

**PATIENT EDUCATION/SELF MANAGEMENT**

**DIABETES: WHAT YOU SHOULD KNOW**

A1C test (pronounced A-one-C) shows your average blood glucose level over the last three months. You and your health care team should talk about the A1C goal that is right for you. For most people with diabetes, the A1C goal is less than 8%.



Fingerstick blood sugar will be checked by you or the nurse, especially when you are taking insulin. The goal for fingerstick blood sugar is less than 130 mg/dl before eating.



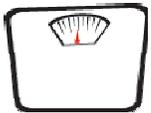
Blood pressure in people with diabetes should be less than 140/80. This helps keep your kidneys healthy and prevents heart attacks and strokes.



LDL Cholesterol is the “Bad” cholesterol. The LDL goal is less than 100. This helps prevent heart attacks and strokes in people with diabetes.



Too much protein in the urine is a sign of kidney damage from diabetes. Your health care provider may give you medicine to help prevent more kidney damage.



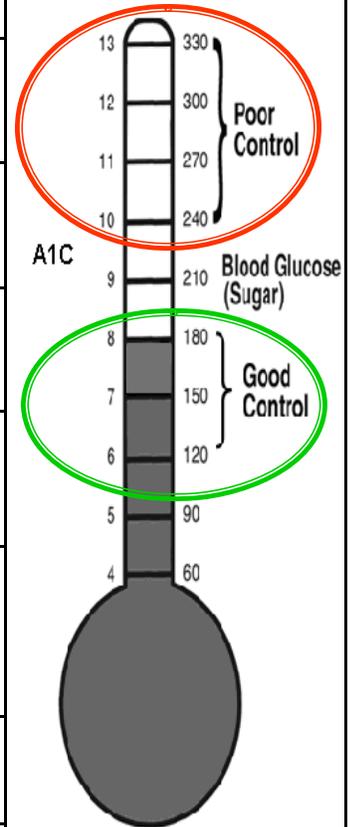
Control your weight. The Body Mass Index (BMI) helps you know what a good weight is for you depending on how tall you are. A good BMI helps control diabetes and prevents complications. An ideal BMI is under 25. The best way to maintain a good weight is to eat a healthy diet and exercise more.



Eyes should be checked at least once a year. Diabetes can cause damage to the back part of your eye. This can cause blindness if it is not caught early.



Feet should be checked by your health care provider at least once a year. You should check your feet every day and tell your health care team if you have cuts that do not heal, blisters, sores, swelling, redness, or sore toenails.



WHAT CAUSES DIABETES?	HYPOGLYCEMIA	HYPERGLYCEMIA
<p><b>TYPE 1 DIABETES</b> Cells in the pancreas can be damaged which leads to:</p> <ul style="list-style-type: none"> <li>• Less insulin being made.</li> <li>OR</li> <li>• No insulin being made.</li> </ul> <p><b>TYPE 2 DIABETES</b> Insulin is not used well by the body, so sugar in the blood is not absorbed.</p> <p>Insulin may not be secreted by the pancreas.</p>	<p><b>LOW BLOOD SUGAR (LESS THAN 70)</b></p> <p><b>YOU CAN FEEL:</b> Shaky, nauseated, drowsy, hungry, and have a headache. This can also happen at night when you are asleep.</p> <p><b>CAUSES:</b> Too little food, extra exercise, or too much diabetes medicine or insulin.</p> <p><b>If this happens: Eat or drink something that has sugar in it. Tell the nurse if you don't feel better in 15 minutes.</b></p>	<p><b>HIGH BLOOD SUGAR (MORE THAN 200)</b></p> <p><b>YOU CAN:</b> Feel thirsty, urinate often, have blurred vision.</p> <p><b>CAUSES:</b> Too much food, illness, stress, too little insulin or diabetes medicine.</p> <p><b>If this happens: You may need more medication or less food. You should tell your health care team if you think you have high blood sugar.</b></p>

**HOW CAN I HELP CONTROL MY DIABETES?**

- Do not smoke.
- Take your medications as directed.
- Control your weight:
  - Be active at least 30 minutes on most days. You can walk, jog, or do exercises in your cell, even during lockdowns.
  - Eat a healthy diet: limit breads and pastas, canteen-junk foods, candy and ice cream.
- Check your blood sugar with a meter as directed by your health care team.