

HealthyActions

Achieving Your Goals for Healthy Living



Diabetes ABCs and 123s

If you have diabetes, you can keep your body healthy.¹

- Keep track of your blood sugar levels
- Keep your doctor appointments and get your blood tests done
- Follow a plan **you** set with your health care team to help you live a healthy lifestyle

Insulin is a hormone, or substance, in your body that controls how much sugar gets into your blood. It also helps your body's cells use this sugar for energy.² Your body sends out insulin after a meal.

Types of Diabetes

When you have diabetes, your blood sugar (glucose) is too high. This happens because your body does not make or use insulin the right way.¹

The 2 main types of diabetes are Type 1 and Type 2¹:

- In **Type 1**, the body does not make *any* insulin. A person with Type 1 needs insulin shots. It is more common in young people^{1,3}
- In **Type 2**, the body does not make *enough* insulin or can't use the insulin as it should. It is treated with pills or insulin shots³

Know Your ABCs...

A key step in keeping this disease under control is to know your ABCs¹:

- A1C (blood sugar test ordered by doctor)
- Blood pressure (done at regular doctor visits)
- Cholesterol (blood test ordered by doctor)

The ABCs of Diabetes^{1,4}

	What is it?	What should mine be?	How often should it be checked by my doctor?
A1C (A-one-C)	A test that shows your blood sugar levels over 3 months ¹	The goal for most people is 7 ⁴	At least twice a year ⁴
Blood Pressure	A test to measure blood pressure. High blood pressure can make your heart work too hard ¹	The goal for most people is around 130/80 ¹	At each doctor visit (at least twice a year) ⁴
Cholesterol	A test to check your levels of "bad" (LDL) and "good" cholesterol (HDL) ¹	The goals for most people are: ⁴ - LDL less than 100 - HDL more than 50	At least once a year ⁴

There are 3 steps you can take to help you live better with diabetes¹:

- 1** Learn about the disease by talking with your health care team
- 2** Know your ABCs—ask your doctor what your ABC goals should be
- 3** Manage your disease—check your blood sugar, follow the diet and exercise plan your doctor has set for you, and get check-ups



Diabetes ABCs and 123s

Talk with your health care team (doctor, nurse, or other office staff) about what your ABC goals should be.

Can Blood Sugar Ever Be Too Low?

At times, your blood sugar may go too low. Work with your health care team to know what to do. Some signs of low blood sugar are⁵:

- Shaking
- Feeling dizzy
- Sweating

If this happens, eat or drink something with sugar in it right away. Glucose tablets, hard candies, or juice work well.⁵ Also, eat a protein snack, such as peanut butter crackers. This helps balance your sugar after you raise it back up. Check your blood sugar as soon as you can. **Tell your doctor if you have signs of low blood sugar. Your diet or medicine may need to be changed.**

What to Do in Case of a Crisis

Be prepared. Very high or low blood sugars can be dangerous. Signs that a person may be having this type of a crisis include⁶:

- Flushed skin
- Acting confused or annoyed
- Sweet breath
- Seizure or loss of consciousness

Make sure you talk about this with your health care team. It is important that you and your family know what to do right away. Call for emergency help if you see any of these signs.

Make an action plan with your doctor. Work together as partners.

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