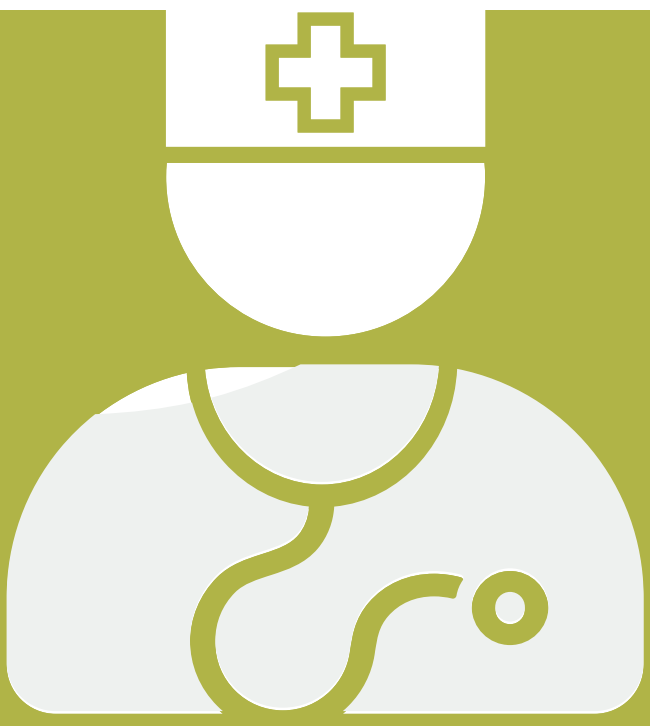


# MANAGING DIABETES



Type 1 — see a specialist called an endocrinologist who has experience managing diabetes with insulin

Type 2 — you may be able to manage it with a primary care provider

## It Takes a Village

Your care team may also include a:

Diabetes educator  
Ophthalmologist  
Podiatrist  
Dietitian

## 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



## 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.

## 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