Taking Care of Your Diabetes

Things you can do to be healthy:	How confident are you that you can:	To learn more:
EAT HEALTHY by making food choices that keep your blood glucoses in control. For example, spread out carbohydrate foods evenly over meals.	Choose the appropriate food to eat when you are hungry? 1 2 3 4 5 Not Confident Confident	▪ Ask your provider for a referral to see a dietitian. ▪ Visit www.diabetes.org or www.choosemyplate.gov
BE ACTIVE to help control weight and lower blood sugar levels. The GOAL is to be active for 30 minutes or more each day. ▪ Find a "buddy" to exercise with. ▪ Join a local YMCA or other fitness center.	Exercise 15-30 minutes, four to five times per week? 1 2 3 4 5 Not Confident Confident	▪ Ask your provider what kinds of exercise you can do if you have not been active. ▪ Visit www.diabetes.org or www.myfitnesspal.com (also available as a smartphone app).
MONITOR YOUR BLOOD GLUCOSE to see if it is in your target range. **Fasting blood glucose GOAL is 90 to 130 mg/dl** for most people. **The GOAL A1C** (average blood glucose over the past 8-12 weeks) **is 7% or less**.	Know what to do when your blood sugar level goes higher or lower than it should be? 1 2 3 4 5 Not Confident Confident	▪ Check your blood glucose every day and write it down. Determine how your food choices and activity level affect your blood glucose numbers. ▪ Talk to your provider if you have questions or are having trouble checking your blood glucose.

Turn page over for more information

The information provided herein is considered educational and should not be used during any medical emergency or for the diagnosis or treatment of any medical condition. A licensed medical professional should be consulted for diagnosis and treatment of any and all medical conditions. Call 911 for all medical emergencies.

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THINGS YOU CAN DO TO BE HEALTHY:	HOW CONFIDENT ARE YOU THAT YOU CAN:	TO LEARN MORE:
TAKE YOUR MEDICINES as prescribed The GOAL is to not miss any doses of medicines.	Know what to do if you miss a dose of medication? 1 2 3 4 5 Not Confident Confident	▪ **ASK QUESTIONS** if you do not know what a medicine is for, how much to take, or how to take it. ▪ Use a pill box or medication record to help you remember to take your medicines. ▪ Tell your provider any concerns or questions you have about your medicines.
LOWER YOUR CHANCE OF COMPLICATIONS ✓ Check your feet every day for red areas, cuts, sores, or blisters and contact your health care team if a cut, sore or blister is not healing ✓ Get a flu vaccine every year ✓ Ask your provider if you need a pneumonia vaccine The GOAL is to be healthy with diabetes and do the things you like to do	Control your diabetes so that it does not interfere with the things you want to do? 1 2 3 4 5 Not Confident Confident	Talk to your health care team if you are having problems or need help with your diabetes. Consider the following: **Diabetes Support Groups** (www.baylorhealth.edu or call 1-800-421-9567 for a support group near you) **Books** (can often find at the library or book stores) •Diabetes Burnout: What to do When you Can't Take it Anymore •Psyching out Diabetes, A Positive Approach to your Negative Emotions, •365 Daily Meditations for People with Diabetes •101 Tips for Coping with Diabetes •Confessions of a Couch Potato •10 Steps to Living Better with Diabetes

If you are confident and able to do the above activities, you are on the right track!
If you are not confident or not able to do 1 or more of the above activities, please talk to your health care team so they can help you.

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