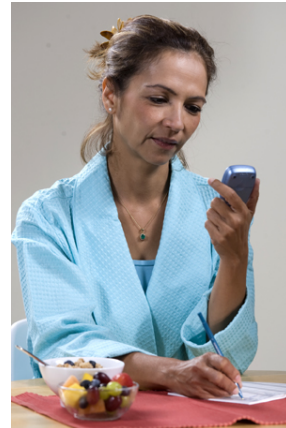




Managing Type 1 Diabetes

Diabetes is a lifelong (chronic) condition. Managing your diabetes means making some changes that may be hard. Your healthcare provider, nurse, diabetes educator, and others can help you.

Managing type 1 diabetes means balancing your insulin with diet and activity. You will have to check your blood sugar. Sometimes you will have to check your ketones. You will also have to work with your provider to prevent complications.



Inject your insulin

You will need to inject insulin. Or you may have an insulin pump. The insulin moves the sugar in your blood into your cells.

Insulin comes in several different types, depending on how quickly it begins working and how long the effect lasts. There is also insulin that is a combination of more than 1 type of insulin. Your healthcare provider, nurse, or a diabetes educator can help you with injections.

Make sure you use insulin as directed by your provider. He or she may change the type, timing, or dose, if your blood sugar is not well controlled.



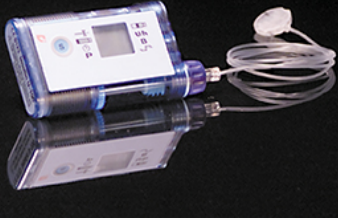
Also make sure your insulin is stored correctly and is not past the expiration date.

Diabetes: Ways to Take Medicine

There are many kinds of diabetes medicines. Some are pills. Others must be given as a shot. Some can be taken in more than 1 way. Below are the main ways of taking these medicines.

Take your diabetes medicine as directed. If you have any questions, talk with your healthcare provider. Or ask your pharmacist.

Managing Type 1 Diabetes

<ul style="list-style-type: none">• Pills	 Three orange plastic pill bottles of varying sizes, each with a white cap, containing yellow and white pills.
<ul style="list-style-type: none">• Shots (using a syringe or pen-like device)	 A medical syringe with an orange plunger and a blue insulin pen with a blue cap. Labels "Syringe" and "Insulin pen" are present with lines pointing to the respective devices.
<ul style="list-style-type: none">• Insulin pumps (can deliver a steady amount of insulin 24 hours a day)	 A small, rectangular insulin pump with a digital display and buttons, connected to a clear plastic tube and a circular sensor.

Eat healthy

A healthy, well-planned diet helps to control the amount of sugar in your blood. It also helps you stay at a healthy weight.

Your healthcare provider, nurse, a dietitian, or diabetes educator will help you create a plan that works for you. You don't have to give up all the foods you like. To help control your blood sugar, have meals and snacks with:

- Vegetables
- Fruits
- Lean meats or other healthy proteins



Managing Type 1 Diabetes

- Whole grains
- Low-fat or nonfat dairy products

Be physically active

Being active helps your body use insulin to turn food into energy.

Ask your healthcare provider to help you create an activity program that's right for you. Your activity program is based on your age, general health, and types of activity that you enjoy. Start slowly. But aim for at least 30 minutes of exercise or activity on most days. The 30 minutes doesn't need to happen all at once. Exercising for 10-minute periods during the day works just fine.

Monitor your blood sugar

Your healthcare provider will give you instructions about checking your blood sugar at home. Checking it tells you if your blood sugar is in your target range. Having blood sugar levels in your target range means that you are managing your diabetes well.

Your provider will tell you what is too high and too low for you. Call your provider if your blood sugar is often out of that range. Know how to recognize and respond quickly to low blood sugar symptoms (such as sweating, trembling, or confusion).

Your provider may also tell you to check your blood sugar more often when you are sick. For example, when you have a cold or the flu.

If your blood sugar levels are often too high or too low, your provider may advise changes to your diet or activity level. He or she may also adjust your medicine.

Check for ketones

You may sometimes need to check your urine for ketones. Ketones are chemicals that are produced when fat, instead of glucose, is burned for energy. When this happens, it's called ketosis. To check for ketones, follow instructions that come with the strips and from your healthcare provider, nurse, or diabetes educator. If ketones are present, always call your provider right away. Some people also use home glucose monitors to check the blood for ketosis. Ask your provider, nurse, or diabetes educator for more information.

Take care of yourself

When you have diabetes, you may be more likely to develop other health problems. They include foot, eye, heart, nerve, and kidney problems. By controlling your blood sugar, and taking good care of yourself, you can help to prevent these problems. Your healthcare provider, nurse, diabetes educator, and others can help you.



Managing Type 1 Diabetes

- **Checkups.** Have regular checkups with your provider. At these visits, you will have a physical exam. This includes checking your feet. Your provider will also check your blood pressure and weight.
- **Other exams.** Also have complete eye, foot, and dental exams at least once a year. Always take your shoes off at each visit so your provider checks your feet.
- **Lab tests.** You will have blood and urine tests.
 - At least 2 times a year, your provider will check your hemoglobin A1C. This blood test shows how well you have been controlling your blood sugar over 2 to 3 months. The results help your provider manage your diabetes.
 - You will also have other lab tests. These may check for kidney problems and abnormal cholesterol levels.
- **Smoking.** If you smoke, you must quit. Smoking increases the chance that you will have complications from diabetes. Ask your provider about ways to quit. Also don't use e-cigarettes or vaping products.
- **Vaccines.** Get a yearly flu shot. And ask your provider about vaccines to prevent pneumonia, hepatitis B, and shingles.

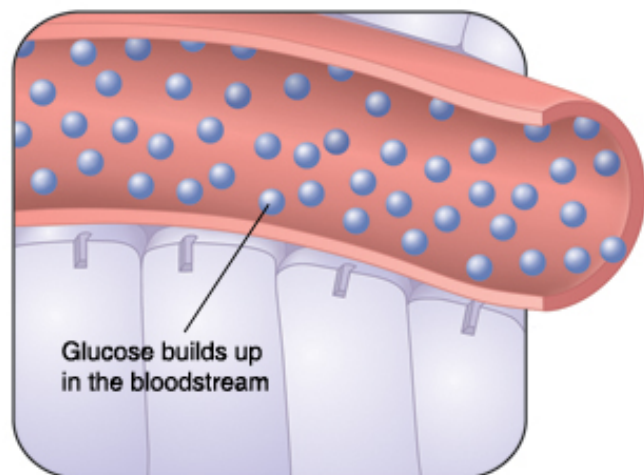
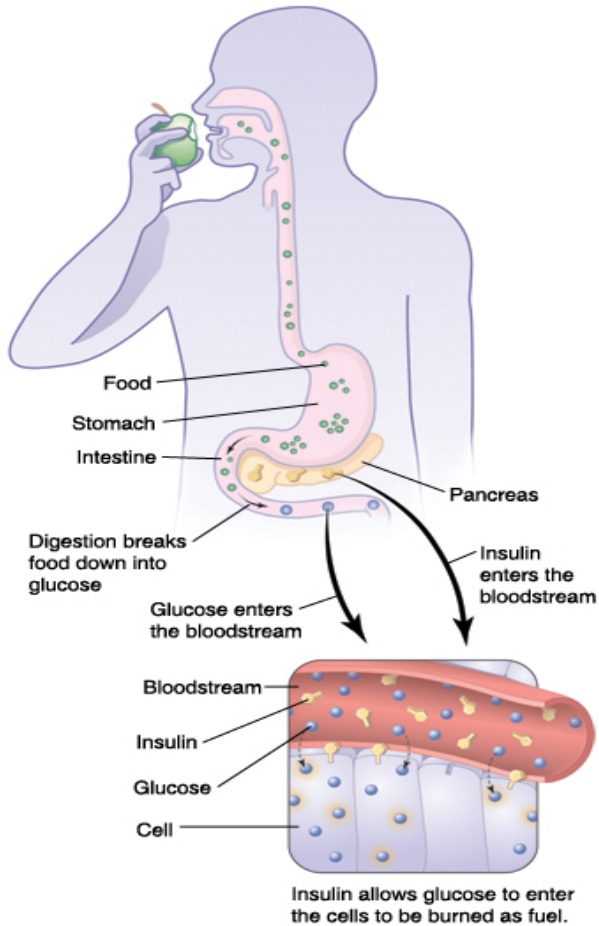
Stress and depression

Most people have challenges during their lives. Living with diabetes, or any serious condition, can increase your stress. It can make you feel a lot of different emotions. With diabetes, feeling stressed or depressed can affect your blood sugar levels.

If you are having trouble dealing with diabetes, tell your healthcare provider. He or she can help or refer you to other healthcare providers or programs.

Understanding Type 1 Diabetes

To get energy, the body breaks down food into fuel. When you have diabetes, your body has trouble using this fuel for energy.





Understanding Type 1 Diabetes

How the body normally gets energy

The digestive system breaks down food. This results in a sugar (glucose). Some of this sugar is stored in the liver. But most of it enters the blood. It travels to the cells to be used as fuel. Glucose needs a hormone called insulin to enter the cells. Insulin is made in the pancreas, an organ in the belly. The insulin is released into the blood in response to the presence of glucose in the blood. Think of insulin as a key. When insulin reaches a cell, it attaches to the cell wall. This signals the cell to make an opening that allows glucose to enter the cell.

When you have type 1 diabetes

Special cells (beta cells) in the pancreas make insulin. In most people, type 1 diabetes is an autoimmune disease. This means the body's immune system harms the beta cells. This decreases the amount of insulin made by the pancreas. In children, this often happens quickly. In adults, it isn't as fast. Without insulin, your cells can't get glucose to burn for energy. This can make you feel weak or tired.

Glucose builds up

Without insulin, glucose can't enter the cells. It stays in your blood instead. The liver also puts out even more glucose into the blood. This may lead to higher and higher blood sugar levels (hyperglycemia). Over time, high blood sugar levels can cause serious health problems.

Ketones form

When your cells can't get glucose to burn for energy, they burn fat instead. This leaves behind acids called ketones in your blood and urine (ketosis). High blood sugar, high ketones, and other chemical changes in the blood (metabolic acidosis) can cause a dangerous condition called diabetic ketoacidosis (DKA). For some people, DKA is the first sign of type 1 diabetes.

Insulin can be replaced

The insulin you're missing can be replaced with shots of insulin (injections). Insulin can't be taken by mouth. That's because it is broken down during digestion just like protein. But the insulin you're missing can be replaced with shots (injections) of insulin. Some people also use insulin pumps. Then your body can burn glucose for energy. This helps keep your blood sugar in a healthy range.

Long-term complications

Over time, high blood sugar levels can harm blood vessels. This can lead to health problems (complications). Keeping your blood sugar in a healthy range can help prevent or delay

Programa de Bienestar Sunrise
www.sunrisewellnesscare.com

Adaptado de la Asociación Americana de la Diabetes
www.lung.org

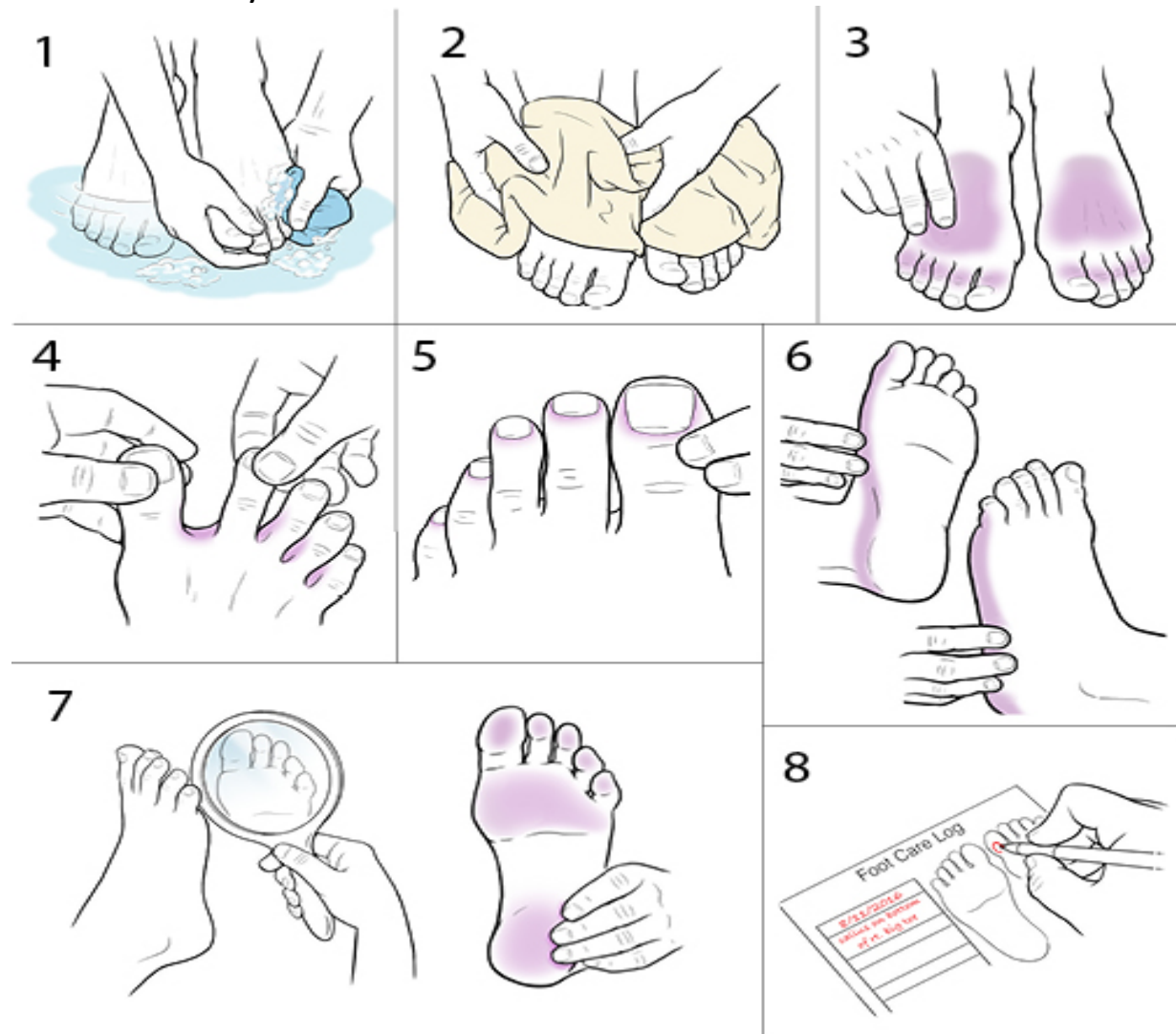


Understanding Type 1 Diabetes

complications. Balancing insulin, diet, and activity is important. This can help keep blood sugar levels in your target range. And it can prevent health problems. This is also true for regular check-ups, lab tests, and exams. Complications that may happen include:

- Eye problems
- Kidney disease
- Nerve damage
- Digestion problems
- Sexual problems
- Tooth and gum problems
- Skin and foot problems
- Heart and blood vessel disease

How to check your feet



Diabetes increases the chances of developing foot problems. It is important to inspect your feet every day for skin irritations before they become serious ulcerations. If you find it difficult to see the floor of your feet, use a mirror or ask one of your family or friends for help.

How to check your feet

The following tips will help you examine your feet to see if you're having problems. Try to examine your feet at the same time every day, for example, when you get out of bed in the morning.

- Check the top of each foot. The upper parts of the toes, the back of the heel and the outer edge of the foot may be exposed to a lot of friction from uncomfortable shoes.



How to check your feet

- Check the floor of each foot. Wear and daily use often cause problems at pressure points.
- Check your fingers and nails. Fungal infections usually occur between your fingers. Nail problems can also be a sign of fungal infections or cause cuts to the skin.
- Check your shoes, too. The foot may be injured when there are loose objects inside a shoe. Feel the inside of your shoes with your hand to check for pebbles, loose seams, or rough areas that may irritate your skin.

Warning signs

See if you have any color changes in your foot. Red strip stains are a sign that there may be a serious infection that requires immediate medical attention. Call your health care provider immediately if you have any of these problems:

- Swelling with color changes can be a sign of poor blood circulation or infection. Possible symptoms include excessive sensitivity and increased foot size.
- Hot areas in the feet may be a sign of infection, while a cold foot may indicate a lack of blood circulation.
- Certain sensations such as stinging, tingling or punctures may be a sign that there is a problem. Also check for areas of the foot that are tender or "asleep".
- Hot spots are caused by friction or pressure. See if there are hot spots in areas where there is a lot of rubbing. Hot spots can develop into blisters, calluses, or injuries.
- Cracks and lesions are caused by dryness or skin irritation and indicate that the skin is breaking, which can lead to infection.
- Toenails can create problems when embedded in meat and cause redness or pain. Nails that are too thick, yellow, or discolored can be a sign of a fungal infection.
- If lesions or ulcers are left untreated, they can cause suppuration or odor. Call your health care provider right away if you notice yellowish discharge or drainage, bleeding, or odor.

Sunrise Wellness Program

www.sunrisewellnesscare.com

Adapted from the American Diabetes association

www.diabetes.org



Weekly Diabetes Record

Date:	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Bedtime	Night	Notes
Blood Sugar		Y N		Y N		Y N			
Insulin Dose		Y N		Y N		Y N			

Date:	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Bedtime	Night	Notes
Blood Sugar		Y N		Y N		Y N			
Insulin Dose		Y N		Y N		Y N			

Date:	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Bedtime	Night	Notes
Blood Sugar		Y N		Y N		Y N			
Insulin Dose		Y N		Y N		Y N			

Date:	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Bedtime	Night	Notes
Blood Sugar		Y N		Y N		Y N			
Insulin Dose		Y N		Y N		Y N			

Date:	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Bedtime	Night	Notes
Blood Sugar		Y N		Y N		Y N			
Insulin Dose		Y N		Y N		Y N			