you have difficulty breathing.
- If you have diarrhea for more than 8 hours and cannot hold down fluids.
- Or if something worries you.
Questions to Ask My Doctor

The ABC’s of diabetes care:
A. How is my A1C? When do I need the test again?
B. How is my Blood pressure?
C. How is my Cholesterol?

For questions A, B, C, ask: What are my target numbers?

Other important questions:
1. Will you check my feet today?
2. Do I need my eye exam?
3. Where can I attend diabetes education classes?

My Results

<table>
<thead>
<tr>
<th>Lab Test</th>
<th>Result</th>
<th>Date</th>
<th>Due/Target</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1C</td>
<td></td>
<td></td>
<td>2 times a year/7% or less</td>
</tr>
<tr>
<td>LDL – Cholesterol</td>
<td></td>
<td></td>
<td>1 time a year/Less than 100</td>
</tr>
<tr>
<td>Blood Pressure</td>
<td></td>
<td></td>
<td>Every visit/Less than 130/80</td>
</tr>
<tr>
<td>Microalbumin</td>
<td></td>
<td></td>
<td>1 time a year</td>
</tr>
<tr>
<td>Dilated Eye Exam</td>
<td></td>
<td></td>
<td>1 time a year</td>
</tr>
<tr>
<td>Foot Exam</td>
<td></td>
<td></td>
<td>1 time a year</td>
</tr>
<tr>
<td>Dental Exam</td>
<td></td>
<td></td>
<td>2 times a year</td>
</tr>
</tbody>
</table>

Visit www.lumetra.com/diabetesandlatinos to print another copy to keep in your wallet.