

TAKING CARE OF YOURSELF

Keys to controlling diabetes

1. Eat healthy meals and snacks
2. Take your medicine
3. Monitor your blood sugar and keep a daily log
4. Exercise every day
5. Live a healthy lifestyle (no smoking, less stress, adequate sleep, avoid excessive alcohol)
6. Lose weight if overweight
7. Maintain recommended weight
8. Reduce/control high blood pressure and high cholesterol
9. Adjust your meal plan/exercise to keep your blood sugar in the desired range. An A1c blood test can determine how well your blood sugar has been controlled during the past three months.
10. Check and take special care of your feet and skin every day
11. Make and keep follow-up appointments with your doctor and others
12. If you need help, ask for it

Insurance coverage for people with diabetes

Texas and federal laws require some health benefit plans to provide coverage for diabetes supplies, equipment, and education about how to control diabetes. Ask your health benefit plan coordinator or insurer to give you written information on your covered benefits. If you don't have health insurance now, you may be eligible to participate in the Texas Health Insurance Risk Pool, which offers medical coverage to people with diabetes.

For more information about health insurance coverage, you may contact the Texas Department of Insurance (TDI) Consumer Help Line:

1-800-252-3439

This number may also be called with complaints regarding health maintenance organizations (HMOs) and other plans, or visit the TDI Web site at www.tdi.state.tx.us.

Free publications available from the Texas Diabetes Council:

Taking Charge of Your Health: Controlling Diabetes One Day at a Time

Food for Life: Living Well with Diabetes

Diabetes Health Record/Card

Getting the Facts About Diabetic Eye Disease

Give Your Child a Healthy Headstart

Gestational Diabetes

For more information about diabetes, contact:

Texas Diabetes Council MC 1965

Texas Department of State Health Services

PO Box 149347, Austin, Texas 78714-9347

1-888-963-7111

www.texasdiabetescouncil.org



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LIVING WITH DIABETES

(A GUIDE)

If you're among the 1.5 million Texans who have diabetes, here is some advice you can live with. Regular check-ups, exercise, controlling your blood sugar, and healthy eating can help you prevent or delay complications from type 2 diabetes.

BEFORE

YOUR DOCTOR VISIT

Symptoms to report:

- Blurred vision
- Fatigue, lack of energy
- Extreme thirst, hunger
- Frequent trips to the bathroom (urination)
- Unexplained weight gain or loss
- Numbness, pain, or tingling in hands or feet
- Slow-healing sore or cut
- Frequent infections
- Depression
- Other _____

Patient/Doctor Checklist:

First visit

- Complete history and physical exam
- Urine test for microalbuminuria
- Diabetes education
- Nutrition and exercise counseling
- Psychological counseling

Each visit

- Weight
- Blood pressure
- Oral /dental inspection
- Foot inspection
- Review self-monitoring log book

At least twice a year

- A1c blood test

At least once a year

- Complete foot exam (skin, circulation, nerves)
- Eye exam (dilated with eye drops)
- Flu shot
- Dental exam by dentist

DURING

YOUR DOCTOR VISIT

Other blood tests

- HDL (good) cholesterol
- LDL (bad) cholesterol
- Triglycerides
- Blood test for kidney (creatinine)

If you take prescription and over-the-counter drugs, make a complete list or take your medicine with you to show your doctor. Ask about taking aspirin and how to quit smoking.

Other questions to discuss:

- How can I tell when my blood sugar is low?
- What can I do when my blood sugar is low?
- What are the effects if I use tobacco? Alcohol?
- What if I plan to get pregnant?
- How can I deal with feeling depressed?
- What if my energy level is low or I feel tired?
- How do I manage an infection? High fever?
- What should I do if I have vomiting or diarrhea?
- Other _____

Results of exam on _____ (date)

Weight _____ Goal _____

Blood pressure _____ Goal _____

Foot exam result _____

Eye check result _____

Dental check result _____

Results of blood tests _____ (date)

A1c _____ Goal _____

HDL cholesterol _____ Goal _____

LDL cholesterol _____ Goal _____

Triglycerides _____ Goal _____

AFTER

YOUR DOCTOR VISIT

Results of urine tests _____ (date)

Microalbuminuria _____ Normal range _____

Creatinine _____ Normal range _____

Appointments to make:

- Lab
- Eye doctor
- Diabetes educator
- Dentist
- Dietitian
- Foot doctor

To do list:

- Blood sugar self-monitoring plan _____

- Healthy eating plan _____

- Exercise plan _____

- Foot/skin care plan _____

- Medication schedule _____

- Plan for safe disposal of supplies _____
