

## What is Diabetes Mellitus

When you have diabetes, your body can not properly use the energy you get from the food you eat. Insulin helps your body do this. With diabetes, the body doesn't make enough insulin or it can not use the insulin it makes. This makes glucose build up in your bloodstream. There are 2 types of diabetes, **Type 1 diabetes** and **Type 2 diabetes**.

### Type 1 Diabetes

In Type 1 diabetes, your body doesn't make any insulin. Type 1 diabetes is usually diagnosed in children. But anyone can develop it. When you have Type 1 diabetes, you have to take insulin every day.



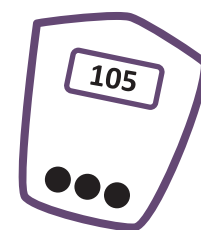
### Type 2 Diabetes

In Type 2 diabetes, your body does not use insulin properly. This is called **insulin resistance**. At first, your pancreas makes extra insulin to make up for it. But over time it is not able to keep up and can not make enough insulin to keep your blood glucose at normal levels. People with Type 2 diabetes may take oral medication or insulin.



### Checking Your Blood Sugar

The first step in managing diabetes is to control the level of glucose (**sugar**) in your blood. You check your blood sugar (**BS**) with a blood glucose meter. You want to keep a log of your BS levels and take the log with you when you go to your healthcare provider.



### When Should You Check Your Blood Sugar?

Finger sticks are usually done **before meals** and at **bedtime**.

You need to check your blood sugar

- |  |                             |
|--|-----------------------------|
| <input type="checkbox"/> Before meals                              | Goal: 80-130 mg/dl or _____ |
| <input type="checkbox"/> After meals                               | Goal: < 180 mg/dl or _____  |
| <input type="checkbox"/> Any time you feel ill                     |                             |
| <input type="checkbox"/> Any time you feel your blood sugar is low |                             |
| <input type="checkbox"/> 2 hours from the first bite of food _____ |                             |

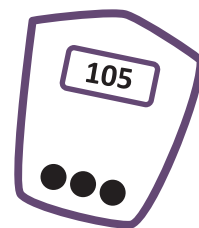


## Keep Your Blood Sugar Under Control

Keeping your blood sugar close to normal helps prevent or delay some diabetic problems such as eye, kidney, heart disease and nerve damage.

Keep track of your blood sugar by

- Testing your blood several times each day as directed by your doctor \_\_\_\_\_.
- Getting an A1C test every 2-3 months. This test shows your average blood sugar level over the last 3 months.



## Blood Sugar Testing

Blood sugar testing can help you make daily choices about how to balance your diet, exercise and medication. Let your family and friends know you have diabetes. Tell them your symptoms and what they can do to help.

## Control Diabetes to Avoid Problems Like

- Vision problems (retinopathy)
- Decreased feeling in fingers and toes (neuropathy)
- Kidney problems (nephropathy)
- Heart disease or strokes

## Goals for Diabetes Control

X	Check	When	Target	Your Goal
	Self-foot exam	daily		
	Hemoglobin A1c	every 2-3 months	below 7	
	Blood pressure	every visit	<140 <80	
	Dental exam	every 6 months		
	Microalbumin	yearly		
	Cholesterol (total)	yearly	below 200	
	HDL	yearly	above 40	
	LDL	yearly	below 100	
	Triglycerides	yearly	below 150	
	Foot exam by doctor	yearly		
	Dilated eye exam	yearly		
	Weight	to _____ lbs by _____.		
	Smoking	quit by _____.		