

Staying healthy with diabetes management

Both type 1 and type 2 diabetes are serious conditions, and can lead to the same complications. But you can do many things to stay well. Talk to your doctor about all of the following points. They are important for basic diabetes care. Your doctor and your healthcare team will work with you to ensure you get the best care.

The important first steps are:

- ◆ Eat according to a healthy meal plan.
- ◆ Increase your physical activity.
- ◆ Learn as much as possible about diabetes.



Do you know your targets for good blood glucose and blood pressure control?

Remember, lowering your blood glucose and blood pressure – even a little – will help you become healthier and stay that way.

Refer to the back page of this brochure to find your recommended target range and check regularly with your doctor or healthcare team to meet your goals.

Blood glucose

You and your healthcare team should set goals for your blood glucose levels. It is important to recognize that you may need to add pills and/or insulin to your lifestyle changes (meal planning and increased activity), to achieve your blood glucose targets. Ask about a blood glucose meter to help track your blood glucose levels.



Blood pressure

High blood pressure can lead to eye disease, heart disease, stroke and kidney disease. You may need to change your eating and exercise habits and/or take pills to keep your blood pressure below 130/80 mm Hg.

Healthy eating

Ask your doctor to refer you to a registered dietitian to learn about healthy eating. You should follow *Eating Well with Canada's Food Guide*, which includes limiting the amount of fat you eat.

Physical activity

Both aerobic and resistance exercise are important for people living with diabetes. If you have diabetes, you should do at least 150 minutes of moderate to vigorous intensity aerobic exercise per week. You may need to start with as little as 5 to 10 minutes per day of brisk walking. In addition, resistance exercise (such as weight training) should be performed 3 times per week. If you are just starting to be active, check with your doctor first.

Cholesterol

High cholesterol and other fats in the blood can lead to heart disease and stroke. You may need to change your eating and exercise habits and/or take pills to keep your blood fats at healthy levels.



Weight

Reaching and maintaining a healthy weight will help you control your blood glucose, blood pressure and blood fat levels.

Eye disease

You need to be seen by an eyecare specialist who will dilate your pupils and check for signs of eye disease. Your regular doctor cannot do this special test in his or her office. Ask for a referral to an eye care specialist.

Foot care

Take off your shoes and socks at every visit (even if your doctor or healthcare team forget to ask you). Ingrown toenails, cuts and sores on the feet can lead to serious infections. Learn about proper foot care.

Depression and anxiety

These are common feelings in people with diabetes and can negatively affect your diabetes control. Speak to your doctor or healthcare team if you feel you might have depression or anxiety.

Smoking

Smoking and diabetes are a dangerous mix. If you are serious about quitting, your doctor or healthcare team can help. Keep trying; your health is worth it.

Kidney disease

The earlier you catch signs of kidney disease the better. You must have your urine tested regularly for early signs of kidney disease. Your doctor may prescribe pills to delay more damage to your kidneys.

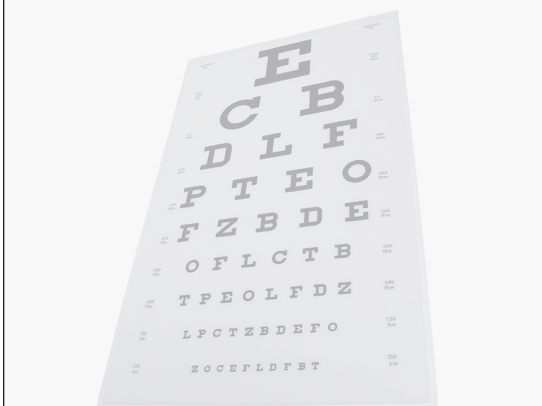
Nerve damage

Tell your doctor or healthcare team if your hands or feet ever feel numb or have “pins and needles.”

Problems with erection

Trouble getting and maintaining an erection is a very common problem in men with diabetes. Do not be shy about talking to your doctor or healthcare team about it. They may be able to suggest ways to solve the problem.

Stay healthy by asking the right questions. Be an informed patient. Know what tests you need to check for the complications of diabetes. Talk to your doctor about these tests.



Monitoring your blood glucose

Monitoring your blood glucose is important. Review your home glucose monitoring record with your doctor regularly. And make sure that your meter is providing accurate results by checking against the results of a blood test at the lab at least once a year.

Tests for diabetes care

The following are important tests for basic diabetes care. You may need some tests more often than indicated. Target blood glucose and blood pressure levels may differ, depending on your health.

When	What test?
At diagnosis	Type 2: <ul style="list-style-type: none">◆ Kidney test: urine test performed at the lab◆ Eye examination: through dilated pupils by an eye care specialist◆ Nerve damage test: using a 10-g monofilament or 128-Hz tuning fork◆ Cholesterol and other blood fat tests: a blood test
Approximately every 3 months	Type 1 and 2: <ul style="list-style-type: none">◆ A1C blood test* (goal: 7.0% or below for most people with diabetes)◆ Blood pressure (goal: below 130/80 mm Hg)◆ Review of home blood glucose monitoring record
Every 6 to 12 months	Type 1 and 2: <ul style="list-style-type: none">◆ Kidney check◆ Foot exam at every visit (at least once a year) and right away for an ingrown toenail or any cut or sore that doesn't heal◆ Meter check against the results of a blood test at the lab at least once a year
Every 1 to 2 years	Eye examination by an eye specialist <ul style="list-style-type: none">◆ Type 2: every 1–2 years (if no eye disease present)[†]◆ Type 1: once a year[†] if you are over age 15 and have had diabetes for at least 5 years
Every 1 to 3 years	Type 1 and 2: <ul style="list-style-type: none">◆ Cholesterol and other blood fats tests [^]
Regularly/Periodically	Type 1 and 2: <ul style="list-style-type: none">◆ Questions about erection problems◆ Questions about depression and/or anxiety◆ Questions about healthy eating and physical activity

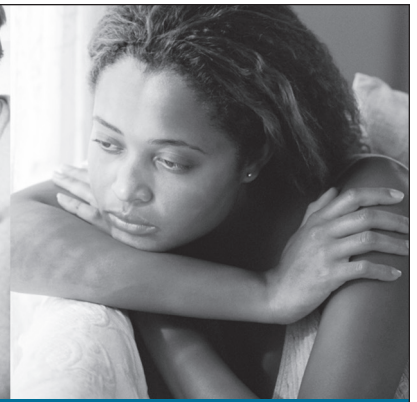
For young children and pregnant women, the timing and type of test may be different.

* A1C targets for pregnant women and children 12 years of age and under are different.

[†] More often if eye disease is present.

[^] More often if treatment is initiated.





A
A1C (measure of
blood glucose levels
over time)

B
Blood pressure

C
Cholesterol

Do you know your ABCs?

If you have diabetes, you are at increased risk for heart disease and stroke, and other complications such as eye and kidney disease, nerve damage and foot problems. Keeping your blood glucose, blood pressure and cholesterol in a healthy range can reduce your risk of complications.

Learn your diabetes ABCs. Talk to your doctor about the Canadian Diabetes Association's recommendations for diabetes management, what targets are healthy for you, and how to achieve and maintain them over time.

ABC	Recommended Targets	My Goals
A1C*	7.0% or below (for most people with diabetes)	
Blood pressure	Below 130/80 mm Hg	
Cholesterol	LDL: 2.0 mmol/L or lower Total cholesterol to HDL ratio: below 4	

* A1C targets for pregnant women and children 12 years of age and under are different.

The Canadian Diabetes Association works in communities across the country to promote the health of Canadians and eliminate diabetes through our strong nationwide network of volunteers, employees, healthcare professionals, researchers, partners and supporters. In the struggle against this global epidemic, our expertise is recognized around the world. The Canadian Diabetes Association: setting the world standard.

diabetes.ca
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