



What you need to know about Diabetes

What is Diabetes?

Diabetes affects millions of people of all ages. People with diabetes must live with it every day. There are 2 types of diabetes:

- **Type 1** diabetes: most often begins during childhood: the body stops making insulin
- **Type 2** diabetes: often diagnosed in adults, but now is becoming more common in children: this means the body cannot break down food for energy
 - With either type of diabetes, sugar levels must be controlled. When sugar levels are not controlled you can become weak, dizzy or constantly feel tired. Learning to control your diabetes (or sugar levels) will help you feel better and stay healthy.

I Have Diabetes, What Should I Do?

- See your Doctor regularly and at every visit be sure to:
 - have your blood pressure checked
 - get weighed
 - have your feet examined for sores that are not healing
- Once a year have your eyes checked by the eye doctor
- At least twice a year have a blood test (HbA1c) done, the result should be less than 7.0% if your sugar is being well controlled
- Once a year ask your doctor to do the following: cholesterol screening, urine test for microalbuminuria, flu shot and the need for pneumonia vaccine
- Take your medication as instructed by your doctor
- Monitor your sugar levels as directed by your doctor
- Eat healthy, your health care provider can help you make a great meal plan that works for you
- Monitor your blood sugar as directed by your doctor
- Exercise, daily exercise helps lower your blood sugar and affects the amount of medication you need to take, so it is important to speak with your doctor before you start exercising
- Call our Diabetes Disease Management program (toll-free) at 1-866-593-2538

What Medications Are Used For Diabetes?

Your doctor will tell you which medicine is the best for you to take. The most common types of medications used to treat diabetes and possible problems are:

- Insulin: liquid that is injected under the skin to help control sugar levels in the blood
- Oral Hypoglycemics: medication taken by mouth to help control sugar levels in the blood
- Ace Inhibitors: medications taken by mouth that lower blood pressure and help decrease problems related to high sugar levels in the blood
- Statins: medications taken by mouth to help lower “bad” cholesterol
- Anti-platelet medication: medication taken by mouth to help keep the blood thin
- Anti-depressant medication: medication to help decrease feelings of anxiety, sadness or depression which often happens to people with a “chronic” sickness

References: American Diabetes Association, Diabetes Care, Clinical Practice Recommendations 2004U, January 2004.

These Clinical Practice Guidelines are only a general guide and are not intended to replace your doctor’s judgment. Always talk with your doctor to be sure you are getting the right examinations, treatment, testing and care recommendations.