

We're Here for You

Whether you have just been diagnosed with diabetes or have had diabetes for years, we are here to help you live well.



#1: To get you started, please review this packet.

We have many ways to assist you going forward and welcome your input as to which option(s) below feel right for you.

#2: Please check off any and all educational options that interest you:

- Free Group Education:** Being with others can help you feel less alone and often participants have great ideas to share. In this 4 part series you will meet with diabetes educators and other folks with diabetes just like you who need to learn skills to better take care of their disease. Morning and evening class series available. Call 354-6570 Option #3 to sign up.
- Online Videos:** You love to get information online. Videos help you “see” better what is going on and you can do it in the comfort of your own home. Our online educational video series is a great choice for you. Visit: goemmi.com and enter access code: DHDIABETESCARE
- One-to-One Education:** You prefer individual education and/or you have special needs that are better addressed by meeting with an educator individually. *(Co-pay may apply)*
- Free Community Education Classes:** There are many opportunities, including: grocery store tours with a dietitian and programs offered by our community partners such as the YMCA and others. Offerings can be found by visiting: events.cheshire-med.com or view community partner websites for offerings.
- Free Talkin’ Diabetes Discussion Group:** Join us for regular informal discussions of important issues in diabetes self-care. Learn from others. Spouses and significant others welcome. Diabetes educator is present. Second Thursday of the month: 6:30 – 7:30 pm. Check at the CMC/DHK switchboard for which room the group will meet in.

#3: Discuss these options with your provider or diabetes educator and we'll set you up with an education plan that is right for you.

For more information about our programs:

- Call **603-354-6799** and hear a recorded message about our educational services
- Visit us online at www.cheshiremed.org/diabetes

We look forward to working with you,

Your Diabetes Care Team



Diabetes - What does it mean for me?

- Your blood sugar level is higher than normal
- Lowering your blood sugar will help you feel better and may help prevent health problems in the future
- You can live well with diabetes. Did you know that even some elite athletes learn to perform well with their diabetes!
- You can have a powerful effect on controlling your blood sugar and staying healthy by learning more about diabetes and learning skills to help you take better care of yourself.

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Healthy Coping with Diabetes ... In the Beginning

RECOMMENDATIONS TO CONSIDER:

- Be the Tortoise more than the Hare – “**slow and steady wins the race**”. Pace yourself.
- It is common to initially feel somewhat overwhelmed and have other emotions, including: fear, blaming yourself, sadness, and disbelief.
- Keep things in perspective. Managing diabetes can be challenging, but you can do it. Calm your worries.
- Manage stress as best you can.
- Encourage a positive attitude – “one step at a time”, “I don’t have to be perfect”, “I’ve handled challenging situations before”, etc.
- While diabetes is not your fault - it is your job - along with support from your “team”, to manage it.
- Talk to others – family, friends, and health care providers. The **support of others is very important**. Ask for help.
- In many respects, what you’ll need to do is **live a healthy lifestyle**.

Goal Setting:

- Focus on behaviors more than outcomes. For example: reducing carbohydrates or taking a walk, rather than on weight loss.
- Set realistic goals. Use small successes to build towards larger ones.
- Reward yourself (with healthy choices) for taking small steps.
- Focus more on “smart-power” than willpower. Learn about diabetes, learn what your numbers mean, begin learning how to outwit old habits and start making new habits.

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Medication Use

Medication can be helpful to control blood sugar.

If you need to take diabetes medication, **be sure you ask your provider or pharmacist:**

- How much to take?
- When to take it? Does it need to be taken with food?
- What to do if you miss a dose?
- What are possible side effects of the medication and what to do about them?

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Monitoring

Most likely you will be asked to check your blood sugar at home. Checking your sugar helps your provider plan how to best control your blood sugar.

Some important things to remember:

- Contact your insurance company using the phone number on the back of your card and ask what meter your insurance company prefers you to use so your supplies will be less expensive. Call your provider's office to let them know.
- Get instruction on how to correctly use the meter. Your provider's office can arrange this for you.
- Testing frequency will be determined by your provider or educator.
- Bring your meter and supplies to every diabetes related visit.

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Being Active

- Being active on a regular basis helps to lower your blood sugar.
- Being active has other health benefits such as:
 - Increased energy
 - Stress reduction
 - Helps keep you strong and independent
 - Lowers risk of heart disease and stroke
- Get support from family and/or friends to help you stay active.
Daily activity is good for everyone!
- There are many different ways to be active. A few examples include:
 - Walk
 - Swim
 - Bike
 - Do chair exercises
 - Join a gym
 - Take a fitness class
 - Dance
 - Park further away
 - Use the stairs instead of the elevator
- Talk with your provider if you have questions about what option is best for you.

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Problem Solving

Diabetes is a serious but manageable disease.
Here are two important concerns to know how to handle:

PREVENTING LOW BLOOD SUGAR

Some diabetes medications may cause this side effect. A low blood sugar is a reading of less than 70 mg/dl. Sometimes people have symptoms of low blood sugar at a higher level if their blood sugar drops quickly.

Common symptoms:

shaky sweaty light-headed irritable tired
nervous hungry confused fast heart rate hungry

Treatment:

- 4 oz juice or regular soda.
- You should feel better in about 15 minutes. If you still don't feel well take another 4 oz of juice or regular soda.
- If you are not going to eat for another hour have a small package of peanut butter crackers or 8 oz milk after you treat your low.

If you have any concerns, call your provider.

LOWERING HIGH BLOOD SUGAR

Symptoms of high blood sugar do not usually occur until blood sugar levels are greater than 250 mg/dl.

Common symptoms:

increased thirst increased need to urinate
increased tiredness blurred vision.

Treatment:

- Drink lots of water or zero calorie liquids to stay hydrated.

If you have any concerns, call your provider

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Healthy Eating

TIPS TO GET YOU STARTED:

Eat 3 meals per day about 4 – 6 hours apart during your waking hours.

Beverages:

- Use unsweetened beverages: such as water, plain coffee or tea, zero calorie flavored waters, zero calorie iced tea, and zero calorie lemonade.
- Avoid sweetened beverages: such as regular soda, sweetened iced tea or lemonade, Coolatas, sweetened coffee drinks.
- Limit: Juice to 4 oz /day or less. Limit milk to no more than 2 – 3 (8 oz) cups/day

Sweets: Avoid high carbohydrate junk foods such as cakes, cookies, pies, candy, and ice cream. If you must have a sweet, limit portion to ½ cup and choose items such as sugar free pudding, sugar free jello, sugar free popsicles. Better yet, use fruit for a dessert.

Sample menu below can help you get started:

Breakfast

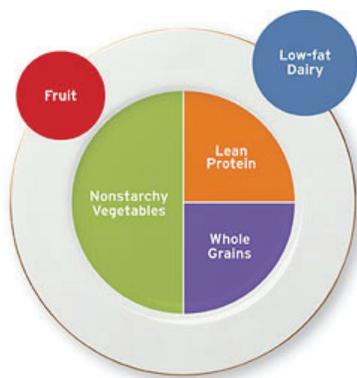
3/4 - 1 cup high fiber cereal
 ½ banana
 4 - 8 oz 1% milk
 Coffee or tea

Lunch

1 - 2 slices whole grain bread
 2 – 4 oz lean turkey
 1 TBSP light mayonnaise
 Small or medium apple
 Water or other zero calorie beverage

Dinner

3 – 5 oz lean meat, fish, or poultry
 3 – 6 oz Baked potato
 1 cup or more broccoli
 2 TBSP light margarine
 8 oz 1% milk, water or 0 calorie drink
 1 cup berries



Use this diagram to guide you in portioning your plate.

Snacks: Use only as needed. For example, if there is more than 4 – 6 hours between a meal and you are truly hungry. A few ideas:

- 1 piece of fruit
- 3 cups light popped popcorn
- 6 oz carton sugar free yogurt
- 4 oz 1% milk and 4 – 6 whole grain crackers
- 4 oz 1% milk and ¾ cup high fiber cereal

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Reducing Risks

Because you have diabetes you are at greater risk of developing other health issues such as problems with your vision, heart, kidneys, nerves and circulation. However, there are many things you can do to reduce these risks. Here are a few important ones to get started with:

- Regularly see your health care team and get the tests prescribed. This allows any potential problems you might have to be identified and treated early
- Don't smoke
- Check your feet daily to make sure there are no cuts or redness or swelling. Let your health care team know right away if you have any problems with your feet.
- Lubricate your feet regularly – except between the toes--to keep your feet soft so cracks do not develop and allow bacteria to enter and cause infection.
- Get a dilated eye exam at least once/year

Ask your health care team what other things you can do to stay healthy.

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