

Priorities of Care for Adults with Diabetes

Diagnosis—Prevention

Dx A1C $\geq 6.5\%$, fasting glucose ≥ 126 casual ≥ 200 + symptoms
prevent pre-diabetes (IFG-IGT) & metabolic syndrome

Self-Management Knowledge and Skill

Monitoring Medication Problem solving Food plan & nutrition
Risk reduction Living & coping Physical activity

Glucose

Hemoglobin A1C

Target $< 7.0\%$

SMBG

Pre 70-130 mg/dL
Post < 160 mg/dL
(~ 50% of readings)

Lipids

Annual Lipid Profile

LDL < 100
HDL > 40
Trigs < 150
DM + CVD
LDL < 70

Hypertension

Blood Pressure

(every visit)
Dx and Rx $< 140/90$

Macrovascular Complications

ASA, tobacco, ACEI/ARB, statin

Microvascular complications

Annual Screening

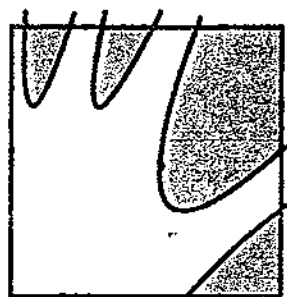
Nephropathy
Microalbumin screening
Calculated GFR
Retinopathy
Dilated retinal exam
Neuropathy
Neuro and foot exam
Sexual health

Other essentials of care

Hospital care
Foot care
Dental care
Immunizations

Park Nicollet

International Diabetes Center



Indiana Chronic Disease
Management Program

Portion Size Guide

Here are some ideas to help you identify correct serving sizes:

Grains, Beans and Starchy Vegetables:

1/2 cup portion
(size of a fist)

Vegetables:

1/2 cup cooked vegetables
(size of a fist)

Fruits:

1 small orange or apple
(size of a baseball)

Dairy:

1 cup of yogurt
(size of a baseball)

Meats:

3 ounces meat/chicken/ fish
(size of a deck of cards)

Fats:

1 tsp butter/oil/margarine
(size of a thumb)

Contact the Indiana Chronic
Disease Management
Program or call your doctor
for further information.

Healthy Living

BASIC NUTRITIONAL GUIDELINES FOR PEOPLE WITH DIABETES

Develop a routine. Eat meals about the same time each day. Space meals no more than 4 ½ or 5 hours apart when awake. Do NOT skip meals. Avoid snacks. If hungry between meals, eat raw vegetables (for example cucumber, celery, lettuce, and radishes).

Eat three (3) balanced meals daily. Control your portion sizes and limit second helpings. Eat a variety of foods. Limit lean meat, fish and poultry to 6-7 ounces per day. See Portion Size Guide at the left for helpful hints.

Limit starchy foods to 1 or 2 servings per meal. See Starchy Food Groups in Portion Size Guide at the left of the page.

Limit fruits to 1 small piece for lunch and supper. No fruits for

breakfast. Avoid fruit juices.

Limit milk to 2 cups of skim of fat free milk per day.

Increase the use of high fiber foods such as: dried or canned beans, whole grains (like oatmeal, bran cereal and brown rice), raw vegetables.

Use sugar substitutes like Equal and Sweet n' Low. Avoid the use of sugar and sweets.

Avoid the use of alcoholic drinks. These can interact with your medicine.

Use sugar-free, calorie-free items as desired. **Examples:** tea, sugar-free Kool-Aid, diet soda, diet gelatin, sugar-free Popsicles, sugar-free syrup, sugar-free jelly, etc.

FOOD TO AVOID

White & Brown Sugar	Syrup	Brownies	Mayonnaise
Sugary chewing gum	Honey	Jelly/Jam	Cake with icing
Non-diet sodas	Ice cream	Doughnuts	Sweet pickles
Candy / Breath mints	Pie	Sherbet	Pudding

Avoid any meat or vegetable made with a glaze or syrup, and all foods prepared with regular sugar.

Avoid foods high in fat or oil (for example: fried foods, bacon, sausage, bologna, mayonnaise, and regular cheese).

DIET FOR DIABETES

Fats, Sweets and Alcohol
(use sparingly)



Lemak, Manis-Manisan dan Alkohol
(gunakan dengan kadar kecil)

Meat/Other Protein-Rich Foods
(2-3 servings)



Daging/Makanan kaya protein lain
(2-3 porsi)

Milk/Other Calcium-Rich Foods
(2-3 servings)



Susu/Makanan kaya kalsium lain
(2-3 porsi)

Fruits (2-4 servings)
Buah-buahan (2-4 porsi)



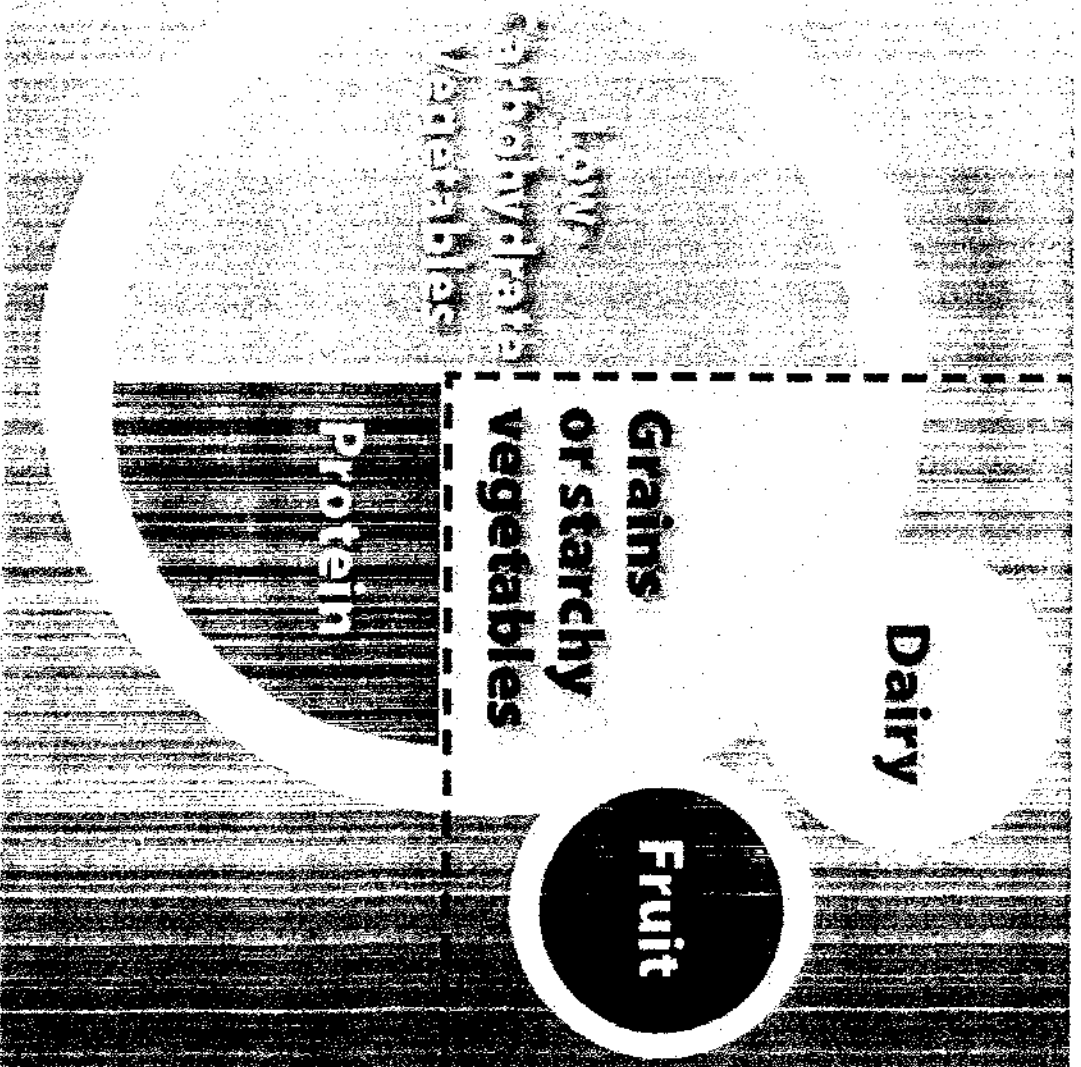
Vegetables (3-5 servings)
Sayuran (3-5 porsi)



Grains, Beans, Starchy Vegetables (6 or more servings)

Gandum, Kacang-kacangan, Sayuran yang mengandung tepung (6 porsi atau lebih)

Eat What You Love, Love What You Eat with Diabetes Plate



If you have diabetes, take special care of your skin.

Diabetes can affect the condition of your skin in many ways:

1. Diabetes can cause a reduction in perspiration, leading to dryness of the skin. This may lead to infection.
2. Diabetes can cause blood vessels to constrict, leading to poor circulation, especially to the feet. Poor circulation can lead to ulcers and infections.
3. Elevated blood sugar changes the body's ability to fight infection, so healing time is greater.
4. Nerve damage may lead to a loss of feeling, especially in the legs and feet. This is dangerous because it means you may not feel new injuries or infections. Proper skin care and daily inspection of the feet can help prevent these problems.

Using a moisturizer daily may help the condition of your skin.

Eucerin products are recommended by doctors for diabetic patients to use.

Kalau anda mempunyai kencing manis, jagalah baik-baik kulit anda.

Penyakit gula (Diabetes) dapat mempengaruhi kondisi kulit anda melalui berbagai cara:

1. Diabetes dapat mengurangi kadar keringat dan menyebabkan kulit menjadi kering. Ini bisa mengakibatkan infeksi.
2. Diabetes dapat menyumbat pembuluh darah sehingga sirkulasi darah menjadi tidak lancar, khususnya di bagian kaki. Sirkulasi darah yang buruk dapat menyebabkan luka (borok) dan infeksi.
3. Kadar gula darah yang tinggi dapat mempengaruhi kemampuan daya tahan tubuh untuk melawan infeksi sehingga memperlambat proses penyembuhan.
4. Kerusakan urat syaraf dapat menyebabkan mati rasa, terutama di bagian kaki dan telapak kaki. Ini berbahaya karena anda mungkin tidak bisa merasakan luka baru atau infeksi. Perawatan kulit yang benar dan pemeriksaan kaki setiap hari dapat membantu mencegah masalah ini.

Menggunakan pelembab setiap harinya dapat membantu kondisi kulit anda.

Dokter menganjurkan para penderita diabetes untuk memakai produksi Eucerin.

Diabetic Eye Disease (Retinopathy)

What is diabetic retinopathy?

- In diabetes, some blood vessels can start to grow out of control and cause damage to the retina (a thin layer in the back of the eye that helps you to see).

Why is it a problem?

- Diabetic Retinopathy is a leading cause of blindness in the United States.
- Early treatment and prevention can help save your sight!

What are the steps you should take?



#1

Stay Active

Even 20 minutes of walking helps!



#2

Eat Healthy

Low fat, high veggies and whole grains.



#3

Visit Your Doctor

Follow your blood sugar levels and take control of your health.



#4

Visit the EYE Doctor

Schedule **YEARLY** visits with your eye doctor.