



Review of Meetings 1-9

MEETING	KEY POINTS
<p data-bbox="139 321 443 394">1. Glucose Balance Makes a Difference</p> 	<ol data-bbox="516 321 1479 789" style="list-style-type: none">1. Know your blood sugar numbers and what makes them go up and down,2. Self-test often with goals of 70 – 130 fasting and below 180 after meals,3. Set goals to get A1c lower than 7,4. Work with your health care provider and diabetes team, and5. Don't give up! The goal is progress, not perfection!
<p data-bbox="139 837 394 911">2. Medicine and Glucose Balance</p> 	<ol data-bbox="516 837 1487 1507" style="list-style-type: none">1. Diabetes changes over time,2. Diabetes medicine is an important part of a diabetes treatment plan,3. Diabetes medicine works together with healthy eating and physical activity to lower blood sugar,4. Diabetes medicine helps the body use the insulin it makes OR helps the body make enough insulin,5. Working with your provider and other partners in care is important, and6. ASK questions if you need to know something about your diabetes care!

3. Food and Glucose Balance



1. Develop a routine to eat your meals and snacks at about the same time each day,
2. Eat a variety of foods high in fiber and low in fat, calories and sugar, such as whole wheat bread, brown rice, and vegetables,
3. Do not skip meals or snacks,
4. Try to eat fewer calories if you need to lose weight,
5. Avoid foods high in fat or oil, like fried foods, bacon, sausage, mayonnaise, and cheeses, and
6. Read food labels to find the best foods for glucose balance!

4. Plan Meals for Glucose Balance



1. The three main food plans for glucose balance are:
 - a) The Exchange Meal Plan
 - b) The Glycemic Index Plan
 - c) The Counting Carbohydrates Plan
2. Any of the plans can help you choose carbs to keep glucose in balance,
3. Counting Carbohydrates Plan may be the easiest to do because you can read food labels to monitor the number of carbs you eat,
4. Talk with a registered dietitian about a plan that is best for you, and
5. Monitor your blood sugar to see how different foods affect glucose balance.

5. Move More, Sit Less



1. Exercise means:

- ✓ you are physically active at least 10 minutes a day all at one time
- ✓ you do it at least 3-4 times per week
- ✓ your heart beats faster and you sweat a little
- ✓ it's FUN! and

2. Plan to start being active 10 minutes each time if you haven't been active in a long time. It is best if you can work up to 30 minutes, then 60 minutes on most days of the week.

1. Diabetes and a Healthy Heart



1. Keep glucose in balance: 70 – 130 before a meal; lower than 180 one to two hours after a meal; an A1c lower than 7,

2. Work toward a **blood pressure of 130/80**,

3. Set small reachable goals to get your blood pressure in balance,

4. Take medicine(s) if prescribed,

5. Work as a partner with your provider and diabetes team, and

6. Ask questions!

7. Diabetes and Cholesterol



1. Work toward healthy cholesterol levels:

- **HDL higher than 40 in men, more than 50 in women**
- **LDL lower than 100**
- **Total cholesterol lower than 200**
- **Triglycerides lower than 150**

2. Eat more fiber and less fat and sugar,

3. Set small reachable goals to get your cholesterol and triglyceride numbers in balance.

8. Healthy Feet Keep You Going!



1. Check your feet every day,
2. Always have your toenails trimmed straight across,
3. Wear shoes and socks everyday – never walk barefoot,
4. Have your provider check your feet at every clinic visit, and
5. Contact your provider right away if you find a problem with your feet.

9. Stress, Depression, and Diabetes



1. Stress and depression affect blood sugar,
2. There are many ways to lower stress,
3. Choose a stress lowering activity and practice it,
4. Talk to a friend or family member if it helps,
5. If you are feeling depressed, talk to your doctor to find out if it is diabetes or depression,
6. Get treatment if you are depressed.