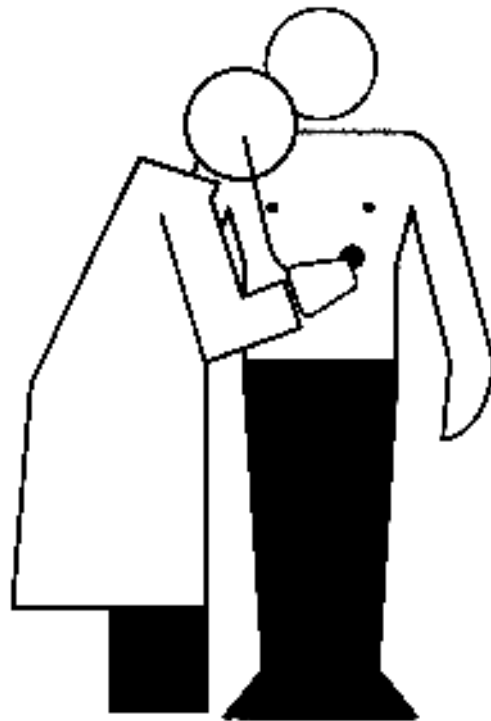


Educational material provided to Louisiana Medicaid Recipients (Patients with Diabetes, Types I and II) by the Department of Health and Hospitals (DHH) through a program administered by Northeast Louisiana University School of Pharmacy.

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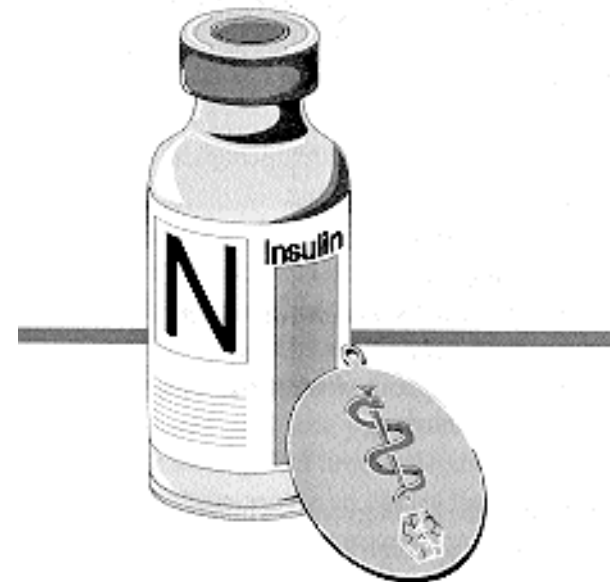


Be Healthy!  
Live Better!  
Live Longer!



## About Your Diabetes

Diabetes Series, R2



*You may be one of the many people in Louisiana who suffer from diabetes*

## How Well Do You Control Your Blood Sugar?

- Are you always thirsty?
- Are you hungry after you have eaten a meal?
- Are you tired all the time?

If you answer "Yes" to these questions, you may be suffering high blood sugar. You should see your doctor or call your pharmacist and talk to them about your condition.

## High Blood Sugar Levels Can Be Dangerous

Eating the wrong foods or eating too much leads to high blood sugar levels. People with diabetes must control their blood sugar levels. Keeping these levels low can keep you healthier.

It is also important that you take all your medicines on a regular schedule, exactly as you were told by your doctor or pharmacist.

**BE HEALTHY AND LIVE LONGER!**

## DIABETES

Diabetes is a serious disease. The things you do every day are important in staying healthy. It is very important that you maintain consistently low blood sugar levels. You can learn how to check your blood and urine levels for sugar levels. When your blood sugar levels are too high, you can develop complications much faster. There are also medical tests which are used to measure how well you have controlled your blood sugar levels over the past two months.

## WHY SHOULD I WORRY ABOUT MY DIABETES?

Diabetes is the leading cause of these serious conditions:

- Blindness
- Kidney Failure
- Foot Amputations

Untreated or poorly controlled diabetes can lead to heart disease, stroke, foot and leg sores, high blood pressure, and other serious health problems. It can also lead to an early death. The best

problems is to control your blood sugar levels and visit your doctor regularly for a check up and blood testing.

*These blood tests can help you stay healthy.*

## CHECKING YOUR BLOOD SUGAR SHOULD BE A ROUTINE PART OF YOUR DIABETES CARE!

One test - that you can do at home - shows you how much sugar is in your blood at the time you take the test. High blood sugar levels can mean that your condition is not being controlled. Uncontrolled blood sugar is caused by not eating right, not getting enough exercise, or by other conditions. You should call your doctor if your sugar levels are too high.

There is another test (for glycosylated hemoglobin) that can only be done at a doctor's office. It tells the doctor how well your blood sugar levels have been

controlled over the past few months. This test is a key to checking on your health. Make sure you have one of these hemoglobin tests (HbA1c) regularly.

## HOW CAN MY DIABETES BE TREATED?

You will be treated depending on your condition and how long you have had diabetes. There are also new therapies available for your doctor to use. The first steps in your treatment are a proper diet and an exercise plan that best fits your needs. Next, you may need medicines, either pills to take by mouth or an injection (such as insulin). Another key part of your treatment is checking your blood sugar levels.

*The best way to manage your diabetes is to:*

**EAT THE RIGHT FOODS!**

**WALK AND EXERCISE DAILY!**

**TAKE YOUR MEDICATIONS EXACTLY AS TOLD!**

**HAVE REGULAR BLOOD TESTS DONE BY YOUR DOCTOR!**

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