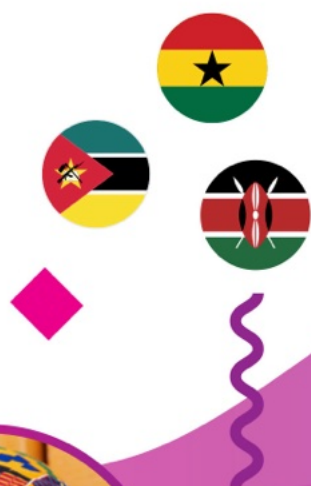




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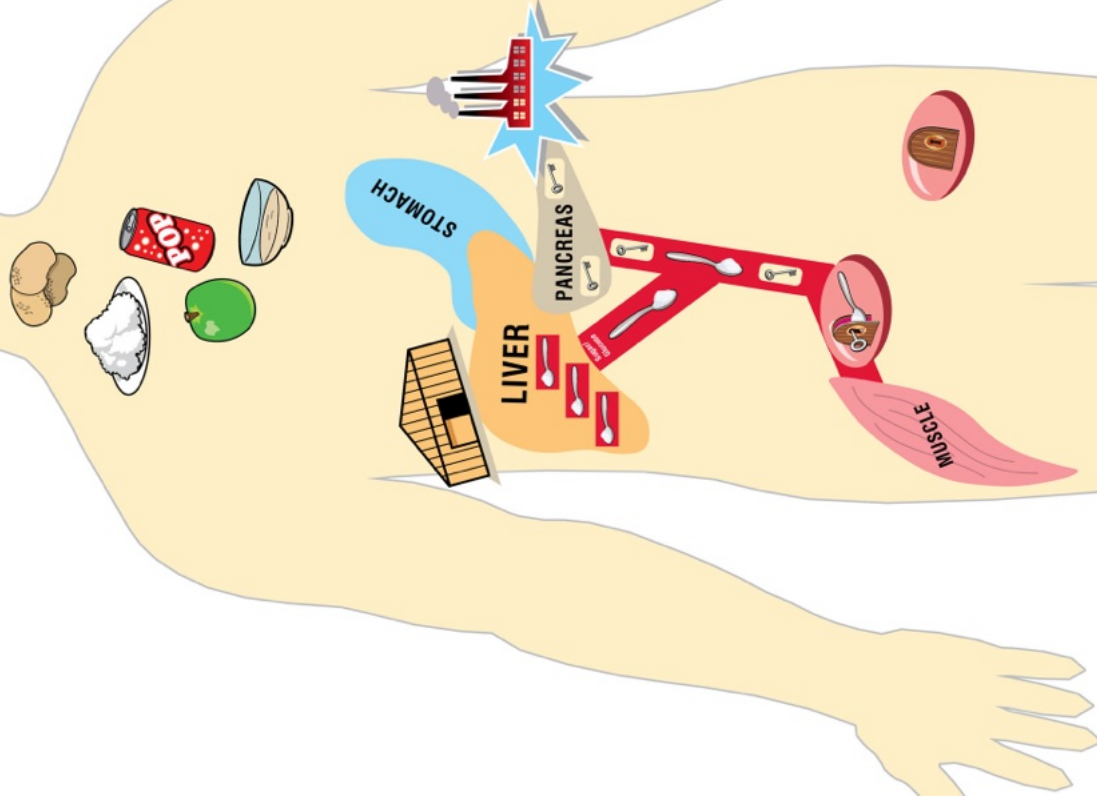
MY CREATE HANDBOOK



Leicester Diabetes Centre



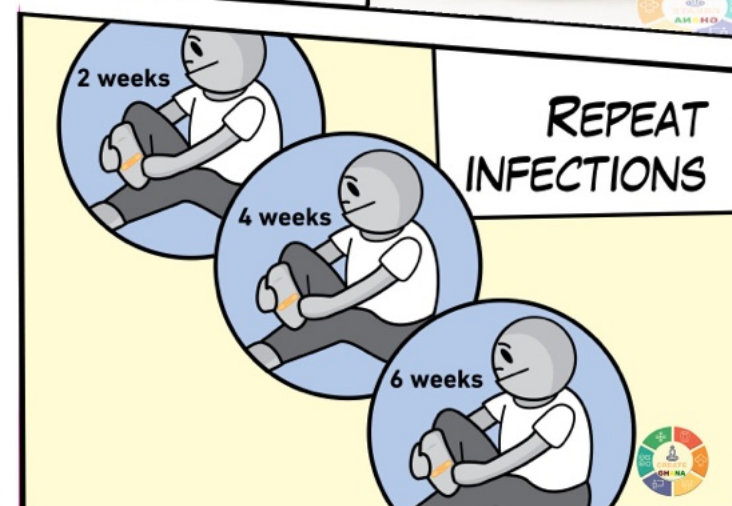
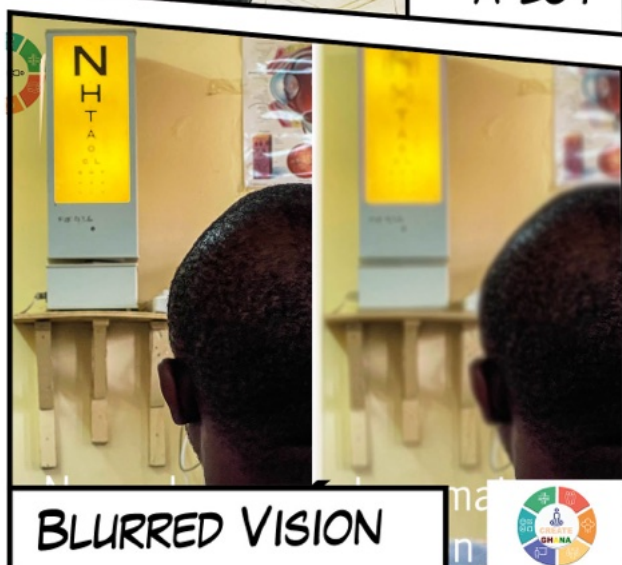
THE BLOOD SUGAR STORY



SIGNS AND SYMPTOMS OF DIABETES AND HIGH BLOOD SUGAR



Some people get no warning signs of high blood sugar, but some people might get symptoms like:



MANAGING BLOOD SUGAR

Good blood sugar control is essential for managing your diabetes and your overall health. This can be done by changes to your lifestyle or you might also need other medications to help you. Below are some of the things that you can do to help manage your blood sugar:



SIGNS AND SYMPTOMS OF LOW BLOOD SUGAR

Learning to recognise the signs and symptoms of low blood sugar (hypo) is important, as it will help you to better control your diabetes on a day-to-day basis. Here are the common symptoms of having low blood sugar:



TREATMENTS FOR LOW BLOOD SUGAR

Learning the different ways that you can treat low blood sugar (hypo) will help you to treat yourself quickly if you are suffering from an episode of low blood sugar. Here are some helpful treatments:

COLA



SUGAR IN WATER



ORANGE JUICE (200ML CARTON)



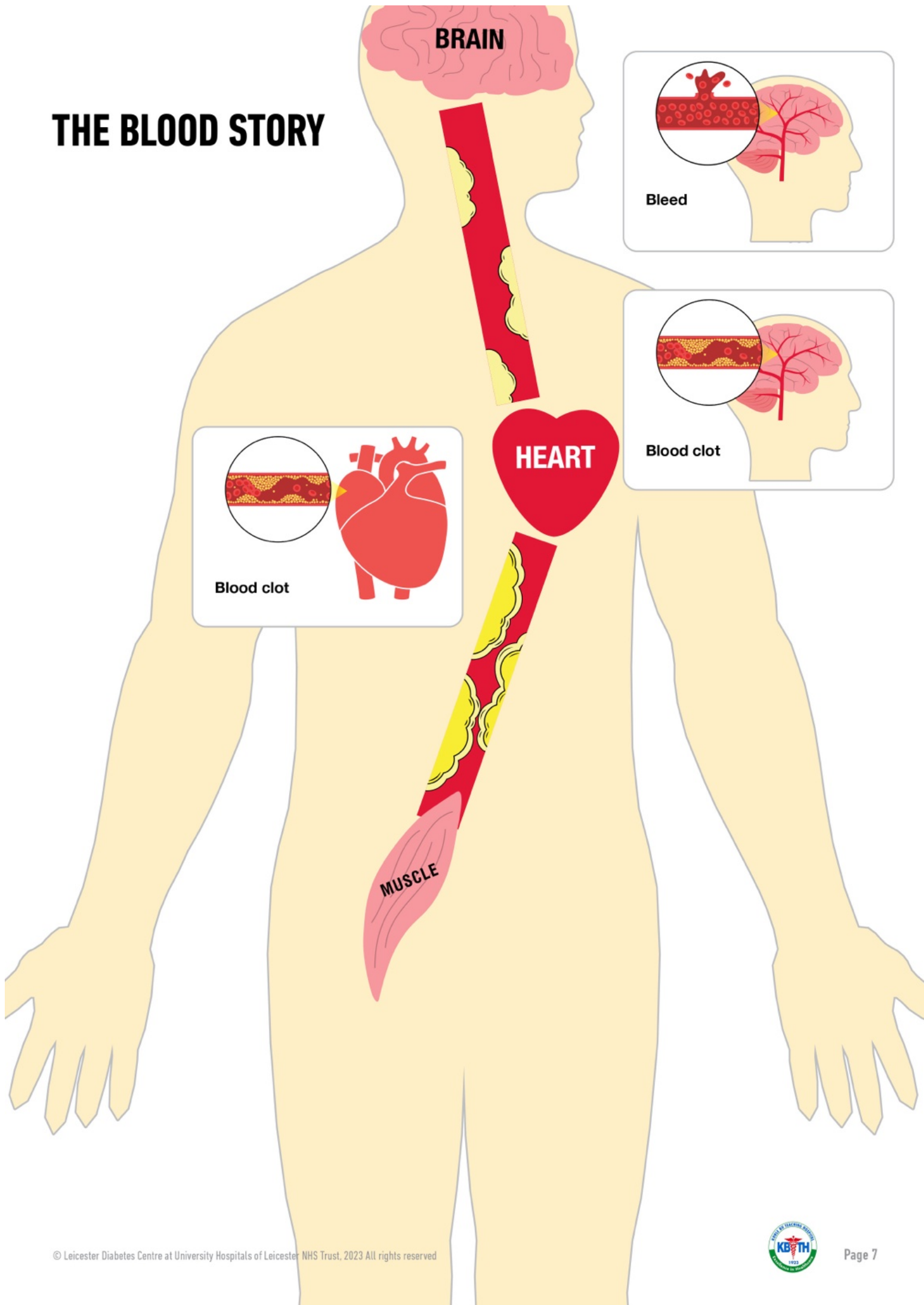
**HARD SWEETS,
JELLYBEANS
(SEE PACKET TO
DETERMINE
HOW MUCH TO
CONSUME)**



HONEY (1 TABLESPOON)



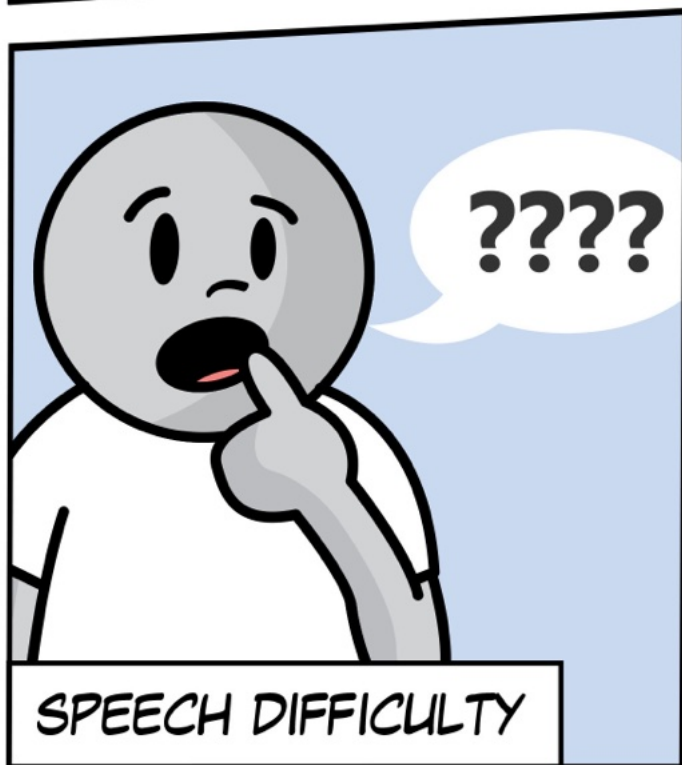
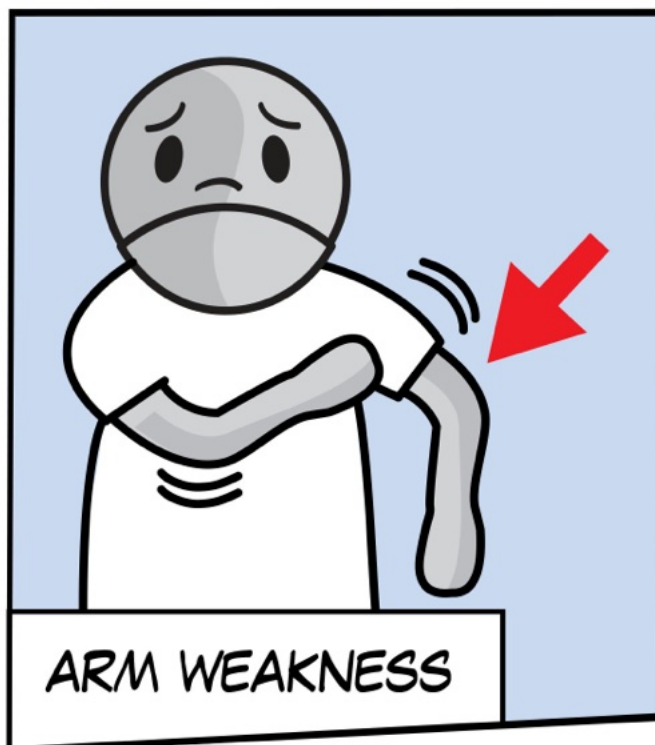
THE BLOOD STORY



HEART ATTACK SYMPTOMS

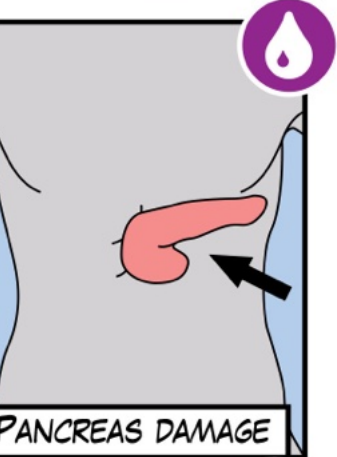
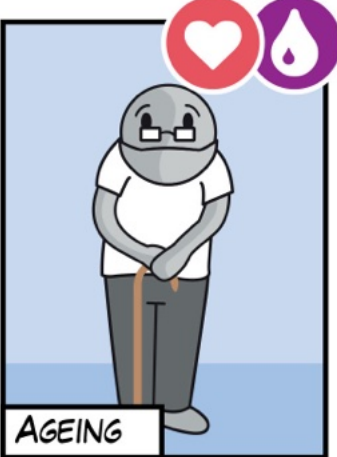
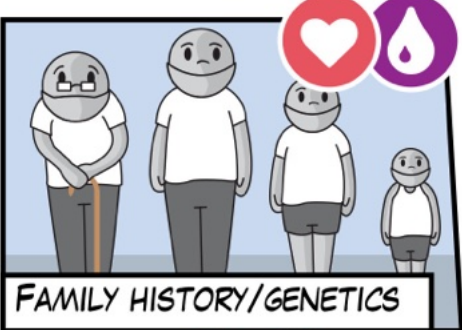
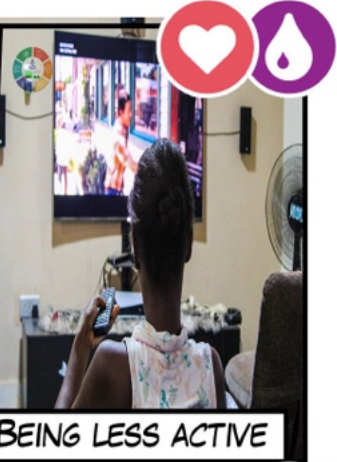
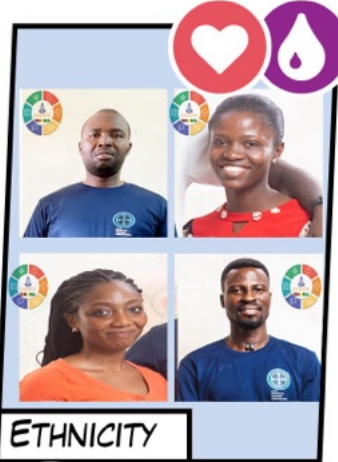


STROKE SYMPTOMS



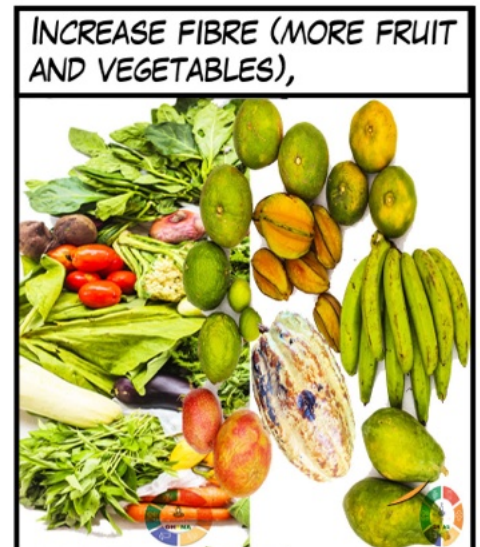
CAUSES OF DIABETES AND HEART PROBLEMS

 = DIABETES  = HEART PROBLEMS



MANAGING BLOOD AND HEART PROBLEMS

Below are ways in which you can manage your blood and heart problems:



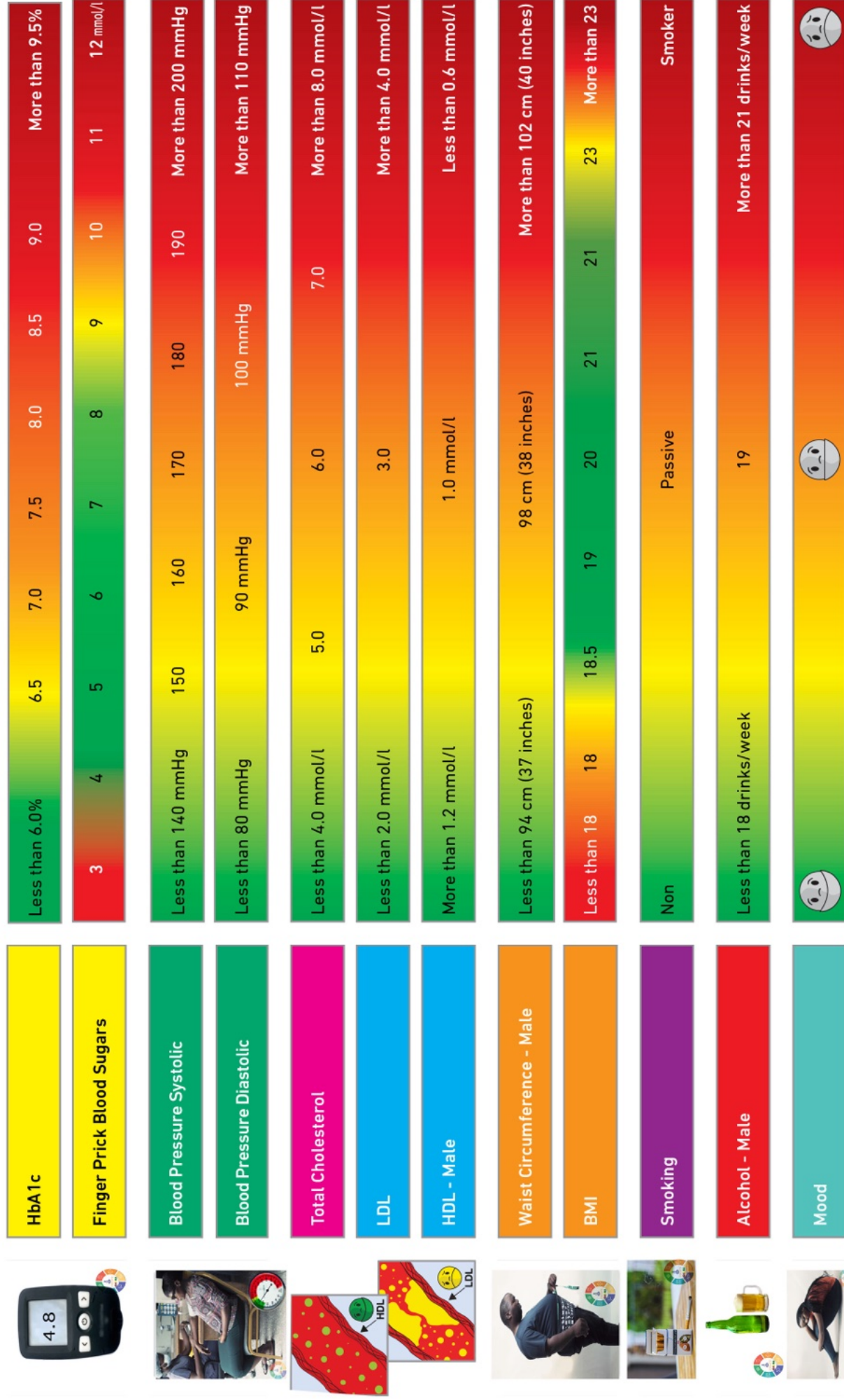
MY HEALTH PROFILE: MALE



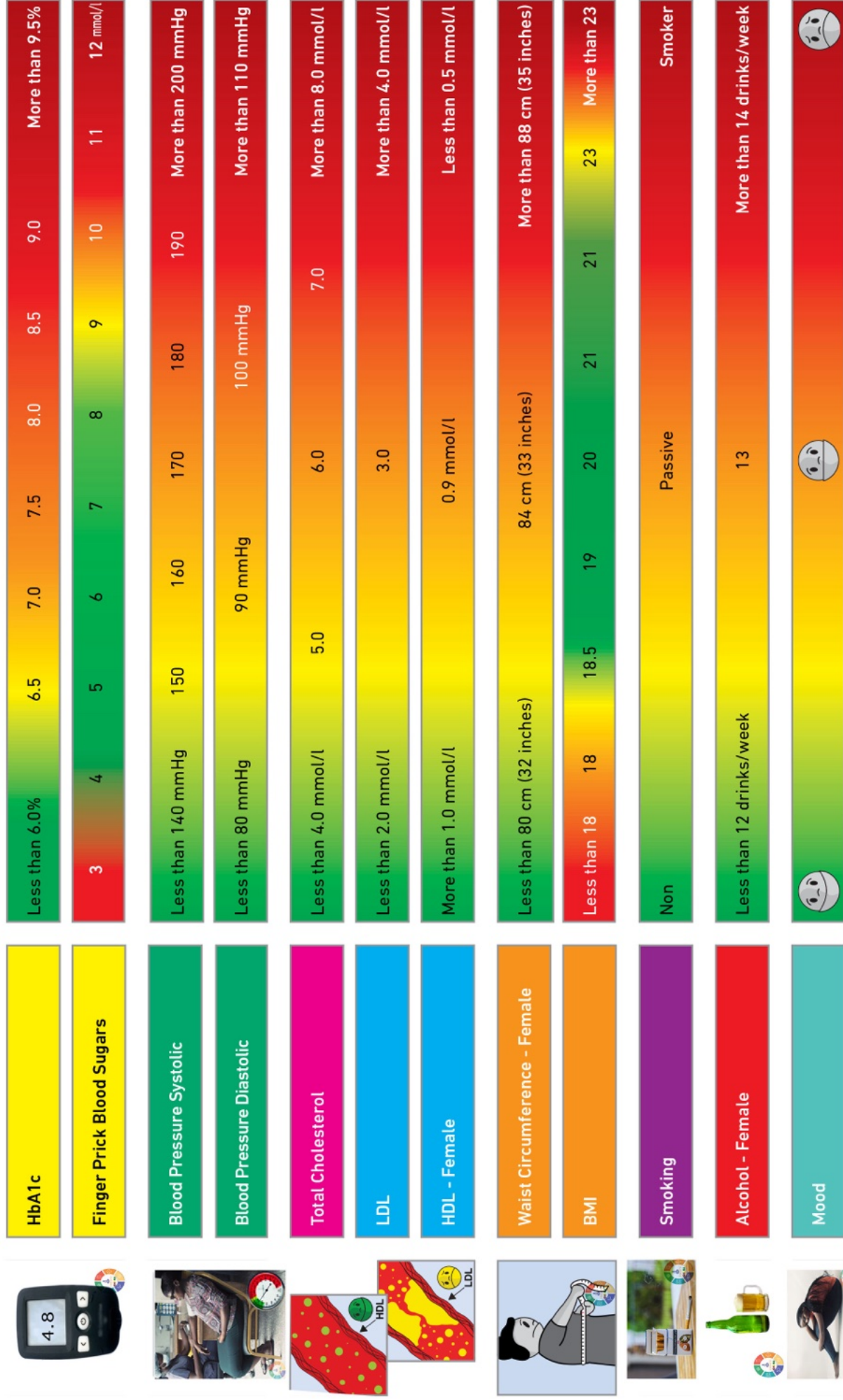
MY HEALTH PROFILE: MALE



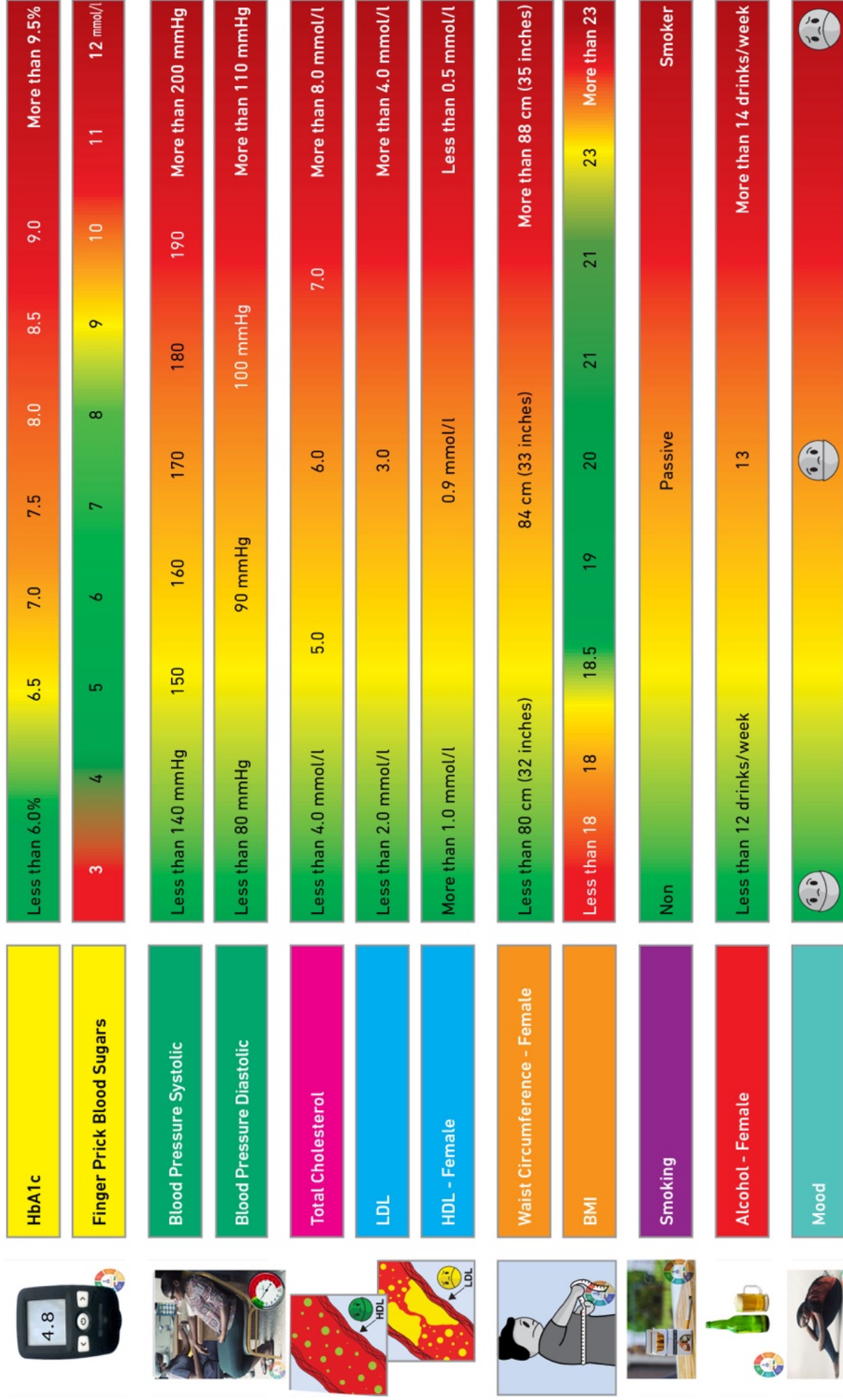
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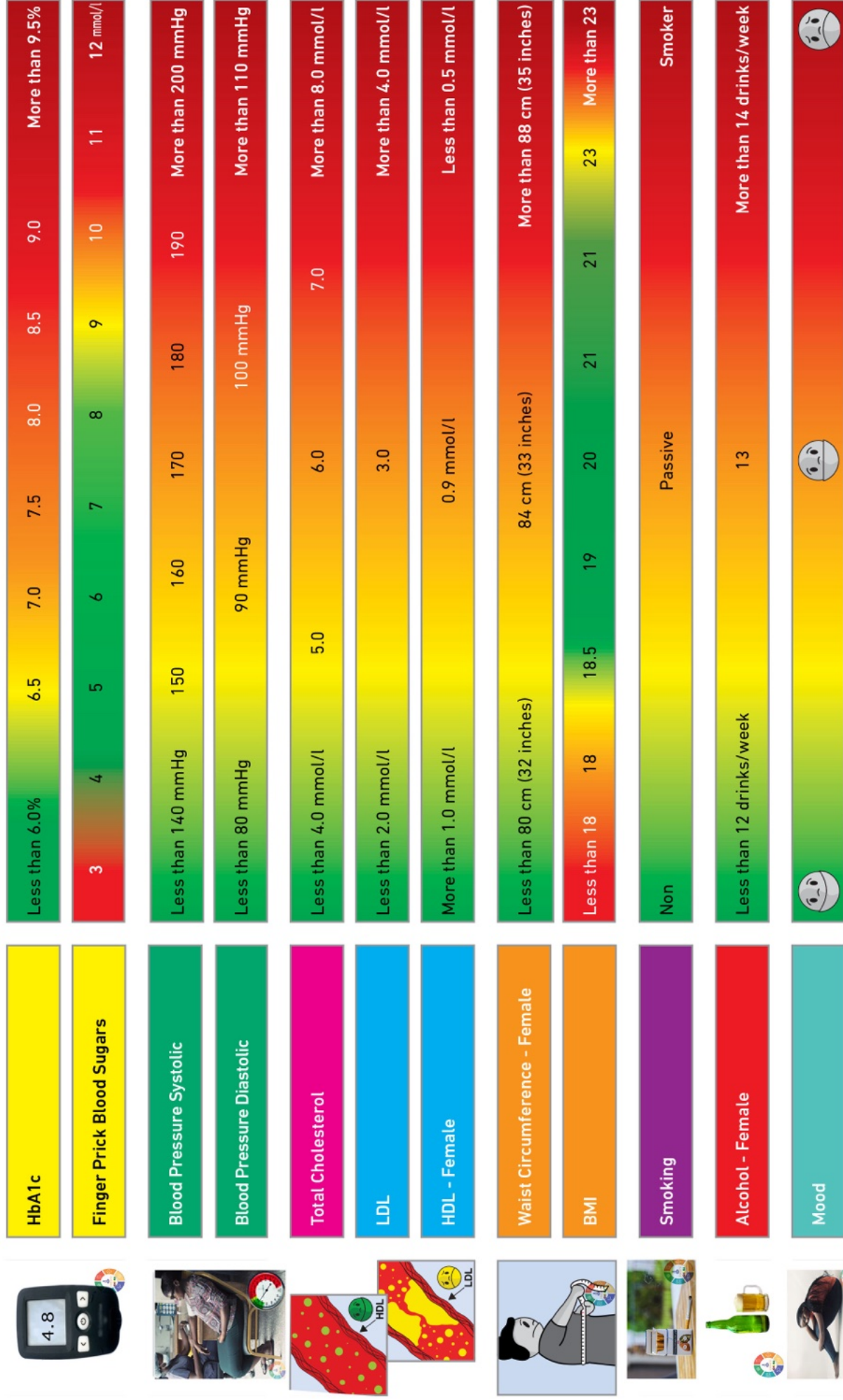
MY HEALTH PROFILE: FEMALE



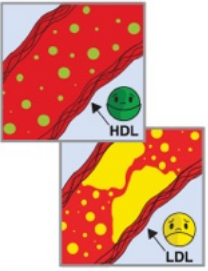
MY HEALTH PROFILE: FEMALE



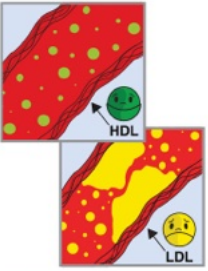
MY HEALTH PROFILE: FEMALE



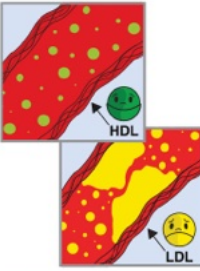
MY SCORES

	HbA1c		%
	Finger Prick Blood Sugars		mmol/l
	Blood Pressure Systolic		mmHg
	Blood Pressure Diastolic		mmHg
	Total Cholesterol		mmol/l
	LDL		mmol/l
	HDL		mmol/l
	Waist Circumference		cm
	BMI		
	Smoking		
	Alcohol		drinks/week
	Mood	☐  ☐  ☐ 	

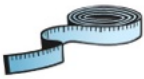
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	HDL		mmol/l
	Waist Circumference		cm
	BMI		
	Smoking		
	Alcohol		drinks/week
	Mood	☐  ☐  ☐ 	

MY SCORES

	HbA1c	%
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	BMI	
	Smoking	
	Alcohol	drinks/week
	Mood	☐  ☐  ☐ 

FATS

	MESSAGES	 HEART & CIRCULATION	 WEIGHT & WAIST MEASUREMENT	 INSULIN RESISTANCE	EXAMPLE FOODS
LOW FAT	You can eat lots of these	✓	✓	✓	
MEDIUM FAT	Dependent on: - How often - Serving size - How it is prepared/cooked - Can you grade them?	?	?	?	
HIGH FAT	Small amounts of these will affect your: - Weight/waistline - Heart - Long term blood glucose	✗	✗	✗	

FOOD CHOICES AND FAT

There are 'good fats' and 'bad fats'. Bad fats can cause insulin resistance by 'blocking the locks' and can cause the levels of bad cholesterol in the body to increase.

Here are some examples of good and bad fats:

GROUNDNUT, CORN, OLIVE, SOYBEAN AND SUNFLOWER OILS



NUTS

AVOCADO



COCONUT OIL, ZOMI, PALM OIL AND BLOCK FAT



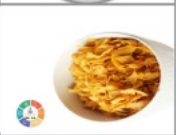
FAT ON MEAT

PORTION SIZE

Carbohydrates are an important nutrient, because they give us energy, so we don't need to cut out all carbohydrate foods – but you may need to reduce the amount you eat. A good way to think about how much to have is by looking at the example below:



FIBRE

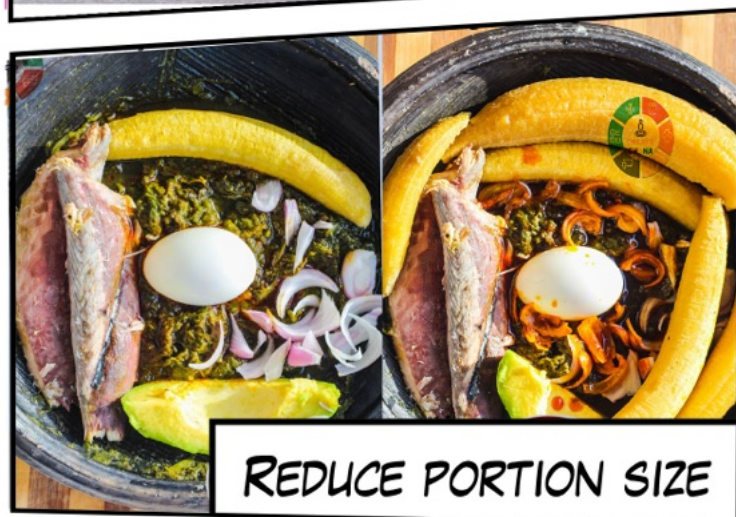
FIBRE: BEST CHOICE		FIBRE: HAVE LESS OFTEN	
Wholemeal/wheat bread		White bread (e.g. T-bread, sugar bread)	
Wholemeal (brown) pasta		White pasta (e.g. macaroni, indomie)	
Brown rice		White rice	
Wheat (wholegrain cereal)		Processed cereal (e.g. Special K, cornflakes, frosted flakes)	
Dried fruit		Biscuits (e.g. digestives, rich tea, shortbread, malt and milk biscuits)	
Oats		Cake	
Fresh fruit (e.g. grapes, apples, orange, banana, tangerine, pineapples, mango, watermelon, pawpaw)		Fruit juice (e.g. mango, pineapple, orange, watermelon)	
Vegetables (e.g. peas, sweetcorn, garden eggs, tomatoes, cocoyam leaves)		Bofrot/Ghana doughnut	
Salad			
Nuts (e.g. cashew nuts, peanuts, groundnuts)			
Pulses (e.g. red kidney beans, black eyed beans)			

REDUCING WEIGHT/WAIST MEASUREMENT

Reducing your weight and your waist measurement are important, as being overweight and having a high waist measurement will affect your blood sugar levels and insulin resistance in the long term. Here are some ways to reduce your weight and waist measurement:



EAT MORE HEALTHY FOODS SUCH AS FRUIT AND VEGETABLES



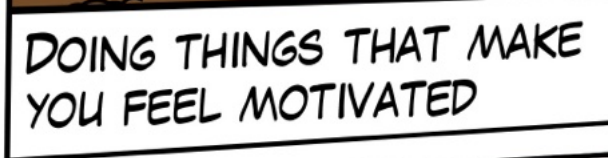
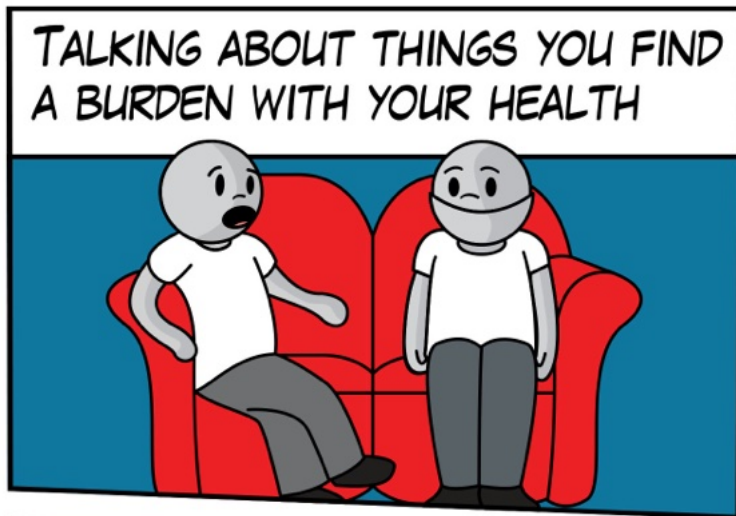
HOW TO STOP SMOKING

Smoking accelerates damage to the blood vessels, especially the damage caused by cholesterol.
Here are some things to do to help you to stop smoking:



HOW TO IMPROVE MOOD

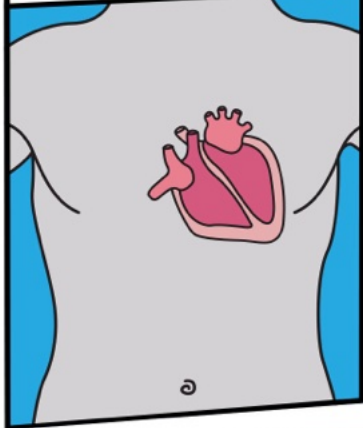
Evidence shows that having low mood can make it harder to manage your health. Here are some things that can help improve your mood and well-being:



HEALTH BENEFITS TO EXERCISE

Here are some of the health benefits of being more active:

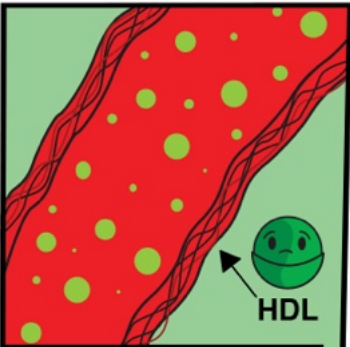
KEEPS HEART HEALTHY



LOWERS BLOOD PRESSURE



INCREASES GOOD (HDL) CHOLESTEROL



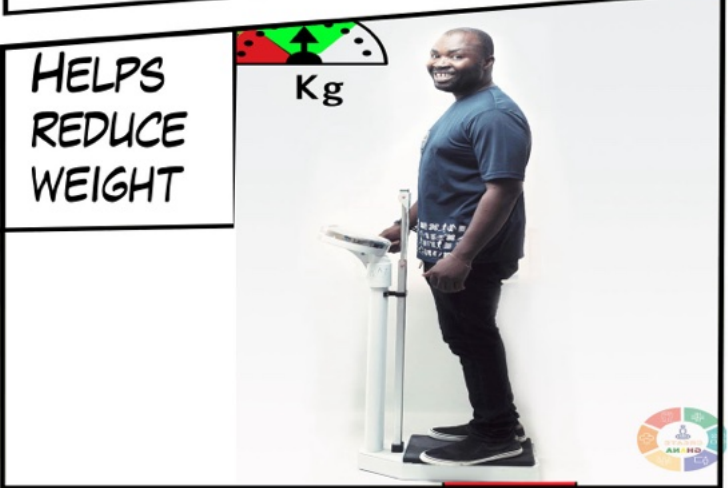
HELPS REDUCE INSULIN RESISTANCE



MAINTAIN STRONG HEALTHY JOINTS



HELPS REDUCE WEIGHT



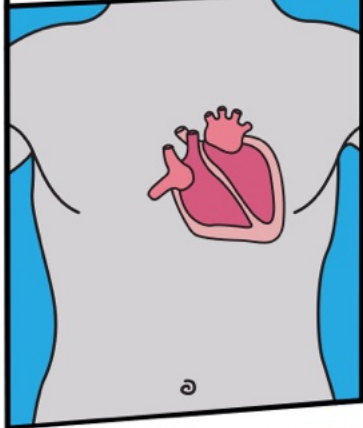
HELPS IMPROVE MOOD



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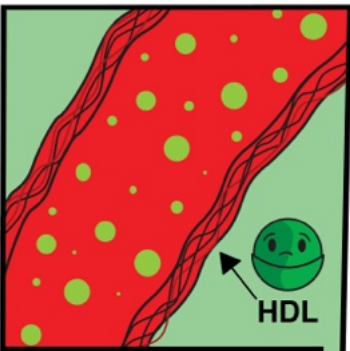
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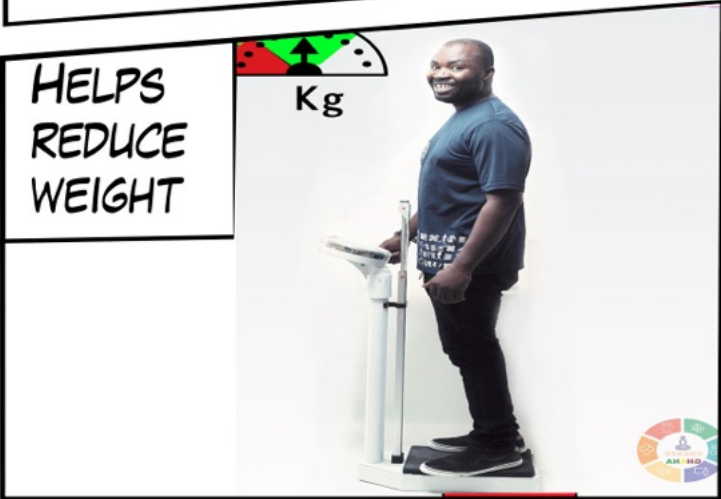
HELPS REDUCE INSULIN RESISTANCE



MAINTAIN STRONG HEALTHY JOINTS



HELPS REDUCE WEIGHT



HELPS IMPROVE MOOD



PHYSICAL ACTIVITY GUIDELINES

Any physical activity is better than none



150 minutes medium level activity/week or 75 minute high level activity/week



Break up time spent inactive (e.g. sitting)



Strengthening activities



5 minute brisk walking



ALCOHOL GUIDELINES

MALE




MON	TUE	WED	THU	FRI	SAT	SUN
						
						
						

FEMALE

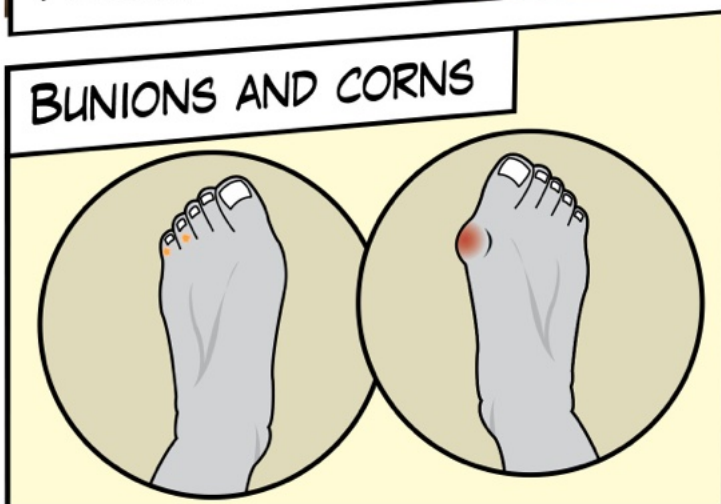



MON	TUE	WED	THU	FRI	SAT	SUN
						
						

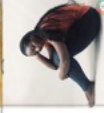
LOOKING AFTER YOUR FEET

Diabetes can cause problems with blood circulation and nerves, especially in your feet. This can mean that there is a lack of feeling in your feet, and you might not know if there was a problem.

Here are some things to look out for and to help you look after your feet:



WHAT AM I GOING TO DO NOW?

1. Which one of the following will I work on for my health? (Tick one)			
☐ Lower my blood sugar		☐ Lower my cholesterol	
☐ Lower my blood pressure		☐ Quit smoking	
☐ Lose weight		☐ Tackle low mood and/or feeling down	
☐ Other (please write or draw)			
2. How am I going to do this? (Tick one)			
☐ Take pills/insulin		☐ Visit the clinic	
☐ Eat healthy		☐ Seek support from friends and family	
☐ Increase exercise		☐ Reduce alcohol	
☐ Other (please write or draw)			
3. What exactly will I do? Write or draw below.			
When: E.g. in the mornings with breakfast (as recommended by your doctor) How often: E.g. every day			

4. What will stop me? Write or draw below. E.g. forgetting	
5. What will I do to overcome this? Write or draw below. E.g. set an alarm on my phone	
6. How likely am I to do this? Mark on the line below. Remember, do not you set yourself a goal that you're not likely to achieve!	   Not very likely Somewhat likely Very likely
7. Who I asked the help of my goal? Write or draw below. E.g. friends, family members, nurse, health worker, doctor	
8. When will I review my goal? Write or draw below. E.g. after one month	

[illegible]

[illegible]

[illegible]

[illegible]



Leicester Diabetes Centre

