Taking Control of Your Diabetes

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Diabetes is a “chronic” or long-lasting disease that affects how you convert the food you eat to energy you can use throughout the day. While there are different types of diabetes, all types ultimately lead to too much sugar, or “glucose,” in the blood.

If left untreated, high levels of blood glucose can lead to serious health problems that may become life threatening. These include:

- Extreme Hunger, Fatigue or Irritability
- Frequent Infections & Slow Healing
  - May require amputation of lower extremities
- Heart, Nerve, and Kidney Damage

Luckily, there are Things You Can Do to help manage your diabetes and prevent these health problems! Effective strategies include:

- Regularly Monitoring Your Blood Glucose
- Adopting a Well-Balanced Diet
- Increasing Your Daily Activity

Symptoms of high blood glucose levels (hyperglycemia):

- Frequent Thirst
- Urinating Often
- Blurred Vision
- Fatigue
How to Monitor and Track Your Blood Sugar

Because many of the serious health problems related to diabetes are caused by too much sugar in blood, **Regular Blood Sugar Monitoring is THE Most Important thing you can do to manage your Diabetes.**

Tracking your blood glucose levels will let you see how different activities and foods affect your blood sugar. Look for the effects of:

- Eating different foods
- Taking your medicine
- Increasing physical activity

This information will help you and your healthcare team make decisions to best tailor a diabetes care plan to you.

How to use a blood glucose meter:

- After washing your hands, insert a test strip into your meter
- Use your lancing device on the side of your fingertip to get a drop of blood
- Touch and hold the edge of the test strip to the drop of blood and wait for the result.
- Your blood glucose level will appear on the meters display. Write down your number in your tracker.
Exercise:
Regular exercise can help control your diabetes, as well as improve your overall health. The American Diabetes Association recommends controlling your diabetes using a regimen that includes aerobic exercise, resistance training, and flexibility and balance training. Here are some ideas for each type of exercise recommended:

- **Aerobic exercise** (goal: 150 minutes / week): walking, cycling, jogging, and swimming
- **Resistance training** (goal: 2-3 times per week): exercises with free weights, weight machines, or elastic resistance bands.
- **Flexibility and balance training** (goal: 2-3 times per week): tai chi or yoga

Diet:
When you digest your food, simple sugars and starches turn into the glucose that is present in your blood. To help manage your blood glucose level, try to eat healthy carbohydrates (like fruits, vegetables, whole grains, and legumes), as well as low-fat dairy products (milk and cheese).

Fiber is a part of plant foods that doesn’t get digested but can help control your blood sugar levels. Try to eat fiber rich foods like fruits, vegetables, legumes, and whole grains.

Foods to avoid:
- **Saturated fats**: avoid high fat dairy products and animal products such as butter, beef, hot dogs, sausage and bacon. Limit coconut and palm kernel oils.
- **Trans fats**: Avoid trans fats found in processed snacks, baked goods, and margarines.
- **Cholesterol**: cholesterol can be found in high fat dairy products and high fat animal proteins: egg yolks, liver, and other organ meats.
# Local Resources

## Need help paying for your insulin?

<table>
<thead>
<tr>
<th>Center</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Lilly Diabetes Solution Center</td>
<td>1-833.808.1234</td>
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<tr>
<td>Rx Outreach</td>
<td>1-888.796.1234</td>
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<tr>
<td>Best Rx</td>
<td>1-877.831.1838</td>
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## Need help with getting more food?

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
<th>Address Details</th>
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<tbody>
<tr>
<td>Gleaners</td>
<td>1-313.923.3535</td>
<td>2131 Beaufait St, Detroit, MI 48207</td>
</tr>
<tr>
<td>Michigan Department of Health and Human Services</td>
<td>1-517.241.3740</td>
<td>235 S. Grand Ave. PO BOX 30037, Lansing, MI 48909</td>
</tr>
<tr>
<td>Woman Infant &amp; Children (WIC)</td>
<td>1-517.335.8951</td>
<td>5303 S. Cedar St, Lansing, MI 48909</td>
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## Need to get a health check-up?

<table>
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<tbody>
<tr>
<td>Woodward Corridor Family Health Center</td>
<td>1-313.832.6300</td>
<td>611 Martin Luther King Jr. Blvd., Detroit, MI 48201</td>
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<tr>
<td>Dr. Feleta Wilson Health Center</td>
<td>1-313.897.7700</td>
<td>6550 W. Warren Ave., Detroit, MI 48201</td>
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<tr>
<td>Detroit Community Health Connection East Jefferson</td>
<td>1-313.822.0900</td>
<td>13901 E. Jefferson Ave., Detroit, MI 48215</td>
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<tr>
<td>Latino Family Service</td>
<td>1-313.279.3232</td>
<td>1145 Lawndale St., Detroit, MI 48209</td>
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<td>Cass Community Center Free Clinic</td>
<td>1-313.883.2277</td>
<td>3745 Cass Ave., Detroit, MI 48201</td>
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<tr>
<td>Robert R. Frank Student Run Free Clinic</td>
<td>1-313.444.5490</td>
<td>1234 Porter St., Detroit, MI 48226</td>
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# Blood Sugar Tracker

**Week 1**

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<th>Day</th>
<th>Monday</th>
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**Week 2**

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**Week 3**

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**Week 4**

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**Morning**

**Mid-day**

**Evening**

Name: ___________________  Month: ___________  Year: ___________