

4 Steps to Manage Your Diabetes for Life



National Diabetes Education Program

A program of the National Institutes of Health and the Centers for Disease Control and Prevention

This booklet gives four key steps to help you manage your diabetes and live a long and active life.



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B for Blood pressure.

What is it?

Blood pressure is the force of your blood against the wall of your blood vessels.

Why is it important?

If your blood pressure gets too high, it makes your heart work too hard. It can cause a heart attack, stroke, and damage your kidneys and eyes.

What is the blood pressure goal?

The blood pressure goal for most people with diabetes is below 140/90. It may be different for you. Ask what your goal should be.



STEP 3:

Learn how to live with diabetes.

It is common to feel overwhelmed, sad, or angry when you are living with diabetes. You may know the steps you should take to stay healthy, but have trouble sticking with your plan over time. This section has tips on how to cope with your diabetes, eat well, and be active.

Cope with your diabetes.

- Stress can raise your blood sugar. Learn ways to lower your stress. Try deep breathing, gardening, taking a walk, meditating, working on your hobby, or listening to your favorite music.
- Ask for help if you feel down. A mental health counselor, support group, member of the clergy, friend, or family member who will listen to your concerns may help you feel better.



Eat well.

- Make a diabetes meal plan with help from your health care team.
- Choose foods that are lower in calories, saturated fat, trans fat, sugar, and salt.
- Eat foods with more fiber, such as whole grain cereals, breads, crackers, rice, or pasta.
- Choose foods such as fruits, vegetables, whole grains, bread and cereals, and low-fat or skim milk and cheese.
- Drink water instead of juice and regular soda.

Portion size matters.

1/4 grains

1/2 vegetables and fruit



Reduce portion sizes and fill your plate like this.

- When eating a meal, fill half of your plate with fruits and vegetables, one quarter with a lean protein, such as beans, or chicken or turkey without the skin, and one quarter with a whole grain, such as brown rice or whole wheat pasta.

Be active.

- Set a goal to be more active most days of the week. Start slow by taking 10 minute walks, 3 times a day.
- Twice a week, work to increase your muscle strength. Use stretch bands, do yoga, heavy gardening (digging and planting with tools), or try push-ups.
- Stay at or get to a healthy weight by using your meal plan and moving more.



Know what to do every day.

- Take your medicines for diabetes and any other health problems even when you feel good. Ask your doctor if you need aspirin to prevent a heart attack or stroke. Tell your doctor if you cannot afford your medicines or if you have any side effects.

- Check your feet every day for cuts, blisters, red spots, and swelling. Call your health care team right away about any sores that do not go away.
- Brush your teeth and floss every day to keep your mouth, teeth, and gums healthy.
- Stop smoking. Ask for help to quit. Call 1-800-QUITNOW (1-800-784-8669).
- Keep track of your blood sugar. You may want to check it one or more times a day. Use the card at the back of this booklet to keep a record of your blood sugar numbers. Be sure to talk about it with your health care team.
- Check your blood pressure if your doctor advises and keep a record of it.

Talk to your health care team.

- Ask your doctor if you have any questions about your diabetes.
- Report any changes in your health.



Actions you can take

- ✓ **Ask for a healthy meal plan.**
- ✓ **Ask about ways to be more active.**
- ✓ **Ask how and when to test your blood sugar and how to use the results to manage your diabetes.**
- ✓ **Use these tips to help with your self-care.**
- ✓ **Discuss how your diabetes plan is working for you each time you visit your health care team.**

STEP 4:

Get routine care to stay healthy.

See your health care team **at least twice a year** to find and treat any problems early.

At each visit, be sure you have a:

- blood pressure check
- foot check
- weight check
- review of your self-care plan

Two times each year, have an:

- A1C test. It may be checked more often if it is over 7.

Once each year, be sure you have a:

- cholesterol test
- complete foot exam
- dental exam to check teeth and gums
- dilated eye exam to check for eye problems
- flu shot
- urine and a blood test to check for kidney problems

At least once in your lifetime, get a:

- pneumonia (nu-mo-nya) shot
- hepatitis B (HEP-uh-TY-tiss) shot

Medicare and diabetes.

If you have Medicare, check to see how your plan covers diabetes care. Medicare covers some of the costs for:

- diabetes education
- diabetes supplies
- diabetes medicine
- visits with a dietitian
- special shoes, if you need them



Actions you can take

- ✓ Ask your health care team about these and other tests you may need. Ask what your results mean.
- ✓ Write down the date and time of your next visit.
- ✓ Use the card at the back of this booklet to keep a record of your diabetes care.
- ✓ If you have Medicare, check your plan.

Things to Remember:

- You are the most important member of your health care team.
- Follow the four steps in this booklet to help you learn how to manage your diabetes.
- Learn how to reach your diabetes ABC goals.
- Ask your health care team for help.

My Diabetes Care Record

How to use the record.

First read the shaded bar across the page. This tells you:

- the name of the test or check-up
- how often to get the test or check-up
- what your personal goal is (for A1C, blood pressure, and cholesterol)

Then, write down the date and results for each test or check-up you get. Take this card with you on your health care visits. Show it to your health care team. Talk about your goals and how you are doing.

A1C – At least twice each year				My goal: ____
Date				
Result				
Blood Pressure (BP) – At each visit				My goal: ____
Date				
Result				
Cholesterol – Once each year				My goal: ____
Date				
Result				

My Diabetes Care Record

How to use the record.

Use this page to write down the date and results of each test, exam, or shot.

Each Visit	Date	Result
Foot check		
Review self-care plan		
Weight check		
Review medicines		
Once a Year	Date	Result
Dental exam		
Dilated eye exam		
Complete foot exam		
Flu shot		
Kidney check		
At least Once	Date	Result
Pneumonia shot		
Hepatitis B shot		

Self Checks of Blood Sugar

How to use this card.

This card has three sections. Each section tells you when to check your blood sugar: before each meal, 1 to 2 hours after each meal, and at bedtime. Each time you check your blood sugar, write down the date, time, and results. Take this card with you on your health care visits. Show it to your health care team. Talk about your goals and how you are doing.

	Date	Time	Result
My blood sugar before meals: Usual goal 70 to 130* My goal: _____			
My blood sugar 1–2 hours after meals: Usual goal below 180* My goal: _____			
My blood sugar at bedtime: Usual goal 110 to 150* My goal: _____			

*Your blood sugar goals may be different if you are an older adult (over 65) and have had diabetes a long time. They may be different if you have other health problems like heart disease, or your blood sugar often gets too low.

To learn more:

National Diabetes Education Program

1-888-693-NDEP (1-888-693-6337)

www.YourDiabetesInfo.org

Diabetes HealthSense:

An online library of resources for living well.

www.YourDiabetesInfo.org/HealthSense

Academy of Nutrition and Dietetics

1-800-877-1600

www.eatright.org

American Association of Diabetes Educators

1-800-338-3633

www.diabeteseducator.org

American Diabetes Association

1-800-DIABETES (1-800-342-2383)

www.diabetes.org

American Heart Association

1-800-AHA-USA1 (1-800-242-8721)

www.heart.org

Centers for Disease Control and Prevention

1-800-CDC-INFO (1-800-232-4636)

www.cdc.gov/diabetes

Centers for Medicare & Medicaid Services

1-800-MEDICARE (1-800-633-4227)

www.medicare.gov

JDRF

1-800-533-CURE (1-800-533-2873)

www.jdrf.org

National Institute of Diabetes and Digestive and Kidney Diseases

National Diabetes Information Clearinghouse

1-800-860-8747

www.diabetes.niddk.nih.gov

National Kidney Disease Education Program

1-866-4-KIDNEY (1-866-454-3639)

www.nkdep.nih.gov

National Diabetes Education Program
1-888-693-NDEP (1-888-693-6337)
TTY: 1-866-569-1162
www.YourDiabetesInfo.org

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By joining a research study, people can help improve their health and the health of others. See www.clinicaltrials.gov and www.cdc.gov/diabetes/projects/index.htm.



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