

DIABETES Management

What is Type II Diabetes

Type II diabetes develops over a long period of time and causes the body to have irregular blood sugar control, leading to extra insulin being produced. Insulin is a hormone that helps regulate glucose levels in the blood. When extra insulin is released, cells become insulin insensitive.

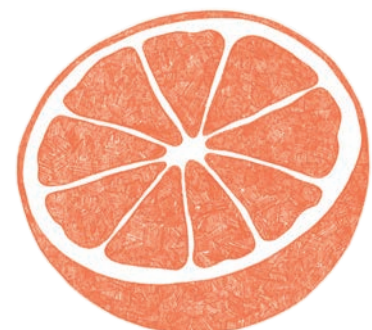
Think of how when you add more and more salt to foods, less salty foods begin to taste bland. In a similar way, your cells being exposed to too much insulin over time makes them less responsive to it and makes it less effective to remove glucose from the blood.

Blood Sugar Overview

Having high blood sugar or low blood sugar means that your blood sugar levels have moved beyond your targeted range. Regulating your blood sugar is important to reduce the risk of complications. Consistently high blood sugars can damage blood vessels that can increase your risk of heart disease and stroke. Damaged blood vessels can also lead to changes in your vision, pain and numbness in your hands and feet, and kidney problems. Write your target blood sugar range, given to you by your healthcare team below:

Lower Limit

Upper Limit



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Low Blood Sugar

Is your blood sugar low? Do you feel any of the following:



Hunger



Extreme Tiredness



Pale Skin



Mood changes like
anxiety or irritability



Shakiness and
or sweating



Tingling or
numbness of the lips,
tongue, cheek

What should you do?

Is your blood sugar low? Do you feel any of the following:

1. Check your blood sugar using a glucometer (if you can't check your blood sugar but have symptoms proceed with steps 2- 4)

If your blood sugar is less than 54 mg/dL inject with glucagon and then follow steps 2-4

If your blood sugar is less than 70 mg/dL follow these steps:



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2. Eat 15 grams of carbohydrates:



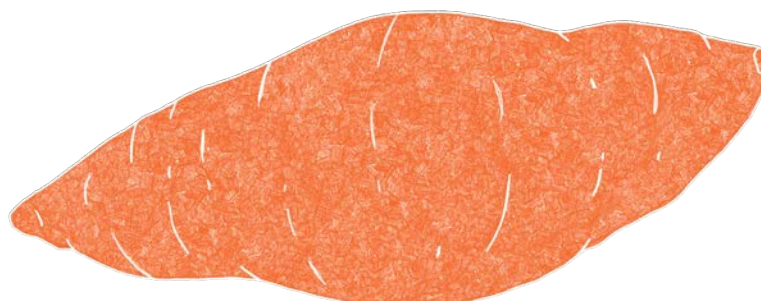
3. Wait 15 minutes, and check your blood sugar again

4. Repeat the 15-15 rule until your blood sugar returns to normal

Once your blood sugar is normalized, think about adding to the following table to help prevent future low blood sugars.

| Date & Time | Low Blood Sugar Reading | How long did it take for you blood sugar to normalize? | When was the last time you had something to eat or drink? | Have you taken your medication? |
|-------------|-------------------------|--|---|---------------------------------|
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Think back to when you started to have low blood sugar, how did you feel physically? List your symptoms alerting you to low blood sugar:



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High blood sugar

Is your blood sugar high? Do you feel any of the following:



Increased Thirst/
Frequent Peeing



Headaches



Trouble
Concentrating



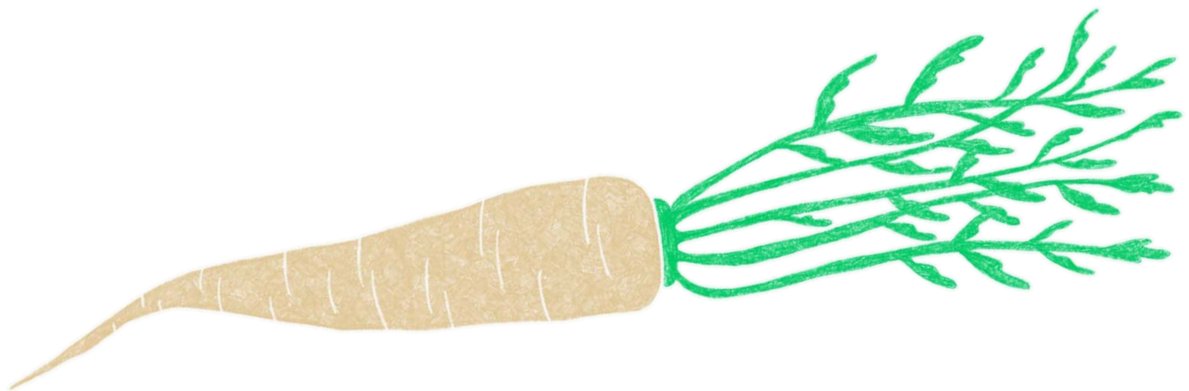
Blurred Vision



Fatigued



Unplanned
weight loss



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When you have blood sugar readings close or higher than your upper blood sugar range, fill out the following table to connect your activity and your blood sugar:

| Date & Time | High blood sugar reading | List anything you have had to eat in the last 2 hours | List anything you have had to drink in the last 2 hours | Have you taken your medications? |
|-------------|--------------------------|---|---|----------------------------------|
| | | | | |
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| | | | | |
| | | | | |

Think back to when you started to have high blood sugar, how did you feel physically? List your symptoms alerting you to high blood sugar:.....

Regulating Blood Sugars

How can you regulate blood sugar levels?

- Taking medications as prescribed
- Regularly checking blood sugars
- Having a balanced fiber rich diet with plenty of fruits, vegetables, and whole grains
- Limit sugar-sweetened beverages like soda, sweet tea, and fruit juice
- Regular exercise to meet about 150 minutes of physical activity a week
- Managing stress levels

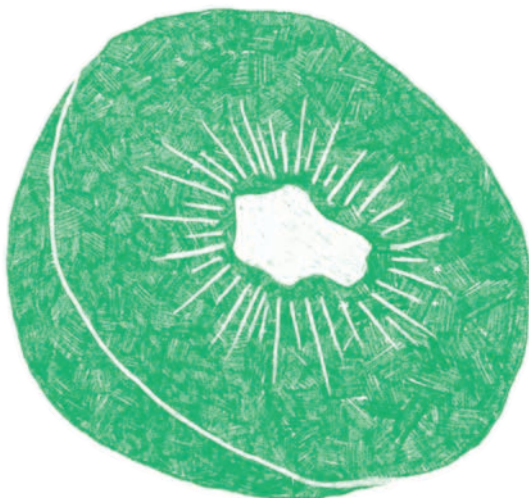


Managing Stress living with Type II Diabetes

Diabetes burnout can happen when you feel overwhelmed with your diabetes diagnosis or treatment. One way to get ahead of burnout is to manage expectations and acknowledge some concerns you have. List three things that concern you about living with diabetes:

| | Concern 1: | Concern 2: | Concern 3: |
|---|------------|------------|------------|
| Why is this a concern? | | | |
| What can you do to manage this concern? | | | |
| Who can help? | | | |

Talk about these concerns with your healthcare team!



Scan this QR code to watch a video on this topic