

## Have a firm foundation

### Diet

- no concentrated sweets- soda, juice, sweet tea, gatorade
- limit carb intake-
  - limit to 3 portions of carbs per meal, 1 per snack
  - ask for info on portion sizes of carbs
  - eat food lower on the glycemic index
- balance carbs with protein and good fats
- use checking blood sugar as a tool to see how the type and amount of foods affect your blood sugar
  - goal of under 140-160 2 hours after meals or under 120 in morning or before meals

### Exercise / Activity

- nothing else increases your metabolism
- can be as helpful as taking another medication
  - but best if you can do something daily
- doesn't have to be hot and sweaty- walk, Wii fit, exercise video
- start 10 min a day, work up to 30 min daily

### Learn and get help

- don't go it alone, it's easier to stick to a plan with a buddy
- involve family, friends, co-workers- you can set the example for good diet; start a walking group
- ask about resources to help understand diabetes
- let us know if feeling blah, down or depressed– depression is more common in people with diabetes. If you don't feel well, you will be less likely to take good care of yourself. You don't have to be miserable– good treatments are available

## Prevent complications

- Heart-** heart disease is the leading cause of death
- Don't smoke or quit smoking (cuts risk in half)
  - Statin cholesterol meds cut chance of heart attack
    - recommend taking if 45 years or older
  - Men over 45 can take aspirin 81mg daily
  - Keep blood pressure under 140/80
  - Be alert- you are at higher risk of a heart attack
    - Chest heaviness or pressure, bad heartburn, trouble with exertion– if you even think it might be your heart, go to the emergency department now or at least call doctor now

### Controlling your blood sugar helps prevent complications:

- Eyes** - diabetes can cause damage that you might not be able to notice until damage has occurred
- Get an eye exam including retina/ back of eye (with dilating drops or special photo) yearly

- Nerves** - can be numbness, pain or burning
- have sensation of feet checked at least once a year
  - don't go without shoes or slippers- might step on something you can't feel
  - treatment is available if causing problems

- Kidneys** - yearly urine test to detect early kidney damage

### Infections-

- Yearly flu shot- can't make you sick
- One time immunization against pneumonia

### **Know your meds**

How does it work? When should you take it? What are possible side-effects?

Get a system to make sure you take them regularly-  
set an alarm on your phone, get pill box

### **Know your numbers**

Hemoglobin A1C-

3 month blood sugar average- 6.5 - 7.0 or lower

Cholesterol-

bad LDL under 100 -

watch saturated fat in diet, take statin med

good HDL over 40 for men, 45 for women

lose weight, exercise

triglycerides under 150

avoid sweets, alcohol; lose weight

Blood pressure- 140/80 or lower

### **Know your plan**

Pick 1 or 2 things you can do starting today

write it down, stick it where you'll see it

Make small changes that you can stick with

Identify obstacles that might get in the way and

plan how to avoid getting stuck

If you mess up, start again

Let your care team know how they can help

# **Here's To Your Good Health**

**Recommendations for Healthy Living  
from Your Family Physician**

## **Diabetes Check-up**

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ForumFamilyMedicine.com  
Specializing in You and Your Family