



ADCES⁷ Self-Care BehaviorsTM

HEALTHY COPING

Healthy coping means having a positive attitude toward your diabetes or prediabetes management, as well as positive relationships with others.

Prediabetes and diabetes can affect both your body and your emotions. It is common to have mixed feelings about your condition and experience emotional highs and lows. These emotions can affect your ability to manage your daily life and condition. It is not uncommon to feel distressed or depressed due to the emotional burden, the daily demands and the fears of long-term problems.

To cope is to deal with or overcome a problem. There are lots of ways to cope with upsets in your life, and not all of them are good for your health. However, there are healthy coping methods that you can use to get through tough times.

FOCUS ON HEALTHY COPING STRATEGIES

How you handled your feelings in the past can be a guide for coping with your condition. There are many ways to cope with life stresses and the challenges of having prediabetes or diabetes. Here are a few examples of healthier alternatives:

UNHEALTHY COPING	HEALTHY COPING
Smoking	Participating in faith-based activities
Overeating	Being physically active
Not finding time for activity	Meditating
Avoiding people and social situations	Finding a hobby
Drinking alcohol	Joining a support group
Taking drugs	Writing in a journal



Find Support Networks

Having a support network is key to healthy coping. You can attend a diabetes prevention program, diabetes self-management and support classes, or a peer support group. Take the time to build healthy bonds that work for you and support you in your journey. Remember that you are not alone! Your diabetes care and education specialist is there to help you develop health coping strategies and support your efforts. Learn more about peer support, visit DiabetesEducator.org/PeerSupport.

START A CONVERSATION

When you are ready to have a conversation with your care team, here are the areas that are most helpful to share:

1. Tell them what is causing you the most concern about caring for yourself right now (e.g. your medicines, emotions, meal planning, stress).
2. Tell them what you find hard or frustrating about those concerns above.
3. Describe your thoughts or feelings about your concerns (e.g. confused, angry, curious, worried, frustrated, depressed, hopeful).

Healthy coping is important because diabetes-related distress can hinder your self-care and prevent you from reaching your health goals. You can live well with prediabetes and diabetes and have the quality of life you deserve with the right guidance, support and coping skills.

A diabetes care and education specialist can help you figure out where your stresses are affecting your self-care. Together you can develop healthy coping strategies that work best for you and fit with your lifestyle. Ask your provider to refer you. You deserve it!



Get Help When You Need It

Do you find prediabetes or diabetes too hard to handle? Do you often feel overwhelmed or sad? Or do your moods change often, and even little things bother you?

If you are experiencing any of these, your diabetes care and education specialist or mental health expert can help. Tell them about your feelings, especially if you:

- Struggle to manage your self-care.
- Have negative thoughts.
- Avoid seeing your healthcare providers.
- Have little interest or don't find pleasure in your activities.
- Sleep most of the day or are not able to sleep.
- See little value in taking care of yourself.
- Feel like you can't take care of yourself.
- Have lost your appetite or are overeating.
- Feel others in your family don't care.

To learn how a diabetes care and education specialist can help you, visit DiabetesEducator.org/LivingWithDiabetes.

For more on this and other behaviors for better diabetes management, visit DiabetesEducator.org/ADCEST7.



ADCES7 Self-Care Behaviors™

HEALTHY EATING

Healthy Eating refers to a pattern of eating high quality, nutritionally dense foods in amounts that lead to better health and wellness. A healthy eating pattern contains a variety of colorful vegetables, fruits, whole grains, dairy, lean sources of protein and oils, while keeping salt, added sugars, saturated and trans fats to a minimum.

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TRACK YOUR FOOD

Everything you eat or drink can affect your blood glucose (sugar), blood pressure, blood lipids (such as cholesterol) and weight. So how do you make sense of all that? One way is by tracking what you eat, at least for a few days until you start to see patterns that help you decide what changes you might choose to make.

Use mobile apps, paper and pencil logs, or whatever works best for you. You can achieve your weight and wellness goals by finding the right balance of calories and other nutrients to meet your goals. Tracking to identify trends to help reduce your overall calorie intake is the best way to determine how to create that balance.

PARTNER WITH YOUR HEALTHCARE TEAM

You probably have lots of questions about making healthy food choices such as how to include favorite foods and drinks, eating out, preparing healthy meals and snacks, what to eat when exercising, travelling or at family events.

When it comes to healthy eating, no one eating pattern fits everyone. Work together with your diabetes care and education specialist and registered dietitian to come up with a plan that fits what you like and meets your health needs.



Cardiometabolic health:

Keeping your heart and blood vessels healthy and your prediabetes or diabetes well-managed.

Nutritionally dense foods:

Foods that have a large amount of vitamins and minerals in a relatively small quantity of food.

Carbohydrates (Carbs)

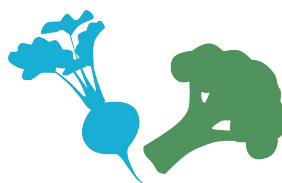
include starches, fibers and sugars. Found in milk, fruits/juices, vegetables, rice, grains, bread, beans/lentils, sugar and honey.

Proteins are made of amino acids which are the building blocks for repair and maintaining a healthy body. Found in milk, cheese, meats, poultry, fish, eggs, nuts and soy.

Fats: Concentrated energy source found in oils, nuts, spreads, olives, avocados, flax seed, peanut butter and salad dressings. Fat has twice as many calories per gram of food as compared to proteins and carbohydrates.

DIABETES CARE AND EDUCATION SPECIALISTS & REGISTERED DIETITIANS CAN HELP YOU:

- Set realistic, achievable healthy eating goals.
- Review your food logs for trends and help you determine small changes that can help you meet your health goals.
- Develop a meal plan that fits into your daily routine.
- Learn about the right portions/serving sizes for you.
- Understand how to use the nutrition facts label to make healthy choices.
- Learn to count carbohydrates.
- Learn about sources of salt and saturated fat in the foods you eat and small changes that can help you meet blood pressure or cholesterol goals.
- Adjust meal plan for physical activity, holidays and travel.
- Find apps for tracking or looking up food values.



Question: Can people with diabetes eat sugar?

Answer: Yes, in moderation. Sugars are a type of carbohydrate counted as part of your total carbohydrate grams. Foods and drinks such as milk, fruit and starchy vegetables (like peas, corn and potatoes) that have natural sugars give you more than just calories. They contain nutrients that are healthier than chips or cookies. Added sugars are different and are listed under total sugars in the Nutrition Facts label. They include sugar that was added to the food during processing.

MAKING HEALTHY CHOICES: GETTING STARTED

EAT THESE FOODS MORE OFTEN		LIMIT THESE FOODS	
NONSTARCHY VEGETABLES	leafy greens, green beans, cucumbers, carrots, cauliflower, brussel sprouts and more.	ADDED SUGAR	candy, calorie containing drinks, baked goods and desserts.
LEAN PROTEIN	fish (salmon, tuna, cod, catfish, sardines, trout and others), chicken, turkey, eggs, nuts and soy foods	HIGH FAT MEATS	beef, skin from poultry, ribs, bacon, sausage, deli and processed meats like salami, bologna and hot dogs.
HEALTHY FATS	plant-based oils like vegetable, olive or canola.	FOODS HIGH IN SATURATED FAT	butter, lard, tropical oils (coconut, palm) ice cream and desserts.
FRUIT	small piece like apple, orange, peach or pear. small cup of berries.	SALTY SNACKS	potato chips, french fries, pickles, canned soups and table salt.

LEARN TO READ A NUTRITION FACTS LABEL

The Nutrition Facts label can help you make healthy eating and drinking decisions. Learn to read the food label to guide your choices by comparing similar foods and choices. Consult with your diabetes care and education specialist and your registered dietitian nutritionist for guidance.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

This label shows that one serving is 2/3 cup. However, it has 8 servings per container. If you eat the whole container, you would have to multiply all the values by 8 to see the right totals for all the components.

The total carbohydrate amount takes into account the sugars and fiber. If you are carb counting, this is the number to pay attention to.



What you eat, how active you are and the medications you take work together to help you reach your diabetes care goals. Healthy eating has a big impact on your diabetes management and involves important skills, such as:

- measuring foods to get familiar with your portions.
- determining the correct portions for you.
- reading labels.
- timing meals with medications.
- being aware of or counting the carbohydrate foods you eat to better understand their impact on your blood glucose.

Diabetes self-management education and support (DSMES) services teach these skills to their participants. Registered dietitian nutritionists also have this expertise and can help you. Ask your provider for a referral so that you can create your own personalized healthy eating plan to best manage your diabetes. You deserve it!

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ADCES7 Self-Care Behaviors™ BEING ACTIVE

Being active means doing any type of daily physical movement, whether it's structured, like a session of exercise, or unstructured, like anything that decreases the time you spend sitting.

BE SAFE

You should be able to safely start doing any activity that takes about the same amount of effort as your usual activities without having to get a checkup first. However, if you are not used to a lot of activity, check with your healthcare provider to get medical clearance. They can advise you on medication adjustments that might be needed and let you know if you should avoid specific activities based on your condition.

FIT ACTIVITY INTO YOUR DAILY LIFE

When it's hard to find the time or motivation to start being active, choose the best ways to fit activity into your daily life—whether it's walking more, doing chair exercises or working out at the gym. Even getting up more often for short activity breaks or standing up longer helps rev up your metabolism. A diabetes care and education specialist can help you decide on an impactful routine that fits with your lifestyle and that you enjoy.

START WITH SMALL STEPS

Start by just moving more all day long, however you can. You can do an activity in multiple short sessions rather than one longer session. In time, you will find that you are feeling better and ready to go further.



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Metabolism: The way that chemical processes in your body cause food to be used to give you energy. For example, if you don't eat breakfast, your metabolism slows down.

Fitness: Physical ability to carry out daily tasks with ample energy and without feeling worn out.

Cardio: Continuous exercise that raises your heart rate (like walking or swimming).

Resistance training: Activities that help you build muscle and strength.

Balance exercises: Activities that help you keep your balance and prevent falls.

Stretching: Exercises to improve flexibility, reduce tightness and prevent injuries.

PLAN IT OUT/MAKE IT HAPPEN

Step 1: Pick something you enjoy.

Step 2: Think about what might get in the way of you doing that activity.

Step 3: Brainstorm ways to start this week.

Step 4: Plan when to do it.

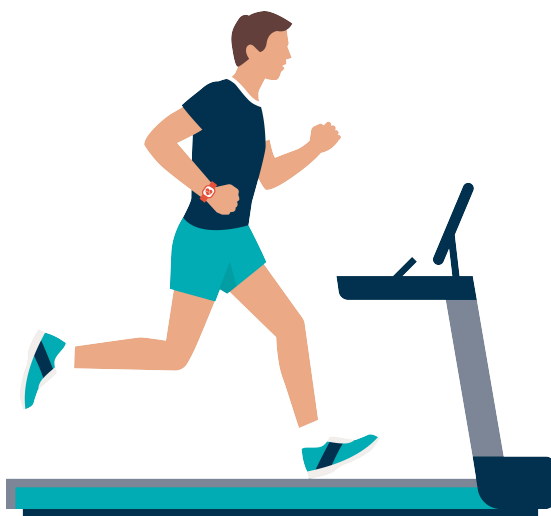
Step 5: Decide how long to do it.

Step 6: Know how hard you should be working when doing the activity. E.g. If you can talk but not sing during the activity, that is moderate intensity.

Step 7: Reward yourself at the end of the week for meeting your goals (and set new ones for next week).

BE CREATIVE

- Partner with a friend or family member to find creative ways to be more active.
- Take your dog for a walk or play at the park.
- Take the stairs instead of the elevator.
- Find a gym buddy to motivate you to show up.
- Build walking meetings into your work schedule.
- Participate in an activity challenge with a friend or co-worker.
- Call a friend to go dancing or put on your favorite song and dance at home.
- If you eat lunch with a co-worker, ask them to join you for a short walk after.
- Download a fitness app for guidance on creating your own exercise program.



Question: Is going to the gym or taking an exercise class the only way to be active?

Answer: No, there are so many ways to be active! Physical activity is anything that gets your body moving and helps you get fit and stay healthy.

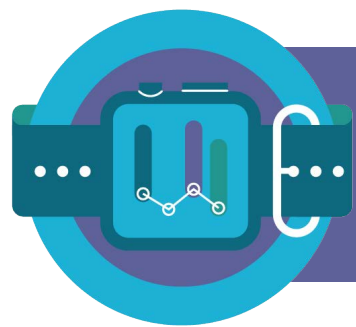
Get Active for your Health

Being active has many benefits beyond fitness. Here are some of the ways being active improves your health and well-being:

- improves your muscle strength and heart health.
- helps you lose inches and fat.
- improves your cholesterol and blood pressure.
- helps you feel less stressed or anxious, enhancing your mood.
- adds years to your life.
- keeps your blood glucose closer to healthy levels, preventing health issues now and in the future.

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ADCES7 Self-Care Behaviors™

MONITORING

Monitoring means checking your glucose (sugar) levels, activity and food intake, and gathering data from multiple sources and devices to make decisions about your diabetes prevention efforts or diabetes care and self-management.

Monitoring also involves your overall health, such as blood pressure, weight, cholesterol levels, heart health, sleep, mood, medications, and eye, kidney and foot health.

KNOW YOUR NUMBERS

For people with prediabetes or diabetes there are optimal target ranges to aim for in many areas of management. There are national guidelines to help put everything in perspective. Your provider and diabetes care and education specialist know that the best results occur when your care is geared to you and your individual needs. Ask them how your numbers compare to what is recommended for your optimal health.

CHOOSE A MONITORING DEVICE

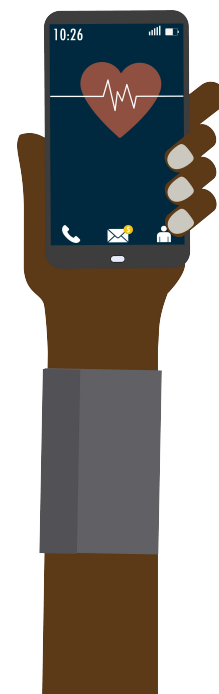
Monitoring devices provide “in the moment” data that helps you determine how well your diabetes management plan is working. Ask your diabetes care and education specialist to help you choose a monitoring device. They will personalize and advise you based on your values and preferences, helping you to compare and contrast the pros and cons of each. Here are some of the ways they can help you:

- Determine which diabetes management device you can afford and works best for you.
- Learn how and when to use the device to track your data.
- Figure out how to find patterns you can act on.
- Come up with an ongoing plan for monitoring as your health goals are met.



Question: Can you tell what your glucose level is by the way you feel?

Answer: You may have symptoms of high or low glucose, but your symptoms may disappear or change over time, so it's always best to check.



FIND THE PATTERNS THAT TELL THE STORY

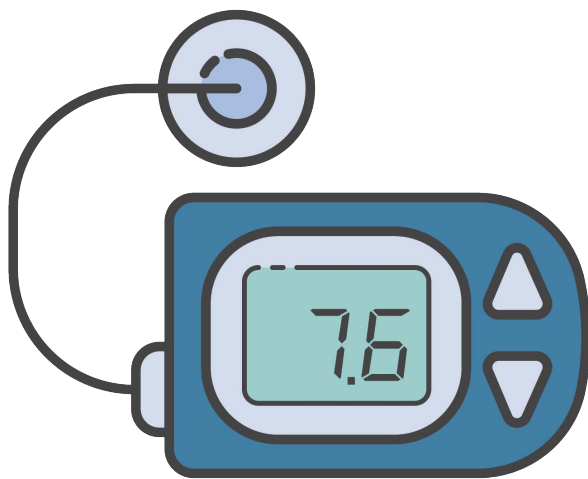
Taking multiple measurements and putting them together to identify patterns is much more meaningful than looking at numbers one at a time. Once you and your diabetes care and education specialist work together to highlight the patterns, you can begin to identify the cause and effect of the patterns and take needed action.

Examples of patterns you might see:

- Your glucose is higher after dinner on most days.
- Whenever you eat at bedtime, your glucose tends to be high the next morning.
- If you take a walk for at least 20 minutes, your glucose goes down to a better level.
- Your blood pressure is higher in the morning than the evening.

Tracking and organizing data such as food intake, activity, blood pressure, stress levels and glucose can help you see the story the data is telling. There are many easy ways to track data, including paper logs, an app on your smartphone or software program that comes with your device. Focusing on the patterns rather than every single reading also helps to keep your emotions more level.

Reach out to your diabetes care and education specialist to understand how to read the reports for the devices you are using and what patterns to look for. Many of these reports are designed to present useful patterns to the user.



Blood Glucose Meter: A small device that is used to check glucose levels in the blood. It uses test strips and a fingerstick device.

Continuous Glucose Monitor (CGM): A system with multiple parts that is worn continuously and senses glucose levels every few minutes in the fluid around the body cell, sending the readings to a reader, receiver or app on a phone. The readings are shown in graph form with trend arrows showing if the glucose levels are staying the same, dropping or going up.

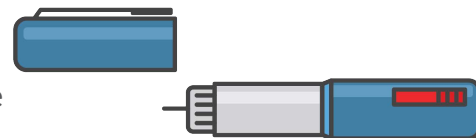
A1C: A test that reflects your average blood glucose level during the past 3 months.

Time in Range (TIR) : When using a CGM, TIR is the percentage (%) of time your glucose is between 70mg/dl and 180 mg/dl. These numbers represent the highest and lowest your glucose levels can be before they become a concern.

TIPS FOR MONITORING GLUCOSE

If you're using a fingerstick meter, wash your hands with soap and water, and dry them thoroughly before checking. Substances on your skin (like dirt, food or lotion) can cause inaccurate results. If you are wearing a continuous glucose monitor, follow the manufacturer's information on the best ways to keep it working well for you.

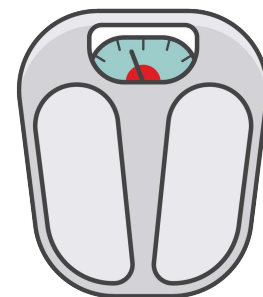
- The best time to check the effect of your meal on your glucose level is 2 hours after eating.
- Contact your diabetes care team if you are having glucose readings below 70mg/dl. You may need your medication dose adjusted or need help with problem solving to find the reason.
- Check your glucose levels more often if you think you're getting sick and during any illness.
- Bring your glucose record or download report to every appointment with your care team.
- When traveling, keep your supplies in the package with the original prescription in your carry-on luggage. If needed, advise security personnel that you are carrying diabetes supplies.



INCLUDE MONITORING IN YOUR SELF-CARE

Monitoring helps you know if you are meeting recommended treatment goals to keep you healthy. When you self-monitor, you get the information you need to make food and activity adjustments and manage your medications so that your body can perform at its best. The numbers you get when you monitor are useful to help your care team match treatment to your needs. You'll start to recognize patterns that lead to enhanced self-care, giving you a well-deserved sense of accomplishment.

A diabetes care and education specialist can be a great resource to help you choose the right monitoring device, and one you can afford. They will work with you on how to use the device correctly and understand the results. Together, you will collaborate to stay on track and make progress by setting small, measurable goals. Ask your provider to refer you. You deserve it!



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TAKING MEDICATION

Taking medication means following the day-to-day prescribed treatment at the right time, dose and frequency for the required length of time. Taking medication as prescribed also means you are following your treatment plan that was developed to help you avoid complications and stay healthy.



UNDERSTAND YOUR MEDICATION PLAN

Since prediabetes and diabetes can affect different parts of your body, it is not uncommon for you to need several medications that work together to get you into your target range. Ask your provider and diabetes care and education specialist if you are still on the best medications based on the newest research. New medications often have multiple benefits, such as preventing heart-related problems, in addition to improving your blood glucose (sugar).

3 THINGS TO SHARE ABOUT YOUR MEDICATIONS WITH YOUR PROVIDER

- Any side effects you are having.
- If you have stopped taking any of your medications.
- If the medication is affecting your quality of life.

CHECK IF YOUR MEDICATION PLAN IS WORKING

There are several ways to measure if your diabetes medication plan is working. One way is to check an A1C level. It is important to know that the A1C doesn't show how many times you have had low or high readings, so you may need to maintain a blood glucose log. If you use a continuous glucose monitor, you and your diabetes care and education specialist have access to a measure called Time in Range that will show how often your levels have been up or down. Ask your diabetes care team where your numbers are compared to your target range.

FOLLOW THESE 4 TIPS

1 Keep an updated list of all your current medications.

- A medication list provides valuable information for your health care team. Be sure to include the name, dose and time you take each one.

Questions to Ask About New Medications:

- What is the name of the medication?
- What is it for and how does it work?
- How much should I take?
- When should I take it, and should I take it with food?
- What side effects or problems should I let you know about?
- Will it affect my weight?
- Could the medication cause my glucose to drop too low?
- If I miss a dose, what should I do?
- How do I store the medication at home and when I travel?
- How will I know it's the right medication for me and if it is working?

2 Include all prescription and over-the-counter medications on your list, including herbal remedies, supplements and vitamin products.

- Fill your prescription immediately after your appointment.
- Work with your pharmacist to find affordable medication options, send refill reminders and streamline the timing of refills. If you don't understand or forget what the medication is for, ask your pharmacist when picking them up.

3 Take your medication at the right time.

- Create a daily routine for taking and tracking your medications.
- Find the best times to take your medications so they will work best for you. Ask your diabetes care team about the time of day, spacing between doses, pairing medication times with your daily schedule and grouping medications that may be taken together.

4 Share your medication beliefs and concerns with your diabetes care and education specialist or another member of your care team.

- Did taking your medicine have positive effects on your health?
- Did your medicine cause low blood glucose (hypoglycemia)?
- Are you concerned about the number of pills you must take every day?
- Is your medication plan too complicated for your lifestyle?

Taking medications helps lower the risk for heart attack, stroke and kidney damage by managing blood glucose, blood pressure and cholesterol levels in your body. Diabetes is a progressive disease so the longer you have diabetes, the more help you will need from medications to keep you and your heart, eyes and kidneys healthy.

Diabetes care and education specialists, like pharmacists, nurses and dietitians can be a great resource when it comes to understanding your medication plan. They can help you find assistance programs if needed, as well as work with you to address any concerns you may have. Ask your provider to refer you. You deserve it!

Target Range: This is the range of blood glucose, blood pressure, or cholesterol, for example, that is optimal for good health. It is determined based on evidence and consultation with expert health professionals and researchers. Your target range is set to match your situation.

A1C: This is a blood test that shows your average blood glucose for the past 3 months.

Time in Range: This is the percent of time your glucose readings are between 70mg/dl and 180 mg/dl and is usually reported on a continuous glucose monitoring report. These numbers represent the highest and lowest your glucose levels can be before they become a concern.

Hypoglycemia: This is the name for low blood glucose. It happens when your blood glucose goes below 70mg/dl. Typical symptoms include being shaky, sweaty, nervous and/or weak.

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ADCES7 Self-Care Behaviors™

PROBLEM SOLVING

Problem solving is when you come up with ways to solve a problem, then try it and see if it works. When you have diabetes, you can follow your treatment plan, check your blood glucose (sugar) often and still find that you don't always get the results you hope for. Diabetes changes over time so you may need new ways to manage it. Using problem solving techniques can help.

Problems can be big or small, new or old, short-term or long-term, and everyone with diabetes faces them at some point. You can look ahead and plan for some but not others. There are 3 steps that make up the recipe for getting to the root of a problem and help you live well with diabetes:

STEP 1 - IDENTIFY THE PROBLEM

■ What has changed?

New medicines? Different food? New job? New work schedule? Change in family situation? New insurance plan?

■ What is going to change?

Traveling? Starting exercise? Long meeting scheduled? Holiday celebration?

You can develop a plan to prevent problems by knowing what is about to change. Sometimes an unexpected problem occurs that affects your diabetes. In that case, you must pin down the cause and try to solve it. It may not always be clear what will work. A diabetes care and education specialist can guide and support you through this. This takes you to step 2.

STEP 2 - FIND SOLUTIONS

- Think of ways to correct the problem based on your experience, tools and the support you have available.
- Check with your diabetes care and education specialist and healthcare provider to see if you have misunderstood anything about your treatment plan.

Here are some common situations where problem-solving may be needed:

Situation 1: Flu

You get the flu and notice your blood glucose levels are higher than normal.

What do you do?

Situation 2: Vacation

While on vacation, you don't have easy access to a gym or time for exercise. How will you handle this?

Situation 3: Traditional Foods

You have a hard time finding healthy food choices within your family's cultural or taste preferences. What steps can you take?

- Let them know if your life situation has changed. Work with them to help you decide what plan fits best for you.
- Share any issues you are experiencing, like not being able to afford all your diabetes supplies or medications.
- Ask them for ideas about new tools that could help.
- Having the right information can help you come up with the right solution for your problem. Then you move to step 3.

STEP 3 - TAKE ACTION

- Choose how to solve the problem once you have options.
- Set a realistic action plan.
- Pick a solution that you can handle; get help if you need it.
- Check to make sure your solution choice works.
- Try something different if one solution doesn't help.

When problem solving, be patient with yourself. Follow up with your diabetes care and education specialist to discuss how things went. They help others just like you every day to solve problems around taking medications, monitoring, healthy eating, being active and reducing risks. Ask your provider to refer you. You deserve it!"



Improve Your Problem-Solving Skills

When you succeed in solving problems you have identified, you gain confidence. You can better handle future challenging situations. Because things change over time, you will always need to do some problem solving to keep making progress. Learning from your previous choices and then revising your plans based on that information greatly enhances your ability for successful self-care.

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ADCES7 Self-Care Behaviors™

REDUCING RISKS

Reducing risks means doing behaviors that minimize or prevent complications and negative outcomes of prediabetes and diabetes.

Examples of these behaviors are making positive lifestyle changes, participating in a type 2 diabetes prevention or diabetes self-management education and support program, getting adequate sleep, and getting the recommended vaccines and health screenings. Reducing risks means you need to acknowledge that preventive actions you do now will benefit you years from now and that you have the power to change your health outcomes.

LEARN ABOUT YOUR RISKS

Talk to your diabetes care and education specialist and healthcare provider about health risks such as kidney damage, nerve damage and vision loss. They can explain why complications happen and how they can be avoided. You can develop the self-management skills needed to support and maintain a healthy lifestyle by meeting with your diabetes care and education specialist.

THE FOUR CRITICAL TIMES TO SEE A DIABETES CARE AND EDUCATION SPECIALIST

When you are first diagnosed with diabetes	At least once a year
When you experience changes that affect your self-management such as financial or emotional distress	When you have changes in your provider, insurance or living situation.



Question: What kinds of health checks give you the best chance of keeping your heart healthy and avoiding short and long-term complications?

Answer: Research has shown that managing your glucose (sugar), blood pressure and cholesterol levels, getting regular oral health checks, eye checks, kidney checks and taking care of your feet all lead to less chance of developing complications or of existing complications getting worse.

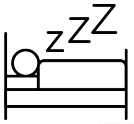


CHECKLIST

- ☒ GLUCOSE
- ☒ CHOLESTEROL
- ☒ EYES
- ☒ KIDNEYS
- ☒ BLOOD PRESSURE
- ☒ ORAL HEALTH
- ☒ FEET

REDUCE YOUR RISK OF COMPLICATIONS

Schedule regular medical checkups.



Get screened for sleep apnea.

Get screened for hearing loss.



Follow your healthy eating plan.

Commit to moving more and sitting less.



Take medications as prescribed.

Monitor your glucose using CGM or blood glucose meters.



Don't smoke or vape.



Brush and floss your teeth daily.



Get a flu shot.



Get pneumonia and hepatitis B vaccinations.

Discuss any sadness or distress with your provider.

Check your feet daily for redness, sores, open wounds.



Get Help When You Need It

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Your diabetes care and education specialist or mental health expert can help. Tell them about your feelings, especially if you:

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- Have negative thoughts.
- Avoid seeing your healthcare providers.
- Have little interest or don't find pleasure in your activities.
- Sleep most of the day or are not able to sleep.
- Have lost your appetite or are overeating.
- Feel others in your family don't care.

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Short-term complications

These are when you experience high or low glucose (sugar) levels that put you at risk of passing out or being hospitalized.

Long-term complications

These can happen after many years and include heart attacks, strokes, decreased vision or blindness, decreased kidney function, numbness or tingling in your hands or feet, slowing down of stomach emptying, foot deformities, sexual problems and skin problems.

TYPE OF HEALTH CHECK	FREQUENCY
A1C (a blood test that measures your average blood glucose level during the past 3 months)	Every 3 to 6 months
Blood pressure	Every visit
Lipids (blood fats) HDL (good cholesterol) LDL (bad cholesterol) Triglycerides (blood fats that come from food and are made by the body)	At least every year
Eye checkup	Every year
Kidney function tests	Every year
Dental checkup	At least every year
Foot checkup (for nerve function and blood flow)	At least every year

BREAK TASKS INTO SMALLER PARTS

Your diabetes care and education specialist can help you with planning and scheduling recommended health checks. This task can be less overwhelming when you divide them up into smaller, doable tasks. Make a list of tasks and decisions, then work on them one at a time until you have completed the list. Here is a sample task list for getting an annual eye exam:

- Find out insurance coverage and cost for the eye exam.
- Identify eye providers in your network and select one.
- Call and schedule the appointment.
- Make arrangements to allow time for the appointment.
- Actively participate in the appointment.

Making sure you get recommended health checks and sticking to your treatment plan are positive steps you can take to reduce your risk of complications. Taking an active role in keeping your heart, kidneys and eyes as healthy as possible helps you achieve your desired quality of life. Act early so you can stay healthy in the long run! A diabetes care and education specialist can be a great resource for helping you understand how to reduce your risks. Ask your provider to refer you. You deserve it!

To learn how a diabetes care and education specialist can help you, visit DiabetesEducator.org/LivingWithDiabetes. For more on this and other behaviors for better diabetes management, visit DiabetesEducator.org/ADCES7.

