

✓ My Action Plan:

DAILY I WILL:

- Take medication daily.
- Be more active
- Monitor my blood glucose
- Follow a diabetic diet

Blood Glucose target: _____ to _____

In general, goal is between 80 and 120 mg/dl

Blood Pressure target: _____ / _____

For diabetes goal is usually below 130/80

Weight target: _____ BMI Target of: _____

Last A1C test result: _____ Total Cholesterol _____

LDL: _____

Focus on 1 or 2 of the following each week.

I WILL INCREASE MY ACTIVITY BY:

- Walk _____ minutes _____ times a day
- Do light housekeeping or yard work.
- Do strength training – with light weights or without weights
- Do my home exercise plan as established by my Physical Therapist

I WILL FOLLOW MY EATING PLAN BY:

- Drink 6 to 8 glasses of water a day
- Eat more whole grains
- Choose breads made from whole wheat NOT white flour
- Switch to brown rice
- Fill half my plate with vegetables and fruit
- Snack on vegetables and fruits not chips and candy
- Take the salt shaker off the kitchen table
- Avoid foods and drinks with added sugar (such as soda)
- Choose fat free milk, and cheese
- Avoid alcohol or limit to 1 drink a day (women) or 2 drinks a day (men)

CHECK OUT THE
DIABETES PATIENT
ZONE TOOL



EVERY 3 MONTHS

- + Doctor Visit if having trouble meeting your treatment goals.
- + Hemoglobin A1C

EVERY 6 MONTHS

- + Dental exam
- + Hemoglobin A1C
- + Doctor Visit – even if you are meeting your treatment goals.

EVERY YEAR

- + Flu shot
- + Kidney Test
- + Cholesterol test
- + Dilated eye exam
- + Hearing check
- + Complete foot exam

VACCINES

- + Flu Vaccine
- + Pneumococcccal Vaccine
- + Hepatitis B Vaccine
- + Zoster Vaccine if you are 50 years or older.
- + There may be other vaccines recommended for you so talk with your healthcare provider about what is right for you.



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LIVING WELL WITH DIABETES



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Diabetes is a condition that happens because of a problem in the way the body regulates and uses sugar as a fuel. A diagnosis of diabetes can be overwhelming. **Diabetes cannot be cured but it can be controlled.**

Know your type: **DIABETES TYPE 1** **DIABETES TYPE 2**

Understanding my medication

ORAL MEDICATION

Name of Medication specific to diabetes: _____

When do you take: _____

What happens if you miss a dose: _____

INJECTABLE MEDICATION

Brand and Type of Insulin: _____

Insulin pen / syringe and needle size: _____

Where do you inject / do you change where you inject everyday: _____

Time of day insulin taken: _____ Does this time vary day to day: _____

Do you ever change the dose? _____

If so, what sliding scale do you use: _____

Managing symptoms

HYPOGLYCEMIA (BLOOD SUGAR LESS THAN 70MG/DL)

- + Symptoms of low blood sugar: shaking, sweating, hunger, fast heartbeat, anxiety, or hunger
- + Causes of low blood sugar: taking too much insulin, skipping meals, timing of when you take your medicine.
- + Low blood sugar (<70mg/dl) is best treated with the 15-15 Rule - 15 grams carbohydrate (3-4 glucose tablets, one-half cup apple or orange juice, 1 tbsp honey, 5-7 hard candies or 8oz skim milk and recheck blood sugar in 15 minutes.
- + Family/caregivers should Call 911 if you become unresponsive or unconscious.

HYPERGLYCEMIA (MOST PEOPLE DO NOT EXPERIENCE SYMPTOMS UNTIL BLOOD SUGAR IS 250MG/DL OR HIGHER)

- + Symptoms of high blood sugar: blurred vision, frequent urination, slow healing sores
- + Causes of hyperglycemia: physical stress, not taking enough insulin, dose of oral diabetic medicine too low, amount of carbohydrates is not balanced, being less active than normal.
- + Uncontrolled blood sugar over time can cause heart disease, stroke, kidney disease, eye problems, nerve damage and/or amputation.
- + DKA-Diabetic ketoacidosis occurs from untreated hyperglycemia and is an **emergency** that can lead to coma or death. Symptoms include fruity smelling breath, nausea and vomiting, deep labored breathing, loss of consciousness.

Managing symptoms

LIFESTYLE

- + If you do not exercise already, ask your doctor if it is safe to start
- + Wear diabetes medical identification on a bracelet or necklace
- + Carry hypoglycemia treatment with you
- + Wear good footwear and socks without a seam
- + Stop smoking
- + Diabetes management of sick days

MEAL PLANNING

- + Know the important nutritional basics of Amount, Time, and Type (AT&T)
 - Amount (A) quantity or portion
 - Timing (T) when meals and snacks are required, particularly if you take insulin
 - Type (T) refers to carbohydrates that are the greatest effect of food on blood glucose level
- + Include your spouse/ caregiver in meal planning and shopping
- + Do not skip meals
- + Eat at the same time everyday.
- + The food with the greatest effect on blood sugar is carbohydrate
- + The total amount of carbohydrates eaten is more important than the source of carbohydrates
- + If you chose to drink alcohol, moderation is key

FOOT CARE

DO:

- + Inspect your feet daily. Look for redness, pain, blisters, cuts, scratches, or sores. If you cannot see your feet, use a mirror or a caregiver to help.
- + Wear comfortable shoes. Make sure to check the inside of your shoes and feel around for anything that could rub against your feet.
- + Wash your feet regularly. Dry them carefully, especially between the toes.
- + Use lotion to keep your skin from getting dry or cracking
- + Cut your nails straight across and avoid cutting into the corners of the nails. If the edge of your nail is sharp, file it down to make it smooth. If you cannot feel your toes, do not cut your own nails.
- + Avoid extremely hot or cold temperatures. Always test the temperature of the water before you take a bath or shower.

DON'T:

- + Do not walk barefoot indoors or outdoors or use adhesive tape on your feet
- + Do not treat calluses or corns by yourself
- + Do not use heating pads or other devices that warm your feet

CHECK OUT
THE DIABETES
EMERGENCY PLAN

