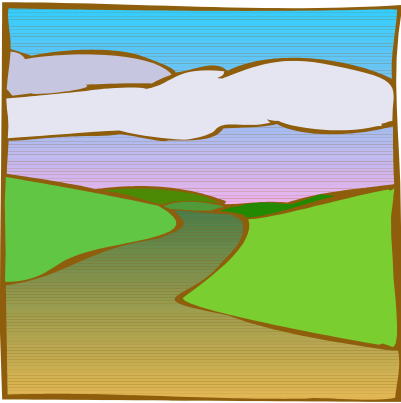


Meeting 12



Living Well with Diabetes

Welcome!



Welcome back and congratulations! Today is a time to celebrate all of your accomplishments. For the past few months we have learned a great deal about managing diabetes.

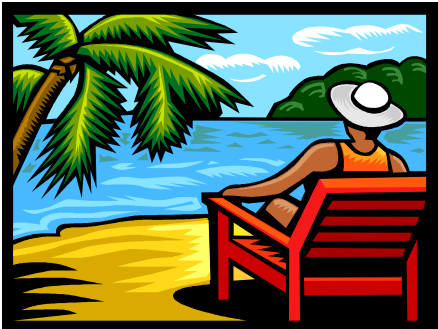
Today, we will talk about:

- Ways to stay on the path to living well with diabetes, and
- Ways to manage diabetes in a tight economy.

Finally we will review some of the most important things to remember to stay in balance with diabetes.

Now sit back and relax as we continue on our journey. Think of your own journey over the past few months and what you have done to find balance in life.

Uncle Tommy knows that changes are hard to make and keep making. Balancing glucose, blood pressure and cholesterol can be hard to do every day. Sometimes asking for help from family and friends can also be hard to do.





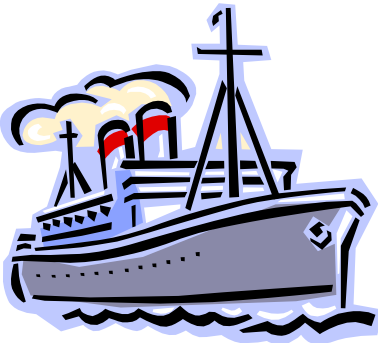
Meeting 12

Living Well with Diabetes

Changes are hard to make!



Habits



There are good days and bad days. We all have days when we don't follow our plans for glucose balance, physical activity and healthy eating. We call these times "slips." Slips are a normal part of change and are to be expected.

Eating healthy, being physically active, and taking your medications are the most important things you can do to get and keep glucose in balance and prevent complications. Let's talk about some of the things you can do to stay on the path to living well with diabetes.

Different people have different things that cause them to slip. For example, moods or feelings cause many people to slip from healthy eating and exercise.

Sometimes the things that cause you to slip are habits. Habits are things that you do regularly, like brush your hair or wash your face. While those things are healthy habits, some habits can be unhealthy.

For example, Uncle Tommy went on vacation for a week and didn't keep up with his physical activity and healthy eating plan. This is what usually happens when Uncle Tommy goes on vacation. When he returned home he didn't start his physical activity or healthy eating again because he felt like it would be too hard to catch up to where he was before he went on vacation. The way we react to a slip is also a habit.

Meeting 12



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Slips are normal!

Remember that slips are normal and happen to everyone. No one time of overeating or not being active will ruin everything! The slip is not the problem. The problem happens if you don't get back on your feet again and keep moving toward your goal!

Here are some things you can do if you experience a slip:

Talk back to negative thoughts!

1. Talk back to negative thoughts with positive thoughts. If you find that you are feeling discouraged because you've had a slip, talk back and say, "I am not giving up on my goal because I have slipped. I can get back on my feet again right now!"

What happened?

2. Next, ask yourself what happened. Did you overeat because you were celebrating, bored, or depressed? Did you skip physical activity because you were too busy with other things? Use these times to see what you could do differently next time this happens.

Don't wait!

3. Get back on schedule right away. Do not tell yourself, "Well, I blew it for the day," and wait until the next day to start following your eating plan. Make your very next meal a healthy one. It's never too late to get back on the path!

Meeting 12



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Ask for support!

*Choose the
right time*

Explain your idea

*Say why you
need help*

Say what you need

Thank you!

4. Talk to someone who will support you in making these changes. Here are five easy ways to ask for support.
 - a. Choose the right time. Choose a time when you and your family, or friend, are rested and in a positive mood. Don't ask for something if one of you is tired, busy, angry, hungry, grumpy, or worried about something.
 - b. Explain your idea. Tell them what you would like from them and that it is important to you.
 - c. Say why you need their help. It helps if your family and friends know you have a reason for asking. It lets them know that their help is important.
 - d. Say exactly what you need. If your family and friends do not know exactly what it is you need, they can't help in the best way possible. Speak calmly – don't shout. Speak clearly – don't demand. Stay positive – don't accuse.
 - e. Thank your family and friends for their help. Let them know you appreciate their support.

Meeting 12



Living Well with Diabetes

What would you do?



Let's read through these situations and then we will talk about what we could do in each situation.

1. How can I talk to my doctor about side effects I am having from my medication? _____

Before you doctor's visit, write down what you are experiencing and how often it happens. The more information you can give your doctor, the better they will be able to address it.

2. How can I say I need to eat right away because my blood sugar is dropping? _____

Eat before you go; keep some hard candy with you; ask for juice or a regular soda; tell them you need to eat soon.

3. How can I tell my family members that I don't want seconds of the main course? _____

You are full; you would rather have a cup of coffee now; I'd like to take some for lunch tomorrow instead.

It takes practice!

Asking for help and support takes practice. At first it may seem hard to do. It might not even work the first time. Your family and friends need to know that it is important for you to stick with your diabetes management plan.

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Living Well with Diabetes

Change takes time!

Remember that it takes time to change the way we have been doing things for a long time. Change does not happen overnight. Don't expect other people to change instantly either. They may not understand why you are changing the way you do things until you explain it to them. Be patient with yourself and others.



Tips for managing diabetes in a tight economy

Diabetes treatment can be expensive. According to the American Diabetes Association, people with diabetes spend an average of \$11,744 a year on health care expenses. People without diabetes spend only half this amount.

Long-term complications of diabetes can cost far more. The cost of treating the complications of diabetes can be much greater than what is spent on medications and supplies.

Meeting 12



Living Well with Diabetes



Here are some tips to lower the cost of diabetes:

1. Buy blood glucose testing strips in bulk. A 100-count box of test strips is cheaper than a 50-count box. Ask your healthcare provider to order bulk sizes.
2. Look for generic brand meters and supplies.
3. If you can't afford to test your blood sugar as much as you would like, talk to your healthcare provider or diabetes educator about a testing schedule that is right for you.
4. Know what your health insurance will cover.
5. No need for alcohol swabs – cleaning well with soap and water is all you need.
6. Discuss medication costs with your healthcare provider. Ask for equivalent generic medications whenever possible. Shop around for the best prices.
7. If you are on more than one diabetes medicine, ask your healthcare provider about the possibility of taking a combination diabetes drug.
8. Check your local and state government for medication and diabetes supplies assistance. Many state governments have programs to help people who do not qualify for Medicaid with the cost of diabetes prescriptions and supplies.
9. Some drug companies offer assistance to people without drug coverage.

Meeting 12



Living Well with Diabetes



For people on insulin:

1. Buy insulin and syringes in bulk.
2. Compare the cost of an insulin pen compared to the cost of a vial. If you take small doses of insulin, an insulin pen may be cheaper in the long run because you throw less insulin away at the end of the month.
3. Check with your diabetes healthcare provider to see how long you can use your insulin once it is opened. Write the start date on your insulin vial or pen.



The price of good diabetes control can be high, but in the long run the cost of not staying healthy is higher.







Have you found other ways to save money on diabetes care and supplies?

REFLECTIONS ON OUR JOURNEY

Let's review some of the important things we've learned throughout this program that will help you to live well with diabetes:

MEETING	KEY POINTS
<p>1. Glucose Balance Makes a Difference</p> 	<ol 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, and 5. Don't give up! The goal is progress, not perfection!
<p>2. Medicine and Glucose Balance</p> 	<ol 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, and 6. ASK questions if you need to know something about your diabetes care!

<p>3. Food and Glucose Balance</p> 	<ol style="list-style-type: none"> 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!
<p>4. Plan Meals for Glucose Balance</p> 	<ol style="list-style-type: none"> 1. The three main food plans for glucose balance are: <ol style="list-style-type: none"> 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.

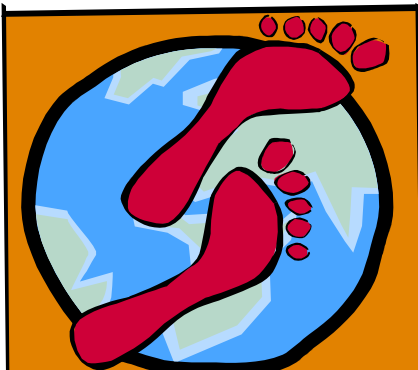
<p>5. Move More, Sit Less</p> 	<p>1. Exercise means:</p> <ul style="list-style-type: none"> ✓ you are physically active at least 10 minutes a day all at one time ✓ you do it at least 3-4 times per week ✓ your heart beats faster and you sweat a little ✓ it's FUN! and <p>2. Plan to start being active 10 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.</p>
<p>6. Diabetes and a Healthy Heart</p> 	<p>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,</p> <p>2. Work toward a blood pressure of 130/80,</p> <p>3. Set small reachable goals to get your blood pressure in balance,</p> <p>4. Take medicine(s) if prescribed,</p> <p>5. Work as a partner with your provider and diabetes team, and</p> <p>6. Ask questions!</p>

7. Diabetes and Cholesterol



1. Work toward healthy cholesterol levels:
 - HDL higher than 40 in men, higher 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!

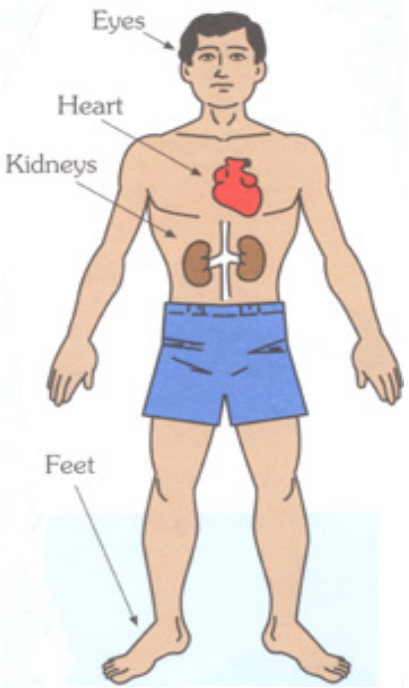



1. Check your feet every day,
2. Always have your toenails trimmed straight across,
3. Wear shoes and socks everyday – never walk barefoot,
4. Have your provider check your feet at every clinic visit, and
5. Contact your provider right away if you find a problem with your feet.

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.

<p>10. Prevent Complications</p>  <p>The diagram shows a human figure from the waist up, with arrows pointing to the eyes, heart, kidneys, and feet. The heart is shown in red, and the kidneys are shown in brown. The figure is wearing blue shorts.</p>	<p>To stay healthy and prevent complications, it is important to:</p> <ol style="list-style-type: none">1. Get and keep blood sugar in balance: (A1c lower than 7),2. Get eyes checked by your doctor at least once a year,3. Get a dental exam at least once year,4. Have your kidneys checked with a blood test once a year,5. Eat less fat and sugar, and be physically active most days of the week,6. Take medicine if prescribed,7. Don't smoke or chew tobacco.
<p>11. You and Your Diabetes Team</p>  <p>The illustration shows a doctor in a white lab coat and glasses pointing at a screen that displays a human head. A patient in a red shirt and a cap is looking at the screen. The background is blue with white clouds.</p>	<ol style="list-style-type: none">1. Work closely with your provider and diabetes team,2. Go to new classes that are being offered in your community because new information and care for diabetes is updated every day,3. Ask for help from a friend or family member,4. Participate in a support group,5. Call the American Diabetes Association or visit their website for up-to-date information about diabetes.

Meeting 12



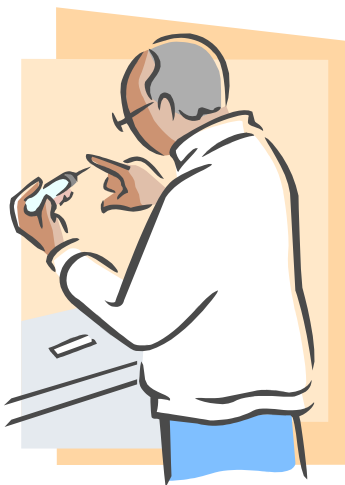
Living Well with Diabetes



And finally, today we said that:

1. Slips are normal,
2. After a slip, don't wait - Get back on schedule right away!
3. Ask someone for help if you need it
4. Changes take time and practice – the goal is progress, not perfection!
5. There are many ways to lower the cost of diabetes

You are the expert on yourself and your life



Diabetes is mostly a self-managed condition, which means that you give almost all of your own care. Even if they wanted to, your healthcare team, friends, and family cannot manage your diabetes for you on a daily basis. It is up to you. And it is up to you to decide how much or how little you do to care for your diabetes.

Many things in our lives are not of our own choosing. Diabetes is not something that most people would choose to have. So while you can't change having diabetes, you can choose how you live with it and your attitude towards it.

Meeting 12



Living Well with Diabetes

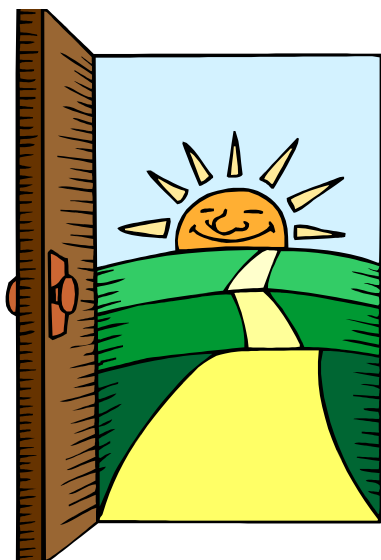
Life is a journey



The journey through life is full of bumps, but you are learning how to make it through those bumpy times with diabetes. While there will still be bumpy times, the path should be a little smoother because you will be ready to handle them.

Try not to let the bumps along life's journey take control of you. You can still be in control of your decisions. Sometimes we may need a jumpstart to get back on the path, but we know that we can ask our family, friends, and diabetes team to help us get back on the path.

Make a plan to stay on the path to living well with



Thank you for being part of the Partners in Care program. We hope that you have found the information and materials useful, and maybe even made some new friends along the way!

In the pocket at the end of the meeting you will find some other materials that may help you with your self-management.

Before we end today's meeting, let's make a plan to stay on the path to living well with diabetes. Use the next page to make your plan.

My Plan for Living Well with Diabetes

What can you do to continue to manage your diabetes and prevent complications?

Date: _____

My Targets (set goals for the next 3-6 months):

A1c _____ %

Blood Pressure _____

Cholesterol _____

My top self-care priorities are:

- 1.
- 2.

Three things I will do during the next 3-6 months to reach my self-care goals:

- 1.
- 2.
- 3.

The people who can help me do these things (such as family member, friend, health care team) _____

I promise myself that I will do the best that I can with these goals.

My Signature

Friend or family member signature