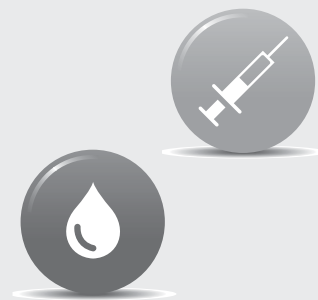


Monitoring Your Diabetes

If you have Diabetes, you should be checking your blood glucose at home on a daily basis. But this daily testing does not show your sugar levels over a longer period of time. That is what the HbA1c test shows you. HbA1c is short for hemoglobin A1C, or glycosylated hemoglobin. This test measures your average blood glucose control over the past 2 to 3 months. If it is under control, your HbA1c should be less than 7%. If it is higher than 7%, you are at an increased risk of developing eye, kidney, or nerve disease. With these test results, you and your doctor can get a better idea of how well your treatment plan is working and adjust it accordingly.

The American Diabetes Association says the A1C test can help manage your diabetes by:

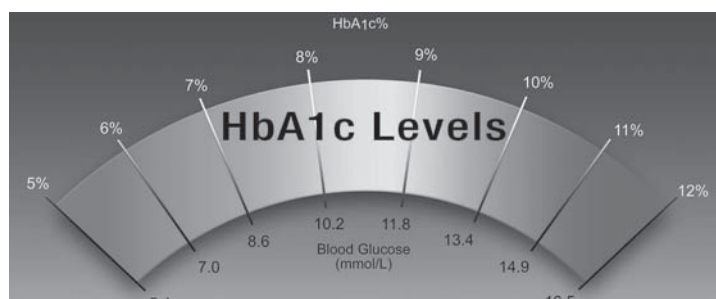
- Showing how accurate your daily self-testing has been
- Demonstrating whether your treatment plan is working
- Showing you how healthy choices influence your blood sugar levels



Generally, people with Diabetes should get an HbA1c at least twice a year. If you are not meeting your blood glucose targets, you should be tested four times a year. Remember, while this test is an important tool for checking your blood glucose over time, it is not a replacement for your daily self-checks.

Diabetes Monitoring

Blood Glucose (Sugar) Testing	Hemoglobin A1C Test (HbA1C)
Test your blood sugar on a frequent and routine basis as directed by your doctor.	The HbA1C test tells you and your doctor, your average blood sugar level over the last 3 months.
If your blood sugar feels low, check it right away.	Your A1C level should be drawn every 3-6 months to best understand your overall blood sugar control.
Ask your doctor your fasting and 2 hrs after eating blood glucose goals.	Ask your doctor about your HbA1C goals.



Getting More Out of Your Appointments: Preparing For Your Doctor Visit

We expect that doctors are prepared for patient appointments. In order to get more out of your visit, it is essential that you, as the patient, are also prepared. Being organized makes the best use of time with your doctor. Preparation for your doctor visits helps ensure enhanced quality health results.

- Make a list and gather items you need before your visit. Place items you need to bring to your appointment in one place, such as near your house or car keys, so that you remember to take them with you to your appointment.
- Arrive at least 15 minutes before your appointment. Some offices may request that you show up earlier, especially if it is your first visit to fill out paperwork and answer any questions.
- Bring your driver's license and health insurance card to every visit. The doctor's office may also ask you to bring additional items.
- Make a list of questions for your doctor ahead of time. This helps to make sure all of your questions get answered.
- Remember to write down the doctor's contact information (name, phone number, and address) in case you think of any questions after your doctor visit.
- Keep a diary or journal of your symptoms to show your doctor. This gives the doctor a better idea of what has been going on, instead of trying to use your memory to recall and discuss how you have been feeling over a period of time.
- Bring a friend or family member with you for support if needed. They may be able to help you talk with the doctor and ask questions.
- Update your medicine list in preparation for your appointment. This list includes prescriptions, over-the-counter medicines, vitamins and other supplements such as herbal products.
- Remember to bring your medicine list or pill bottles/ pill boxes with you to your appointment.
- Talk to your doctor about any side effects that you may be experiencing. Make sure you know what to do if you think you are having side effects.
- Bring any treatment plans or discharge instructions you have received as well as any laboratory or test results. Consider getting a file folder to keep your test results and other health information together. File your paperwork in order by date so that you can see changes in your health as well as save time if you need to locate a document. You can refer to this folder when talking to your doctor.

Specifically, tell your doctor how your diabetes is so they can help you.

- Discuss Blood Sugar Goals and Testing
- Go over your Blood Sugar Records
- Tell your doctor about any health problems you have
- Ask how much you should weigh and how to get there
- Go over your meal plan
- Talk to your doctor about any problems with your diabetes medicines
- Ask if you should have any of the following checks: Feet, Eye, Cholesterol, or Urine



Your doctor is able to direct your care depending on the information he or she is given. That is why it is so important to be prepared and let your doctors know as much information as you can. By being prepared for your appointments, you become more knowledgeable about your health condition and an active partner in your health care.

Diabetes & low blood sugar

What is low blood sugar (hypoglycemia)?

You can measure your own blood sugar using a blood glucose meter. Low blood sugar is when blood sugar level drops below 70 mg/dL. Low blood sugar can happen when you eat too little food or get too much exercise after taking diabetes medicines.

Some of the signs of low blood sugar include feeling or having:

- Shaky or clumsy
- Hungry
- Dizzy
- Sweaty
- Tingly mouth
- Confusion
- A headache
- A seizure
- A sudden change in mood

What to do about low blood sugar:

- Check your blood sugar using a blood sugar meter if you think your blood sugar is too low

When in doubt, treat for low blood sugar!

1 Quickly raise your blood sugar by taking some form of sugar. Take ONE of these:

- 2-5 glucose tablets (buy at a drug store)
- 1/2 cup (4 ounces) of regular (not diet) soft drink
- 1/2 cup (4 ounces) of fruit juice
- 8 ounces of milk
- 5-7 pieces of hard candy
- 2 teaspoons of sugar or honey



2 Wait 15 minutes.

3 Check your blood sugar again. REPEAT steps 1-3 until your blood sugar is above 70 mg/dL.

If you have low blood sugar often, talk to your doctor about changing your diabetes care plan. Please fill out in case of an emergency.

Doctor: _____ Phone: _____

***If you need medical help or an ambulance right away,
have someone call 911 or your local emergency number.***

Tracking Your Blood Sugar

Make every day count: A tool to help manage your diabetes

Writing down your daily blood sugar numbers can help you manage your diabetes. Be sure to:

- Work with your doctor to set your blood sugar goals
- Stick to your diabetes care plan

This will help you and your diabetes care team see what works and what doesn't. Then you can make changes to your care plan.

Weekly Blood Sugar Tracker

Talk to your doctor about setting goals and how often you should test your blood sugar.

Goals: _____

Date: _____	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Blood sugar (before breakfast)							
Blood sugar (before lunch)							
Blood sugar (before dinner)							
Blood sugar (at bedtime)							

Date: _____	Sun	Mon	Tues	Wed	Thurs	Fri	Sat

Date: _____	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Blood sugar (before breakfast)							
Blood sugar (before lunch)							
Blood sugar (before dinner)							
Blood sugar (at bedtime)							



Be sure to show this chart to your doctor at your next visit!

Date: _____	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Blood sugar (before breakfast)							
Blood sugar (before lunch)							
Blood sugar (before dinner)							
Blood sugar (at bedtime)							

Date: _____	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Blood sugar (before breakfast)							
Blood sugar (before lunch)							
Blood sugar (before dinner)							
Blood sugar (at bedtime)							

Date: _____	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Blood sugar (before breakfast)							
Blood sugar (before lunch)							
Blood sugar (before dinner)							
Blood sugar (at bedtime)							

Date: _____	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Blood sugar (before breakfast)							
Blood sugar (before lunch)							
Blood sugar (before dinner)							
Blood sugar (at bedtime)							

Date: _____	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Blood sugar (before breakfast)							
Blood sugar (before lunch)							
Blood sugar (before dinner)							
Blood sugar (at bedtime)							

Sick Day Plan

When you're sick, your body makes hormones to help fight disease. These hormones also raise blood sugar levels and may prevent insulin from lowering them as it usually does.

The best way to keep a minor illness from becoming serious is to have a sick day plan of action in place and a sick day kit with supplies. A plan will help you feel safe and you will have supplies on hand which you may need.



The Plan

- 1.** When you are sick, measure your blood sugar and urine ketones more often than usual. Write them down in case you need to report them to the doctor.
- 2.** Write down your doctor's phone number and make sure you know how to reach him or her after hours and on weekends and holidays. Call the doctor if you have any of the following:
 - blood sugar higher than 240 mg/dl for more than one day
 - moderate to large ketones for two or more tests
 - vomiting or diarrhea for more than four hours
 - chest pain, breathing problems, fruity breath or a very dry mouth
 - a fever for two or more days
 - confusion or new memory problems
 - if the doctor doesn't call back right away, you may need to go to the Emergency Room
- 3.** Drink lots of fluids like water, diet soft drinks and broth to keep from getting dehydrated. If your blood sugar levels are low, you may need to drink juice or regular soft drinks. Try to stick to your usual meal plan as much as possible. Some easy-to-digest foods are crackers, soups, gelatin and applesauce.
- 4.** If you cannot eat your normal amount of carbohydrates, you may need to adjust your insulin dose or the dose of your diabetes pills. If you can eat normally, take your medications as usual.



The Kit

- blood sugar test strips
- diabetes medications
- sugar-free and sugared fluids
- ketone test strips
(if you have Type 1 diabetes)
- medication for nausea or vomiting
- medication for diarrhea
- your doctor's phone number



Being prepared can help you manage sick days with confidence!

