

Helpful Tips For Anyone With Diabetes

Get Physical.....Be More Active

Turn off the T.V. and walk, swim, dance, play, or do any type of exercise. This is not only good for your diabetes, but will make you feel better overall. (Talk to your healthcare provider before starting any extreme exercise plan.)

Eat a Healthy Diet

- Eat smaller portions
- Eat more vegetables
- Cut down on salts, sugars and fats

Quit Smoking

- Tobacco use increases your risk of diabetes complications.

Ask your doctor, pharmacist, or nurse about the information contained in this brochure.

For More Information Contact:

American Diabetes Association
1701 N. Beauregard Street
Alexandria, VA 22311
Phone: 1-800-342-2383
Internet: www.diabetes.org

National Diabetes Information Clearinghouse
1 Information Way
Bethesda, MD 20892-3560
Phone: 1-800-860-8747
Internet: www.diabetes.niddk.nih.gov

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PBM

P.O. Box 91024

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Complete Wellness: A Guide to Managing Your Health

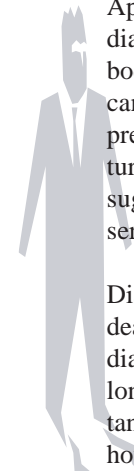
Diabetes From Head to Toe: How Diabetes Affects Your Body

Diabetes Series, R7

February 2005

By: **Michelle Massey; Larry J. Humble,
R.Ph.; and Gary Merchant**

The University of Louisiana at Monroe School of Pharmacy



Approximately 18 million Americans have diabetes. When you have diabetes, your body either doesn't make enough insulin, or can't use its own insulin like it should. This prevents the sugar that you eat from being turned into energy that you can burn. The sugars build up in your blood causing many serious health problems..

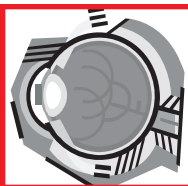
Diabetes is the seventh leading cause of death in the United States. If you have been diagnosed with diabetes you can still live a long and healthy life, but it is very important that you learn about your disease and how it can affect your body.

Control the **ABCs** of Diabetes

A1C - This test measures average blood glucose levels over the last 3 months. *Target: A1C less than 7%.*

Blood Pressure - High blood pressure causes heart disease. *Target: Blood Pressure less than or equal to 130/80.*

Cholesterol - Bad cholesterol, or LDL, builds up and clogs your arteries. *Target: Cholesterol (LDL) less than 100.*



Your Eyes

Diabetes is a leading cause of vision loss and blindness in Americans, and anyone with diabetes is at risk for these diseases.

If you have diabetes you are 25-30 times more likely to lose your sight to eye disease.

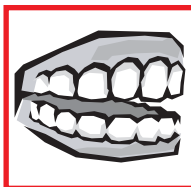
Eye diseases caused by diabetes include:

- **Diabetic retinopathy** - Damage to the blood vessels in the retina.
- **Cataract** - Clouding of the eye's lens.
- **Glaucoma** - Increase in fluid pressure inside the eye that leads to optic nerve damage and loss of vision.

See your eye doctor at least once each year. Make sure your doctor knows that you have diabetes.

Your Teeth

The plaque that builds up on your teeth is full of germs and bacteria. High blood sugar, caused by diabetes, helps these germs grow.

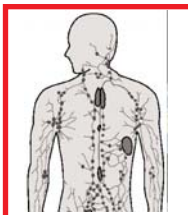


Some of the problems that diabetes may cause are:

- Red, sore, or swollen gums that bleed when you brush your teeth;
- Bad breath;
- Gum disease;
- Loose or sensitive teeth.

To help stop these problems you should:

- See your dentist at least twice each year for cleaning, check-up, and complete mouth exam.
- Learn the best way to brush and floss, and learn the early warning signs of tooth, mouth and gum problems.
- Make sure your dentist knows that you have diabetes, and ask him about the link between blood glucose and gum disease.



Diabetic Neuropathies

Diabetic neuropathies are nerve disorders caused by diabetes. About one-half of people who have diabetes have some type of nerve damage caused by their

diabetes. These disorders seem to be worse for people who have trouble keeping their blood sugar levels regulated, who are overweight, or who have high blood pressure. These nerve disorders can cause pain, numbness or loss of feeling in your feet, hands or legs. They can also cause serious problems to your other major organs such as your heart, digestive system, sex organs and circulatory system.

Diabetic Neuropathies

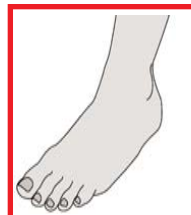
Diabetes can cause serious problems to your heart and blood vessels. People with diabetes are also at greater risk for heart disease. Some problems your diabetes may cause are:

- High cholesterol
- High blood pressure
- Fatty deposits in your blood vessels.



Your Kidneys

You should have your kidneys checked if you have diabetes. The blood vessels in your kidneys may be damaged. If the blood vessels are damaged your kidneys will not be able to filter your body's waste. This can happen early on in diabetes so you should not wait to have them checked.



Your Feet

Be very cautious of problems with your feet. Examine your feet daily. Diabetes often leads to circulation and blood vessel problems and, if not prevented, can lead to amputation. It is very important that you take care of your feet.

Some things that you should watch for are:

- Feet that feel cold
- Numbness or tingling
- Ulcers or sores on feet that won't heal
- Toes look a bluish color or feet look red or pale.

These are some things that can help you reduce your risk of amputation:

- Get a complete foot exam from your doctor each year.
- Check your feet each night for any signs of sores or change in color.
- Wash your feet very well every day, especially after sweating. Always dry your feet very well.
- Wear thick socks and shoes that fit well. Avoid open shoes.

Talk to your doctor about the right way to check your feet daily.

Educational material provided to Louisiana Medicaid recipients and providers by the Louisiana Medicaid Pharmacy Benefits Management Program (PBM) in the Department of Health and Hospitals and developed by the University of Louisiana at Monroe School of Pharmacy.



Medication Management

Make a list of all your medicines, including their strengths, and the way you take them. Give a copy of this list to all your health care providers. Don't forget to list non-prescription vitamin supplements and herbal medicines.

- Update your list with every change, and review it at least once a year.
- Discuss how to use your medicines and supplies to get the best results at the lowest cost.

Keep Your Blood Sugar Level Under Control



It is very important that you keep your blood sugar level under control. You can still have some sugar, but be careful with the amount of sugar that you eat. Your body will often give you signs if your blood sugar gets too low or too high.

If your blood sugar is too low:

- You may feel tired, disoriented or cranky
- You may become shaky or sweaty

What to do:

- Check your blood sugar immediately,
- If it is too low you should drink some fruit juice or a non-diet soda to help get your sugar back to normal.

If your blood sugar is too high:

- You may feel very thirsty
- You may have blurred vision
- May need to urinate a lot

What to do:

- Check your blood sugar immediately,
- Contact your doctor. It is a good idea to go ahead and talk to your doctor about what you should do