



# Module 4: I Have Diabetes



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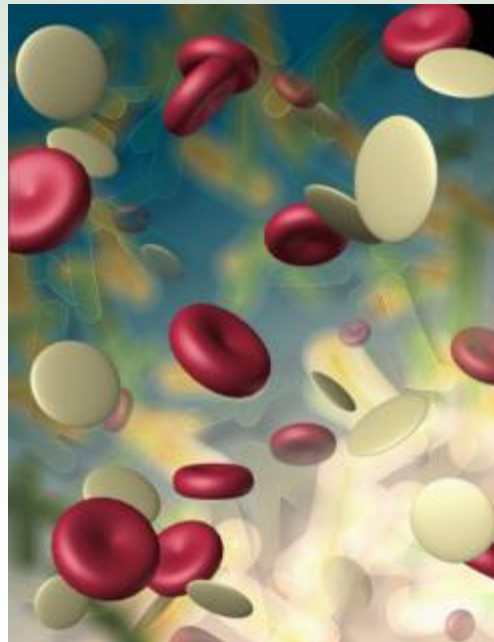
# Objectives

By the end of this module, students will know...

- I. How diabetes is diagnosed
- II. A day in the life of a diabetic
- III. Do's & Don'ts of working with a diabetic
- IV. Question & Answer Session

# How is diabetes diagnosed?

- Most diabetics are diagnosed when a routine blood test reveals an elevated Fasting Blood Glucose (FBG) level of  $\geq 126$  mg/dL



# How is diabetes diagnosed?



- In other, more advanced cases, another specialist such as an optometrist, urologist, podiatrist, or neurologist may recognize symptoms





# A day in my life as a diabetic...

- Diabetics must carefully monitor what they eat and when

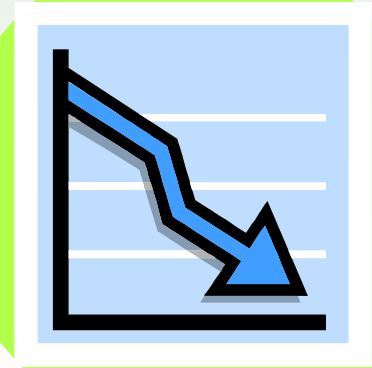


So Ono!

- Right foods, right amounts, right times!

# Otherwise...

- Blood glucose levels could rise too high or drop too low



# Checking glucose levels

- Blood glucose levels are checked at home, a few times a day, with a blood glucose monitors...



...which now come in different shapes, sizes, and colors

# Learning how to use a glucose monitor





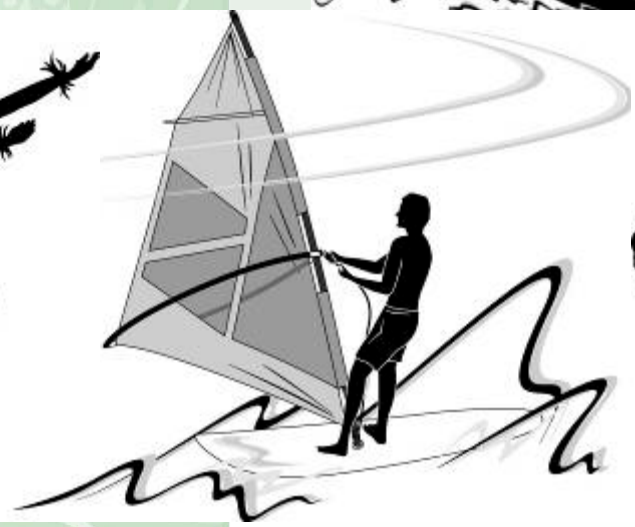
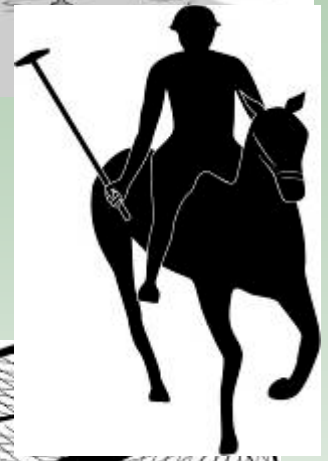
# Exercise

- I get at least 30 minutes of exercise a day



But exercise isn't just running or walking or lifting weights

It can also mean...





# Special precautions

- Being aware of any vision changes





# Special precautions

- Getting the proper medical tests

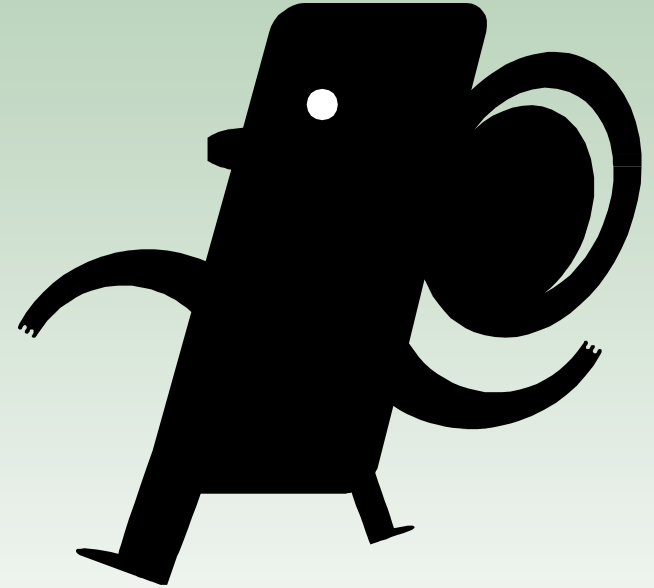
Such as an annual:

- eye exam
- dental cleaning
- foot exam with a microfilament
- and a HbA<sub>1c</sub> test every three months



# Do's & Don'ts of working with a diabetic

- Don't LECTURE



- Do LISTEN

# Do's & Don'ts of working with a diabetic

- Don't RUSH



- Do BE PATIENT



# Do's & Don'ts of working with a diabetic

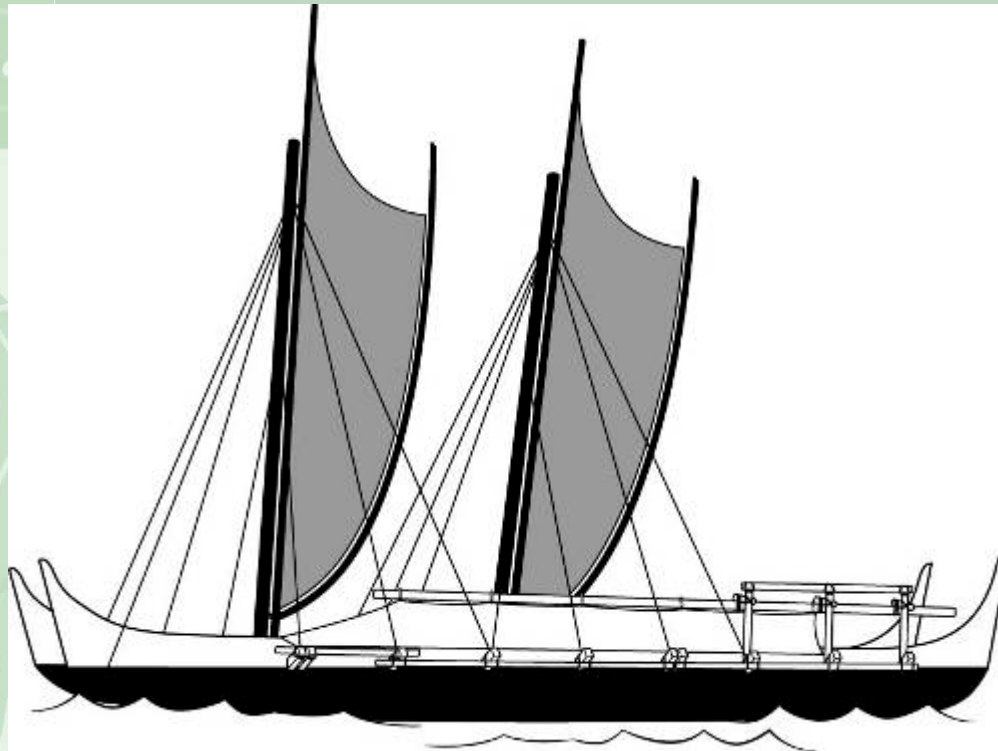
- Don't TREAT ME LIKE A NUMBER



- Do TREAT ME LIKE FAMILY



# Question & Answer



For more information on Diabetes 101, please  
contact Mele Look at (808) 587-8611 or  
[mele@hawaii.edu](mailto:mele@hawaii.edu).

# MAHALO!



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