

HealthyActions

Achieving Your Goals for Healthy Living



Let's Talk About Diabetes Care

Diabetes (die-uh-BEE-teez) is when your body doesn't make enough insulin (IN-suh-lin). Your body needs insulin in order to use sugar from food. This is what gives you energy.¹

You can stay healthier by:

- Taking your medicine every day the way your doctor tells you to
- Eating a healthy diabetes diet made for you
- Exercising every day
- Watching your weight
- Following your doctor's orders

These are the symptoms of diabetes^{1,2}:

- Need to pass urine a lot
- Being thirsty all the time
- Feeling very hungry
- Losing weight when you haven't been trying to
- Feeling very tired
- Feeling irritable much of the time
- Blurred vision
- Sores that do not heal
- Tingling in your feet or losing the feeling in your feet

Over time, large amounts of sugar in the blood can lead to^{1,3,4}

- Heart disease and stroke
- Kidney disease
- Eye problems that can lead to blindness
- Nerve and blood vessel damage, which can lead to amputation (removal of a toe, foot, or leg)
- Decreased blood flow due to heart disease
- Mouth and gum problems and loss of teeth

If you have any of these symptoms, see your doctor soon. Talk to your doctor about all of the symptoms you have.

Eating Well

The American Diabetes Association recommends eating foods within the ranges below.⁵ See your doctor for a diet that tells you how many servings of each food group you should have every day.

Food Group and Servings Serving Size Examples

6-11 Servings of Grains and Starches	1 slice of bread; 1, 6-inch tortilla; 3/4 Cup dry cereal; 1/2 Cup potato, yam, peas, corn, or cooked beans; 1/3 Cup rice or pasta
3-5 Servings of Vegetables	1 Cup raw vegetables or 1/2 Cup cooked vegetables
2-4 Servings of Fruit	1/2 Cup canned fruit; 1 small fresh fruit; 2 Tbs dried fruit; 1 Cup melon or raspberries; 1-1/4 Cup whole strawberries
2-3 Servings of Milk Products	1 Cup nonfat or lowfat milk; 1 Cup yogurt
4-6 ounces of Meat and Meat Substitutes	The following are equal to 1 ounce of meat: 1/4 Cup cottage cheese; 1 egg; 1 Tbsp peanut butter; 1/2 Cup tofu
Fats, Sweets, and Alcohol	Limit servings of the following: 1/2 Cup ice-cream; 1 small cupcake or muffin; 2 small cookies



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Taking Care of Yourself

Along with taking medicines prescribed by your doctor, eating healthy foods, and losing weight:

- Exercise for at least a half hour on most days. Going for a brisk walk counts!
- Follow your doctor's advice on how often and what time of day to check your blood sugar levels.
- Check your feet every day. Call your doctor if you have sores that don't go away.
- Brush your teeth and floss every day.
- Ask for help if you feel down, or depressed.
- Try to lower the stress in your life.
- Stop smoking.

At the Doctor's Office⁶

See your doctor at least two times a year. Ask any questions you have about your diet, your medications, the tests you are having done, and what test results mean.

At Each Office Visit	Get your blood pressure checked. The goal for most people who have diabetes is below 130/80.	Get your feet checked.	Get weighed.	Check in with your doctor on how you are doing on goals you have set.	
Once a Year	Get your cholesterol (cole-ES-ter-all) and triglyceride (try-GLISS-er-ide) levels tested.	Get a complete foot exam.	Get a flu shot.	Get a urine and blood test to check for kidney damage.	See your dentist. Let him or her know you have diabetes.
Twice a Year	Get an A1C test. This shows what your blood sugar level has been over the last three months. The goal for most people is below 7.				
Once Only	Get a pneumonia shot.				

References

1. NIH SeniorHealth. Diabetes. <http://nihseniorhealth.gov/diabetes/diabetesdefined/01.html>
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4. American Diabetes Association. "Type 2 Diabetes Complications." <http://diabetes.org/type-2-diabetes/complications.jsp>
5. American Diabetes Association. "Using the Diabetes Food Pyramid." <http://diabetes.org/nutrition-and-recipes/nutrition/foodpyramid.jsp>
6. National Diabetes Education Program. "4 Steps to Control Your Diabetes For Life." http://www.ndep.nih.gov/diabetes/pubs/4_Steps.pdf



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