

# Live Your Life!

## Control Your Diabetes



**Lumetra**  
Brighter insights. Better healthcare.

**i Viva@Vida!**  
tome control de su diabetes



La Clínica

NAME:

# **Live Your Life! Control Your Diabetes**

**A partnership between**

**La Clinica de la Raza Preventive Medicine**  
Oakland, California

*and*

**Lumetra**  
**California's Medicare Quality Improvement Organization**  
San Francisco, California

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Lumetra, California's Medicare Quality Improvement Organization, initiated the Viva la Vida project to improve diabetes care for Medicare beneficiaries in the Latino community. Viva la Vida means "Live your life!" – a call to action for older Latinos and their families to take charge of their diabetes, and live their lives to the fullest. For more information, contact Ana Perez, APRN, BC-ADM, CDE, at (415) 677-2142 or [aperez@caqio.sdps.org](mailto:aperez@caqio.sdps.org), or visit [www.lumetra.com/diabetesandlatinos](http://www.lumetra.com/diabetesandlatinos)

# Contents

Emergency Numbers ..... 1



## **Routine Self-Care .....page 2**

Check Your Blood Sugar ..... 3  
Exercise ..... 4  
Follow a Meal Plan ..... 6  
Take Care of Your Heart ..... 9  
Take Your Medicine ..... 11  
Take Care of Your Feet ..... 12  
Take Care of Your Teeth ..... 14  
Manage Stress ..... 15  
Create an Action Plan to Stay Healthy ..... 16



## **Tests You Need .....page 18**

A1C ... ..... 19  
Blood Cholesterol ..... 20  
Blood Pressure ..... 21  
Microalbumin ..... 22  
Dilated Eye Exam ..... 23  
Foot Exam ..... 24  
Dental Exam ..... 25



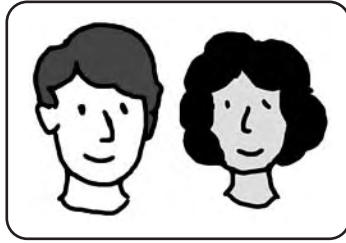
## **Emergency Care .....page 26**

Low Blood Sugar ..... 27  
Sick Days ..... 30  
When Should I Call the Doctor? ..... 32

### **Diabetes Resource Card**

.....  
Questions to Ask My Doctor ..... 33  
My Results ..... 34

The major responsibility for  
your care rests with you.



You can improve your quality of life.

You can avoid problems in the future.

You can take control of your diabetes  
before it takes control of you.

## **Emergency Numbers**

Doctor's name: \_\_\_\_\_

Doctor's phone number: \_\_\_\_\_

Emergency phone number: \_\_\_\_\_

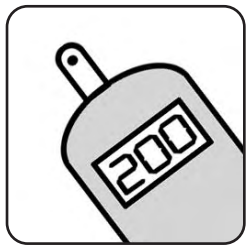
Diabetes educator's name: \_\_\_\_\_

Diabetes educator's phone number: \_\_\_\_\_



# Routine Self-Care

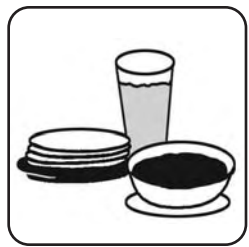
There are 9 things that you can do each day to take care of your diabetes.



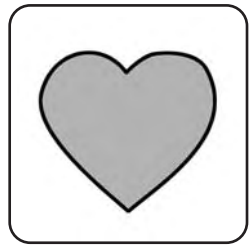
Check Your Blood Sugar



Exercise



Follow a Meal Plan



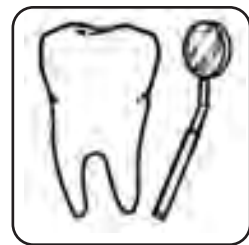
Take Care of Your Heart



Take Your Medicine



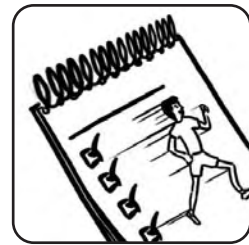
Take Care of Your Feet



Take Care of Your Teeth



Manage Stress

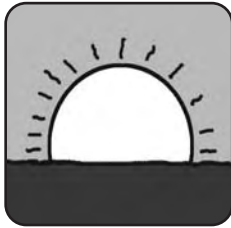


Create an Action Plan to Stay Healthy

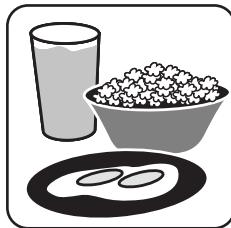
# Check Your Blood Sugar

When should I measure my blood sugar?

What should it be?



**Before breakfast (90-130)**  
so you can start the day  
knowing your blood sugar level.



**Before meals (90-130)**  
to know which foods to eat  
and how much.



**2 hours after meals (<180)**  
to learn how your food choices  
affect your blood sugar level.

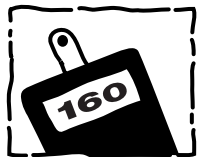


# Exercise

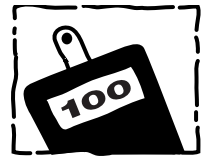


## Why should I exercise?

**It lowers your blood sugar level.**



Before Exercise



After Exercise

**You feel better.**

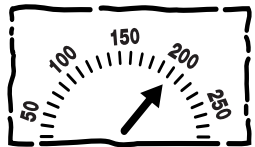


Before Exercise

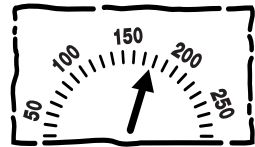


After Exercise

**It helps you to lose weight.**



Before Exercise



After Exercise

# How often should I exercise?

At least 30 minutes 5 days a week.  
Do more if you can.

# What type of exercise is best?

Whatever you can enjoy without pain.  
Ask your doctor before starting an exercise program.



Walking



Dancing



Aerobics



Exercise While Sitting



Stationary Bike





# Follow a Meal Plan

Some foods contain carbohydrates. Those that are high in carbohydrates increase blood sugar levels. One serving is equal to 15 grams of carbohydrate. Some recommendations follow:

- Eat 2 to 4 servings of carbohydrate-rich foods every 4-5 hours.
- If your blood sugar is too high, eat fewer servings of these foods.
- Eat at least 3 meals a day.

## Foods high in carbohydrates and serving sizes:

### Grains & Beans



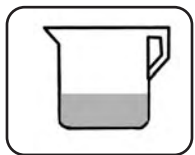
Beans  
1/2 Cup



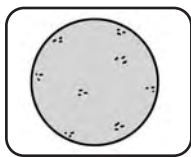
Lentils  
1/2 Cup



Rice  
1/3 Cup



Pasta  
1/3 Cup



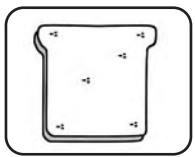
Tortilla  
1



Hot Cereal  
1/2 Cup

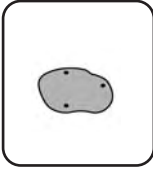


Cold Cereal  
Read food label



Bread  
1 regular slice

## Starchy Vegetables



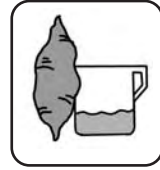
Potato  
1 small



Corn  
1/2 cup



Green Peas  
1/2 cup



Sweet Potato  
1/3 cup

## Fruits and Fruit Juices



Banana  
1 small



Apple  
1 small



Orange  
1 small



Mango  
1/2 small



Papaya  
1 cup



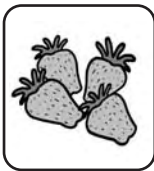
Cantaloupe  
1/3 small



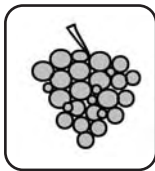
Watermelon  
1 cup



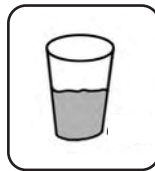
Fruit Cocktail  
1/2 cup



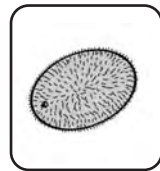
Strawberries  
4 big or  
6-7 small



Grapes  
15



Fruit Juice  
4 ounces



Kiwi  
1

Note: 4 ounces is equal to 1/2 cup.



# Milk and Yogurt



Milk  
8 ounces

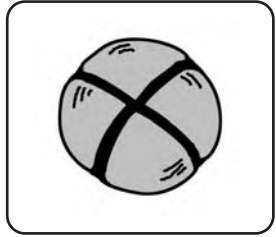


Yogurt  
flavored  
(read food label)

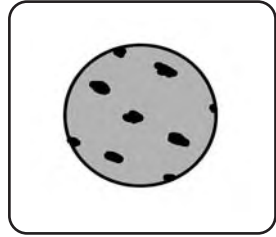


Yogurt  
unflavored  
6 ounces

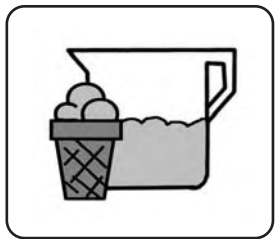
# Sweets and Desserts



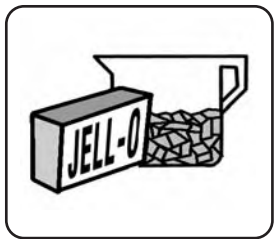
Mexican Sweet Bread  
1/4 piece



Cookie (read food label  
for total carbohydrates)



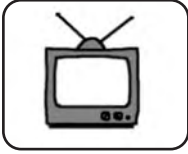
Ice Cream  
1/2 cup



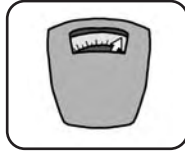
Gelatin  
1/2 cup

# Take Care of Your Heart: Cholesterol

## Causes of High Cholesterol



Lack of physical activity

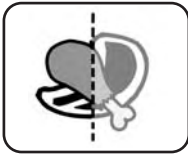


Being overweight



Eating fatty foods

## What can you do to reduce your cholesterol?



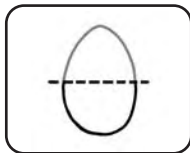
Eat less meats, butter, and cheese



Eat low fat foods or low fat substitutes



Eat oatmeal and beans more often



Eat fewer eggs

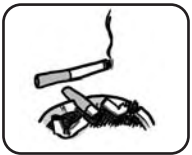


Bake or broil instead of frying

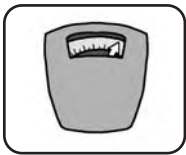


# Take Care of Your Heart: Blood Pressure

## Causes of High Blood Pressure



Smoking



Overweight



Lack of physical activity



Alcohol



Too much salt

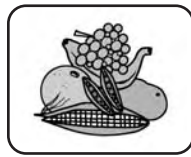
What can you change in your diet to lower your blood pressure?



Use less salt



Eat less processed and canned foods



Eat more vegetables and fresh food

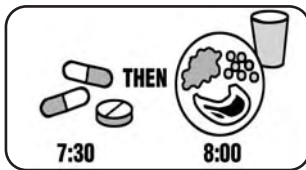


Consume low fat dairy products

# Take Your Medicine

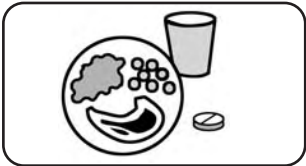


Many people with diabetes take pills to control their blood sugar. Others inject insulin. The following guide tells you when to take your medicine.



## Glipizide

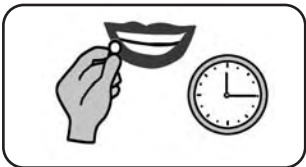
Take 30 minutes before meals.



## Glyburide

### Metformin (Glucophage)

Take with meals.



## Actos, Avandia

Take at the same time every day.



## Insulin

You need to know the kind of insulin and how it works in your body (fast- or slow-acting, or mix). Ask your doctor or diabetes educator how it works and when to take it.



# Take Care of Your Feet



Here are some things you can do to take good care of your feet.



Take your shoes and socks off at each doctor visit. Ask the doctor to check your feet.



Wash your feet with warm water every day. Dry them well, especially between the toes.



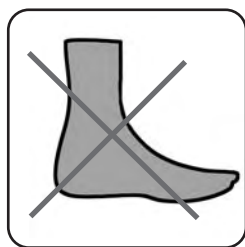
Use a moisturizing lotion but not between the toes.



Check your feet daily for cuts, bruises, blisters, redness and swelling.

# Take Care of Your Feet

(continued)



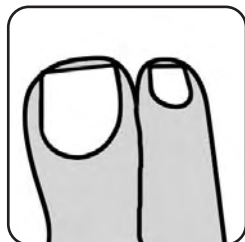
Never walk barefoot.



Wear shoes that fit well.



Check inside your shoes before putting them on. There may be something that can cut you.



Cut your nails straight across as shown.



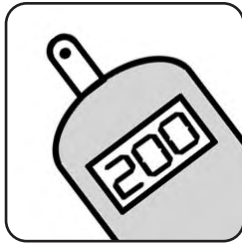


# Take Care of Your Teeth

## Why is it important?



You can get gum infections. This can cause pain and lead to tooth loss.



Infections can increase your blood sugar.



High blood sugar increases bacteria in the mouth. This leads to dental decay.

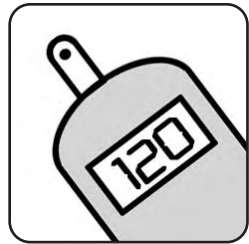
## What should I do?



Use dental floss every day.



Brush 2 minutes or more, at least 2 times per day.



Keep blood sugar under good control.

# Manage Stress

Diabetes can increase stress.  
Stress can increase your blood sugar.

What can I do?



Try to see things  
positively.



Talk to a friend  
or family.



Exercise.

## Depression

How do I know if I am depressed?

- During the past month, have you often been bothered by feeling down, depressed, or hopeless?
- During the past month, have you often been bothered by having little interest in doing things?

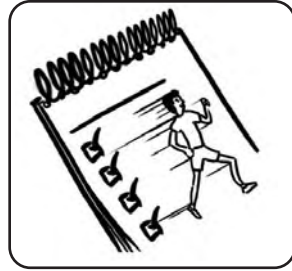


If you answered “yes” to either  
question, talk to your doctor.



# Create an Action Plan to Stay Healthy

An action plan gives you detailed steps to help manage your diabetes and help you stay healthy.



Your action plan should include:

- The specific action you are going to take.
- How often or how much time you will spend doing the specific action.
- When you will do the specific action.

Your action plan should be:

- **Desirable** (Something you want to do to improve your diabetes)
- **Realistic** (Something you can do)
- **Specific** (Something very concrete)

# Create an Action Plan to Stay Healthy

(continued)

To develop your plan, ask yourself these questions:

What exactly am I going to do?

- I will walk.
- I will eat less.

How often or how much will I do?

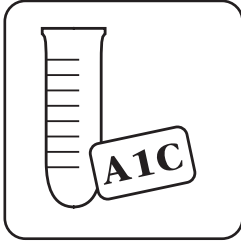
- I will walk 20 minutes.
- I will eat no more than 2 tortillas.

When am I going to do it?

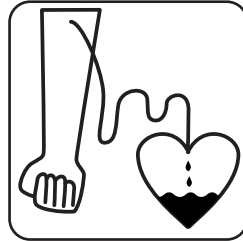
- I will walk 20 minutes in the morning after breakfast.
- I will eat no more than 2 tortillas every meal.

**Remember to ask yourself:  
What • How • When**

# Tests You Need



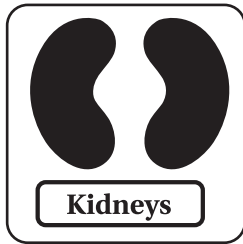
A1C



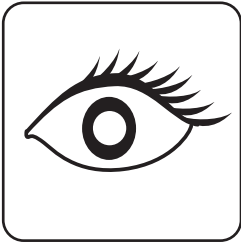
Blood cholesterol



Blood Pressure



Microalbumin



Dilated  
Eye Exam



Foot Exam  
(monofilament)



Dental  
Exam

Use the handy tear-off card in the middle of the brochure to keep track of your tests.



# A1C



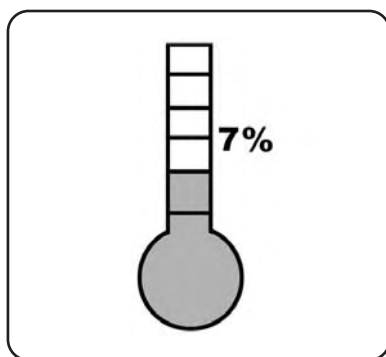
## What is the A1C?

The A1C test tells you how well your blood sugar control was during the last 3 months. It helps the doctor decide your treatment plan.

### How often do I need it?

At least twice a year, and sometimes more often.

## What is a good A1C level?

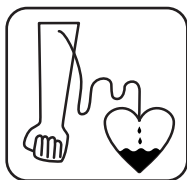


More than 7% = Take Action

7% or less = Good



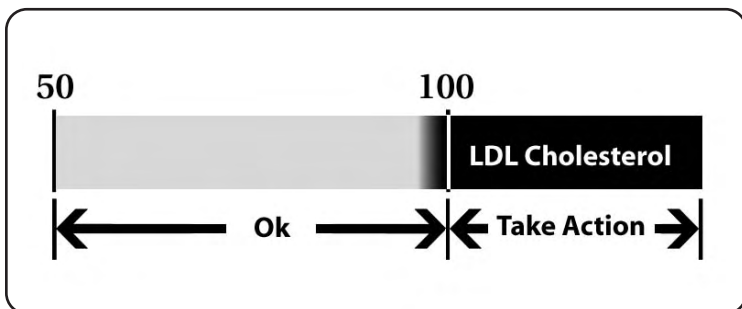
# Blood Cholesterol



## What is cholesterol?

It is a wax-like substance that blocks the flow of blood in your arteries. Bad cholesterol ( LDL cholesterol ) can lead to heart problems.

## What is a good level of LDL?



Less than 100  
OK

Over 100  
High

How often do I need to  
check my LDL level?

Once a year



Tests You Need

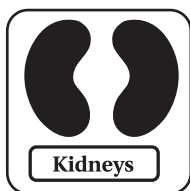
For more information see page 9.

# Blood Pressure

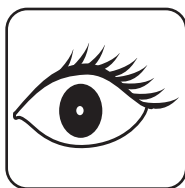


Why is high blood pressure bad?

It can cause serious problems in the following organs:



Kidneys



Eyes



Heart



What is a good level  
for blood pressure?

Less than 130/80

What can I do if it is too high?

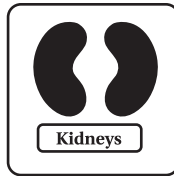


Take your blood pressure  
medicines as directed.

For more information see page 10.



# Microalbumin



## Why do I need this test?

It tells you how well your kidneys are working. It measures the amount of protein in the urine. Early detection helps prevent problems in the future.

## How often do I need it?

Once a year

## How can I keep my kidneys healthy?



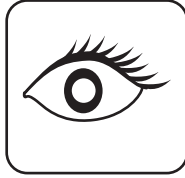
Keep your blood sugar within healthy limits (see page 3).



Take blood pressure medicines prescribed by your doctor.

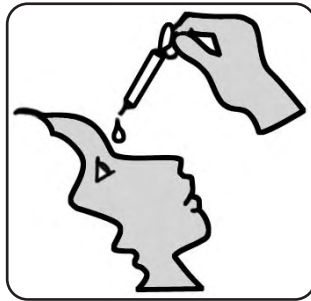


# Dilated Eye Exam



## What is the dilated eye exam?

The doctor puts drops in your eyes to dilate them. Your pupils become larger. The doctor can then look at the back of your eye for any changes.



## Why do I need this exam?

If the doctor find a problem, he or she can treat it to prevent further problems.

## How often do I need this exam?

Once a year



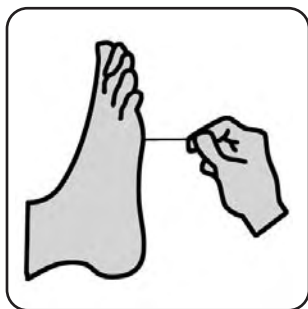
# Foot Exam

(Monofilament)



## What is this test?

The doctor or nurse touches your foot with a thin nylon filament. You tell the doctor if you feel it.



## Why do I need this?

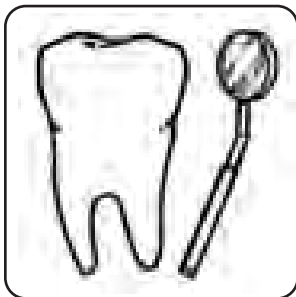
This test tells you if the nerves in your feet are healthy. If you do not feel the filament, the nurse or doctor will tell you how to avoid foot problems.

**How often do I need this?**

Once a year



# Dental Exam



The dentist looks at your teeth, gums and mouth to see if you have any problems. If you do, the problems are corrected. Even if you use false teeth, you still need an exam.

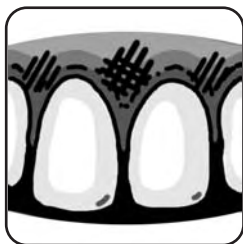
How often do I need this exam?

2 times a year

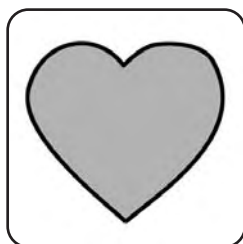
Why do I need this exam?



Healthy teeth and gums are needed to eat without having pain.



Gum disease can increase blood sugar.

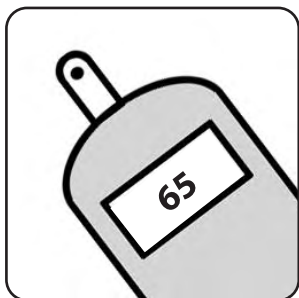


Gum disease can cause heart problems.

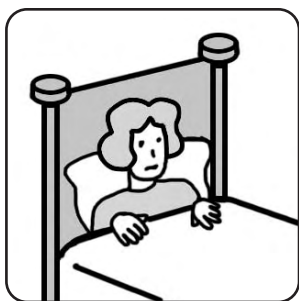


# Emergency Care

This section contains emergency care for the following areas:



Low Blood Sugar



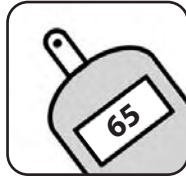
Sick Days



When to Get Help



# Low Blood Sugar



Low blood sugar can cause some of the following symptoms:



Dizziness



Sweating

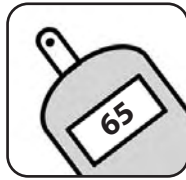


Shaking

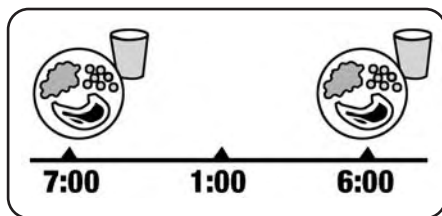


# Low Blood Sugar

(continued)



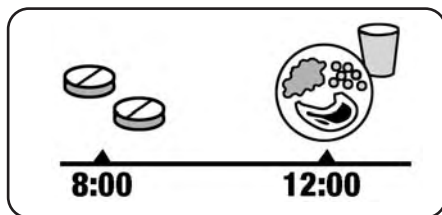
What are the causes?



Skipping meals.



Long periods of exercise with no snack.



Delaying meals too long after taking diabetes medicine.



# What should I do if I have symptoms of low blood sugar?

1



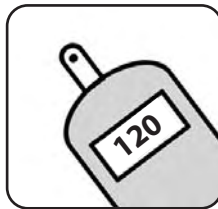
Measure your blood sugar level.

2



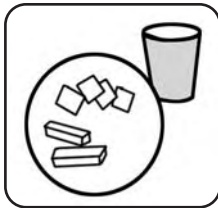
If blood sugar is under 70, drink 4 ounces of fruit juice or 4 ounces of regular soda.

3



Wait 15-20 minutes and measure blood sugar again.

4



If you do not plan to eat in the next 1-2 hours, eat a snack.

5



Eat your meals on time.





# Sick Days



When you are sick, your blood sugar may rise more than usual.



Continue taking your diabetes medicine as usual.



Measure your blood sugar more often (every 2-4 hours if it is higher than normal).

Eat the usual amounts of food at the usual times.



To avoid dehydration, drink at least 8 ounces of calorie-free fluids (water, broth, diet soda) every hour.



# Sick Days

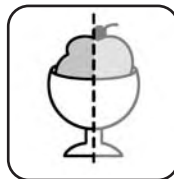
(continued)

If you can't eat as usual because of nausea and vomiting, drink liquids or eat foods with carbohydrates (1 serving every 1-2 hours).

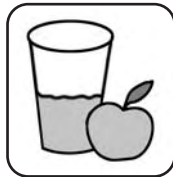
You can try these foods:



Gelatin  
(1/2 cup)



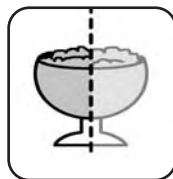
Ice cream  
(1/2 cup)



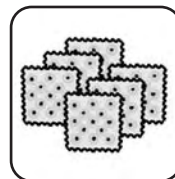
Fruit Juice  
(4 ounces)



Gatorade™  
(1 cup)



Pudding  
(1/2 cup)

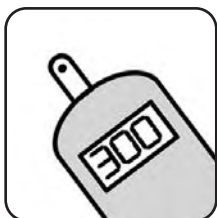


6 saltines

Look on pages 6, 7, and 8 for other foods with carbohydrates.



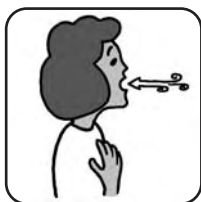
# When Should I Call the Doctor?



If your blood sugar is much higher than usual for more than two days.



If you are vomiting for more than 8 hours and cannot hold down fluids.



If you have difficulty breathing.



If you have diarrhea for more than 8 hours and cannot hold down fluids.

Or if something worries you.



# Questions to Ask My Doctor

## **The ABC's of diabetes care:**


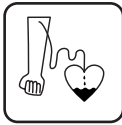





- A. How is my **A**1C? When do I need the test again?
- B. How is my **B**lood pressure?
- C. How is my **C**holesterol?

For questions A, B, C, ask: What are my target numbers?

## **Other important questions:**

1. Will you check my feet today?
2. Do I need my eye exam?
3. Where can I attend diabetes education classes?

# My Results

Lab Test	Result	Date	Due/Target
 A1C			2 times a year/ 7% or less
 LDL - Cholesterol			1 time a year/ Less than 100
 Blood Pressure			Every visit/ Less than 130/80
 Microalbumin			1 time a year
 Dilated Eye Exam			1 time a year
 Foot Exam			1 time a year
 Dental Exam			2 times a year

Visit [www.lumetra.com/diabetesandlatinos](http://www.lumetra.com/diabetesandlatinos) to print another copy to keep in your wallet.