



**HOW TO MANAGE
TYPE 2 DIABETES**
getting started on a healthy path



Authors:

Nancy Simpson RN, BA, MEd
Anne Belton RN, MDE, CDE

© 2011 R.J+Associates; A.B. Belton & Associates

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means electronic or mechanical, including photocopy, recording or any information storage and retrieval system, without permission in writing from the authors.

Care has been taken to confirm the accuracy of the information presented and to describe generally accepted practices. The authors are not responsible for errors or omissions or for any consequences from application of the information in the booklet and make no warranty, express or implied, with respect to the content of the publication.

Publisher, HEAT Inc.
www.heatinc.ca
info@heatinc.ca

**How to Manage
Type 2 Diabetes...
Getting Started**

contains information that can help you along the road to managing diabetes. For many, managing diabetes means making changes in day-to-day living.

It is important to go about this step-by-step and not try to do it all at once. So... getting started now is a good idea.



People tend to learn best when information is important to them so pick the topics that interest you most and move through these topics at your own pace.

To get started, check out the list of 15 topics on **page 5**. Then go to **pages 6 & 7** and number the topics with number #1 being what you want to learn first. As you number each, write in when you plan to review that section and check it off when you are done.

There are things for you to do at the end of each section. This will give you the chance to think about how diabetes affects you and what changes you want to make so you can manage it.

DID YOU KNOW?

When you write down your plan, you are more likely to do it.

WHAT'S IN THIS BOOKLET

CONTINUED



This little booklet will not answer all your questions. So, when you have questions, write them down. There is a page for questions or things you want to think about at the end. Writing down what you want to know will help you remember to ask the healthcare people who are helping you learn to manage your diabetes.

There is also a list of places to phone and as well Internet sites that can give you good information.

Some people can manage their diabetes by getting regular physical activity as well as making wise food choices. So, plan to review these sections sooner rather than later:

- Choosing your food wisely. **See topic # 5**
- Being physically active can help. **See topic #6**

Learning to manage your diabetes takes time and there is no better time to start than now. We wish you all the best as you begin the lifelong journey of managing type 2 diabetes.

WHERE TO FIND INFORMATION	PAGE
1 What is type 2 diabetes?	8
2 Diabetes brings changes with it, both physical and emotional.	10
3 Type 2 diabetes can be managed.	12
4 When your blood glucose is higher than normal (hyperglycemia).	16
5 Making wise food choices helps you manage diabetes.	20
6 Being physically active helps you manage diabetes.	26
7 Your body weight plays a part in managing diabetes.	28
8 Medicines.	32
9 Low blood glucose (hypoglycemia).	34
10 Managing your blood pressure (BP) is important.	36
11 Managing blood fats (lipids) is also important.	38
12 Managing your diabetes. Is it working?	40
13 Ways of preventing or delaying the complications.	42
14 Working with a healthcare team makes a difference.	44
15 Family, friends and resources can help.	46
Resources	47
Sources of information	48

WHAT'S IN THIS...

CONTINUED

MY PRIORITIES 1-15	I WILL COVER THIS TOPIC BY (DATE)	TOPICS	PAGE	COMPLETED! <input checked="" type="checkbox"/>
		What is type 2 diabetes?	8	
		Diabetes brings changes with it both physical and emotional.	10	
		Type 2 diabetes can be managed.	12	
		When your blood glucose is higher than normal (hyperglycemia).	16	
		Making wise food choices helps you manage diabetes.	20	
		Being physically active helps you manage diabetes.	26	
		Your body weight plays a part in managing diabetes.	28	
		Medicines.	32	

MY PRIORITIES 1-15	I WILL COVER THIS TOPIC BY (DATE)	TOPICS	PAGE	COMPLETED! <input checked="" type="checkbox"/>
		Low blood glucose (hypoglycemia).	34	
		Managing your blood pressure (BP) is important.	36	
		Managing blood fats or lipids is important.	38	
		Managing your diabetes – Is it working?	40	
		Ways of preventing or delaying complications.	42	
		Working with a healthcare team makes a difference.	44	
		Family, friends and resources can help.	46	

1 WHAT IS TYPE 2 DIABETES?

When you have type 2 diabetes:

- Your body is not able to use the insulin it makes.
- Your body may not make the amount of insulin you need.



Insulin is a hormone that is made in the pancreas.

When you eat and drink, some of the food is changed to sugar, called glucose. Your body needs insulin so it can use this glucose for energy.

If your body does not release enough insulin or does not use it properly, there will be more glucose in your blood than there should be. This may bring with it changes in the way you feel. But lots of people have type 2 diabetes and do not know they have it.

By taking care of your diabetes, that is getting your blood glucose back to healthy levels, you will likely feel better. As well, you are taking the steps needed to prevent or slow down complications that come with too much glucose in the blood. Complications may include disease of the heart, blood vessels, kidneys, nerves and eyes.

DID YOU KNOW?

A study in the United Kingdom shows that complications of type 2 diabetes can be prevented or slowed with good control of the blood glucose.

So what should your blood glucose be?

The target range for **most people with diabetes** is:

- 4.0 – 7.0 mmol/L, before meals
- 5.0 – 10.0 mmol/L, 2 hours after eating
- A1C equal to or less than 7%

It may be wise for **some** people to have blood glucose levels between 5.0 and 8.0 mmol/L, 2 hours after meals.

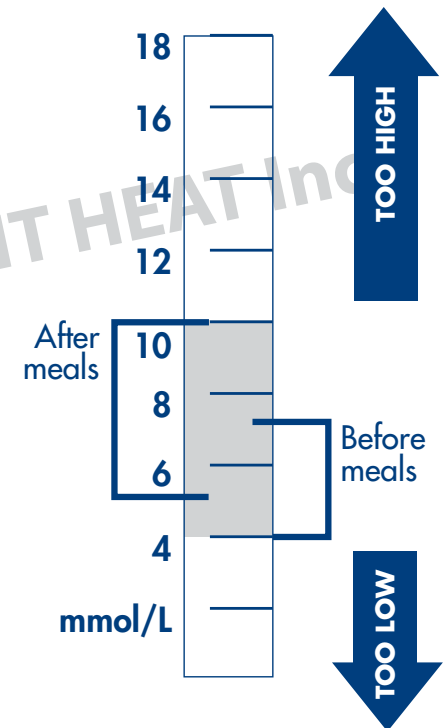
Should glucose levels be the same for everyone?

Sometimes different target levels are recommended.

This might be for:

- Frail, elderly people
- Young children
- Pregnant women
- People who have other health problems
- People whose blood glucose levels have been very high and need to come down slowly

Talk to your doctor about what your blood glucose and A1C levels should be.



DID YOU KNOW?

A1C is a blood test done in the lab. The results show an average of your blood glucose over three months. The A1C does not replace checking your own blood glucose or other lab tests. Talk to your doctor about how often you should have an A1C test done.

2 DIABETES BRINGS CHANGES WITH IT, BOTH PHYSICAL AND EMOTIONAL

Physical changes

Many people do not know they have type 2 diabetes. They feel fine and do not recognize the symptoms. Others do feel changes such as:

- More tired than usual
- More thirsty than usual
- Tingling or numbness in hands and feet
- Blurred vision
- Change in weight
- Passing urine more often

Symptoms usually improve when blood glucose is within target levels.

Have you had physical changes?

SYMPTOMS OF DIABETES (PHYSICAL CHANGES) SYMPTOMS OF DIABETES INCLUDE:	I HAVE THIS NOW <input checked="" type="checkbox"/>	IT IS STARTING TO GO AWAY <input checked="" type="checkbox"/>
More tired than usual		
More thirsty than usual		
Change in vision (e.g. blurred)		
Change in weight		
Passing urine more often		
Sore or infection that is slow to heal		
Tingling or numbness in your hands or feet		
Other changes that you have noticed:		

Emotional changes

People react differently to the diagnosis of diabetes. It takes time to accept that you have diabetes, that it cannot be cured and you will need to manage this disease on an ongoing basis. You may deny you have diabetes. Some people feel angry, guilty and depressed before they get to the stage of accepting diabetes.

Knowing that others have these feelings may help you move forward in accepting your diabetes. If you feel sad or down more than once in a while or if these feelings last for a period of time, get help. Talk to someone who is a good listener, a friend, family member, your doctor or a member of your diabetes healthcare team.

FEELINGS (EMOTIONAL CHANGES)	I AM FEELING THIS WAY <input checked="" type="checkbox"/>	IT IS GETTING BETTER <input checked="" type="checkbox"/>	I NEED TO TALK TO MY HEALTHCARE TEAM ABOUT THIS <input checked="" type="checkbox"/>
Denial			
Sad			
Angry			
Guilty			
Depressed			
Scared			
Other feelings:			

3 TYPE 2 DIABETES CAN BE MANAGED

What does it mean to manage diabetes?

Managing diabetes means keeping your blood glucose as close to normal as you can. People feel better and research shows that healthy blood glucose levels lower the risk of complications.

How is diabetes managed?

Managing diabetes requires change and change is not easy, at least not in the beginning.

▪ **Make wise food choices**

The food choices that will help you manage your diabetes are healthy ones and include a wide variety of foods.

See topic # 5: Making wise food choices

▪ **Be more active physically**

Physical activity or exercise gets you moving. This helps your insulin work better and burns up some glucose.

See topic #6: Being physically active

▪ **Healthy body weight**

Many people with type 2 diabetes are overweight. Being overweight makes it harder for your body to use the insulin. **See topic #7: Your body weight plays a part**

▪ **Medicines may be needed**

When you increase your physical activity and make wise food choices and this does not bring your blood glucose to target levels, medicines are needed.

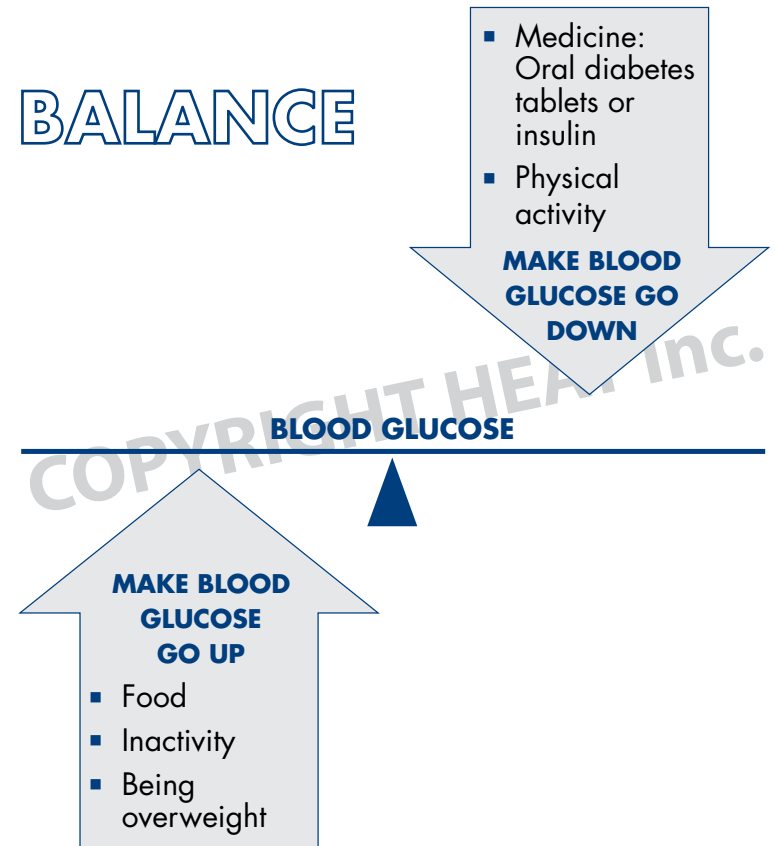
See topic #8: Medicines

DID YOU KNOW?

Diabetes is a serious, lifelong condition but the good news is you can manage type 2 diabetes.

So, how do these factors balance?

Managing diabetes is about balancing the things that make blood glucose go up with those that make blood glucose go down.



For example, people with type 2 diabetes who are overweight and take medicine for their diabetes may need less medicine as they lose weight. Other factors, such as illness and stress affect blood glucose. To learn more about what affects blood glucose, contact the Canadian Diabetes Association. See Resources page 47.