

MY PATIENT EDUCATION



Diabetes Management



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WHAT IS DIABETES?

When you have diabetes, the glucose (sugar) level in your blood can become too high. Over time, high blood glucose causes health problems, including damage to the heart, kidneys, eyes, and feet.

There is a way to keep track of how you're managing diabetes and its complications, however. It's called the ABC method: A for the A1C test, B for blood pressure, and C for cholesterol. By controlling your blood glucose, blood pressure, and cholesterol, you can better manage diabetes and reduce the risk of complications.



Anyone can develop diabetes. It can affect people of all ages and backgrounds. But there are some common risk factors for diabetes. These include:

- Family history of diabetes
- Lack of physical activity
- Being overweight
- Being over age 45
- Being African-American, Native American, Latino, Asian-American, Asian, Indian, or Pacific Islander
- History of gestational diabetes

KNOW YOUR GOAL NUMBERS

The American Diabetes Association (ADA) gives target goals for blood glucose and blood pressure. Keep in mind that your goal numbers may be different. Talk to your health care provider about what your numbers should be.

Know Your Goal Numbers

Tests

ADA Targets

Blood glucose

A1C*

Pre-meal blood glucose

Post-meal blood glucose

<7%

80–130 mg/dL

<180 mg/dL

Postmeal glucose measurements should be checked 1–2 hours after the beginning of the meal.

Blood pressure

A test that checks the force of blood flow through vessels

<140/90 mm Hg

A general goal for blood pressure of <140/90 mm Hg is appropriate for many adults with diabetes. A lower blood pressure target may be appropriate for some patients. Ask your health care provider about the blood pressure target that is right for you.

Cholesterol and blood lipids

LDL (“bad” cholesterol)

HDL (“good” cholesterol)

Triglycerides

Cholesterol goals for LDL, HDL, and triglycerides are not the same for every patient with diabetes.

Ask your health care provider about the cholesterol target that is right for you. If you have diabetes, you should have your cholesterol checked at the time of diagnosis, and every 5 years after that—or more often, if recommended by your health care provider.

*The general goal of <7% appears reasonable for many adults with diabetes. More or less stringent A1C goals may be appropriate for other patients.

REDUCING YOUR RISK OF COMPLICATIONS

Controlling blood glucose, blood pressure, and cholesterol can help reduce the risk of long-term complications of diabetes. Talk to your health care provider to learn more.

Heart Disease and Stroke

Diabetes is itself a risk factor for heart disease and stroke. Heart attack and stroke affect people with diabetes more than twice as often as people without diabetes.

In fact, two out of three people with diabetes die from heart disease or stroke, which are together called cardiovascular disease. Clogged blood vessels can lead to heart attack, stroke, and other problems.

Heart Disease

- Coronary artery disease, sometimes called hardening of the arteries, is caused by narrowing or blocking of the blood vessels that go to your heart.
- Your blood carries oxygen and other needed materials to your heart. If the blood vessels to your heart become partially or totally blocked by fatty deposits, then the blood supply is reduced or cut off. Then a heart attack, sometimes called a myocardial infarction or MI, can occur.

Heart Attack: The Warning Signs

These are the signs of a heart attack:

- Chest pain or discomfort
- Pain or discomfort in your arms, back, jaw, neck, or stomach
- Shortness of breath
- Sweating
- Indigestion or nausea
- Light-headedness
- Tiredness or fatigue

You may not experience all of these symptoms, and they may come and go. Chest pain that doesn't go away after resting may signal a heart attack. Diabetes can cause nerve damage that can make heart attacks painless or "silent." If you have warning signs of a heart attack, call 911 immediately.

Heart Failure

Heart failure doesn't mean your heart has stopped working. It means that the heart is less able to pump the blood the body needs. Heart failure may be caused by a number of problems, such as heart attack, coronary artery disease, and high blood pressure. In congestive heart failure, fluid builds up inside body tissues such as the lungs. This makes breathing difficult.

Heart Failure: The Warning Signs

The warning signs for heart failure can vary. These can include:

- Shortness of breath
- Weakness
- Nausea
- Fatigue
- Swelling of the feet and ankles (from fluid retention)



Stroke

A stroke happens when the blood supply to part of your brain is suddenly cut off. This damages brain tissue. Strokes usually happen when a blood clot blocks a blood vessel in the brain or neck.

A stroke can cause movement problems, pain, numbness, and problems with thinking, remembering, or speaking. Sometimes people also experience emotional problems, such as depression, after a stroke.

People with diabetes are 1.5 times more likely to have a stroke than are people who don't have diabetes. But people with diabetes can lower their risk of stroke by taking care of their health.

Stroke: The Warning Signs

The warning signs for stroke can develop suddenly and can include:

- Weakness or numbness on one side of the body
- Sudden confusion or trouble understanding
- Trouble talking, dizziness, loss of balance, or trouble walking
- Trouble seeing out of one or both eyes
- Double vision
- Severe headache

Diabetes Damages Nerves

Diabetes is a leading cause of nerve damage. About half of all people with diabetes have some form of nerve damage. Nerve damage is also called neuropathy. It can cause tingling, pain, or numbness in your feet and hands. It can also affect the nerves in your body that control your digestive system, urinary tract, sex organs, heart and blood vessels, sweat glands, and eyes. Keeping your blood

sugar, blood pressure, and cholesterol levels in your target range can help prevent or delay nerve damage and other problems.

Diabetes Damages Kidneys

Your kidneys have millions of filters that remove waste from your blood. These filters keep protein in the blood. High blood glucose can damage these filters. When kidney disease starts, the filters in the kidneys do not work well. This causes protein to pass into the urine. Having protein in the urine is called albuminuria. You cannot see or feel this, but your health care provider can test your urine for it. Without treatment, the kidneys will get worse. Once this happens, the kidneys have a harder time controlling the body's fluid levels. This can cause high blood pressure or make high blood pressure worse. When the kidneys do not work, a machine can be used to filter waste from the blood through a process called dialysis.

Things you can do to help prevent kidney disease:

- Visit your health care provider regularly. Get screened for kidney disease to catch problems early. Your health care provider can check your blood pressure, urine (for protein), and blood (for waste products).
- Follow your health care provider's advice. Sometimes exercise, changes to your diet, and medicine can help keep your kidneys healthy.
- Keep your blood glucose under control.
- Keep your blood pressure at goal.
- Lose weight, if you are overweight
- Consume less salt
- Avoid drinking alcohol and smoking
- Be active every day.

CHECKING BLOOD GLUCOSE

Checking your blood glucose (also called blood sugar) is important. You can use the results to make decisions about food, physical activity, and medication. These decisions can help you feel better day to day and delay or prevent diabetes complications such as heart attack, stroke, or blindness.

How do I check my blood glucose?

Many people use a blood glucose meter to check their blood glucose several times a day. A meter is a small device that tests a tiny drop of blood and then displays your blood glucose level at that moment. A lancet is a device used to prick the skin to get the drop of blood.

What are the blood glucose targets for people with diabetes?

The general targets recommended by the American Diabetes Association are listed below. Talk with your health care team about whether these targets are right for you.

ADA targets:

- When you wake up and before meals: 80 to 130 mg/dL
- 2 hours after starting a meal:
- below 180 mg/dL

Many people check blood glucose first thing in the morning before they eat

When are the best times of day to check blood glucose?

Many people check blood glucose first thing in the morning before they eat (called “fasting”) as well as before other meals. You also may want to check after meals (called “postprandial”) when your blood glucose is likely to be higher.

Other times to check include:

- When you’re having symptoms of high or low blood glucose
- When you’re ill, especially if you’re vomiting or suffering from dehydration
- Before, during, and after physical activity
- Before you drive
- Before you go to sleep



How often do I need to check?

If you’re using your blood glucose results to decide how much insulin to take, you’ll need to check several times a day. You will probably need to check more often if you’re pregnant or you make changes to your medications, activity, or meal plan. Talk it over with your doctor.

More recent technology has led to continuous glucose monitors (CGMs) that check your blood glucose at regular intervals. These work by using a sensor attached to the skin. This sensor uses a transmitter to send your blood glucose levels to a receiver, which tracks if your levels are trending up or down. This gives you a more complete look at how your blood glucose levels are changing throughout the day and night.

Can I get a blood sample without sticking my finger?

Some glucose meters can check blood samples from areas other than the fingertips. This can be the fleshy parts of the hand, the forearm, the outer thigh, the calf, or the abdomen.

Sometimes, to get the most accurate results, experts recommend that you use your fingertips instead of these other sites.

If you're seeking ways to keep your fingertips from getting sore, or you can't get blood from alternative sites, talk with your health care team

These times include when:

- Your blood glucose is low or likely to be low
- You have trouble realizing that your blood glucose is low
- It's less than two hours after starting a meal
- You've been physically active

If you're seeking ways to keep your fingertips from getting sore, or you can't get blood from alternative sites, talk with your doctor about different types of lancets or other techniques that can help.

How can I make sure that my meter provides accurate results?

Follow your meter's instructions for the most accurate results.

This includes:

- Keeping your meter clean
- Making sure your test strips haven't passed their expiration date
- Storing your strips as recommended
- Coding (setting up) your meter for your strips if necessary and using the control solution as recommended
- Making sure your blood sample is big enough

If your meter isn't working at all, it may need new batteries. Check the back of your meter for the meter manufacturer's phone number in case questions arise.

Once a year, talk with your doctor or diabetes educator about how you use your meter.

FACTORS AFFECTING BLOOD GLUCOSE

Factors Affecting Blood Glucose

Before you had diabetes, no matter what you ate or how active you were, your blood glucose (sugar) levels stayed within a normal range. But with diabetes, your blood glucose level can rise higher and some diabetes medications can make them go lower than normal. Many factors can change your blood glucose levels. Learning about these factors can help you control them.

You can use your blood glucose levels to make decisions about food and activity. These decisions can help you delay or prevent diabetes complications such as heart attack, kidney disease, blindness, and amputation.

What can make my blood glucose rise?

- Too much food, like a meal or snack with more carbohydrates than usual
- Not being active
- Not enough insulin or oral diabetes medications
- Side effects from other medications, such as steroids, anti-psychotic medications
- Illness – your body releases hormones to fight the illness, and those hormones raise blood glucose levels
- Stress, which can produce hormones that raise blood glucose levels
- Short- or long-term pain, like pain from a sunburn – your body releases hormones that raise blood glucose levels
- Menstrual periods, which cause changes in hormone levels
- Dehydration

What can make my blood glucose fall?

- Not enough food, like a meal or snack with fewer carbohydrates than usual, missing a meal or snack
- Alcohol, especially on an empty stomach
- Too much insulin or oral diabetes medications
- Side effects from other medications
- More physical activity or exercise than usual – physical activity makes your body more sensitive to insulin and can lower blood glucose.

How can I track my blood glucose?

There are two ways to keep track of your blood glucose levels:

- using a blood glucose meter to measure your blood glucose level at that moment
- getting an A1C at least twice a year to find out your average blood glucose for the past 2 to 3 months



“ Use a blood glucose meter to measure your blood glucose level at any given moment. ”

MEDICINES FOR DIABETES

- Healthy lifestyle, physical activity and healthy meal planning are key to managing diabetes.
- This may not be enough and your provider may order you medication.
- Please contact your provider before stopping medication or if you can't afford to continue to take your medication.

Pills for Diabetes

- There are many kinds of pills for diabetes
- They work in different ways to lower your blood sugar
- The most important thing you can do is to follow a meal plan and participate in physical activity to help manage your blood sugar.
- Following your meal plan and staying active may not be enough. You may need medication.
- Sometimes one medication will not be enough. Your doctor may prescribe a combination of medications.



Insulin

- Insulin helps your body use the extra sugar in your blood as energy
- Some people take pills and insulin
- There are also other injectable medications for diabetes



Understand Your Medicine

- Know why you are taking it
- Know how it works

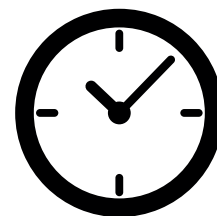
Do not be afraid to tell your medical provider if:

- You have problems with your medicine, you run out of medicine, or you cannot afford your medicine



Always take your medicine as directed

- Never skip or double up on your medicine
- Know your schedule and stick to it
- Remember, your medicine and a healthy diet are the keys to diabetes control.



LOW BLOOD SUGAR (HYPOGLYCEMIA)

Signs and Symptoms

Here's what may happen when your blood sugar is low:



Or you may have no symptoms at all.

What to do if you think you have low blood sugar

Check

Check your blood sugar right away if you have any symptoms of low blood sugar. If you think your blood sugar is low, or less than 70, but cannot check it at that time, treat anyway.

Treat

Treat by eating or drinking 15 grams of something high in sugar, such as:

4 ounces (1/2 cup) of regular fruit juice, such as orange, apple or grape.

4 glucose tablets or 1 tube of glucose gel

1 tablespoon of sugar, honey or corn syrup

4 ounces (1/2 cup) of regular soda pop (not diet)

2 tablespoons of raisins

Wait

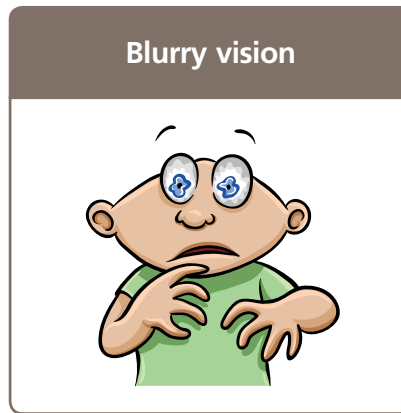
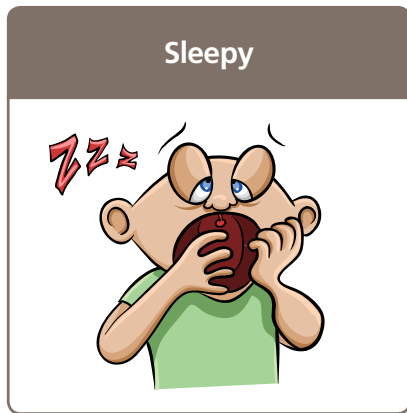
Wait 15 minutes and then check your blood sugar again.

- If it is still low, eat or drink something high in sugar again
- If your next meal is more than an hour away, eat a snack to keep your low blood sugar from coming back.
- Call provider to see if you need a change in medications.

HIGH BLOOD SUGAR (HYPERGLYCEMIA)

Signs and Symptoms

Here's what may happen when your blood sugar is high:



Or you may have no symptoms at all.

What to do about high blood sugar

Follow

The best way to avoid high blood sugar is to follow your diabetes care plan:

- Take your medications as directed
- Follow your meal plan
- Follow your physical activity plan

Call

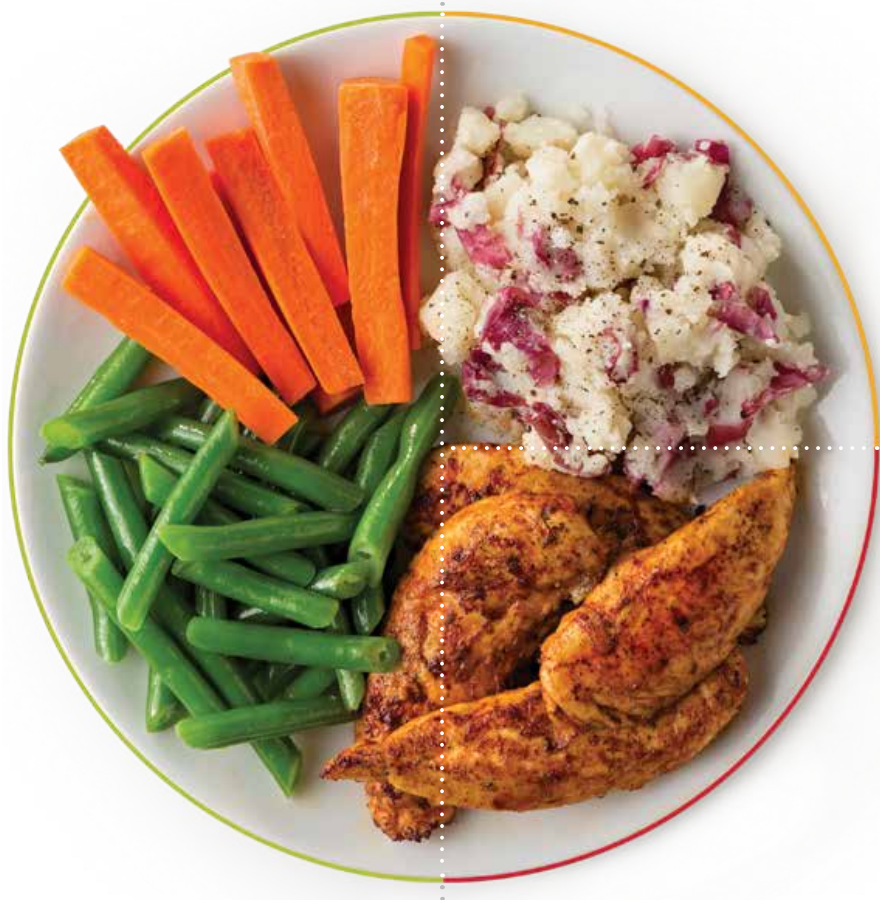
Call your diabetes care team if your blood sugar has been higher than your goal for three days and you don't know why.

Check

The best way to know if you have high blood sugar is to check your blood sugar regularly, as directed by your doctor.

PLAN YOUR PORTIONS

NONSTARCHY VEGETABLES



Use a 9-inch plate to help guide your portions.

CARBOHYDRATES



PROTEIN



HEALTHY SNACKING FOR DIABETES

When you have diabetes, planning healthy meals is essential in controlling your blood sugar levels. So what about snacks?

Snacking is a great way to curb your hunger in between meals and prevent your blood sugar levels from dropping too low. It can be challenging to figure out what to snack on so here are a few tips to keep in mind when picking your snacks:

- Limit your carbohydrate intake to 30 grams (2 carbohydrate exchanges) with snacks
- Try to incorporate foods with protein, such as nuts, hard-boiled eggs, nut butters, seeds, Greek yogurt, and tuna fish
- Incorporate foods that are rich in vitamins and minerals such as fruits and vegetables
- Plan and prepare your snacks ahead of time so they are ready to grab and go for the day
- Avoid snacks that have a lot of added fats and sugars, such as candy, chips, cakes, and cookies

Need a few ideas to get started? The following are a few snacks you can give a try:

- 1 small sliced apple w/ 1 tbsp. peanut butter
- 1 cup sliced bell pepper or 12 baby carrots with 2 tbsp. Greek yogurt dip or hummus
- 6 ounce cup of Greek yogurt and ½ cup of blueberries
- 3 cups of popcorn and 12 almonds
- 5-6 crackers and ½ cup tuna salad

Too busy or short on time to prepare some of the above snacks? Below are some healthy snacks you can find pre-packaged so no prep work is needed!

- Reduced Fat Jif® To Go
- Emerald® 100 Calorie Nut Packs
- Snack Fresh® Red Apple Slices
- Dannon® Lite and Fit Greek Yogurt®
- Baby Carrots Snack Pack
- Skinny Pop Snack Size Bag®
- Bumble Bee® Snack On The Run! Tuna Salad
- Celery Sticks Snack Pack
- Sabra® Singles

**All of these items can be found at your local Wal-Mart*

If you need any additional tips or information on how to eat for diabetes, visit the American Diabetes Association's website at diabetes.org



MANAGING DIABETES SAFELY DURING SICK DAYS

You can stay safe when you are sick

Illness can make it harder to manage your diabetes. You and your diabetes care team can work together to develop a sick day plan before you become ill to make it easier to take care of your diabetes when you are not feeling well. Your team can also let you know when to contact them.



Keep track of your blood sugar

Even if your blood sugar is usually under good control, it can vary when you're sick. So it's important to check your blood sugar often. For example, check it every 6 hours for a mild illness and every 3 to 4 hours for a severe illness. If you use insulin, also check for ketones. Call your diabetes care team if your blood sugar levels are 250 mg/dL or higher for 2 checks, or as directed by your diabetes care team, regardless of your ketone level.

Continue to take your diabetes medicines

- Be sure to take your diabetes medicines when you are sick unless your diabetes care team tells you not to. Do not skip your diabetes pills or insulin even if you feel too sick to eat
- If you use insulin, your diabetes care team may tell you to take extra injections of insulin if your blood sugar is 250 mg/dL or higher. Even if you are vomiting (throwing up) or are unable to eat, continue taking your long-acting (basal) insulin. Ask your diabetes care team about how to adjust your insulin dose when you are sick



- If you take diabetes pills, take your usual dose. If you vomit up the pills or are not eating, call your diabetes care team. Your team may tell you to stop your sulfonylurea medicine (glipizide, glyburide, glimeperide). Ask your diabetes team about how to adjust your diabetes pills when you are sick



Check with your diabetes care team or pharmacist before taking any over-the-counter medicines, like aspirin, cough syrup, or decongestants, to see if they might raise or lower your blood sugar. Choose sugar-free medicines if they are available.

MANAGING DIABETES SAFELY DURING SICK DAYS

Eating when you are sick

Eating well is important when you are sick, so try to follow your usual meal plan as best you can.

If you are unable to stick to your meal plan but are able to eat some food, choose items from the list below. Each item counts as 1 carbohydrate choice or 15 grams of carbs. Try to eat or drink at least 45 grams of carbs every 3 to 4 hours.

- ½ cup fruit juice (like orange or apple)
- ½ cup regular (not sugar free) soda pop
- ½ cup regular gelatin dessert
- 1 double ice pop
- 1 cup soup
- 1 cup sports drink
- 1 slice toast
- 6 soda crackers



Ask your diabetes care team any questions you may have about eating when you are sick.

Drink up

If you feel too sick to eat solid foods, be sure to drink 6 to 8 ounces of liquids every hour. Switch back and forth between drinks that contain sugar and drinks that do not. For example, for one hour, drink regular fruit juice and soft drinks. The next hour, drink sugar-free soft drinks, tea, or water.



If you can't follow your meal plan, drink fluids that contain salt, like bouillon or clear soup.

When to call your diabetes care team



You can call your diabetes care team any time you have questions or concerns. But you should definitely call if:

- Your blood sugar level is less than 70 mg/dL
- Your blood sugar levels are over 250 mg/dL for more than 2 checks
- You are vomiting or are unable to keep fluids down
- You have a fever (101.5° F) or an illness that lasts more than 24 hours
- You have severe pain in your stomach, have chest pain, or have a hard time breathing
- You have been vomiting or having diarrhea for more than 6 hours
- You have moderate to large amounts of ketones in your urine for more than 6 hours
- You are not sure what to do

My sick day plan

It's a good idea to make a sick day plan with your diabetes care team before you get sick. That way you will know what to do if you get sick.

Do not make any changes to your diabetes care plan without first checking with your diabetes care team. If you have any questions or concerns about what to do when you are sick, be sure to contact your team.

YOUR PHYSICAL HEALTH

Have Regular Checkups

Managing your blood glucose every day helps reduce your risk of complications. You also need regular checkups with your health care provider to monitor risk factors for diabetes complications. Keep up-to-date on the tests listed below. Ask what other tests you might need based on your age, health, and gender (such as cancer screenings).



Tests and Vaccinations

The American Diabetes Association recommends having the following tests done to help reduce your risk of **complications** (especially from comorbidities):

- Blood pressure (every time you visit the health care provider)
- A1C (at first, every 3 to 6 months)
- Cholesterol and blood lipids (at the time of diagnosis, and every 5 years after that—or more often, if recommended by your health care provider)
- Foot exam (a thorough examination once a year. Have your feet looked at during every visit.)
- Vaccinations (as directed by your health care provider)*

*Ask your health care provider which immunizations would help you.

If You Smoke

If you smoke, quitting smoking is one of the most important changes you can make for your health. Talk with your health care provider about ways to stop smoking. Together, you can make a plan to quit. Quitting may be hard and take some time. But, the potential health benefits are worth it.

Have a Quit Plan

Forming a “quit plan” can improve your chances of success. First, ask your health care provider about quit aids and medications, such as nicotine gum or patches. Plan when you’ll quit and what method you’ll use. Decide ahead of time how you will deal with the urge to smoke. Let your family and friends know how they can support you. Start by setting a quit date.

My quit date:

Foot Care

Over time, diabetes can affect **nerves** and **blood vessels** that supply the legs and feet. This means you may not be able to feel if you have a cut or infection. Wounds on your feet may be slow to heal, and may infect easily. Because of this, you need to pay close attention to your feet. Check them daily. Ask a family member for help if you have trouble seeing your feet, especially the bottoms. If you have problems with your feet, you should have your feet examined every time you see your health care provider.

Preventing Foot Problems

Here's what you can do to help prevent serious health problems with your feet:

- Inspect your feet every day for cuts, cracks, sores, redness, or swelling. Watch for cuts and scrapes that are slow to heal, itch, feel warm, ooze fluid, or smell bad. If you notice any of these problems, contact your health care provider right away. He or she may refer you to a **podiatrist** (a specialist in foot health).
- Keep your feet clean and protect them from injury. Wash your feet in warm (not hot) water and dry thoroughly, especially between toes.
- Don't soak your feet.
- Do not go barefoot, and always wear clean socks and comfortable shoes that protect your feet.
- Do not trim any corns or calluses. Talk to your health care provider if you need help cutting and filing your toenails safely.
- Look for color changes in your feet (redness with streaks can signal a severe infection).
- The American Diabetes Association recommends that you have a thorough foot exam at least once a year. Anyone who has diabetes should have their feet inspected at every office visit.

Eye Care

Diabetes can lead to **retinopathy**. This is a condition caused by changes in the retina, the part of the eye that senses light. If not treated, retinopathy can lead to blindness. To help monitor your eyes for changes (such as changes to the retina), see an eye care specialist (ophthalmologist or optometrist) at least once a year. Do this even if your eyes feel fine and you aren't having trouble seeing. Call the health care provider if you notice any of the following:

- Any new dark spots in your vision
- Poor vision in dim light
- Eye pain or pressure

Gum Care

People with diabetes are at risk of **periodontal (gum) disease**. This is an infection that destroys gums and the bones that hold the teeth. The infection can also enter the bloodstream, affecting the heart and other organs. To help prevent gum disease, brush your teeth at least twice a day. Don't forget to floss! And see a dentist at least twice a year. Be sure to tell anyone who works on your teeth that you have diabetes. Call your dentist if you notice any of the following:

- Bleeding gums
- Red, swollen, or tender gums
- Gums that have pulled away from teeth
- Loose teeth, or permanent teeth that have shifted position

MANAGING MY DIABETES AT HOME

The guidelines below are general and may vary based on collaboration with your physician

<p>Goals for Everyday</p> <ul style="list-style-type: none"> Your blood sugar range is 80 – 130 in the morning Blood sugar less than 180 two (2) hours after eating No signs of low or high blood sugar 	Physician Phone Number: _____
	Care Manager Phone Number: _____
	Diabetes Care Specialist: 301-790-8418

<p>Green Zone – Great Control</p> <ul style="list-style-type: none"> Average blood sugars typically under 150 Most fasting blood sugars under 130 No blood sugar under 70 A1C equal or less than 7% No sores on body or feet 	<p>What the Green Zone Means:</p> <ul style="list-style-type: none"> Your blood sugars are under control Continue taking your medication as ordered Continue routine blood glucose monitoring Follow healthy eating habits Keep all physician appointments
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<p>Yellow Zone – Caution</p> <p>Work closely with your health care team if you are going into the YELLOW zone</p> <ul style="list-style-type: none"> Blood sugar greater than 130 in AM Blood sugar average greater than 180 Repeated blood sugars above 200 Low blood sugar less than 70 without a known reason A1C greater than 8% Changes in your feet or skin such as: cuts, open sores, red areas or blisters 	<p>What the Yellow Zone Means:</p> <ul style="list-style-type: none"> Your blood sugar may indicate that you need an adjustment of your medications <p><i>Suggestions for Change:</i></p> <ul style="list-style-type: none"> Improve your eating habits Increase your activity level Take medications as ordered Look for causes of high blood sugar such as: <ul style="list-style-type: none"> Missed or expired medication Expired test strips Too many carbohydrates Attend diabetes education – please contact provider for referral.
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Call your physician, nurse, care manager or diabetes educator if changes in your activity level or eating habits do not decrease your fasting blood glucose levels and your daily blood sugars are not in target

<p>Red Zone – Stop and Think</p> <p>Call your physician if you are going into the RED zone!</p> <ul style="list-style-type: none"> Blood sugar greater than 300 and not coming down Nausea and vomiting Shortness of breath Fruity breath Increased thirst Frequent urination Increased hunger Blurred vision Fatigue 	<p>What the Red Zone Means:</p> <ul style="list-style-type: none"> You need evaluated by a physician right away. <p><i>Suggestions for Change:</i></p> <ul style="list-style-type: none"> Drink sugar free fluids Test your blood sugar every 4 hours Take your medications
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If you are unable to contact your physician immediately, seek emergency care or call 911

The guidelines above are taken from the American Diabetes Association in collaboration with the Meritus Diabetes Education (MDE).

Patient Signature: _____

Nurse Signature: _____

Date: _____

DISCRIMINATION IS AGAINST THE LAW

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Meritus Health:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact Director of Patient Advocacy.

If you believe that Meritus Health has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

Director of Patient Advocacy, Meritus Medical Center, 11116 Medical Campus Road, Hagerstown, MD 21742, 301-790-8105, Advocates@meritushealth.com. You can file a grievance in person or by mail, telephone, or email. If you need help filing a grievance, Meritus Health's Patient Advocate's Office is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services 200 Independence Avenue, SW Room 509F, HHH Building Washington, D.C. 20201, 1-800-368-1019, 800-537-7697 (TDD) Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

Meritus Health cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. Meritus Health no excluye a las personas ni las trata de forma diferente debido a su origen étnico, color, nacionalidad, edad, discapacidad o sexo.

Meritus Health:

- Proporciona asistencia y servicios gratuitos a las personas con discapacidades para que se comuniquen de manera eficaz con nosotros, como los siguientes:
 - Intérpretes de lenguaje de señas capacitados.
 - Información escrita en otros formatos (letra grande, audio, formatos electrónicos accesibles, otros formatos).
- Proporciona servicios lingüísticos gratuitos a personas cuya lengua materna no es el inglés, como los siguientes:
 - Intérpretes capacitados.
 - Información escrita en otros idiomas.

Si necesita recibir estos servicios, comuníquese con Director of Patient Advocacy.

Si considera que Meritus Health no le proporcionó estos servicios o lo discriminó de otra manera por motivos de origen étnico, color, nacionalidad, edad, discapacidad o sexo, puede presentar un reclamo a la siguiente persona: Director of Patient Advocacy, Meritus Medical Center, 11116 Medical Campus Road, Hagerstown, MD 21742, 301-790-8150, Advocates@meritushealth.com. Puede presentar el reclamo en persona o por correo postal, fax o correo electrónico. Si necesita ayuda para hacerlo, Director of Patient Advocacy está a su disposición para brindársela.

También puede presentar un reclamo de derechos civiles ante la Office for Civil Rights (Oficina de Derechos Civiles) del Department of Health and Human Services (Departamento de Salud y Servicios Humanos) de EE. UU. de manera electrónica a través de Office for Civil Rights Complaint Portal, disponible en <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, o bien, por correo postal a la siguiente dirección o por teléfono a los números que figuran a continuación:

U.S. Department of Health and Human Services, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, D.C., 20201 1-800-368-1019, 800-537-7697 (TDD)

Puede obtener los formularios de reclamo en el sitio web <http://www.hhs.gov/ocr/office/file/index.html>.

Discrimination is Against the Law

Meritus Health 遵守適用的聯邦民權法律規定，不因種族、膚色、民族血統、年齡、殘障或性別而歧視任何人。Meritus Health 不因種族、膚色、民族血統、年齡、殘障或性別而排斥任何人或以不同的方式對待他們。

Meritus Health :

- 向殘障人士免費提供各種援助和服務，以幫助他們與我們進行有效溝通，如：
 - 合格的手語翻譯員
 - 以其他格式提供的書面資訊（大號字體、音訊、無障礙電子格式、其他格式）
- 向母語非英語的人員免費提供各種語言服務，如：
 - 合格的翻譯員
 - 以其他語言書寫的資訊

如果您需要此類服務，請聯絡

Director of Patient Advocacy

如果您認為 Meritus Health 未能提供此類服務或者因種族、膚色、民族血統、年齡、殘障或性別而透過其他方式歧視您，您可以向 Director of Patient Advocacy 提交投訴，郵寄地址為 Meritus Medical Center,

11116 Medical Campus Road, Hagerstown, MD 21742，

電話號碼為 301-790-8150，

電子信箱為 Advocates@meritushealth.com。您可以親自提交投訴，或者以郵寄、傳真或電郵的方式提交投訴。如果您在提交投訴方面需要幫助，Director of Patient Advocacy 可以幫助您。

您還可以向 U.S. Department of Health and Human Services（美國衛生及公共服務部）的 Office for Civil Rights

（民權辦公室）提交民權投訴，透過 Office for Civil Rights Complaint Portal 以電子方式投訴：

<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>，或者透過郵寄或電話的方式投訴：

U.S. Department of Health and Human Services, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, D.C. 20201

1-800-368-1019, 800-537-7697 (TDD)（聾人用電信設備）

登入 <http://www.hhs.gov/ocr/office/file/index.html> 可獲得投訴表格。

English

If you speak [insert language], language assistance services, free of charge, are available to you.

繁體中文 (Chinese)	注意：如果您使用繁體中文，您可以免費獲得語言援助服務。	URDU ’متوجہ ہوں: اگر آپ کی زبان [اردو] ہے تو آپ کے لئے زبان میں معاونت کی خدمات مفت دستیاب ہیں۔“
Français (French)	ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement.	영어 (KOREAN) “알려드립니다: 귀하가 사용하는 언어가 [한국어]인 경우, 언어지원 서비스를 무료로 이용하실 수 있습니다.”
Deutsch (German)	ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung.	AMHARIC “ግንኙነቱ: [አማርኛ] የሚናገሩ ከሆኑ፣ ነጻ የቋንቋ ድጋፍ አገልግሎቱ ይሰጣል።”
Kreyòl Ayisyen (Haitian Creole)	ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou.	Arabic تنبیه: إذا كنت تتحدث [اللغة العربية]، فإن خدمات المساعدة اللغوية متاحة لك مجانًا.
Italiano (Italian)	ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti.	বাংলা (BENGALI) “মনে রাখবেন: আপনি যদি [বাংলাতে] কথা বলেন, আপনার জন্য বিনামূল্যে ভাষা সহায়তা পরিষেবাগুলি উপলব্ধ রয়েছে।”
Русский (Russian)	ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода.	Farsi توجه: اگر به زبان [فارسی] صحبت می‌کنید، خدمات کمک زبان به صورت رایگان برای شما در دسترس هستند.
Español (Spanish)	ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.	IGBO “NRUBAMA: O bụrụ na ị na asụ [Igbo], ọrụ enyemaka asụsụ, n'efu, dijiri gi.”
Tagalog (Tagalog)	PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad.	PENNSYLVANIA DUTCH “BASS UFF: Wann du [Pennsylvania Deutsch] schwetzschts, kannschdt du Hilf in dei eegni Schprooch griege as dich nix koschte zellt.”
Tiếng Việt (Vietnamese)	CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn.	
Türkçe (Turkish)	DİKKAT: Eğer Türkçe konuşuyor iseniz, dil yardımı hizmetlerinden ücretsiz olarak yararlanabilirsiniz.	



11116 Medical Campus Road
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301-790-8000

MeritusHealth.com