

# TAKING CONTROL OF DIABETES

## Tools and Tips for Self-Management

### What is diabetes self-management?

■ Diabetes self-management is what you do every day to help control your diabetes

■ This means things like checking your blood sugar, being active, and eating healthy foods



### How does self-management help you when you have diabetes?



■ It can help you stay healthy and avoid serious health problems

■ It can save you time and money by helping you have fewer ER and hospital visits

### What should I do to manage my diabetes?

Ask your healthcare provider what your blood sugar targets are:



Before meals

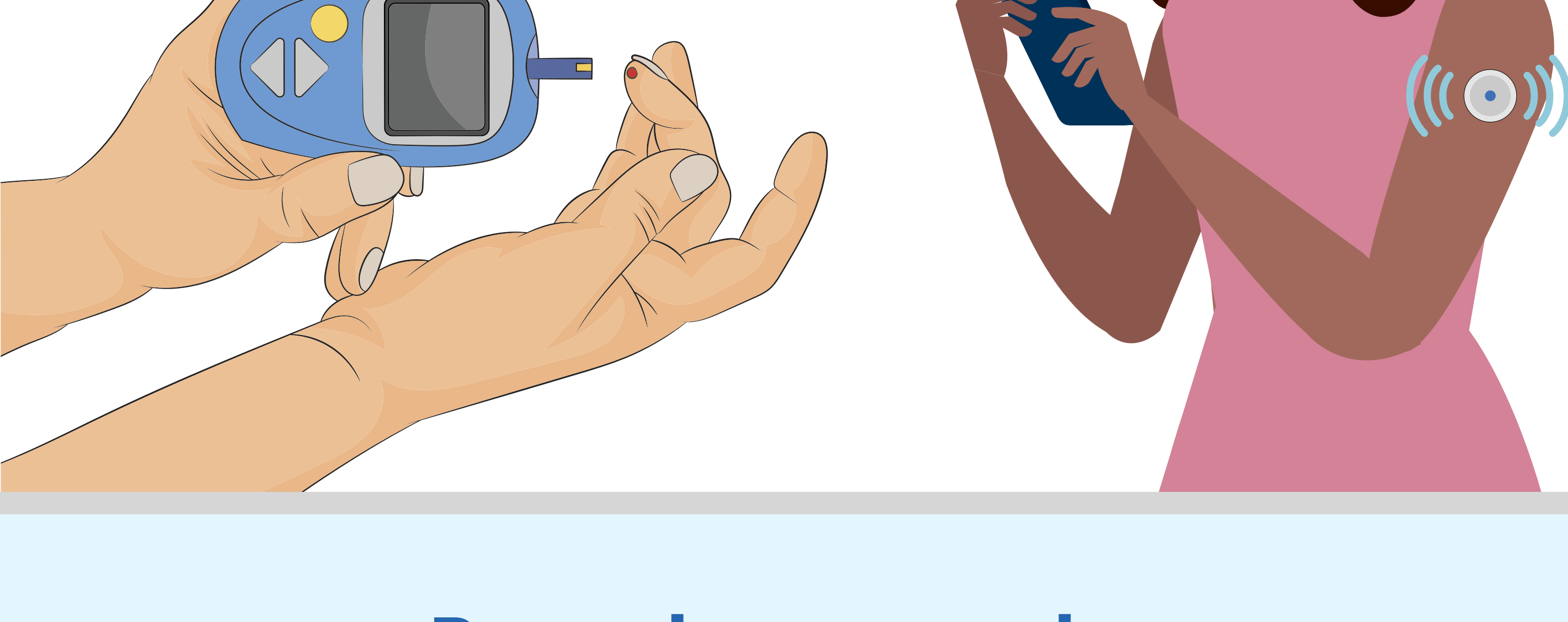


After meals



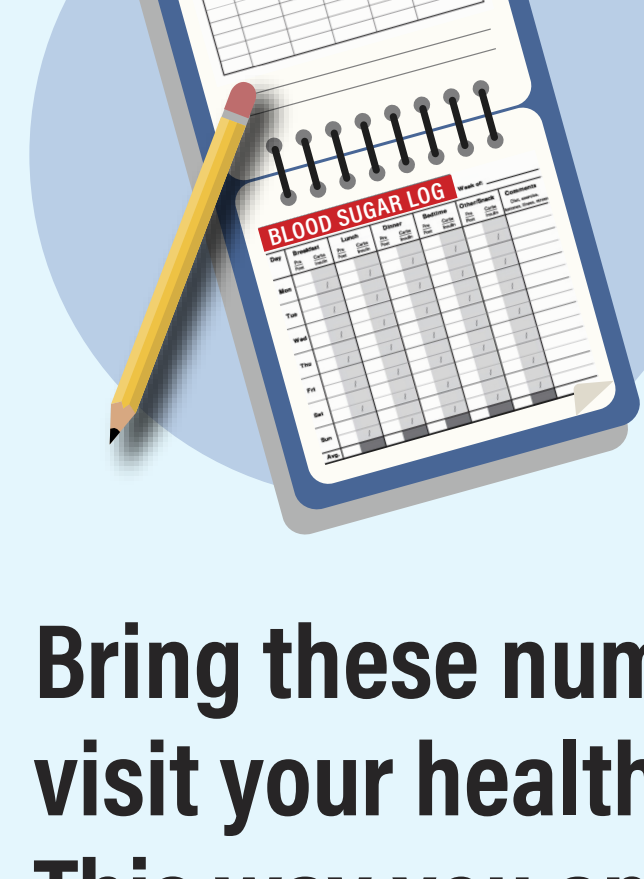
At bedtime

Check your blood sugar levels with a blood glucose meter or a continuous glucose monitor (CGM)



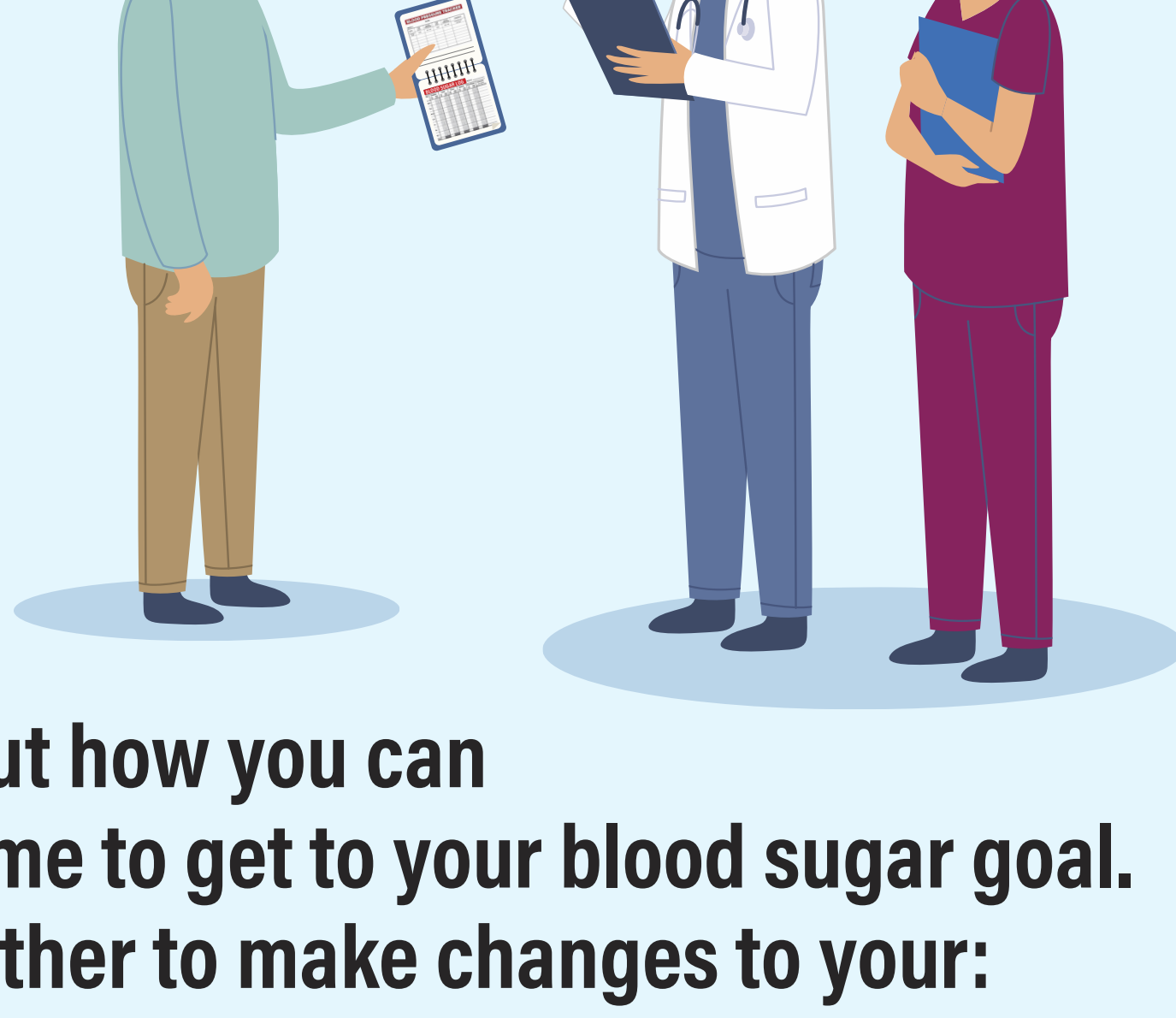
### Record your numbers

■ Keep track of these numbers on a device or in a journal:



- Blood sugar
- Hemoglobin A1C, sometimes just called A1C
- Blood pressure
- Cholesterol
- Weight

■ Bring these numbers when you visit your healthcare team. This way you and your team can see how you are doing



■ Talk to your healthcare team about how you can change what you are doing at home to get to your blood sugar goal. You and your team can work together to make changes to your:

- Meal plan
- Exercise plan
- Medication



Your CGM can tell you different things about how your blood sugar is managed. These things are:

■ **Time in range**—tells you the amount of time your blood sugar level is in the range that you and your healthcare provider have set as your goal

■ **Glucose management indicator (GMI)**—tells you what your A1C level is likely to be, using glucose levels from your CGM readings for 14 or more days

■ **Time below range**—tells you the amount of time your blood sugar level is lower than your goal range

■ **Time above range**—tells you the amount of time your blood sugar level is higher than your goal range



### Take all your medications

■ Follow the directions on your medications to know when and how to take each one. Some medications may need to be taken with food and other medications may not

■ Regularly order your medications and supplies so you don't run out

■ Tell your healthcare team if:

- You are worried about any of your medications
- You have trouble taking any of your medications
- Your medications are making you feel sick



### Ask to meet with a diabetes care and education specialist

These specialists provide education and ongoing support to sustain self-management behaviors and activities



### Stay connected with your healthcare team

Your healthcare team can include many members. These members are:



Primary care doctor



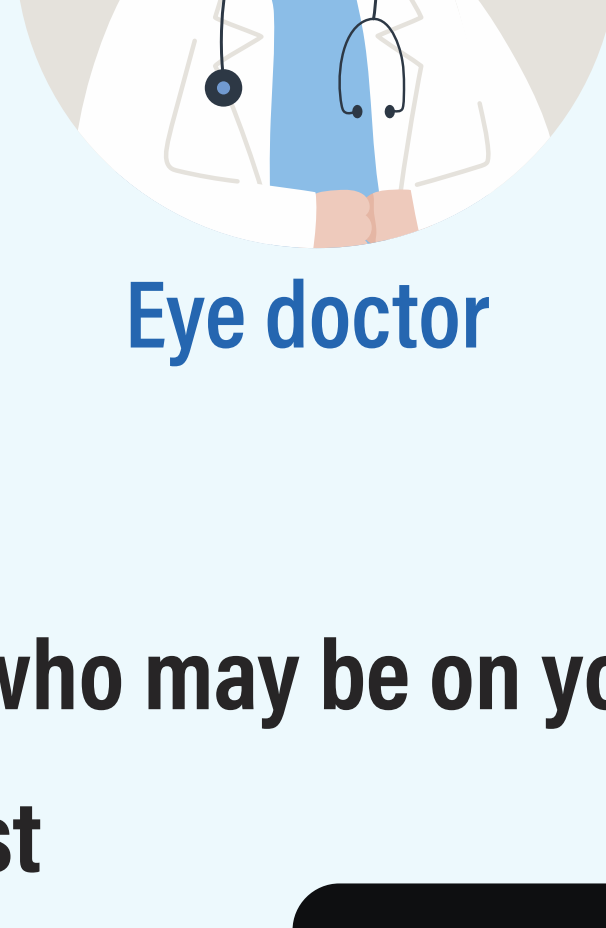
Endocrinologist



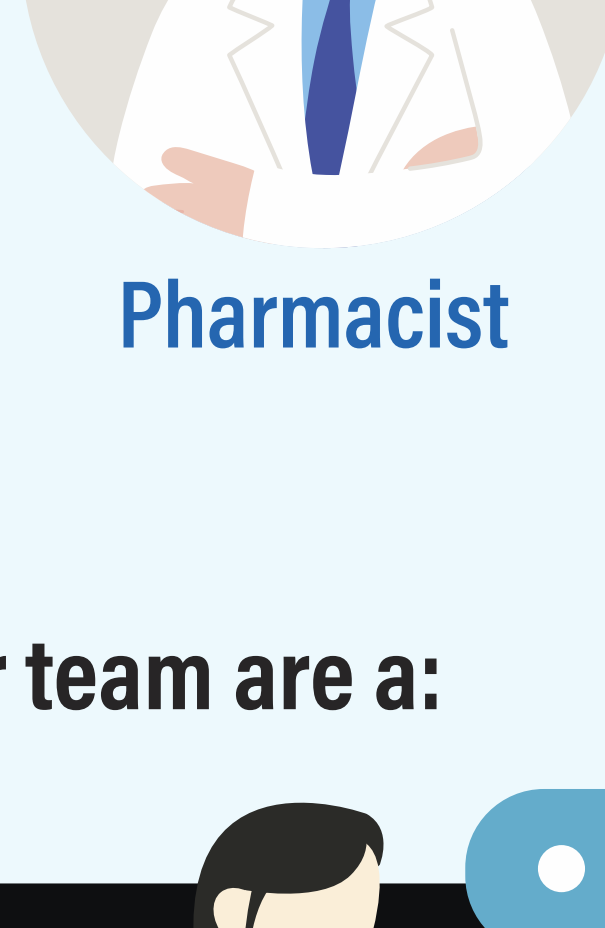
Dietitian



Diabetes care and education specialist



Eye doctor



Pharmacist

Other people who may be on your team are a:

- Cardiologist
- Dentist
- Fitness trainer
- Kidney specialist
- Podiatrist
- Social worker

