

IMPORTANT FACTS & TIPS

ABOUT DIABETES



WHAT IS DIABETES?

The cells in your body need sugar to make energy and keep you healthy. But some people have too much sugar (also called *glucose*) in their blood. This causes diabetes.

Your body changes the starchy foods you eat into sugar. This sugar travels in your blood to the cells in every part of your body. To move the sugar from your blood into your cells, your body makes a substance called insulin. If you don't have enough insulin, your blood sugar levels will become too high, causing diabetes. Over time, if these high blood sugar levels are not lowered, you may have serious health problems.



TYPES OF DIABETES

TYPE 1 DIABETES

If your body cannot make insulin, you have Type 1 Diabetes. Type 1 Diabetes happens more in children and young adults. People with Type 1 Diabetes must inject insulin to control their blood sugar.

TYPE 2 DIABETES

If your body can make some insulin, but not enough, you have Type 2 Diabetes. Some people with Type 2 Diabetes have insulin that doesn't work right.

Type 2 Diabetes usually starts in adults, but children can have it, too. It is more common in overweight people or if other people in your family have diabetes.

Type 2 Diabetes is controlled by balancing when and how much you eat with:

- ▶ **How active you are**
- ▶ **Your weight, and**
- ▶ **The diabetes medicine you take**

HIGH BLOOD SUGAR

When insulin isn't working right, sugar may leak from your blood into your urine. High blood sugar and sugar in the urine may cause problems like:

- ▶ **Weight loss**
- ▶ **Feeling thirsty**
- ▶ **Need to urinate often**
- ▶ **Blurred vision**

Controlling diabetes is important. If your blood sugar gets out of control, other serious health problems can happen, including:

- ▶ **Eye problems, including blindness**
- ▶ **Heart disease**
- ▶ **Foot problems, including losing a foot or leg**

MORE ON THE OTHER SIDE

Here to help with: Medications, Supplies, Support.

www.fredsmeds.com/diabetes



BLOOD SUGAR AND KETONE TESTS

You can't always tell if you have high blood sugar unless you keep up with your tests. That's why it is important to check your blood sugar regularly. Most people check their blood sugar by testing a drop of their blood in a special meter. Another important blood test is the A1C. This test shows your average blood sugar level over the past 2 to 3 months. A urine test is used to show if you have ketones in your urine. If ketones show up in your urine, your blood sugar level is too high and you should call your doctor right away. You may be having a medical emergency.

MEDICINE FOR DIABETES

Most diabetes patients need medicine to control their blood sugar. Pills for diabetes should be taken at the same time every day. It is important to know what to do if you forget to take your pill. You should not take a missed pill with your next pill.

Patients who need insulin should know how, where, and when to inject it. Some patients with diabetes use a needle and syringe to inject insulin. An insulin pen or pump may also be used. It is important to know where to keep your insulin and how long you can keep it. Call your pharmacist or doctor right away if you have questions about using insulin.

LOW BLOOD SUGAR

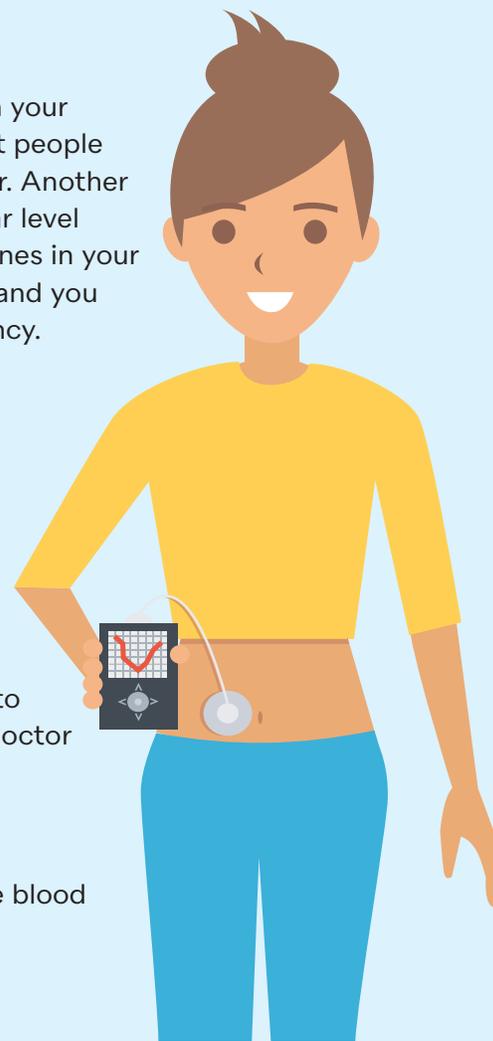
Pills and insulin help control diabetes, but sometimes they can also cause blood sugar to get too low. This can happen if you:

- ▶ **Are very active**
- ▶ **Don't eat enough**
- ▶ **Miss a meal**
- ▶ **Take too much medicine**

Signs of low blood sugar may include feeling shaky, tired, dizzy, upset, sweaty, or hungry.

If you have a low blood sugar problem, it's important to quickly eat or drink a food high in sugar, such as:

- ▶ **1/2 can of regular soda (real sugar, not diet)**
- ▶ **1 tablespoon (or two packs) of real sugar**
- ▶ **3 hard candies**



Call your fred's pharmacist anytime you have questions about how to control your diabetes.

It can be hard sometimes to control diabetes. Joining a support group can help. Tell your family and friends what they can do to help.

There is no cure for diabetes, but you can control it. Eat healthy foods every day, stay active, and take your medicine on time. You can lead a healthy life by keeping your diabetes under control.

Always talk to your pharmacist or doctor before making any changes in your diabetes treatment plan.

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