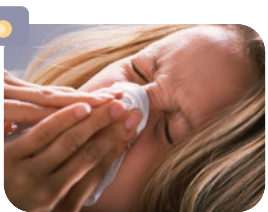


How do I manage my diabetes on sick days?

Colds, flu, fever, nausea and vomiting are all special concerns that can cause problems for you. Sickness often makes blood glucose rise, therefore you must always continue your insulin/or oral diabetes medications. You should notify your physician when you do not feel well. Some guidelines to follow when you are sick:

- Always continue to take your medication (oral diabetes medication or insulin)
- Monitor your blood glucose every four hours if you have a glucose meter.
- Drink plenty of fluids to prevent dehydration. Body fluids are rapidly depleted during illness.
- Rest and keep warm.
- Do not exercise.



When traveling, how do you adjust your diabetes treatment plan for different time zones?

It is very important for you to check with your doctor, dietitian and/or diabetes educator to help you make meal time/medication adjustments when you expect to travel in different time zones. Do this once you have arrival and departure times so an individualized meal and medication schedule can be planned for you.

Why is it important to do blood sugar (glucose) testing?

Blood glucose testing is done in order to know exactly how much glucose is in the blood. This test gives you an immediate picture of your blood glucose level.

What is neuropathy?

Neuropathy is damage to nerve tissues. It is a long-term complication of diabetes that can affect many parts of the body, mainly the legs and feet. Signs and symptoms of neuropathy are numbness, tingling, burning and pain.

Why is it important for a person with diabetes to take good care of their feet?

Foot care is especially important for people with diabetes. In addition to poor circulation, many people with neuropathy may have numbness in their feet. If your feet are numb, you may not realize that you have a cut or other injury on your feet. This makes it easy for a small injury to quickly turn into a serious problem.



What is the DCCT study?

The Diabetes Control and Complications Trial (DCCT) was a study completed in 1993. The DCCT was the most significant study ever done with insulin dependent individuals to determine the effects of tight control on diabetes. Study participants performed blood glucose monitoring four or more times a day, received three or more insulin injections a day (or used an insulin pump), followed diet and exercise plans, plus visited their physician frequently. The results of the study showed tight control of diabetes maintains lower blood glucose levels and results in slower onset of diabetes related complications.

Further information and resources available:

Diabetes Self-Management Series:
Type 1 Diabetes
Type 2 Diabetes
You, Your Pregnancy and Diabetes

The Diabetes Self-Management Classes at HMHP are offered at several locations in Mahoning and Trumbull counties. These classes are for people who would like more information about their diabetes. Family members are welcome. Lectures are provided by a certified diabetes educator and a registered dietitian. Personal diabetes instruction is also available for outpatients. Sessions are available on the following:

- Introduction to diabetes/acute complications/ medications
- Lifestyle factors/chronic complications
- Introduction to food exchange groups
- Nutrition in daily living
- Insulin injection
- Glucose monitoring
- Personal diet instruction

A Diabetes Support Group is also available.

For more information or to register, call 330-480-3151 or toll-free 1-877-700-4647.

St. Elizabeth Health Center
1044 Belmont Ave., Youngstown
330-480-3352

St. Joseph Health Center
667 Eastland Ave., Warren
330-841-4160



Diabetes



Answers to Common Questions



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The knowledge to heal. The spirit to care.

Diabetes

Answers to Common Questions

*These questions are a composite of
St. Elizabeth Health Center/Albion County
Senior Center Diabetes Support Group.*

What is Type 1 diabetes?

Type 1 Diabetes (insulin dependent diabetes) is diabetes in which the pancreas no longer makes insulin. Insulin must be injected to sustain life. Type 1 diabetes usually occurs before the age of 40.

What is Type 2 diabetes?

Type 2 diabetes is diabetes in which the pancreas is not making enough insulin or the insulin it does make is not working properly. It usually occurs in adults over the age of 30.

What is gestational diabetes?

Gestational diabetes is diabetes which first appears during pregnancy and usually goes away following the delivery of the baby.

What are some of the signs and symptoms of diabetes?

Extreme thirst, blurred vision, frequent urination (passing water), weight loss, and/or fatigue.

What is the doctor called that treats diabetes?

Your family/medical doctor has training in diabetes but may need to refer you to a specialist to further assist in the management of your diabetes. This specialist may be a diabetologist or endocrinologist.

What is considered a normal blood sugar reading?

Blood glucose levels change throughout the day. Your blood glucose will be lower before a meal and higher after a meal. The target ranges for blood glucose levels are:

- Before breakfast • 70-120 mg/dl
- One hour after eating • under 180 mg/dl
- Two hours after eating • under 140 mg/dl

Your doctor will tell you what range is best for you. Your range may be slightly lower or higher than those listed.

What is hemoglobin A1C?

Hemoglobin A1C is a blood test done to measure a person's blood glucose control for the past two to three months.

What is a 2-hour postprandial blood sugar?

A postprandial blood sugar is another test done to help monitor your blood glucose. This test is done approximately two hours after you have eaten.

Can diabetes be cured?

At the present time there is no cure for diabetes. Maybe someday there will be a cure, but for now you need to control your diabetes by eating the right foods, exercising every day and by taking your insulin and/or oral diabetes medication.

What is reasonable body weight?

Reasonable body weight is a weight range based on a person's individual needs.

How important are meal planning, medication, exercise, self-monitoring of blood glucose and education to good diabetes control?

These are the five major treatment tools to help control your diabetes. Each treatment tool plays an equally important role in your diabetes management/control.

What is the food pyramid and how is it important to the diabetes meal plan?

The food pyramid is the basic starting point for a healthy meal plan. It provides guidelines on eating a well balanced diet low in sugar, saturated fat, cholesterol and sodium. It helps find your balance between food and physical activity.

What meal plan should I follow?

Your meal plan is individualized to fit your lifestyle. Your dietitian will help you choose the best one for you.

Do I have to change the way I eat?

You may have to change your eating habits to eat healthier. Your dietitian will help you learn healthier eating habits.

Do I need special food on my diet?

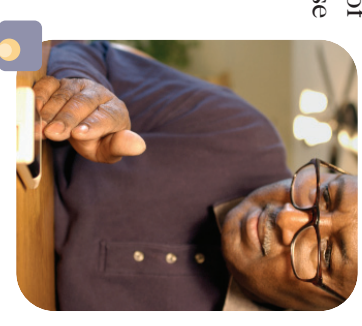
No, you can eat the same food as the rest of your family but you must portion your amounts.

Is it necessary to purchase a diabetic cookbook?

No, the only difference between a regular cookbook and a diabetic cookbook is the diabetic cookbook has the nutritional breakdown and exchanges listed to work into your meal plan.

What is hypoglycemia?

Hypoglycemia is low blood glucose. This occurs when there is too much insulin in the blood. It is also called insulin reaction or insulin shock. Hypoglycemia occurs quickly and some of the symptoms are: shakiness, sweatiness, weakness, hunger, irritability, blurred vision, fast heart beat, headache, numbness or tingling around mouth or lips and passing out. Always carry some form of "fast sugar" in case hypoglycemia occurs. Example: seven lifesavers, cake icing gel (3/4 oz.) or three glucose tablets.



What is hyperglycemia?

Hyperglycemia is high blood glucose. This occurs when there is not enough insulin or the body cannot use the insulin it does have. Some of the signs and symptoms of hyperglycemia are thirst, hunger, passing your urine more often, dry itchy skin, tiredness and blurred vision.

Can stress affect diabetes control?

Yes, stress causes rapid changes in your body chemistry. These changes trigger the release of hormones that raise heart rate, blood pressure and increase your blood sugar levels.