MANAGING DIABETES

WHAT YOU NEED TO KNOW
Whether you have type 1 or type 2 diabetes, it’s important to pay attention to your overall health. Keep these tips in mind.

Carbohydrates vs. Sugar
All carbohydrates are eventually turned into sugar — you must track all carb intake
That includes: fruit, bread, pasta, milk, cupcakes
And even some vegetables such as: corn, carrots, peas

It Takes a Village
Your care team may also include a:
Diabetes educator
Ophthalmologist
Podiatrist
Dietitian

Get Moving
Exercise helps manage blood glucose levels
The recommendation: 30 minutes of aerobic activity, 5+ days a week

Stay in Check
Check your blood sugar 3 to 6 times daily
Test your A1C at least twice a year through a provider

When Sickness Happens
• Being sick can cause issues with your blood sugar levels leading to serious reactions.
• Sickness can cause blood sugar increases
• Blood sugar may drop with: diarrhea, vomiting, decreased food intake
• Temporary insulin changes may be necessary. Discuss with your doctor.

When to Call a Doctor
• Prolonged vomiting or diarrhea
• Ketones in your urine
• Blood sugar levels 240+ even with extra insulin
• Blood sugar higher than 240 for more than 24 hours even with medications
• Chest pain or trouble breathing
• Symptoms of dehydration

What’s in Your Bag?
• Insulin or medication (if applicable)
• Blood sugar testing kit and supplies
• Glucose tablets or sugar source for low blood sugar
• Glucagon emergency kit in case of severe low (prescription needed/keep at home and work)
• Wear an ID bracelet in case of emergency