



# THE DEAL ON DIABETES

HOW TO LIVE WELL WITH DIABETES • SELF MANAGEMENT

**somos** **S**  
COMMUNITY CARE

# THE DEAL ON DIABETES



## What is Diabetes?

Your body breaks down the food you eat into sugar. An organ in your body (the pancreas) helps you absorb sugar to create energy. Your pancreas does this by making a chemical called insulin. If you have diabetes, either your pancreas is not making enough insulin or your body is not using the insulin properly. As a result, sugar is not used to create energy, and there is too much sugar in the blood.



## What does Diabetes mean for me?

Diabetes is a disease that can be managed. When diabetes is not controlled, it can contribute to heart disease, stroke, kidney disease, vision problems, falling, urinary tract infections, loss of bladder control, memory issues, and poor circulation. Circulation problems can stop wounds from healing and lead to amputations (especially of the feet and legs).



Talk with your doctor about your self-management goals.

## What can I do?

Diabetes can be managed with physical activity and proper diet.

- Stay active. Exercise or walk at least 30 minutes a day, 5 days a week.
- Maintain a healthy weight for your age and height.
- Reduce your waist size.
- Do not use tobacco in any form.
- Take your medicine as your doctor has instructed.
- Monitor your blood sugar levels as instructed by your doctor.

## Eat a Healthy Diet

Follow the DASH Nutrition Plan

- Eat more fruit, vegetables, and whole grains
- Look for dairy products that are low-fat and non-fat
- Limit total fat, saturated fat, and cholesterol
- Cut back on salt and sugar
- Eat no more than 6 ounces of lean meat, fish, or poultry per day
- Drink water instead of juice and soda



# SELF-MANAGEMENT GOALS: DIABETES

## MY CURRENT TREATMENT GOALS

Health Concern Diabetes	Treatment Goals Today's Value	Treatment Goals Next Visit	Self-Management Instructions
<b>Treatment Goals</b> A1C below 7% LDL below 100 mg/dL			<ul style="list-style-type: none"> <li>• Monitor your blood sugar every day.</li> <li>• Get your A1C and cholesterol tested at least twice a year.</li> <li>• Take your medicine according to your doctor's instructions.</li> </ul>
<b>Reduce your waist size:</b> less than 40 inches (men) less than 35 inches (women)			<ul style="list-style-type: none"> <li>• Be active. Exercise or walk at least 30 minutes a day, 5 days a week.</li> <li>• Maintain a healthy weight for your age and height.</li> <li>• Avoid tobacco in any form. Your doctor can help if you need help to stop smoking.</li> <li>• Eat well. Follow the DASH Nutrition Plan:               <ul style="list-style-type: none"> <li>- Eat more fruit, vegetables, and whole grains</li> <li>- Look for dairy products that are low-fat and non-fat</li> <li>- Limit total fat, saturated fat and cholesterol</li> <li>- Cut back on salt and sugar</li> <li>- Eat no more than 6 ounces of lean meat, fish or poultry per day</li> <li>- Drink water instead of juice and soda</li> </ul> </li> </ul>

One way I want to improve my health is (e.g., be more active): \_\_\_\_\_

My goal for this week is (e.g., walk 5 times): \_\_\_\_\_

When I will do it (e.g., mornings before breakfast): \_\_\_\_\_

Where I will do it (e.g., at the park): \_\_\_\_\_

How often I will do it (e.g., Monday, Wednesday, Friday): \_\_\_\_\_

What might get in the way of my plan (e.g., I have to take the children to school one day):  
 \_\_\_\_\_  
 \_\_\_\_\_

What I can do about things or events that prevent me from completing my goal (e.g., I'll choose days when I don't take the children to school):  
 \_\_\_\_\_  
 \_\_\_\_\_

How confident am I that I can reach this goal: (Mark one)



Follow-up plan (how and when): \_\_\_\_\_



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**[SomosCommunityCare.org/DIABETES](https://www.SomosCommunityCare.org/DIABETES)**

