Taking Control of Your Type 2 Diabetes

Diabetes education gives you the tools to manage your diabetes plus improve your health. If you have not had formal diabetes education in the past year, please ask your health care provider for a referral TODAY!

What is diabetes?
Diabetes is a disease that changes the way our bodies use food for growth and energy. Most of the food we eat is broken down into glucose, a form of sugar in the blood. Glucose is the main source of fuel for the body.

After digestion, glucose passes into the bloodstream, where it is used by cells for growth and energy. A hormone known as insulin must be present for the glucose to get into the cells. Insulin is produced by the pancreas, a large gland behind the stomach.

When we eat, the pancreas makes the right amount of insulin to move glucose from our bloodstream into our cells. In people with diabetes, the pancreas makes little or no insulin, or the cells do not respond properly to the insulin that is made, also known as insulin resistance. Glucose builds up in the blood and passes out of the body in the urine. The glucose level in the blood is higher than it should be. High blood glucose leads to both short-term and long-term problems such as blood vessel and body organ damage.

What are the main types of diabetes?
Type 1: In type 1 diabetes, the body does not make insulin.
Type 2: In type 2 diabetes, the body either does not make enough insulin or the insulin does not work the way it should.

Signs and symptoms
- Frequent urination
- Intense thirst
- Blurry vision

High blood sugar (hyperglycemia)
The symptoms are:
- Thirst
- Frequent urination
- Hunger
- Fatigue
- Frequent infections
- Sores that don’t heal
- Dry skin
- Blurred vision
- Weakness
- Stomach pain
- Heavy, labored breathing
- Nausea and vomiting

Low blood sugar (hypoglycemia)
The symptoms are:
- Shaky
- Sweaty (cold sweat)
- Weak
- Dizzy
- Nervousness
- Palpitations
- Irritable
- Hungry

Call your health care provider if you have frequent low blood glucose values, especially if they are at the same time of the day.
Treatment

Eat healthy
Eat a variety of foods from all food groups. Eat about the same amount of carbohydrates each day. Eat meals at the same time of day. Don’t skip meals. Also, limit sweet and fatty foods. Eat less if you want to lose weight. Talk to your health care provider about seeing a nutrition therapist for a personalized plan that works for you.

Exercise
Exercise 30 minutes a day, five times a week (or 150 minutes per week) for good heart health. Increase to 60 minutes daily and keep moving throughout the day as much as possible if you are trying to lose weight. Incorporate a combination of cardio, strength training and flexibility for optimal results. Talk to your health care provider before beginning an exercise plan.

Weight loss
Reducing weight allows the body to use insulin more efficiently and reduces the risk of complications caused by diabetes. Please consider with your health care provider what your optimum weight is for your healthiest self.

Medication
If needed: Some people with Type 2 diabetes need to take medication to control their blood glucose. This may be in the form of pills, injections or both. Talk to your health care provider about which medications will be best for you.

Diabetes complications
If diabetes goes untreated or uncontrolled, it can lead to complications, including:
- Heart disease, which can lead to a heart attack.
- Brain complications, which can lead to strokes.
- Eye complications, which can lead to retina damage and even blindness.
- Kidney complications, which can lead to kidney failure and the need for dialysis.

- Nerve damage, which can lead to, among other things, ulceration of the foot requiring amputation.
- Gum disease, which can lead to infections and tooth decay.

Basic foot care
People with diabetes need to take special care of their feet every day.
- Check your feet and toes (using a small mirror) and wash them with warm water and mild soap daily.
- Wear shoes and socks that fit well.
- Avoid lotion in between your toes.
- Trim and file your toenails straight across.
- Don’t walk around barefoot.
- See your health care provider right away if your feet hurt or you notice anything unusual, such as:
  - Redness
  - Blisters
  - Cuts or cracks in the skin
  - Swelling

Glucose monitoring
Depending on your treatment plan, you may need to monitor your blood sugar levels. Talk to your health care provider about the best times for you to test when you are at home.

<table>
<thead>
<tr>
<th>Blood glucose targets</th>
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<tbody>
<tr>
<td>Before meals</td>
</tr>
<tr>
<td>Bedtime</td>
</tr>
<tr>
<td>1-2 hours after meals</td>
</tr>
</tbody>
</table>

Other recommendations
- Quit smoking: Talk to your health care provider about quitting.
- Limit alcohol intake: Talk to your health care provider about what is appropriate.
- Manage your stress: Try to reduce stress by trying different relaxation techniques such as meditation or yoga. You may also seek advice from a behavioral health specialist.
- Take care of your oral health: Brush and floss daily.
- Seek support from your diabetes education team: Diabetes education is vital to helping you manage your health and quality of life.
- Take your medications as prescribed: Failing to do so can be dangerous. Please talk to your health care provider if you are experiencing side effects due to medication.
- Keep your appointments: Your care team is there to help reach and maintain optimal control.

Numbers to know

<table>
<thead>
<tr>
<th>Numbers to know</th>
<th>Value</th>
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<tbody>
<tr>
<td>A1C</td>
<td>Less than 7%</td>
</tr>
<tr>
<td>Blood pressure</td>
<td>Less than 140/90</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 200</td>
</tr>
<tr>
<td>LDL cholesterol</td>
<td>Less than 100; less than 70 if you have diabetes and heart disease</td>
</tr>
<tr>
<td>HDL cholesterol</td>
<td>Greater than 50</td>
</tr>
<tr>
<td>Triglycerides</td>
<td>Less than 150</td>
</tr>
<tr>
<td>Microalbumin in urine</td>
<td>Less than 30</td>
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</table>
Diabetes care schedule

Every 3-6 months:
- Office visit
- A1c blood test
- Blood pressure check
- Weight check
- Teeth and gums exam (dentist)

Every year:
- Physical check-up
- Complete foot exam
- Lipid profile test (cholesterol and other body fats check)
- Microalbumin (kidney function test)
- See your eye doctor; complete (dilated) retinal exam
- Flu vaccine
- Diabetes vaccine

Other:
- Pneumococcal vaccine: once before 65 years and once after 65 years of age

Services offered by your diabetes education team

Group classes:
- Steps classes (a three- or four-class series) cover the following topics:
  - Taking charge of my diabetes
  - Basic and advanced meal planning
  - Lifetime strategies for prevention of complications
- Gestational diabetes
- Pre-diabetes

Individual appointments:
- Comprehensive self-management principles
- Insulin start
- Insulin pump
- Continuous glucose monitoring
- Other injectable (i.e., GLP-1)

Know your care team
- Health care provider
- Eye doctor
-迪abet educator
- Dentist
- Dietitian
- Nurse
- Pharmacist
- Case manager
- Foot doctor
- Patient navigator

Swedish Diabetes and Nutrition Education locations

Make an appointment at your nearest location.

Swedish Diabetes Education Program – First Hill
Swedish Bariatric, Metabolic, Endocrine Center
1st Hill Medical Pavilion
1124 Columbia St., Suite 400
Seattle WA 98104
T 206-215-2440
F 206-215-2457

Swedish Diabetes Education Program – Edmonds
21601 76th Ave. W.
Edmonds, WA 98026
T 425-640-4395
F 425-640-4854

Swedish Diabetes Education Program – Issaquah
751 NE Blakely Drive
Issaquah, WA 98209
T 206-215-2440

Many insurance carriers cover the cost of education programs. Check with your insurance carrier to verify if there will be any cost to you.

www.swedish.org/services/diabetes-education-center

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (Spanish Edmonds) (TTY: 711).

注意：如果您讲中文，我們可以給您提供免費中 文顧問服務，請致電 888 311-9127 (Swedish Edmonds) 888 311-9178 (TTY: 711)