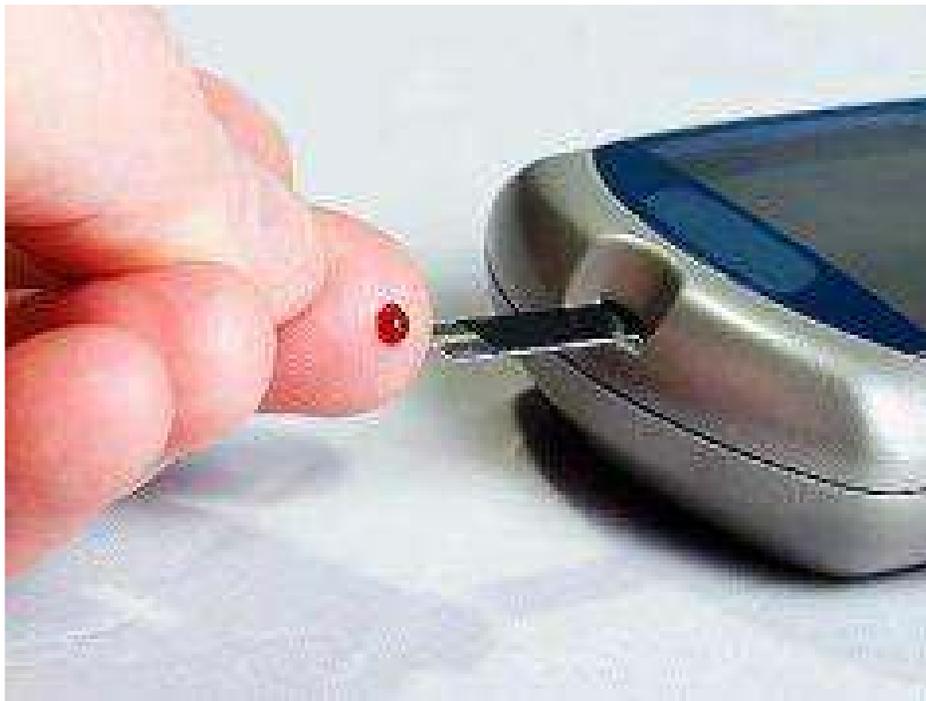


I have Type II Diabetes...



And can live well!

Take this booklet to all medical appointments.



Write down important phone numbers:

Health Care Provider:

Name: _____

Phone Number: _____

Name: _____

Phone Number: _____

Pharmacist/pharmacy:

Name: _____

Phone Number: _____

Home Health Care Agency:

Name: _____

Phone Number: _____

Dietician/Nutritionist/Diabetes Educator:

Name: _____

Phone Number: _____

Emergency Contact:

Name: _____

Phone Number: _____

IN AN EMERGENCY CALL 911

What is Diabetes?

Diabetes is a disease where blood sugar (glucose) levels are above normal. Most of the food we eat is turned into sugar for our bodies to use for energy. The pancreas, an organ near the stomach, makes a hormone called insulin to help sugar get into the cells of our bodies. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin like it should. This causes sugar to build up in your blood.

Diabetes can cause serious health problems including heart disease, blindness, kidney failure, and toe/feet/leg amputations.

**Being a person with diabetes
requires you to
take care of yourself everyday!**

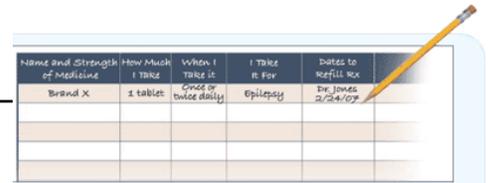
I. Take your medicine as scheduled, even if you are feeling better!

Here are some of the common drugs you may be taking. Please remember that this is just a brief overview. Your nurse or doctor can give you more information about how each drug works to treat your condition.

Medicines you take by mouth:

Sulfonylureas: This medication helps to stimulate the release of a hormone in the body that helps lower blood sugar. This drug is used for people who cannot produce much insulin anymore or who are not able to respond to the insulin. These medications should be taken before meals, if not it could lower blood sugar too much causing lightheadedness and fainting.

I Am Taking: _____



Name and strength of medicine	How Much I Take	When I Take It	I Take it For	Date to Refill RX
Brand X	1 tablet	Once or twice daily	Epilepsy	Dr. Jones 2/24/09

Biguanides: These drugs reduce the amount of new glucose (simple sugar) produced by the liver. This helps to reduce the amount of glucose in the blood and it has a lower chance of causing low blood sugar. It is very important that if you experience any hyperventilation or tiredness, trouble moving body parts, or irregular heart rate occur, to contact the doctor immediately.

I Am Taking: _____

Thiazolidinediones: These drugs help to reduce insulin resistance, making it easier for the body to take the sugar that is in the blood out of the blood. Although this drug may lead to an increased appetite, it also promotes protein and sugar breakdown in the body which reduces the amount of fats in the body. One main side effect is water retention which could lead to swelling (edema).

I Am Taking: _____

Many medications for diabetes are combined together in one pill. Glyburide is combined with the biguanide medicine metformin (Glucovance). Glipizide is combined with metformin (Metaglip). Glimepiride is combined with the thiazolidinedione medicines rosiglitazone (Avandaryl) and pioglitazone (Duetact).

I Am Taking: _____

Medicine you take by shot, pen or pump:

Types of insulin:

Rapid-acting insulin (such as insulin lispro, insulin aspart and insulin glulisine) starts working in about 15 minutes. They last for 3 to 5 hours.

Short-acting insulin (such as regular insulin) starts working in 30 to 60 minutes and lasts 5 to 8 hours.

Intermediate-acting insulin (such as insulin NPH) starts working in 1 to 3 hours and lasts 12 to 16 hours.

Long-acting insulin (such as insulin glargine and insulin detemir) starts working in about 1 hour and lasts 20 to 26 hours.

Premixed insulin is a combination of 2 types of insulin (usually a rapid- or short-acting insulin and an intermediate-acting insulin)



Other Medications you should be taking are on your Medication Discharge form from the hospital. Keep that list with this booklet.

If you are unsure of what medications you should take or when you should take them, call _____

Tips for Insulin Devices

Each insulin device is different. This page lists some basic tips about insulin devices. Talk to your health care provider to learn everything you should know about your insulin device.

General Tips

- Never share insulin needles (syringes) or devices.
- Ask your doctor or nurse to show you how to inject your insulin.
- Always wash your hands before you inject your insulin.
- Do not inject your insulin in the exact same spot on your body each time. ° The skin may get thick or thin if you use the same spot. ° Inject in the same general area of your body.
- Do not use your insulin if it looks cloudy or looks like something is floating in it. Take it back to the drug store for a new one.
- Do not use insulin needles (syringes), pens, and injectors after the expiration date printed on the label or on the box.

How to Throw Away Used Devices

- Follow the directions on when to throw away the needles, pens or injectors.
- You should throw away your used needles in a hard container like an empty laundry detergent bottle or a metal coffee can. ° Make sure the needles cannot poke through the container. ° Put a label on the container to warn people that it is dangerous. ° Keep the container where children cannot get to it. ° Always put a lid or top on the container.

(adapted from fda.gov)

Need help with purchasing medications?

See the Resource Guide at the end of this booklet for programs available.

Know the Warning Signs

Low Blood Sugar

Diabetes medicines can sometimes cause your blood sugar to go too low. This condition is called hypoglycemia (HY-poh-gly-SEE-mee-uh).

It happens when there is too much insulin and not enough sugar (glucose) in your blood.

Ask your health care provider to tell you all of the signs and symptoms of low blood sugar.

Some of the signs and symptoms are:

- Headache • Fast Heartbeat
- Feel Irritable • Feel Dizzy
- Feel Drowsy • Sweating
- Feel Hungry • Feeling Confused
- Feel Weak
- Feeling Jittery

Many factors can cause your blood sugar to go too low:

- The Medicines You Take
- Not Eating Enough
- Too Much Exercise
- Drinking Alcohol

What You Can Do

- Talk to your doctor or nurse.
- Eat or drink foods high in carbohydrates like fruit juice, sugar candy or regular soda (not diet) when your blood sugar is too low.

High Blood Sugar

People with diabetes can sometimes have too much sugar (glucose) in their blood. This condition is called hyperglycemia (HY-pur-gly-SEE-mee-uh).

It happens when your body is not making enough insulin or is not using insulin well.

Ask your health care provider to tell you all of the signs and symptoms of high blood sugar.

Some of the signs and symptoms are:

- Feel Tired
- Feel Thirsty
- Go to the Bathroom a Lot
- Vision is Blurry
- Lose Weight Without Trying

Many factors can cause your blood sugar to get too high:

- Stress
- Eating Too Much
- Being Sick
- Having an Infection
- Not Taking Your Diabetes Medicines

What You Can Do

- Talk to your doctor or nurse.
- Ask if you should change your medicines or what you eat.

(adapted from fda.gov)

III. Meal Planning

**Eat 3 meals everyday and have healthy snacks between.
The steadier your blood sugar is, the better you will feel.**

Carbohydrate counting is a way to plan your meals to manage your blood sugar levels.

Foods that contain carbohydrate raise blood sugar. By keeping track of how many carbohydrates you eat and setting a limit for your maximum amount to eat, you can help to keep your blood sugar levels in your target range.

My carbohydrate target range is _____.

Foods that contain the most carbohydrate are:

- starchy foods like bread, cereal, rice, and crackers
- fruit and juice
- milk and yogurt
- dried beans like pinto beans and soy products like veggie burgers
- starchy vegetables like potatoes and corn
- sweets and snack foods like sodas, juice drinks, cake, cookies, candy, and chips

Ask to be referred to a dietician for help with meal planning. See Resource Guide for a list of dieticians and educators.

IV. Daily Record



	<u>Date</u>	<u>Weight</u>	<u>Blood Sugar</u>	<u>Blood Sugar</u>	<u>More Tired</u>	<u>Carbohydrates</u>
Sunday					Yes/No	
Monday					Yes/No	
Tuesday					Yes/No	
Wednesday					Yes/No	
Thursday					Yes/No	
Friday					Yes/No	
Saturday					Yes/No	
	<u>Date</u>	<u>Weight</u>			<u>More Tired</u>	
Sunday					Yes/No	
Monday					Yes/No	
Tuesday					Yes/No	
Wednesday					Yes/No	
Thursday					Yes/No	
Friday					Yes/No	
Saturday					Yes/No	
	<u>Date</u>	<u>Weight</u>			<u>More Tired</u>	
Sunday					Yes/No	
Monday					Yes/No	
Tuesday					Yes/No	
Wednesday					Yes/No	
Thursday					Yes/No	
Friday					Yes/No	
Saturday					Yes/No	

Call your provider if you see any changes.

Daily Record continued . . .



	<u>Date</u>	<u>Weight</u>	<u>Blood Sugar</u>	<u>Blood Sugar</u>	<u>More Tired</u>	<u>Carbohydrates</u>
Sunday					Yes/No	
Monday					Yes/No	
Tuesday					Yes/No	
Wednesday					Yes/No	
Thursday					Yes/No	
Friday					Yes/No	
Saturday					Yes/No	
	<u>Date</u>	<u>Weight</u>	<u>Blood Sugar</u>	<u>Blood Sugar</u>	<u>More Tired</u>	<u>Carbohydrates</u>
Sunday					Yes/No	
Monday					Yes/No	
Tuesday					Yes/No	
Wednesday					Yes/No	
Thursday					Yes/No	
Friday					Yes/No	
Saturday					Yes/No	
	<u>Date</u>	<u>Weight</u>	<u>Blood Sugar</u>	<u>Blood Sugar</u>	<u>More Tired</u>	<u>Carbohydrates</u>
Sunday					Yes/No	
Monday					Yes/No	
Tuesday					Yes/No	
Wednesday					Yes/No	
Thursday					Yes/No	
Friday					Yes/No	
Saturday					Yes/No	

Call your provider if you see any changes.

V. Move Your Body

Check with your doctor. Always talk with your doctor before you start a new physical activity program. Ask about your medicines—prescription and over-the-counter—and whether you should change the amount you take before you exercise.

Four kinds of activity can help. You can:

- be extra active every day (getting up to change the TV)
- do aerobic exercise (like walking)
- do strength training (lifting weights or cans of vegetables)
- stretching

If you have type 2 diabetes and your blood glucose is high but you don't have ketones in your urine, light or moderate exercise will probably lower your blood glucose. Ketones are formed in your urine when your body is not getting enough carbohydrates. Ask your health care team whether you should exercise when your blood glucose is high.

VI. Check Your Feet.

High blood sugar levels can cause two problems with your feet. If you have nerve damage you can't tell if you have a sore on your foot and if you have poor blood flow you are more likely to get a sore and the high blood sugar prevents the sore from healing. If you have any wounds on your feet or legs, tell your provider. Ask your provider to look at your feet at every visit.

VII. Have your Vision Checked.

Don't forget to get an annual dilated eye exam by an eye doctor (optometrist or ophthalmologist). You can't tell if diabetes is causing eye problems without having the test.

VIII. Do Not Smoke

Smoking narrows blood vessels making it harder to breathe, increases blood pressure and heart rate which increases your risk of developing other heart and health problems. Talk to your provider about quitting and call the NYS Quitline at 1-866-697-8487.

Call your provider if you see any changes.



IX. Be Careful Drinking Alcohol

Alcohol can cause your blood sugar to get too low if you haven't eaten anything, and may also interact with medications you are taking. Talk to your provider about drinking alcohol.

IIX. Keep your spirits up and have fun

- Learn to relax; stress and anxiety can raise your blood pressure and heart rate. Teach yourself to relax by:
 - Meditating
 - Imagining peaceful scenes
 - Listening to music
- Talk to family and friends about your fears and concerns
- Stay active, too much idle time may make you feel depressed.
 - Go for a walk with a family member
 - Make plans to go out with a friend
 - Let your family know if you want to do more around the house
 - Volunteer at a local organization



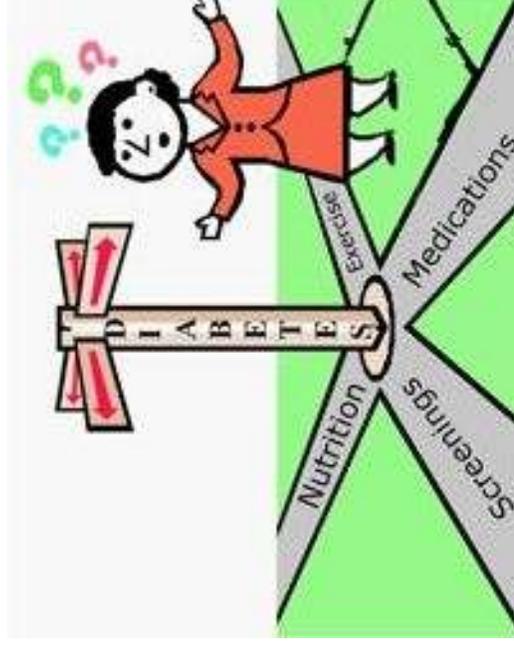
Call your provider if you see any changes.

Get More Information:

1. Medication chart from the FDA to print:
www.fda.gov/drugs/resourcesforyou/ucm079489.htm
2. Learn more about diabetes from the American Diabetes Association:
www.diabetes.org/
3. See Jefferson County's Diabetes Resource Guide:
<http://www.co.jefferson.ny.us/index.aspx?page=577>
4. The National Library of Medicine and the National Institute of Health offers online tutorials on diabetes:
<http://www.nlm.nih.gov/medlineplus/tutorial.html>
5. Cleveland Seniors have a great website for a good laugh:
www.clevelandseniors.com/forever/fun.htm
6. USDA offers a food tracker to keep track of food intake:
<https://www.choosemyplate.gov/SuperTracker/foodtracker.aspx>
7. Talk with your provider about immunizations you should receive:
www2a.cdc.gov/nip/adultimmsched/
8. Online support group: www.dailystrength.org/c/Diabetes-Type-2/support-group

Call your provider if you see any changes.

Need Help Managing Your Diabetes?



Jefferson County, NY Diabetes Resource List

Along with regular visits to your doctor, diabetes care involves good nutrition, physical activity, medications, health screenings and support.

There are many local resources that can help.
www.jcphs.org

Brought to you by the Diabetes Coalition of Jefferson County
If you are interested in joining the coalition please call 315-786-3720

Last updated 12/2012

Podiatrists	Diabetes Foot Care	General Foot Care	Foot Surgery
Walter H. Majak DPM, PC 782-4800	X	X	X
James P. Pelletier DPM, PC 785-3668	X	X	X
Bryan G. Popovici DPM, PC 782-0026	X	X	X
Pamela K. Strouse DPM 482-5404	X	X	X
Debra J. Williams DPM 493-6949	X	X	X

Optometrists	Total Eye Health Exam	Yearly Comprehensive Eye Exam	Eyeglasses	Contact Lenses
Apple Optical 788-1515	X	X	X	X
Center For Sight 788-6070	X	X	X	X
Creative Optical Watertown 755-2530 Alex Bay 877-778-0022	X	X	X	X
Community Health Center of the North Country 786-0983	X	X	X	X
Empire Vision 788-5020	X	X	X	X
Meade Optical 786-3937	X	X	X	X
Pearlie Vision 782-2600	X	X	X	X
Walmart Vision Center Watertown 788-1570 Evans Mills 629-4312	X	X	X	X

Endocrinologist:

The Diabetes Center, Dr. Claudia Fish. Specializing in: Diabetes; Metabolic Bone Diseases; Osteoporosis; Thyroid Diseases Phone: 786-0224

Dental Care:

Diabetes can cause gum disease and loss of teeth. It is important to see a dentist regularly; there are many Jefferson County dental offices listed in the phone book.

Insurance:

Those without insurance can call facilitated enrollers to apply for NY State insurance programs at North Country Prenatal/Perinatal Council 788-8533. Insured individuals should contact their health insurance organization to determine if disease management services are included in their benefits.

Mental Health: Living a life with diabetes may at times make you feel sad, angry, hopeless or stressed out. A list of Jefferson County Mental Health services is available at www.jeffcountymentalhealth.com.

Transportation:

For help with transportation to appointments call Volunteer Transportation Center at 788-0422.

Nutrition Services	Diabetes Care	Pre-Diabetes Care	Diabetes Management Education	Diabetes Prevention Education	Diabetes Resources	Prescription Assistance	Blood Sugar Testing Supplies	Medical Nutritional Therapy	Diabetes Medications	Referrals	Certified Diabetes Educator
Carthage Area Hospital 493-1000	X	X	X	X	X		X	X	X	X	
Feed the Soul Nutrition 783-6810	X	X	X	X	X	X	X	X	X	X	X
Healthy Lifestyles of Samaritan Health Systems 785-4000	X	X	X	X	X	X	X	X		X	

Community Based Organizations	Diabetes Care	Diabetes Prevention Education	Diabetes Prevention Resources	Nutrition Education	Physical Activity Programs/Education	Referrals	Pediatric Primary Care	Dental Health Services	Mental Health Service	Facilitated Enrollers
Cornell Cooperative Extension 788-8450		X	X	X	X	X				
North Country Prenatal Perinatal Council 788-8533		X	X	X		X				X
North Country Children's Clinic 782-6400	X	X	X	X		X	X	X	X	
YMCA Diabetes Prevention Program 782-3100		X	X	X	X	X				

Pharmaceutical and Equipment	Discount Prescription Plan For Uninsured or Underinsured	Free Diabetes Medications	Free Diabetes Supplies	Equipment/Supplies for Purchase	Blood Sugar Testing Supplies	Home Delivery	Individual Counseling on Medications
Bolton's Pharmacy Watertown: Main St 782-5961, Washington St 782-1992				X	X	X	X
Kinney Drugs Adams 232-4562 Alexandria Bay 482-6270 Carthage 493-0150 Clayton 686-5121 Watertown: State St 788-3570, Coffeen St 788-9366 Seaway Plaza Rt 11 782-6530, Washington St 782-5700	X			X	X	X	X
Price Chopper Pharmacy Carthage 493-6668 Watertown 786-2947	X	X	X	X	X		X
Rite Aid Carthage 493-3606	X			X	X		X
Watertown: Arsenal St 785-9079, State St 788-8768	X			X	X		X
Target Pharmacy 786-2541	X			X	X		X
Walgreens Pharmacy Watertown: Arsenal St 788-0309, State St 785-1088	X			X	X		X
Walmart Pharmacy Watertown 786-0145 Evans Mills 629-2124	X			X	X		X

*There is also a special discount prescription plan available for Jefferson County residents, ask your pharmacist for more details.

