HIGH BLOOD SUGAR
Can occur if you eat too much food, are ill, under a lot of stress or do not take enough medicine.

**Signs:** tiredness, urinating often, feeling thirsty and having blurry vision.

**ACTion**
- Call your health care provider if you have unexplained blood sugar of 200 mg/dl or greater for 2 days
- Monitor your sugar level every 4 hours or as discussed with your doctor

SICK DAY RULES
When you are sick, your blood sugars are harder to control.

**ACTion**
- Call your health care provider if you cannot eat, vomiting, having diarrhea, or having continued high blood sugar.
- Test your blood sugar more often (4 to 6 times a day) or as discussed with your doctor
- Keep taking your diabetes medications
- Drink at least one cup of water or other sugar free and caffeine free drinks each hour
- If you cannot eat your usual meal, have one of the following 15 grams of carbohydrate every 3 - 4 hours
  - ½ cup fruit juice
  - 1 cup milk
  - ½ cup regular soft drinks
  - 6 saltine crackers
  - 1 cup soup
  - ½ cup ice-cream

BEING ACTIVE OR EXERCISING
This will help you control weight, lowers blood sugar and can prevent heart disease and other problems.

**If you take insulin:**
- do not inject it into the body area you are exercising
- do not inject it COLD into your body

**You can have low blood sugar many hours after you exercise**

**ACTion**
- Before you exercise
  - talk with your health care provider.
  - test your blood sugars.
  - eat a snack if your blood sugar is less than 100 mg/dl.
- Remember to:
  - Carry a fast acting sugar
  - Wear shoes and socks that fit
  - Drink plenty of water before, during and after exercise
  - Stop exercising if you are short of breath, feel faint or have pain
  - Talk with your doctor about these problems before you exercise again
  - Eat a snack if you are exercising for more than 45 minutes
  - Test your sugar right away if you feel signs of low blood sugar
  - If you cannot test, treat anyway just to be safe
  - Wear a medical identification (In an emergency, someone will know you have diabetes)

PROTECTING YOUR FEET

**ACTion**
- Take off your shoes and socks each time you visit your health care provider
- Examine the top and bottom of your feet every day. Use a mirror to help you if necessary
- Wash your feet every day with mild soap and warm water (test the water with your elbow or wrist)
- Apply lotion to tops and bottoms of your feet – NOT BETWEEN TOES
- Wear socks / stockings at all times
- Inspire your shoes before placing your feet inside
- Shoes and slippers should:
  - cover your feet fully
  - be comfortable and fit well
- **Do Not:**
  - walk barefoot
  - soak your feet
  - use heating pads or hot water bottles to warm your feet
  - treat skin and foot conditions
- See your doctor right away if you notice:
  - reddened areas
  - swelling, blisters or cracks on your skin
  - change in feeling or temperature
- See a Podiatrist if you are not able to cut or trim your nails.

3/10 Revised 7/12, 1/14, 12/14, 3/17

Approved By: The Patient and Family Education Committee
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LOW BLOOD SUGAR
(Sugar less than 70 mg/dl)

Can occur when food, exercise and diabetes medicine don’t balance. Such as:
- Too little food and delay in meals
- Too much exercise
- Too much medication

You may feel - Shaky, hungry, sleepy or tired, sweaty, confused, dizzy, restless during night time sleep.

ACTion
- Make sure you have all your diabetes prescriptions such as:
  - blood glucose testing (meter, strips, lancets)
  - medication (pills, insulin vials, insulin pens) Insulin should not be injected cold.
  - syringes, pen needles
- Talk with your health care provider about when and how often to test your blood sugar. Record your blood sugar tests in a logbook to review with your health care provider.
- Make sure you have an appointment to meet with your health care provider to go over your diabetes care plan.
- Ask your Health Care Provider (primary) to refer you for out-patient diabetes education

IMPORTANT TELEPHONE NUMBERS:
Diabetes Treatment Center (referral needed from doctor) 718-270-7207
Dietitian (referral needed from doctor) 718-270-7207
Brooklyn Diabetes Club (Education and Support) 718-270-3739

REFERENCES:
American Diabetes Association www.diabetes.org
4 Steps to Control Your Diabetes For Life www.niddk.nih.gov/health-information/diabetes/overview/managing-diabetes/4-steps
Take Charge of Your Diabetes www.cdc.gov/diabetes/library/reports/prevention.html

HEALTHY EATING

Having diabetes does not mean you have to give up all the foods you enjoy, but it does mean you have to control your portion sizes. Learning to eat healthy meals is an important part of your management.

ACTion
- Ask your health care provider to refer you to a dietitian
- Learn how different foods and the amount eaten affect your blood sugar
- Eat 3 meals a day; eat 2 snacks a day.
  - DO NOT SKIP MEALS
- Balance your meals: include sources of carbohydrate, protein and/or health fats
- Include daily:
  - ⅓ cups vegetables
  - 2 – 3 servings of fruit
  - 1 – 3 cups low fat milk or yogurt

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READING NUTRITION LABEL

First: Check Serving Size
The serving size for this food is 1 cup
There are 2 servings or 2 cups in this container

NUTRITION FACTS

Serving Size 1 cup
Servings Per Container 2

Calories 250 Calories from Fat 110
Total Fat 12 g 18%
Saturated Fat 3 g 15%
Trans Fat 1.5 g
Cholesterol 30 mg 10%
Sodium 470 mg 20%
Total Carbohydrate 31 g 10%
Dietary Fiber 0 g 0%
Sugar 5 g
Vitamin A 4% Vitamin C 2%
Calcium 20% Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Second: Check Total Carbohydrate Content

The Total Carbohydrate tells how many grams of carbohydrate are in 1 serving. 15 grams of carbohydrate is equal to 1 carbohydrate serving.

Fiber is also included in the total carbohydrate amount. Sugar is already included in the total carbohydrate amount. This value shows the total amount of both natural and added sugars.