Module 4: I Have Diabetes

University of Hawai‘i
John A. Burns School of Medicine
Hawai‘i EXPORT Center
Department of Native Hawaiian Health
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 ≥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

- Right foods, right amounts, right times!

So Ono!
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

• Checking my feet for unhealed cuts and wearing closed shoes
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 HbA₁c 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
MAHALO!

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

The project described was supported by Grant Number P20MD000173, from the National Center of Minority Health and Health Disparities, National Institutes of Health. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of National Institutes of Health.