The National Council of La Raza (NCLR)—the largest national Hispanic civil rights and advocacy organization in the United States—works to improve opportunities for Hispanic Americans. Through its network of nearly 300 affiliated community-based organizations, NCLR reaches millions of Hispanics each year in 41 states, Puerto Rico, and the District of Columbia. To achieve its mission, NCLR conducts applied research, policy analysis, and advocacy, providing a Latino perspective in five key areas—assets/investments, civil rights/immigration, education, employment and economic status, and health. In addition, it provides capacity-building assistance to its Affiliates who work at the state and local level to advance opportunities for individuals and families.

Founded in 1968, NCLR is a private, nonprofit, nonpartisan, tax-exempt organization headquartered in Washington, DC, serving all Hispanic subgroups in all regions of the country. It has state and regional offices in Chicago, Los Angeles, Miami, New York, Phoenix, and San Antonio.

National Council of La Raza
Raul Yzaguirre Building
1126 16th Street NW, Suite 600
Washington, DC 20036-4845
(202) 785-1670
www.nclr.org

© November 2014 by the National Council of La Raza. All rights reserved

Printed in the United States of America
Mi Salud Es Primero
(My Health Comes First)

Patient Binder

Alivio Medical Center
National Council of La Raza
Peers for Progress
# Table of Contents

**Introduction**

- **Personal Information**
  
- **Lesson 1: What Is Diabetes?**

- **Lesson 2: Controlling Type 2 Diabetes: Healthy Eating and Being Active**
  - Behavior 1: Healthy Eating
  - Behavior 2: Physical Activity

- **Lesson 3: Controlling Type 2 Diabetes: Glucose Monitoring, Taking Medications, and Problem Solving**
  - Behavior 3: Glucose Monitoring
  - Behavior 4: Medication Adherence
  - Behavior 5: Problem Solving in Everyday Life

- **Lesson 4: Controlling Diabetes: Reducing Risks and Healthy Coping**
  - Behavior 6: Reduce Risk Factors to Prevent Complications
  - Behavior 7: Healthy Coping
Introduction

Welcome to the Mi salud es primero (My Health Comes First) program.

We, ______________________________ [organization name], strive to provide the services and support needed to better care for and manage your diabetes.

In this program, you will receive support and information to help you understand the basic principles of managing diabetes. Our goal is to help you take control of diabetes for better health and an improved state of mind.

Feel free to approach us with any questions, comments, complaints, or suggestions you may have during any of the visits, calls, or classes conducted for this program.

Sincerely,

Mi salud es primero
Diabetes Control Program

Name of your Promotor De Salud (lay health educator):

__________________________________________________________

Phone: __________________________________________________________________________________________

We want to provide you with the best service possible. If you have any questions, suggestions, or comments, please let us know. We are here to help!

Program Manager name:

__________________________________________________________

Phone: __________________________________________________________________________________________
# Personal Information

<table>
<thead>
<tr>
<th>Name:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Home Phone:</td>
</tr>
<tr>
<td>Cell Phone:</td>
</tr>
<tr>
<td>Work Phone:</td>
</tr>
<tr>
<td>E-mail:</td>
</tr>
<tr>
<td>Address:</td>
</tr>
<tr>
<td>Insurance Company:</td>
</tr>
<tr>
<td>Policy Number:</td>
</tr>
<tr>
<td>Group Number:</td>
</tr>
<tr>
<td>Phone:</td>
</tr>
<tr>
<td>Additional Information:</td>
</tr>
</tbody>
</table>

## Emergency Contact

### 1. First Emergency Contact:

<table>
<thead>
<tr>
<th>Name:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Home Phone:</td>
</tr>
<tr>
<td>Cell Phone:</td>
</tr>
<tr>
<td>Work Phone:</td>
</tr>
<tr>
<td>Relationship:</td>
</tr>
<tr>
<td>Spouse/Partner</td>
</tr>
<tr>
<td>Children</td>
</tr>
<tr>
<td>Father/Mother</td>
</tr>
<tr>
<td>Brother/Sister</td>
</tr>
<tr>
<td>Caregiver</td>
</tr>
<tr>
<td>Other</td>
</tr>
</tbody>
</table>

| Address:              |

| Comments:             |

### 2. Second Emergency Contact (in case the first one cannot be contacted):

<table>
<thead>
<tr>
<th>Name:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Home Phone:</td>
</tr>
<tr>
<td>Cell Phone:</td>
</tr>
<tr>
<td>Work Phone:</td>
</tr>
<tr>
<td>Relationship:</td>
</tr>
<tr>
<td>Spouse/Partner</td>
</tr>
<tr>
<td>Children</td>
</tr>
<tr>
<td>Father/Mother</td>
</tr>
<tr>
<td>Brother/Sister</td>
</tr>
<tr>
<td>Caregiver</td>
</tr>
<tr>
<td>Other</td>
</tr>
</tbody>
</table>

| Address:              |

| Comments:             |
# List of Health Professionals

<table>
<thead>
<tr>
<th></th>
<th>Name of Doctor:</th>
<th>Specialty:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Name of Nurse/Assistant:</td>
<td>Clinic/Hospital Name:</td>
</tr>
<tr>
<td></td>
<td>Address:</td>
<td>E-mail:</td>
</tr>
<tr>
<td></td>
<td>Phone:</td>
<td>Fax:</td>
</tr>
<tr>
<td></td>
<td>Reason for seeing this physician:</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Name of Doctor:</th>
<th>Specialty:</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.</td>
<td>Name of Nurse/Assistant:</td>
<td>Clinic/Hospital Name:</td>
</tr>
<tr>
<td></td>
<td>Address:</td>
<td>E-mail:</td>
</tr>
<tr>
<td></td>
<td>Phone:</td>
<td>Fax:</td>
</tr>
<tr>
<td></td>
<td>Reason for seeing this physician:</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Name of Doctor:</th>
<th>Specialty:</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.</td>
<td>Name of Nurse/Assistant:</td>
<td>Clinic/Hospital Name:</td>
</tr>
<tr>
<td></td>
<td>Address:</td>
<td>E-mail:</td>
</tr>
<tr>
<td></td>
<td>Phone:</td>
<td>Fax:</td>
</tr>
<tr>
<td></td>
<td>Reason for seeing this physician:</td>
<td></td>
</tr>
</tbody>
</table>

|   | Name of Diabetes Educator or Nutritionist: |
|---|----------------|------------|
| 4. | Name of promotor de salud: | Clinic/Hospital Name: |
|    | Address: | E-mail: |
|    | Phone: | Fax: |
|    | Reason for seeing this health professional: | 

### List of Health Professionals

#### 5. Name of Social Worker/Therapist:

<table>
<thead>
<tr>
<th>Name of Therapist:</th>
<th>Clinic/Hospital Name:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Address:</td>
<td>E-mail:</td>
</tr>
<tr>
<td>Phone:</td>
<td>Fax:</td>
</tr>
<tr>
<td>Reason for seeing this health professional:</td>
<td></td>
</tr>
</tbody>
</table>

#### 6. Pharmacy Name:

<table>
<thead>
<tr>
<th>Name of Pharmacist:</th>
<th>Website:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Address:</td>
<td>E-mail:</td>
</tr>
<tr>
<td>Phone:</td>
<td>Fax:</td>
</tr>
</tbody>
</table>

#### 7. Pharmacy Name:

<table>
<thead>
<tr>
<th>Name of Pharmacist:</th>
<th>Website:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Address:</td>
<td>E-mail:</td>
</tr>
<tr>
<td>Phone:</td>
<td>Fax:</td>
</tr>
</tbody>
</table>

#### 8. Other Health Professional Name:

<table>
<thead>
<tr>
<th>Name of Nurse/Assistant:</th>
<th>Clinic/Hospital Name:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Address:</td>
<td>E-mail:</td>
</tr>
<tr>
<td>Phone:</td>
<td>Fax:</td>
</tr>
</tbody>
</table>
Lesson 1:
What Is Diabetes?
Diabetes is a disease in which the body is unable to produce or properly use insulin.

Insulin is a hormone produced by an organ near the stomach called the pancreas. When the stomach digests food it produces glucose (sugar), which is the basic fuel for our body's cells. **Insulin's role is then to transport sugar from the blood into the cells.**

When a person digests food, the pancreas produces the insulin needed to transport sugar from the blood into the cells. **But for people with diabetes, the pancreas produces little or no insulin, or the body cells do not use insulin properly.** When sugar cannot enter the cells, it builds up in the blood. The blood glucose (sugar) level elevates and the person develops prediabetes or diabetes.
1. Food

Food containing starch

2. High blood glucose

High blood glucose

3. Insulin Production

Pancreas
Pancreatic duct

Common bile duct
Duodenum

4. ENERGY Production

Glucose
Insulin

Insulin transports glucose into the cell

Cell with glucose (energy)

Energy

Cell does NOT use insulin

Cell without glucose (energy)

High glucose level

Little insulin

There is no production of energy

WHEN YOU HAVE DIABETES

High blood glucose

Blood vessel

Cell without glucose (energy)
Metaphor for Diabetes*:

Think of a car. In order for a car to drive, it needs fuel or gas. To put gas in the car, you need a pump. Think of each cell in your body like a car, the sugar that your food is broken down into as the gas, and insulin as the pump. When you have diabetes, you do not have a pump to get gas into the car (insulin deficiency). Or, you may have a pump, but the gas cap is rusted shut and you can’t put the gas into the car (insulin resistance).

Type 2 Diabetes

Type 2 diabetes occurs when the body doesn’t produce enough insulin or the cells ignore the insulin, which leads to higher blood glucose levels.

Risk Factors

Risk factors for developing type 2 diabetes include:

<table>
<thead>
<tr>
<th>Factors that cannot be changed</th>
<th>Factors that can be changed</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Race: Hispanic, Black, Native American, Asian</td>
<td>• Overweight or obesity</td>
</tr>
<tr>
<td>• Age: Older than 45 years</td>
<td>• Little or no physical activity</td>
</tr>
<tr>
<td>• Family history of diabetes</td>
<td>• High cholesterol and triglycerides</td>
</tr>
<tr>
<td>• Having had gestational diabetes (diabetes while pregnant)</td>
<td>• High blood pressure</td>
</tr>
<tr>
<td>• Having given birth to a baby nine pounds or heavier</td>
<td>• Stress</td>
</tr>
</tbody>
</table>

* Adapted from Peer Leader Manual by Tricia Tang and Martha Funnell, published by the International Diabetes Foundation.
DIABETES

KNOW THE SYMPTOMS

- Frequent urination
- Sudden weight loss
- Wounds that won't heal
- Always hungry
- Sexual problems
- Blurry vision
- Vaginal infections
- Numb or tingling hands or feet
- Always thirsty
Long-Term Complications of Diabetes

Over time, high blood glucose levels can damage the small blood vessels throughout the body such as those in the eyes and kidneys, and can also cause nerve or heart damage.

**HOW TYPE 2 DIABETES AFFECTS YOUR BODY**

**Depression**
Affects many people. If this symptom lasts for two or more weeks, it is a sign of severe depression.

**Vision**
Higher risk of vision problems, including blindness.

**Heart**
Increases the risk of heart attack and CVA (cerebrovascular accident or stroke).

**Kidneys**
May damage the kidneys and cause them to fail or lose their ability to filter residues.

**Diabetic neuropathy**
Occurs when the nerves that connect the spinal cord with muscles, skin, blood vessels, and other organs are damaged.

**Skin**
About one-third of people with type 2 diabetes will have a skin disorder.

**Feet**
Foot problems occur when a nerve is damaged or when blood flow is poor.

*Source: American Diabetes Association*
Seven Behaviors of Good Diabetes Control

The American Association of Diabetes Educators has established seven behaviors for diabetes self-care that can help you improve your diabetes control. Further information about diabetes in English or in Spanish can be found at www.diabetes.org.

The seven behaviors for good diabetes control are:

1. Healthy Eating
2. Physical Activity
3. Monitoring Glucose
4. Taking Medication
5. Problem Solving in Everyday Life
6. Reducing Risks
7. Healthy Coping
Lesson 2: Controlling Type 2 Diabetes: Healthy Eating and Being Active
Behavior 1: Healthy Eating

General tips

• Choose a variety of high-nutrient foods.
• Do not skip meals.
• Eat three balanced meals daily, every three or four hours.
• Try to eat at the same time every day.
• Learn to identify a proper portion size.
• Learn to identify carbohydrate-rich foods.
• Control the amount of carbohydrates you eat at each meal and snack.
• If you are taking medication for diabetes (especially insulin), eat a small snack (one serving of carbohydrates) before bed.
• Choose healthy fats, preferably foods that contain mono- and polyunsaturated fats.
• Limit the amount of saturated fats and trans fat you consume.
• Increase your intake of high-fiber foods: non-starchy vegetables, some fruits, and whole-grain products.
• Limit foods high in salt.
Sources of energy

The energy extracted from food comes from a variety of sources:

A. Carbohydrates
B. Proteins
C. Fats

People with diabetes should be aware of these energy sources and learn to recognize foods that are high in carbohydrates.

A. Carbohydrates

What are carbohydrates?
Carbohydrates are divided into three groups:

- starch
- sugar
- fiber

Starch
Starch can be found in grains and starchy vegetables (wheat, rice, corn, beans, peas, lentils, potatoes, yucca, plantain, etc.).

Sugar
Fruits, milk, and yogurt contain natural sugar. Desserts, sweet beverages, and candy contain added sugar.

Sugars and starches are the nutrients that raise blood glucose levels highest and fastest after eating. These are the foods to avoid or limit in order to control blood sugar levels.

Fiber
Fiber is contained in food derived from plants, such as vegetables, fruits, and beans.

Fiber is a nondigestible carbohydrate that can help you:

- Better control your blood sugar levels.
- Lower your cholesterol and prevent certain cancers.
- Prevent constipation.

Great sources of fiber are:

- Bread, cereal, and whole-grain pasta
- Legumes (beans and lentils)
- Fruits and vegetables
Excellent sources of fiber include foods that provide at least 5 grams of fiber per serving; good sources of fiber include foods that provide at least 3 grams of fiber per serving.

**Tips:**

- 1 serving of carbohydrates = 15 grams
- Recommended daily dietary fiber intake is 25–30 grams
- Do not consume more than the recommended amounts of carbohydrates (sugars and starches—fiber not included) noted below:

<table>
<thead>
<tr>
<th>Meal</th>
<th>Allowed Servings of Carbohydrates</th>
<th>Grams of Carbohydrates</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>3–4</td>
<td>45–60 grams</td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td>2</td>
<td>30 grams</td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td>3–4</td>
<td>45–60 grams</td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td>2</td>
<td>30 grams</td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td>3–4</td>
<td>45–60 grams</td>
<td></td>
</tr>
</tbody>
</table>
Examples:
Each of the following examples is 1 serving (15 grams) of carbohydrates

Grains
1 tortilla
1 slice of bread
½ cup of white rice
½ cup of pasta
¾ cup of cereal, depending on brand

Starchy vegetables
½ cup of potato
½ cup of corn
½ cup of yucca
½ cup of yellow squash
3 cups of popcorn

Milk and yogurt
1 cup of skim milk
1 cup of fat-free yogurt

Fruits
1 small apple
1 small orange
1 cup of strawberries
1 cup of melon
1 cup of papaya
½ mango
½ grapefruit
½ cup of 100% fruit juice
½ cup of banana
½ cup of cranberries
¾ cup of blueberries
1 cup of fresh raspberries or blackberries, or
½ cup if frozen

1 serving of carbohydrates = 15 grams
Food with no immediate effect on blood glucose levels

Unlike carbohydrates, nonstarchy vegetables, proteins, and fats have no immediate effect on blood sugar levels.

Nonstarchy vegetables

- Collard greens
- Artichokes
- Celery
- Eggplant
- Beets
- Broccoli
- Zucchini
- Onions
- Chayote
- Peppers
- Cabbage
- Cauliflower
- Green beans
- Asparagus
- Spinach
- Mushrooms
- Jicama
- Tomatoes
- Lettuce
- Turnip
- Nopales (cactus)
- Cucumber
- Radish
- Tomatillo
- Greens
- Carrots

B. Protein

What is protein?

Foods that contain protein include meat, poultry, fish, cheese and other dairy products, and eggs.

Tips:

- Proteins and fats do not have an immediate impact on blood glucose levels.
- They should be consumed in moderation and watching the portion size.
- Look for options such as lean meat (95%) and fat-free or low-fat and low-sodium cheese.

Examples:

2 oz. beef, chicken, turkey, fish, pork, or ham
2 oz. low-fat cheese—mozzarella 2%, Oaxaca, American
1 egg
2 egg whites
½ cup of low-fat cottage cheese
C. Fats

What are fats?

Fats can be divided into four categories, and we have to be careful about how much we consume from each category. There are two types of fats that are healthier and preferable, and two types that are less healthy and not preferred.

Healthy Fats:

- **Monounsaturated fats**
  - Found in nuts, almonds, olive oil, avocado
  - Preferred, lowers LDL (“bad” cholesterol) and raises HDL (“good” cholesterol)

- **Polyunsaturated fats**
  - Found in safflower oil, sesame oil, corn oil, soy oil
  - Preferred, lowers bad cholesterol (LDL), in excess lowers good cholesterol (HDL)

Unhealthy Fats:

- **Saturated fats**
  - Found in animal products such as meat, dairy, and eggs
  - Must be limited, raises LDL, raises risk of heart disease

- **Trans-fats**
  - Found in foods like snacks, candy, pastries, cookies, cakes, donuts, and fried food
  - Must be avoided, raises LDL and lowers HDL

Tips:

- Although fats have no immediate effect on blood sugar levels, we should watch the type of fats we eat.
- The preferred type of fats will help you control your cholesterol levels.

Examples:

- 1 teaspoon of oil: canola, olive, vegetable, corn
- 2 tablespoons of avocado
- 2 tablespoons of low-fat dressing
- 1 tablespoon of low-fat mayonnaise or margarine
- 2 tablespoons of sour cream
- 1 tablespoon of cream cheese
- 10 peanuts, almonds, nuts
- 2 tablespoons of peanut butter
Example of a healthy plate for people with diabetes:
Sodium (Salt)

Sodium (salt) may raise blood pressure, causing damage to various organs such as the heart, kidneys, brain, and eyes.

Tips:

• It is recommended you lower your sodium intake to **2,300 mg daily**.
• Choose fewer processed foods and canned foods.
• Eat more vegetables, fresh fruits, and whole grains.
• Eating foods that are high in potassium such as potatoes, melon, bananas, and spinach may lower the absorption of sodium and thus lower high blood pressure.

Limit the consumption of these foods:

The following foods have little or no nutritional value and contain a lot of added sugar and/or unhealthy fats:

• Candy
• Soda
• Sweets
• Cookies
• Energy drinks
• Alcoholic beverages
Artificial sweeteners are an alternative to added sugar.

Even though they are very sweet, they do not contain sugar and may not raise blood sugar levels in the same way as sugar.

However, they may be harmful to our health in other ways, so it is best to reduce or limit the amount of sweet foods we eat when we have diabetes.

<table>
<thead>
<tr>
<th>Artificially sweetened foods (examples)</th>
<th>Foods with added sugars</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Diet soda</td>
<td>• Regular soda</td>
</tr>
<tr>
<td>• Lemonade with artificial sweetener</td>
<td>• Lemonade with sugar</td>
</tr>
<tr>
<td>• Jamaica (hibiscus tea) with artificial sweetener</td>
<td>• Jamaica (hibiscus tea) with sugar</td>
</tr>
<tr>
<td>• Crystal Light, Wyler’s Light</td>
<td>• Juices—Tampico, Jumex, Kool-Aid</td>
</tr>
</tbody>
</table>

Some brand names of artificial sweeteners are:

• Splenda
• Sweet’N Low
• Equal
• Truvia
Nutrition Facts Label
Another useful tool to identify carbohydrate content is the nutrition facts label.

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>Serving Size 1 cup (228g)</th>
<th>Servings Per Container about 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>250</td>
<td>Calories from Fat 110</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>18%</td>
<td></td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>12g</td>
<td>18%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3g</td>
<td>15%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>3g</td>
<td></td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>30mg</td>
<td>10%</td>
</tr>
<tr>
<td>Sodium</td>
<td>470mg</td>
<td>20%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>31g</td>
<td>10%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars</td>
<td>5g</td>
<td></td>
</tr>
<tr>
<td><strong>Proteins</strong></td>
<td>5g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td>2%</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>20%</td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>4%</td>
<td></td>
</tr>
</tbody>
</table>

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

1. Serving Size
2. Amount of Calories
3. Limit these Nutrients
4. Get Enough of these Nutrients
5. Percent (%)
6. Daily Value (DV)
Behavior 2: Physical Activity

Benefits of physical activity:
- Controls blood glucose levels
- Reduces insulin resistance
- Lowers cholesterol and blood pressure
- Helps you lose weight or maintain a healthy weight
- Reduces stress and promotes a positive mood

What are some additional benefits of physical activity?

Recommendations:
- **First, talk to your doctor.**
- Choose an activity that you enjoy.
- Start slowly and gradually increase the intensity and length of time that you exercise.
- Do 30 minutes of moderate-intensity aerobic activity five times a week.
- Do resistance exercise (using weights) five times a week.
- Check your feet daily. If you suffer a foot injury, see your health care provider immediately.

How much physical activity are you doing?
Ensuring success*

Sometimes, we are more likely to exercise if we have company. Try this: call a friend and invite him or her to take a walk through a scenic area or other location that you have always been interested in but have never explored. When you return home, write down the thoughts and feelings you had while walking.

Physical activity is not recommended if:

- You have uncontrolled blood pressure.
- You have severe neuropathy: open wounds, skin lesions, or foot lesions.
- You have severe retinopathy: avoid high-impact and resistance exercises.
- You have recurrent hypoglycemia: people who use insulin or whose glucose level is less than 100 mg/dl should eat 15–20 grams of carbohydrates before exercising.

List two barriers that prevent you from doing more physical activity. How will you overcome these barriers?

______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

* Adapted from “Bridges to a Better Life”/Puentes hacia una mejor vida, Section 4: “Why Exercise Is Important.”
Three types of physical activity
There are three types of physical activity and each has different benefits:

1. **Aerobic exercise**
   - Benefits: Works your heart, lungs, and circulatory system to keep them healthy and gives you energy
   - Examples: Walking, jogging, biking, aerobics, swimming

2. **Resistance and strengthening activity**
   - Benefits: Strengthens muscles and bones
   - Examples: Weightlifting

3. **Flexibility**
   - Benefits: Helps you move easier and keeps your muscles relaxed and your joints mobile
   - Examples: Stretching, yoga, tai chi, stability ball
Safety
People with diabetes should follow these safety tips when doing physical activity:

- Physical activity may cause hypoglycemia (low blood sugar level). Know the symptoms, and rest if you experience any of these:
  
  a. Shakiness  
  b. Nausea  
  c. Anxiety  
  d. Hunger  
  e. Blurred vision  
  f. Headaches  
  g. Difficulty speaking  
  h. Sleep  
  i. Confusion  

  Keep a hard candy in your pocket when you exercise so that you can treat low blood sugar if you experience any of these symptoms.

- Take care of your feet. People with diabetes are at a higher risk of foot problems due to poor circulation and numbness.
  
  a. Check your feet immediately after exercising to make sure you do not have lesions or blisters.  
  b. Wear breathable, lightweight socks made of cotton.  
  c. Wear athletic shoes to protect your feet.  

- Check with your health care professional before beginning any exercise program.
Lesson 3: Controlling Type 2 Diabetes: Glucose Monitoring, Taking Medications, and Problem Solving
Behavior 3: Glucose Monitoring

General tips:

- Become familiar with your glucometer and its care and storage.
- Always keep a record of your glucose levels.
- Learn to interpret and use the results to make adjustments in your diet, physical activity, or when you are sick.
- General recommendations for when to test your glucose levels are when you wake up, two hours after a meal, and before bed.

Diabetes diagnosis:

<table>
<thead>
<tr>
<th></th>
<th>Normal</th>
<th>Pre-Diabetes</th>
<th>Diabetes</th>
</tr>
</thead>
<tbody>
<tr>
<td>When you wake up</td>
<td>70-100 mg/dl</td>
<td>101-125 mg/dl</td>
<td>+ 126 mg/dl</td>
</tr>
<tr>
<td>2 hours after eating</td>
<td>&lt; 140 mg/dl</td>
<td>141-199 mg/dl</td>
<td>+ 200 mg/dl</td>
</tr>
</tbody>
</table>

Desirable glucose levels for people with diabetes:

<table>
<thead>
<tr>
<th>When you wake up</th>
<th>2 hours after eating</th>
</tr>
</thead>
<tbody>
<tr>
<td>70-110 mg/dl</td>
<td>- 140 mg/dl AACEUn</td>
</tr>
<tr>
<td>70-130 mg/dl</td>
<td>- 180 mg/dl ADA</td>
</tr>
</tbody>
</table>
# Glucose Monitoring at Home

**Name:** __________________________________________ **Date:** _________

<table>
<thead>
<tr>
<th>SCHEDULE</th>
<th>MONDAY DATE</th>
<th>TUESDAY DATE</th>
<th>WEDNESDAY DATE</th>
<th>THURSDAY DATE</th>
<th>FRIDAY DATE</th>
<th>SATURDAY DATE</th>
<th>SUNDAY DATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>When You Wake Up</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>After Breakfast</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Before Lunch</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>After Lunch</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Before Dinner</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>After Dinner</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Before Bedtime</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Behavior 4: Medication Adherence

General tips:

• Know and recognize name and dosage of each medication.
• Take your medication as prescribed by your doctor.
• Follow the storage instructions for the medication.
• Know how and where to refill your medication.
• Know your medication label.
• Identify the side effects of your medication and how to control them.
Medication Label: Example

- **Name of doctor**
- **Pharmacy name and address**
- **Pharmacy phone number**
- **Prescription date**
- **Barcode to scan**
- **Name of medication**
- **Instruction about how much medication to take and when**
- **Maximum number of refills before certain date**
- **Expiration date of prescription drugs**
### Current Medications

<table>
<thead>
<tr>
<th>Name of medication</th>
<th>What is the medication for?</th>
<th>Prescription date</th>
<th>Instructions for when and how to take the medication</th>
<th>Doctor who prescribed it</th>
<th>Side effects suffered</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Behavior 5: Problem Solving in Everyday Life

General tips:

- Identify causes and symptoms of hypoglycemia and hyperglycemia.
- Know what to do in case of a hypoglycemic or hyperglycemic episode.
- Prevent episodes of hypoglycemia or hyperglycemia.
- Identify causes and symptoms, and have a plan for managing sick days.
- Develop strategies to help you overcome barriers and solve daily life problems.
- Get support from a family member, friend, classmate, or colleague to help you manage your hypoglycemic and hyperglycemic episodes, sick days, or when you need emergency care or hospitalization.
High blood sugar (Hyperglycemia)

Causes
High blood sugar (also called hyperglycemia) is when there is too much sugar in your blood. Over time, it can cause serious health problems. High blood sugar can happen if you:
- Skip a dose of insulin or diabetes pills
- Eat more than usual
- Are less active than usual
- Are under stress or sick

Signs & Symptoms
Here’s what may happen when your blood sugar is high:

- Very thirsty
- Needing to pass urine more than usual
- Very hungry
- Sleepy
- Blurry vision
- Infections or injuries heal more slowly than usual

What to do about high blood sugar
The best way to avoid high blood sugar is to follow your diabetes care plan. Call your diabetes care team if your blood sugar has been higher than your goal for 3 days and you don’t know why.

Of course, the best way to know if you have high blood sugar is to check your blood sugar regularly, as directed by your doctor.
Low blood sugar (Hypoglycemia)

Causes
You might get low blood sugar (also called hypoglycemia) if you:

- Take certain medicines and eat too few carbohydrates, or skip or delay a meal
- Take too much insulin or diabetes pills (ask your diabetes care team if this applies to you)
- Are more active than usual

Signs and Symptoms
Here’s what may happen when your blood sugar is low:

- Shaky
- Sweaty
- Dizzy
- Sudden behavior change
- Hungry
- Weak or tired
- Headache
- Nervous or upset

If low blood sugar is not treated, it can become severe and cause you to pass out. If low blood sugar is a problem for you, talk to your doctor or diabetes care team.
Low blood sugar (Hypoglycemia)

What to do if you think you have low blood sugar

Check your blood sugar right away if you have any symptoms of low blood sugar. If you think your blood sugar is low but cannot check it at that time, treat anyway.

Treat by eating or drinking 15 grams of something high in sugar, such as:

- 4 ounces (½ cup) of regular fruit juice (like orange, apple, or grape juice)
- 4 ounces (½ cup) of regular soda pop (not diet)
- 3 or 4 glucose tablets
- 5 to 6 hard candies that you can chew quickly (such as mints)

Wait 15 minutes and then check your blood sugar again. If it is still low, eat or drink something high in sugar again. Once your blood sugar returns to normal, eat a meal or snack. This can help keep low blood sugar from coming back.
Managing Diabetes During Sick Days

People with diabetes should be careful when they get sick because illness can cause blood sugar levels to rise.

When you feel sick:

• You should measure your blood sugar more frequently, every 2–4 hours.
• You should keep taking your medication and insulin.
• If you have difficulty eating, try to consume:
  1 serving of carbohydrates every hour or
  3 servings of carbohydrates every 3–4 hours
• Stay hydrated by drinking noncaloric liquids:
  8 oz. of fluids every hour and
  1 cup of chicken broth with sodium every 3 hours

Even when you are sick, you should continue the same self-care behaviors to keep your blood sugar levels under control.

Call Your Doctor If...

• You have a fever higher than 100°F.
• You have vomiting or diarrhea and have had more than five bowel movements or have vomited for more than six hours.
• Your blood sugar level is higher than 300 mg/dl in two consecutive readings.
• You inject insulin such as NovoLog, Humalog, or Apidra.
• You are taking medications such as Prandin, Starlix, or Precose; you may have to adjust your dose if you cannot eat as you usually do.
• You have the flu.
Sick Day Foods

Remember to eat: 1 serving (15g) of carbohydrates every hour OR 3 servings of carbohydrates every 3–4 hours

<table>
<thead>
<tr>
<th>Grains—Starch</th>
<th>Carbohydrate Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 slice of bread</td>
<td>15 grams</td>
</tr>
<tr>
<td>½ cup of oatmeal</td>
<td>15 grams</td>
</tr>
<tr>
<td>5 Maria cookies</td>
<td>15 grams</td>
</tr>
<tr>
<td>6 saltine crackers</td>
<td>15 grams</td>
</tr>
<tr>
<td>3 graham crackers</td>
<td>15 grams</td>
</tr>
<tr>
<td>½ cup of rice pudding</td>
<td>15 grams</td>
</tr>
<tr>
<td>¾ cup of atole</td>
<td>15 grams</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Carbohydrate Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup 100% fruit juice</td>
<td>15 grams</td>
</tr>
<tr>
<td>⅓ cup of grapes, plum, or apricot</td>
<td>15 grams</td>
</tr>
<tr>
<td>½ cup of apple, pineapple, orange, or grapefruit</td>
<td>15 grams</td>
</tr>
<tr>
<td>½ cup of apple sauce</td>
<td>15 grams</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dairy</th>
<th>Carbohydrate Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup of milk</td>
<td>15 grams</td>
</tr>
<tr>
<td>1 cup of yogurt</td>
<td>15 grams</td>
</tr>
<tr>
<td>½ cup vanilla pudding</td>
<td>15 grams</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Other carbohydrate options</th>
<th>Carbohydrate Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 popsicle</td>
<td>20 grams</td>
</tr>
<tr>
<td>½ cup of ice cream</td>
<td>15 grams</td>
</tr>
<tr>
<td>½ cup of regular gelatin</td>
<td>15 grams</td>
</tr>
<tr>
<td>½ cup of regular soda</td>
<td>15 grams</td>
</tr>
<tr>
<td>1 cup of Gatorade</td>
<td>15 grams</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Protein options that you can add to your meals or snack if you can tolerate them</th>
<th>Carbohydrate Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup of low-fat cottage cheese</td>
<td>0 grams</td>
</tr>
<tr>
<td>1 slice of 2% mozzarella or fresh cheese</td>
<td>0 grams</td>
</tr>
<tr>
<td>1 hard- or soft-boiled egg</td>
<td>0 grams</td>
</tr>
</tbody>
</table>

For colds and coughs, always take sugar-free syrup.
Diabetes During the Holidays

During the holidays, people with diabetes should continue the same self-care behaviors to keep blood sugar levels under control.

During the holidays, you should:

• Measure your blood sugar levels as usual.
• Continue with your medication or insulin.
• Do physical activity.
• Watch portion sizes.

Holidays are no excuse to forget your diet; the same care should continue!

<table>
<thead>
<tr>
<th>Avoid</th>
<th>Choose</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Cakes, pastries, and cookies made with regular sugar</td>
<td>• Fruit</td>
</tr>
<tr>
<td>• Regular pasta, regular rice</td>
<td>• Whole wheat pasta, brown rice</td>
</tr>
<tr>
<td>• Regular soda</td>
<td>• Water</td>
</tr>
<tr>
<td>• Lemonade, Jamaica (hibiscus tea), horchata, etc. made with regular sugar</td>
<td>• Lemonade, Jamaica (hibiscus tea), horchata, etc. made with a sugar substitute</td>
</tr>
<tr>
<td>• Regular juices—Tampico, Jumex, Kool-Aid</td>
<td>• Water</td>
</tr>
<tr>
<td>• Alcoholic beverages mixed with regular juice or soda</td>
<td>• Alcoholic beverages without juice or with diet soda</td>
</tr>
<tr>
<td></td>
<td>• Limit alcoholic beverages to 2 for men and 1 for women</td>
</tr>
</tbody>
</table>

Remember to use the model of the healthy plate for diabetics!
Sample of serving sizes = 15 grams of carbohydrates in typical holiday dishes

<table>
<thead>
<tr>
<th>Grains—Starch</th>
<th>Carbohydrates Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup of corn or green peas</td>
<td>15 grams</td>
</tr>
<tr>
<td>½ cup of mashed potatoes or sweet potatoes</td>
<td>15 grams</td>
</tr>
<tr>
<td>½ cup of macaroni or pasta</td>
<td>15 grams</td>
</tr>
<tr>
<td>½ cup of rice</td>
<td>15 grams</td>
</tr>
<tr>
<td>½ cup of beans</td>
<td>15 grams</td>
</tr>
<tr>
<td>¼ cup of cranberry sauce</td>
<td>15 grams</td>
</tr>
<tr>
<td>½ cup of turkey stuffing</td>
<td>15 grams</td>
</tr>
<tr>
<td>1 cup of sweet pumpkin</td>
<td>15 grams</td>
</tr>
<tr>
<td>1 oz. of corn bread</td>
<td>15 grams</td>
</tr>
<tr>
<td>¼ of 5-inch bolillo</td>
<td>15 grams</td>
</tr>
<tr>
<td>1 slice of white or whole grain bread</td>
<td>15 grams</td>
</tr>
<tr>
<td>1 6-inch corn or flour tortilla</td>
<td>15 grams</td>
</tr>
<tr>
<td>1 1-oz. tamal with meat and green or red sauce</td>
<td>15 grams</td>
</tr>
<tr>
<td>¾ cup of pozole</td>
<td>15 grams</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Desserts and Beverages</th>
<th>Carbohydrates Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup of rice pudding</td>
<td>15 grams</td>
</tr>
<tr>
<td>¾ cup of atole</td>
<td>15 grams</td>
</tr>
<tr>
<td>½ cup of chocolate milk or hot cocoa</td>
<td>15 grams</td>
</tr>
<tr>
<td>½ cup of regular soda</td>
<td>15 grams</td>
</tr>
<tr>
<td>½ cup of lemonade</td>
<td>15 grams</td>
</tr>
<tr>
<td>⅛ of an 8-inch pumpkin pie</td>
<td>15 grams</td>
</tr>
<tr>
<td>½ of a 2 oz. cupcake</td>
<td>15 grams</td>
</tr>
<tr>
<td>¼ of a 4-inch Mexican bread</td>
<td>15 grams</td>
</tr>
<tr>
<td>⅛ of an 8-inch cheesecake</td>
<td>15 grams</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Proteins</th>
<th>Carbohydrates Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 oz. of turkey breast</td>
<td>0 grams</td>
</tr>
<tr>
<td>2 oz. of low-fat chicken, beef, pork</td>
<td>0 grams</td>
</tr>
<tr>
<td>1 boiled or poached egg</td>
<td>0 grams</td>
</tr>
<tr>
<td>2 oz. of fish or seafood</td>
<td>0 grams</td>
</tr>
</tbody>
</table>
Lesson 4:
Controlling Diabetes: Reducing Risks and Healthy Coping
Behavior 6: Reduce Risk Factors to Prevent Complications

General tips:

- Get regular health exams and care to help prevent the development or worsening of diabetes complications: retinal eye exams, foot exams, dental care, immunizations, and albumin tests (for kidneys).
- Reduce risk factors that can lead to the development of complications, such as: excess weight, obesity, high blood pressure, high cholesterol and triglycerides, smoking, and excessive alcohol consumption.

Remember to see your health professional for the following tests:

To do every three months

- Hg A1c test

To do at least once a year

- Cholesterol and triglycerides tests
- Renal function test
- Albumin in urine test
- Comprehensive dilated eye exam
- Dental exam and cleaning
- Foot examination by your doctor or specialist
- Neurologic examination and mental state evaluation
Immunizations

- Flu shot every year
- Pneumonia shot: first booster dose before 65 years old

<table>
<thead>
<tr>
<th>Levels to Keep Under Control</th>
<th>ADA Parameters</th>
<th>My Current Levels</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hemoglobin A1c</td>
<td>Less than 6.5%</td>
<td></td>
</tr>
<tr>
<td>Blood pressure</td>
<td>Less than 130/80 mg/dl</td>
<td></td>
</tr>
<tr>
<td>Total Cholesterol</td>
<td>Less than 200 mg/dl</td>
<td></td>
</tr>
<tr>
<td>LDL Cholesterol</td>
<td>Less than 100 mg/dl</td>
<td></td>
</tr>
<tr>
<td>HDL Cholesterol</td>
<td>Men: Higher than 40 mg/dl  &lt;br&gt;Women: Higher than 50 mg/dl</td>
<td></td>
</tr>
<tr>
<td>Triglycerides</td>
<td>Less than 150</td>
<td></td>
</tr>
</tbody>
</table>
Hemoglobin A1c

<table>
<thead>
<tr>
<th>A1c level</th>
<th>Blood glucose level</th>
</tr>
</thead>
<tbody>
<tr>
<td>12</td>
<td>298</td>
</tr>
<tr>
<td>11.5</td>
<td>283</td>
</tr>
<tr>
<td>11</td>
<td>269</td>
</tr>
<tr>
<td>10.5</td>
<td>255</td>
</tr>
<tr>
<td>10</td>
<td>240</td>
</tr>
<tr>
<td>9.5</td>
<td>226</td>
</tr>
<tr>
<td>9</td>
<td>212</td>
</tr>
<tr>
<td>8.5</td>
<td>197</td>
</tr>
<tr>
<td>8</td>
<td>183</td>
</tr>
<tr>
<td>7.5</td>
<td>169</td>
</tr>
<tr>
<td>7</td>
<td>154</td>
</tr>
<tr>
<td>6.5</td>
<td>140</td>
</tr>
<tr>
<td>6</td>
<td>126</td>
</tr>
<tr>
<td>5.5</td>
<td>111</td>
</tr>
<tr>
<td>5</td>
<td>97</td>
</tr>
</tbody>
</table>

Very high levels
High levels
Controlled levels
Normal levels

My A1c level: ___
Every day at home:

- Maintain a healthy diet.
- Do at least 30 minutes of physical activity.
- Check and record your glucose levels.
- Take your medications as prescribed by your doctor.
- **Check your feet for lesions and wounds.**
  - Check your shoes and socks to avoid lesions on your feet.
  - Keep your skin hydrated.
  - Practice oral hygiene: use a suitable toothbrush and floss.
  - Find a hobby to handle stress.

Inform family and friends about:

- Signs and symptoms of hypoglycemia and hyperglycemia
- What to do during hypoglycemic and hyperglycemic episodes
- Names and doses of all your medications
- Names, addresses, and phone numbers of your:
  - nearest hospital in case of emergency
  - doctor
  - dietician
  - diabetes educator
  - ophthalmologist
  - dentist
  - pharmacist
  - counselor
# Tests Record

<table>
<thead>
<tr>
<th>Test</th>
<th>Date</th>
<th>Date</th>
<th>Date</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Results</td>
<td>Results</td>
<td>Results</td>
<td>Results</td>
</tr>
<tr>
<td><strong>Measures</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blood pressure</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Weight</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BMI</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Glucose</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hemoglobin A1c</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Cholesterol</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LDL Cholesterol</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HDL Cholesterol</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Triglycerides</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Albumin</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Exams</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eye exam</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dental exam</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Foot examination</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mental evaluation</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Immunizations</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Flu or Cold</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pneumonia</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Others</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Behavior 7: Healthy Coping

General tips:

- Identify the benefits of keeping your diabetes under control.
- Identify the problems you face in managing diabetes.
- Start setting goals that help you better control your diabetes.
- Accept help and support from family, friends, and health care professionals. We are here to help you achieve a better control of your diabetes.
- Do activities that help you handle stress.

Dealing with stress*

Stress manifests when the body reacts as though something is attacking it. The causes of stress can be physical, such as injuries or illnesses. They can also be mental, such as marriage, work, or health or financial problems.

For people with diabetes, stress can affect blood glucose levels for two different reasons:

- Sometimes when people are feeling stressed, they do not take good care of themselves. They may drink alcoholic beverages or do little exercise. They may forget or not give themselves enough time to measure their glucose level or plan healthy meals.
- Stress hormones can also directly affect blood glucose levels.

The following steps will help you control stress:

Step 1
Recognize your stress triggers. Common stress factors include:

- Money
- Work
- Health or sickness
- Family
- A sick family member or friend

* Adapted from the training manual “Encourage: Peer Support for Diabetes,” Section 2, Chapter 2.
Step 2
Recognize the signs of stress

How does stress make people feel?

• Worried
• Depressed
• Tense

How do people act when they feel stressed?

• Forgetful
• Cannot sleep
• Avoiding friends
• Difficulty accomplishing things
• Bad mood
• Smoke or drink alcohol more often

How does stress affect the body?

• Fatigue, headaches, or rash
• Changes in appetite or upset stomach

Step 3
Develop a plan to manage stress

There are several healthy ways to deal with stress. When you know your stress triggers and how you react to them, you are ready to begin dealing with stress in your life.

Eight healthy ways to deal with stress

1. Before starting any exercise program, talk to your doctor.
2. Participate in physical activity every day. When you are active, your body secretes hormones that give you a feeling of well-being and give you energy.
3. Take 10-minute breaks occasionally—take a walk, stretch, etc.
4. Rely on friends for support—sometimes they can give you a different perspective on your life problems.
5. Motivate yourself daily with positive messages.
6. Pray or meditate.
7. Learn to be a good problem-solver.
8. Learn about different techniques to aid in relaxation, such as deep breathing exercises.
### Goal Planning—Changes for a Healthy Life

<table>
<thead>
<tr>
<th>BEHAVIOR</th>
<th>CHANGE</th>
<th>GLUCOSE MONITORING</th>
<th>MEDICATION</th>
<th>PHYSICAL ACTIVITY</th>
<th>HEALTHY DIET</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Name:
- Lose 10 pounds
- Reduce my A1c
- Other

#### Main Goal:
- Lose 10 pounds
- Reduce my A1c
- Other

#### Our next visit will be on:
- You may not be able to do it on the first few days
- You can always start over
- Each day is an opportunity to do something for yourself

### How much am I going to do?
- How am I going to do it?
- Where am I going to do it?
- For how long?
- Why is this change important?

### BEHAVIOR

<table>
<thead>
<tr>
<th>Behavior</th>
<th>Change</th>
<th>Glucose Monitoring</th>
<th>Medication</th>
<th>Physical Activity</th>
<th>Healthy Diet</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### You may not be able to do it on the first few days
- You can always start over
- Each day is an opportunity to do something for yourself

### Healthy Diet

- Eat three meals
- Consume fewer carbohydrates-rich foods

### Physical Activity

- Walk
- Ride a bike
- Practice a sport

### Medication

- Take my medication as prescribed by my doctor
- Keep a regular medication schedule

### Glucose Monitoring

- Measure my glucose levels at home
- Record my A1c levels when I visit my doctor

### Reducing Risk

- Seek help to stop smoking
- Reduce cigarette consumption

### Problem Solving

- Find a hobby that helps me relax
- Attend a support group or class for people with diabetes

### Healthy Coping

- Know the steps I should take in case of episodes
- Reduce stress levels

### Other

- Seek help to stop smoking
- Reduce cigarette consumption

### How am I going to do it?

- How is this change important?

### Where am I going to do it?

- How am I going to do it?
- For how long?

### For how long?

- Why is this change important?