

Living With Diabetes

Diabetes can cause big health problems if you do not take care of it, such as:

- Heart problems
- Kidney failure
- Blindness
- Damage to nerves and skin in your feet.

How can I manage my diabetes?



Check your blood sugar regularly



See your doctor every 3 to 6 months



Eat well and exercise



Take all your medicines as labeled and plan ahead for your refills

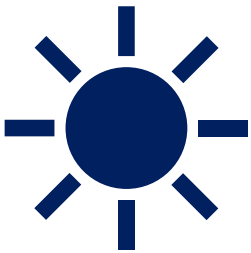


Get a dental check-up every 6 months



Get your eyes checked at least 1 time a year

When should I check my blood sugar?



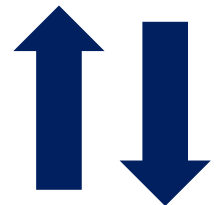
When you wake up



Before meals



Before going to sleep



Anytime you your blood sugar is high or low

Checking Your Blood Sugar

Healthy blood sugar levels are important when managing diabetes. In general, your blood sugar should be:

- Between 80 and 130 when you wake up in the morning and before you eat
- Below 180 (2 hours after a meal)

Talk to your doctor about what your blood sugar level should be. Ask your doctor what you should do if your blood sugar is not within the recommended range.

What supplies do I need?



A blood sugar monitor (make sure you read **all** the instructions)



Lancets (the small, needle-like objects you will use to prick your skin. You will use a new one each time you check your sugar)



A lancet device (the piece that holds your lancet in place)



Test strips (small papers that you will place a drop of blood on when you check your sugar. Read your monitor instructions to make sure the strips will work with your monitor)

How do I check my blood sugar?

1. Wash your hands well.
 - Wet your hands
 - Lather with soap
 - Scrub for at least 20 seconds
 - Rinse and dry
2. Put the test strip into the monitor.
3. Adjust the lancet in the lancet device so it goes in as deep as you need it to. Level 1 will not go very deep and Level 5 will go the deepest.
4. Get a drop of blood using the lancet. You can prick any finger or your forearm, thigh, calf, or abdomen.
5. Touch your test strip to the drop of blood. Your blood sugar level should appear on the monitor's screen.
6. Write down the results in a log. Keep them organized in a notepad or a journal so they are all together, and take it with you to each of your doctor's visits. This will help the doctor determine if they need help you change your diet, exercise plan, or change any of your medicines to better control your blood sugar.

If you have questions, contact your doctor or a Certified Diabetes Educator (ask your doctor or insurance company if they can get you an appointment).