

A top-down view of various medical supplies scattered on a light blue surface. Items include several white, blue, and yellow pills, a yellow capsule, a stethoscope, a syringe, and blister packs of pills.

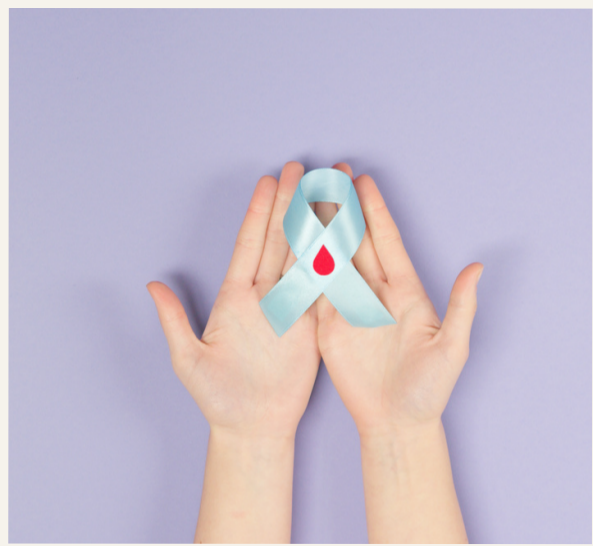
DIABETES



Let's Get Started

DIABETES: TAKE BACK CONTROL

IN THIS E-BOOK, WE'LL GO OVER THE BASICS OF
TAKING CONTROL OF YOUR HEALTH
AND MANAGING DIABETES





HEY, I'M ROSA

I am committed to help you reach your goals.
We know that Diabetes is not usually explained
when your are given the diagnosis.
I am here to take you step by step to regain
control of your health.



LET'S DO IT!





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EVERY MOMENT IS
AN OPPORTUNITY
TO CHANGE YOUR
PERSPECTIVE.

YOUR NOTES:



FIRST IMPRESSION

When you receive a diagnosis as impactful as Diabetes, you feel that you are losing control and now have to depend on medications to feel like yourself again.

You can regain control again. Your body will again feel healthy and you will take charge.

*enjoy the process
and let me guide
you.*



01

WHAT IS DIABETES?



D I A B E T E S



WHAT TYPE OF DIABETES DO I HAVE?

There are 2 types of diabetes .

Type 1 results in the destruction of the B cells in the pancreas which reduces the ability of the body to produce insulin.

Insulin helps you to process excess sugars from our diet

Type 2 Diabetes develops from insulin resistance. This means that insulin is not processing the excess sugar, which leads to increased blood glucose.



Diabetes affects :

- Major organs like the cardiovascular system and Kidneys.
- Vision
- Nerve function

Newly diagnosed?

- Check fasting blood glucose.
- Get a glucose monitor with strips and lancets.
- Keep a log of your glucose numbers and A1C
- Schedule appointments with your provider every 3 months
- Ophthalmology appointment once a year
- Podiatry appointment once a year
- Quit smoking
- Develop an exercise plan



02

RISK FACTORS & SIGNS AND SYMPTOMS



D I A B E T E S



RISK FACTORS

Risks Factors of Diabetes

- 1.Genetics
- 2.Overweight
- 3.Obesity mostly abdominal
- 4.Sedentary lifestyle
- 5.History of gestational diabetes
- 6.Impaired glucose tolerance test of 140-190
- 7.Fasting Glucose of more than 100



Signs and Symptoms

- Excessive thirst
- Excessive urination
- Weight loss
- Excessive eating
- Vision loss
- Numbness or tingling on feet
- Acanthosis Nigricans: Change and darkening of skin around the neck or axilla



03

LIFESTYLE CHANGES



D I A B E T E S



DEVELOP A STRATEGY

The first step in taking back control of your health is to acknowledge the area that requires the most attention.

The American Academy of Diabetes recommends a combination of factors that will lead you to control and manage diabetes.

The areas that will lead you to success are the following:

Checkmark the ones that require your attention the most based on your individual lifestyle.

- 1.Active Lifestyle at least 150 min per week of moderate to intense exercise
- 2.Well balanced Nutrition
- 3.Maintain body weight goal: Weight loss of 5% is recommended.
- 4.Quit smoking
- 5.Limit alcohol consumption
- 6.Consistent Uninterrupted sleep between 7-8 hrs
- 7.Participate in Diabetes Education



04

NUTRITION



D I A B E T E S



NUTRITION

1. Understanding your nutrition patterns and create a healthy eating pattern.

First create a food journal of your food intake for a week. Well balanced nutrition patterns include a variety of nutrient dense foods: vegetables, fruits, nuts, grains, protein, oils, low fat dairy or fat free dairy. Limiting saturated fats, added and process sugars and sodium

You may develop your own healthy eating pattern visit also:

www.choosemyplate.gov/calculator

2. Replace sugar-sweetened beverages including processed fruit juices, soda, and sugary caffeinated drinks.

3. Add on omega 3 fatty acids, fatty fish, nuts and seeds.

4. Avoid Alcohol consumption which increases hypoglycemia risk.

5. Limit Sodium Consumption to less than 2.3 grams a day



05

CONCLUSION



D I A B E T E S



TAKE CONTROL



PARTICIPATE IN DIABETES EDUCATION

Education in your disease process should be a priority for you to take control of your health. You may request a referral to a diabetic educator or a registered dietitian.



KNOW YOUR NUMBERS

Keep a log of your fasting blood glucose numbers and patterns. Your provider can also prescribe for you a continuous glucose monitor device that will keep your PCP informed on your trends and average glucose patterns.



DEVELOP A STRATEGY

Developing a strategy will prepare you for success. Understand your eating patterns. If you realize that you are following a disrupted eating pattern, reach out to your provider for a referral.

Keep informed on your medications, the dosage, and strength, and write down if any side effects occur.



BLOOD SUGAR LOG

NAME: _____ MONTH: _____

[illegible][illegible]

3-DAY FOOD JOURNAL

DATE: / /

MEAL	DAY 1 _ _ _ _ _	DAY 2 _ _ _ _ _	DAY 3 _ _ _ _ _
BREAKFAST (FIRST MEAL)			
SNACKS			
LUNCH (SECOND MEAL)			
SNACKS			
DINNER (THIRD MEAL)			
NOTES			

THANK YOU FOR READING!



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