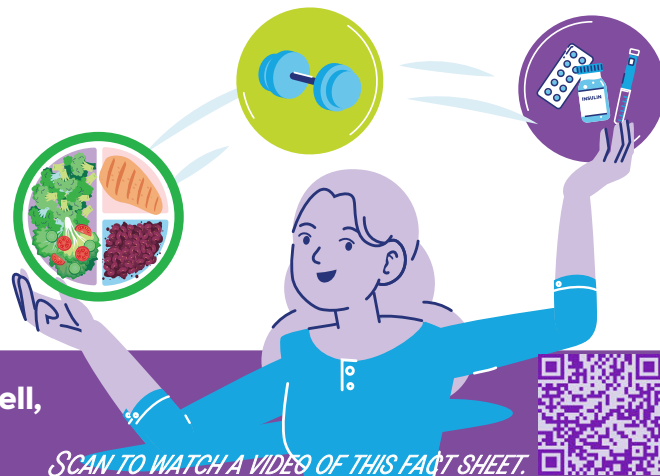


Live Healthy with Diabetes

Managing diabetes is a daily balance between eating well, moving more and taking medication as prescribed.



SCAN TO WATCH A VIDEO OF THIS FACT SHEET.

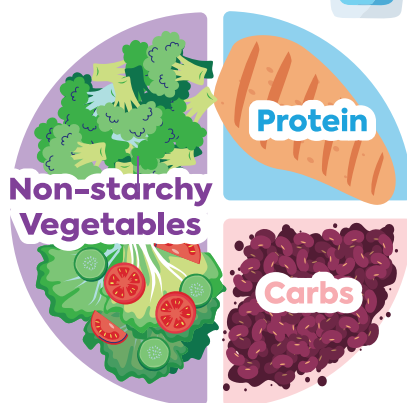
Eat Well

All carbohydrates (carbs) raise blood sugar, not just sugary carbs. This includes grains, fruits, starchy vegetables (like potatoes or beans), dairy, and even some drinks.

You don't need to avoid carbs, just use a plate to help guide your portions and choose water or a low-calorie drink. There is no "one-size-fits-all" diabetes diet. Learn more about creating an eating plan that works for you at Wellstar Diabetes Education.

NOTE: Don't skip meals, especially if you take insulin or medications that increase the risk of low blood sugar.

Water or
0-Calorie Drink



What is type 2 diabetes?

When you eat, your body breaks down carbohydrates (carbs) into glucose (sugar). This makes your blood sugar go up.



In response, your pancreas makes insulin. Insulin helps keep blood sugar in a healthy range. (Think of insulin as a key that unlocks cell doors, allowing glucose to enter those cells.)



With type 2 diabetes, there's not enough insulin or the insulin doesn't work as it should, or both. Cell doors stay locked, and blood sugar stays high.



Over time, high blood sugar can affect the entire body, including damage to the heart, kidneys, eyes, brain, nerves, feet and more.

Move More

Being physically active can help you manage your blood sugar.



Keep a good record of your blood sugar results, food, medication, & exercise.

Share your daily records with your doctor and let them know if you're having difficulty staying in your target ranges. Your medication may need to be changed to prevent emergencies.

Take Medication (as prescribed)

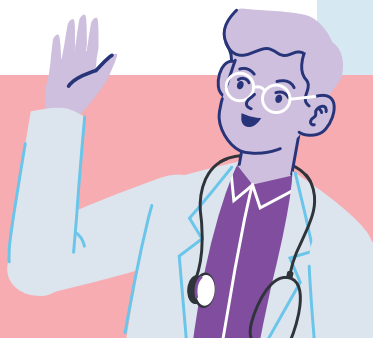
Don't change or stop your medication without talking to your doctor first. Concerns about medication side effects or cost? Call your doctor to discuss alternatives.

How do I manage my blood sugar while sick?

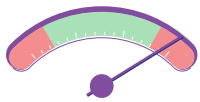
Being sick can make blood sugar harder to manage.

- Check your blood sugar more frequently than usual
- Stay hydrated
- Eat regularly

Ask your doctor if you have any questions about taking diabetes medications when you are sick.



Know Your Numbers



What to do if your blood sugar is high

When your blood sugar is above your target ranges, this is called high blood sugar, or hyperglycemia.

Each person's reaction to high blood sugar is different. **Sometimes there are no symptoms**, but here are some common signs:



Frequent urination



Blurred vision

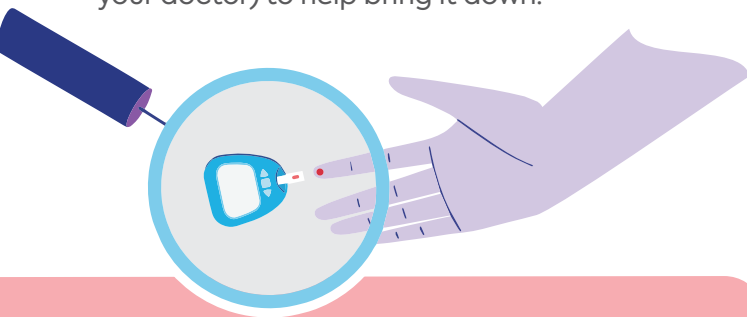


Increased thirst & hunger



Feeling sleepy

If your blood sugar is high, but less than 240 mg/dL, try a brisk walk and drink water (if approved by your doctor) to help bring it down.

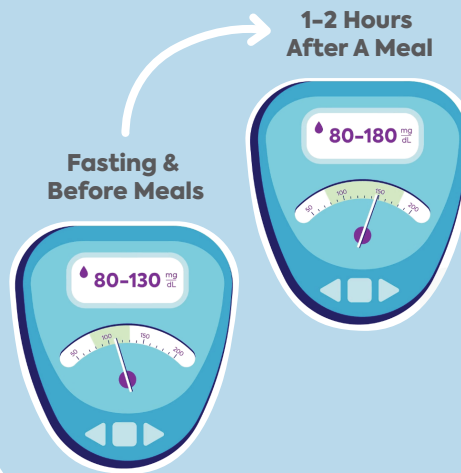


When to call your doctor:

Call your doctor right away if blood sugar levels below 70 mg/dL or above 240 mg/dL persist.

If you have any of the below symptoms, it is a medical emergency. Seek immediate medical attention.

- Slurred speech • Seizures • Black outs or is non-responsive • Trouble breathing
- Uncontrolled vomiting • Breath that smells fruity or like nail polish remover



Recommended Ranges

The American Diabetes Association recommends these goal ranges, but talk with your doctor about whether these ranges are right for you.



What to do if your blood sugar is low

When your blood sugar is less than 70 mg/dL, this is low blood sugar, or hypoglycemia, and you need to **take immediate action**.

Each person's reaction to low blood sugar is different. **Sometimes there are no symptoms**, but here are some common signs:



Feeling shaky, weak, nervous, or anxious



Sweating, chills, or clamminess



Feeling light-headed, dizzy, or sleepy



Feeling confused or clumsy

If your blood sugar is less than 70 mg/dL, follow these steps:

Take 3-4 glucose tablets or drink ½ cup of a sugary beverage, such as fruit juice or regular soda.

Wait 15 minutes, then recheck your blood sugar. If it is over 70 mg/dL, have a snack or meal to prevent another low blood sugar.

If it is still under 70 mg/dL after rechecking, repeat the treatment. **Never drive or go to sleep with low blood sugar.**