

BE HEALTHY

Tips from HPSM's Health Education Unit



What you need to know about

DIABETES

WHAT'S INSIDE

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PLUS: A diabetes control checklist, resource guide and other tips to help you stay healthy!

Your feedback is very important. Let us know what you think about this booklet. Visit www.hpsm.org/comm-survey or scan the QR code on your mobile device to complete our survey.



KNOW YOUR DIABETES ABCs

A IS FOR A1C TEST WHAT IS AN A1C TEST?

A hemoglobin A1C test (or HbA1C) is a blood test that measures your average blood sugar level over the past three months.

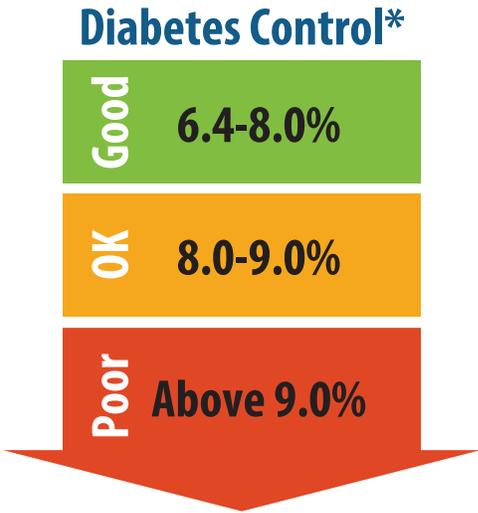
When sugar enters your bloodstream, it attaches to hemoglobin, a protein in your red blood cells. The A1C test measures the percentage of your red blood cells that have sugar-coated hemoglobin. Everyone has some sugar attached to their hemoglobin, but people with higher blood sugar levels have more.

The A1C test can help you manage your diabetes by showing:

- Whether a treatment plan is working
- How healthy choices make a difference in diabetes control

A1C in good control can lower your risk of heart disease, vision loss, kidney disease and other diabetes-related complications.

Your health care provider will check your A1C level every three months to see whether your treatment plan is working. Once your diabetes is well-controlled with your current treatment, your provider may only check your A1C twice a year or every six months.



*** Work with your health care provider to set an A1C goal that is right for you.**

Depending on your medicines and your diabetes control, your provider may have you check your blood sugar at home. These blood sugar checks can be a helpful tool for managing your diabetes. They can tell you whether your blood sugar levels are low, high or within your goal range. You may benefit from checking blood sugar regularly if you take insulin, are pregnant, have a hard time reaching blood glucose targets or have low blood glucose levels.

To check your blood sugar:

- 1 Place a small drop of blood from a fingertip onto the test strip
- 2 Put the test strip into your glucometer
- 3 After a few seconds, a reading will appear

Typical times to check your blood sugar include:

- When you first wake up, before you eat or drink anything
- Two hours after a meal
- Before a meal
- At bedtime

Recommended Targets for Blood Sugar	My Goals
<i>Your health care provider's targets for you may differ</i>	
Before meals: 80 to 130 mg/dl	_____ to _____
1-2 hours after meals: Below 180 mg/dl	_____ to _____

Work with your health care provider to set a blood sugar goal that is right for you. Your goal range may be different if you have other health conditions or if your blood sugar is often low or high.

KNOW YOUR DIABETES ABCs

B IS FOR BLOOD PRESSURE WHAT IS A BLOOD PRESSURE CHECK?

A blood pressure check measures the pressure of your arteries as your heart pumps. Having diabetes increases your chances of having high blood pressure. Most people who have high blood pressure don't have symptoms. The higher your blood pressure levels, the higher the risk for other health problems such as heart disease and stroke.



It is important to check your blood pressure at every visit with your health care provider. You can also check your blood pressure with a home blood pressure monitor or at a pharmacy that has a blood pressure machine.

Blood Pressure Levels	Systolic mm Hg		Diastolic mm Hg
Normal	Less than 120	and	Less than 80
Elevated (At-Risk)	120-139	and	80-89
High blood pressure	Higher than 140	or	90 or higher

Work with your health care provider to set a blood pressure goal that is right for you. Your blood pressure should be less than 140/90, unless your health care provider has told you differently.

C IS FOR CHOLESTEROL

WHY IS CHOLESTEROL IMPORTANT?

Cholesterol is a type of fat-like substance in your blood. Fatty foods from animals, like meats and dairy products, also have cholesterol. If you have too much cholesterol in your blood, it can build up in blood vessels. This raises your risk of heart disease, heart attack and stroke. Diabetes can cause problems in your body that may also lead to heart disease. This means that the risk of heart attack and stroke are higher for people with diabetes.

If you have high cholesterol, you will not have any symptoms. The only way to know whether you have high cholesterol is to get your cholesterol checked. The cholesterol test requires a blood draw. Be sure to ask your health care provider how to prepare for this test.

Make sure to also talk with your health care provider to see if you should be taking medicine for your cholesterol. Statins are medicines that can decrease cholesterol in your blood. They can also lower your risk of heart attack and stroke.

Talk with your health care provider to see if you should be taking a medicine to help with your cholesterol.

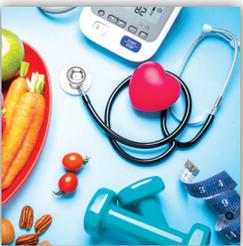
TIPS FOR STAYING HEALTHY

Your lifestyle and daily routine can help you manage your Diabetes.



Eat healthy foods. Eating healthy is the key to managing blood sugar. Use these tips:

- Talk to your health care provider or dietitian about creating a plan for healthy eating.
- Include these in your meals:
 - Non-starchy vegetables (such as carrots, broccoli or lettuce).
 - Minimally processed foods (like roasted nuts and cut or frozen vegetables).
- Limit foods with added sugars and refined grains.



Get regular exercise. Aim for **150 minutes a week (or 30 minutes a day for 5 days a week)** of moderate effort activities. Moderate effort activities are activities that allow you to talk but not sing during the activity (walking fast and riding a bike). Ask your provider which activities are right for you.



If you use tobacco products, quit! Talk to your health care provider about quitting options.

DIABETES CONTROL CHECKLIST

Your health care provider is your partner in controlling your Diabetes. Use this checklist to help you stay healthy.

Make sure you visit your health care provider at least twice a year.

During your appointment:

Get your blood pressure checked and have your feet checked for any cuts or blisters that will not heal.

Make sure your labs are up to date – including A1c tests and blood or urine tests that check for kidney function.

Ask if you need to check your blood pressure or blood sugar at home.

Ask if you should take medicine to help with your cholesterol.

Get recommended vaccines (flu, pneumonia, COVID-19 and hepatitis B).

Take your medicines as discussed with your provider. A pill organizer can help you take your medicines correctly. Call your pharmacy for refills a week before you need them. If you cannot make it to the pharmacy to pick up your medicines, ask about delivery options.

Check your feet every day for changes in skin and nails. Look for cuts or blisters that will not heal.

Stay up-to-date with other provider visits:

Get your eyes checked every year for any signs of Retinopathy (an eye condition that causes damage to blood vessels in the back of the eye).

Visit your dentist every six months.

Ask your health care provider if you should see other providers. Your health care provider can help refer you to a diabetes educator, dietitian or mental health provider.

MORE RESOURCES

This is a list of more resources in case you have more questions:

GENERAL DIABETES INFORMATION:

- 🌐 www.hpsm.org/health-information/diabetes
- 🌐 www.cdc.gov/diabetes
- 🌐 www.diabetes.org

RECIPES AND NUTRITION INFORMATION:

- 🌐 www.cdc.gov/diabetes/pdfs/managing/Tasty_Recipes_for_People_with_Diabetes-508.pdf
- 🌐 www.diabetesfoodhub.org/all-recipes.html
- 🌐 www.hsph.harvard.edu/nutritionsource/healthy-eating-plate

EXERCISE:

- 🌐 www.hpsm.org/health-information/exercise

QUITTING TOBACCO:

- 🌐 www.hpsm.org/health-information/quit-smoking

WHO TO CALL:

Your health care provider — if you have questions about your diabetes. If you need a glucometer, your health care provider can send a prescription to your pharmacy.

HPSM's Health Education Unit at 650-616-2165 to learn more about diabetes programs.

Your HPSM assigned care coordinator at 650-616-2060. They can connect you with resources and information to meet your diabetes goals.



*You are the most important member of your health care team.
You are the one who manages your diabetes every day.*