Are you new to Diabetes?

What is hyperglycemia & hypoglycemia?

Hyperglycemia
Hyperglycemia means high blood sugar. Signs and symptoms develop slowly, but recognizing symptoms early can help treat it early. Frequent urination, increased thirst, blurred vision, fatigue, fruity-smelling breath, weakness, and confusion are all signs of hyperglycemia.

Hypoglycemia
Hypoglycemia means that your blood sugar levels are lower than normal. Immediate treatment is needed with these symptoms: irregular or fast heartbeat, fatigue, pale skin, anxiety, sweating, hunger, and tingling or numbness of the lips, tongue, or cheek.

How can diabetes affect me?

What conditions could worsen my diabetes?
- Malnutrition
- High Blood Pressure

What conditions am I more at risk for?
- Cardiovascular disease
- Kidney damage
- Eye damage
- Foot complications
- Hearing impairment

How can I better control my diabetes?

Diet
A healthy diet can really help you control your diabetes. Healthy carbohydrates like fruits, vegetables, and whole grains; foods high in fiber like nuts and legumes; fish; and ‘good’ fats like avocados are nutritious food examples.

Exercise
Exercise should include both strength training and aerobic exercise. The goal of aerobic exercise should be 150 minutes per week - 30 minutes per day. As long as you can’t easily talk, you are exercising! Strength training is beneficial if done two times per week for at least 20 minutes. Remember to start low and go slow.

Medication adherence
Adherence to diabetic medications is an important part of improving a patient's health. Taking medications as prescribed leads to lower hospitalization, lower health care cost, and lower mortality rates.

Regular doctor appointments
Patients with diabetes will typically see their doctor for appointments every 3-6 months depending on their condition. If they have complications or have uncontrolled blood sugar levels they may have to see their doctor more frequently. At these appointments it is important to provide your doctor with your home blood sugar log and to inform them of any new changes in your medical history or life that may end up affecting your diabetes.
