

The Essentials of Diabetes Management



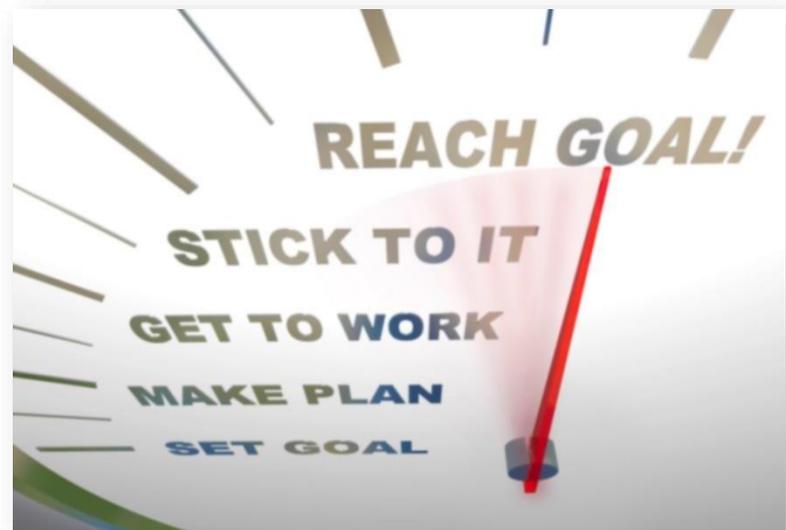
Objectives

- Goal setting
- Diabetes management
 - *Monitoring*
 - *Medications*
 - *Meal basics*
 - *Movement*



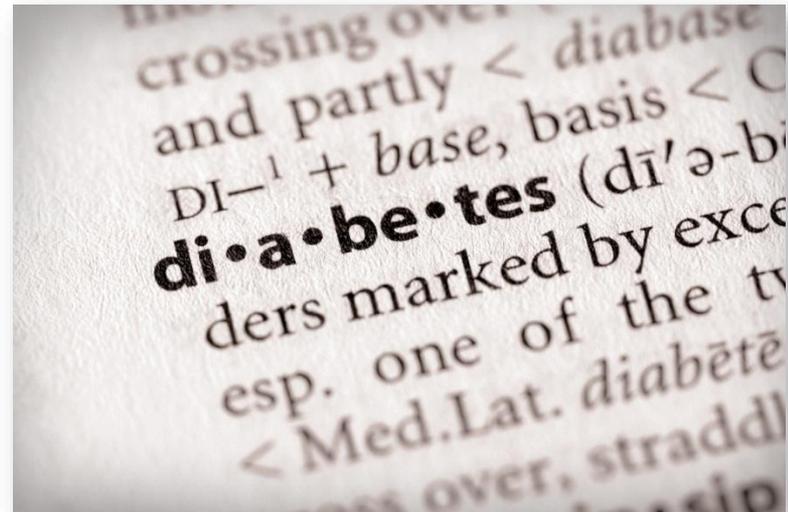
Goal Setting

- Specific
- Measurable
- Attainable
- Relevant
- Time-bound
- Example: I will walk 15 minutes 3 times/week starting this Sunday.



Fundamentals

- Sources of blood sugar
 - Food
 - Liver
- Insulin
 - Regulates blood sugar
 - Lets sugar into cells for energy
 - Insulin resistance



Monitoring Blood Glucose

- Blood glucose testing
 - Various times
 - Some after meals
- Before a meal
 - Measures sugar from liver
- After a meal
 - Measures sugar from food
- A1C
 - Average for 2-3 months

My monitoring goal is:



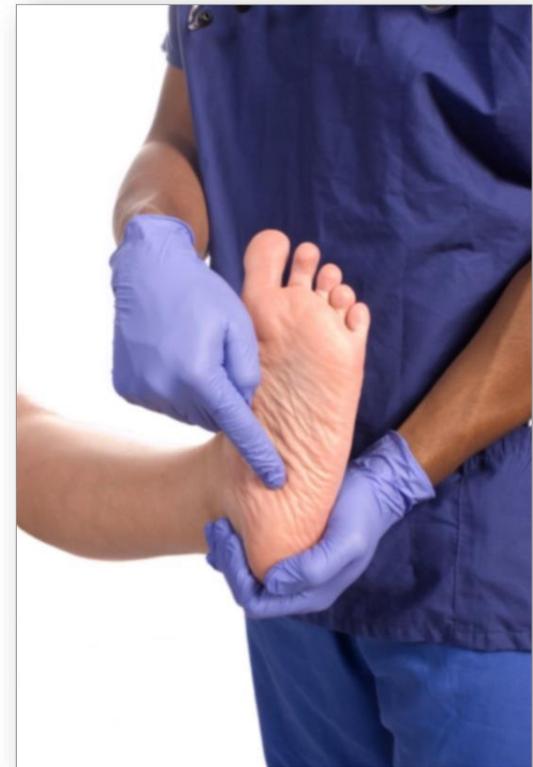
Monitoring Your ABCs

Tests	ADA Targets ¹	
Blood sugar	<ul style="list-style-type: none"> • A1C • Pre-meal blood sugar • Post-meal blood sugar 	<ul style="list-style-type: none"> • Lower than 7% or 154 mg/dL • 80-130 mg/dL • Lower than 180 mg/dL
Blood pressure	<ul style="list-style-type: none"> • A test that checks the force of blood flow through vessels 	<ul style="list-style-type: none"> • Lower than 140/90 mmHg*
Blood lipids	<ul style="list-style-type: none"> • LDL (bad cholesterol) • HDL (good cholesterol) • Triglycerides 	<ul style="list-style-type: none"> • Lower than 100 mg/dL • Men: Higher than 40 mg/dL • Women: Higher than 50 mg/dL • Lower than 150 mg/dL

*Ask your doctor if you should have a lower target.

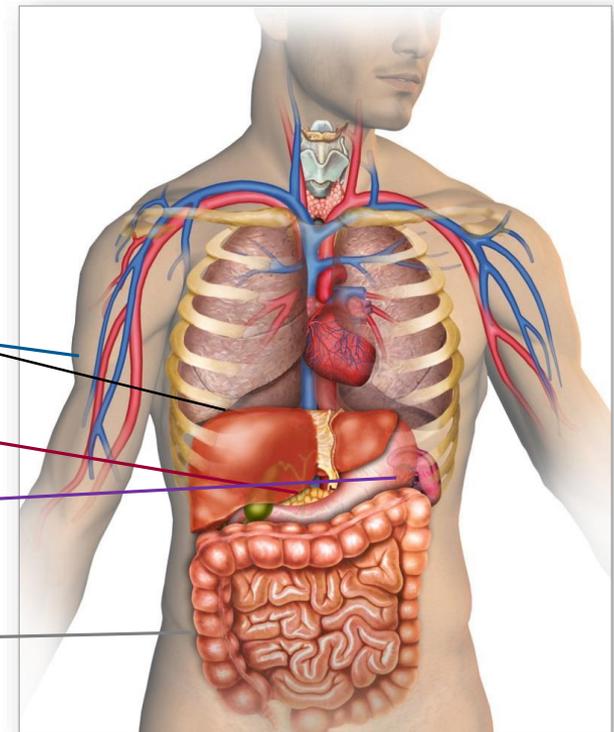
Annual Exams

- Eye exam (retinal screen)
- Foot exam for sensation
- Urine test for protein/microalbumin
 - Target of < 30 mg/dL



Medication Goals

- Liver
 - Decreases the amount of sugar released by the liver
- Muscle and fat cells
 - Increases insulin sensitivity
- Pancreas (behind stomach)
 - Helps increase sustained insulin production
- Kidneys (behind liver and stomach)
 - Decreases sugar reabsorption in kidneys
- Intestines
 - Delays carbohydrate absorption



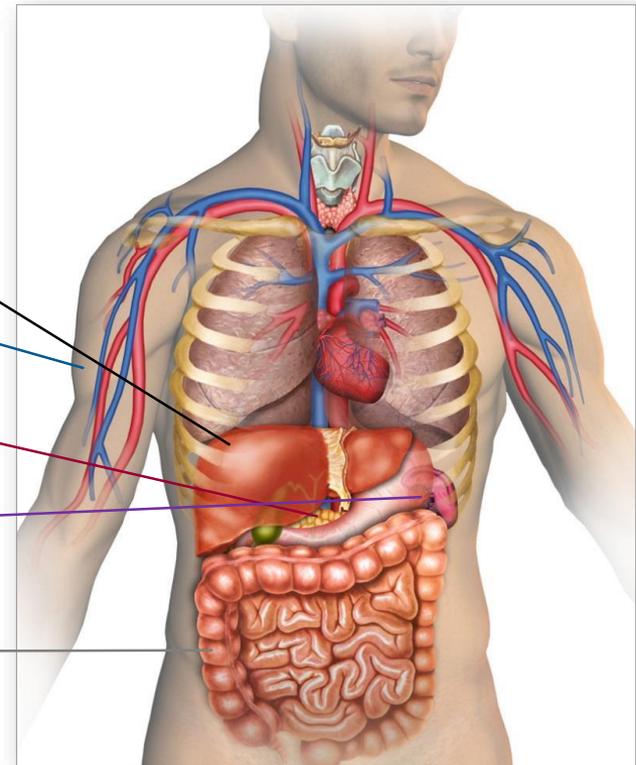
Disclaimer for Medication Goals and Medication Names

Prescription medications may not be appropriate for some individuals. Some may have certain side effects or interactions with other medications that could be harmful to your health. Discuss your individual health condition with your doctor and work together to determine which medications are best for you. The U.S. Food and Drug Administration has approved the medications mentioned in this program.

Visit www.tricare.mil and www.express-scripts.com/tricare for current benefit and prescription information.

Medication Names

- Liver
 - Metformin, Glyburide, glipizide
 - Insulin
- Muscle and fat cells
 - Insulin
 - Actos, Avandia
- Pancreas (behind stomach)
 - Januvia, Onglyza
 - Glyburide, glipizide, glimepiride
 - Byetta, Bydureon, Victoza, Trulicity, Ozempic
- Kidneys (behind liver and stomach)
 - Invokana, Farxiga, Jardiance
- Intestines
 - Precose, Glyset
 - Symlin
 - Byetta, Bydureon, Victoza, Trulicity, Ozempic



See *Diabetes Medications* handout for specific medicines in each of these groups.

Meal Basics

- Regular schedule
- Balance
 - Carbohydrates
 - Proteins
 - Heart-healthy fats
- Portion control



Carbohydrates

- What is a carbohydrate?
- Where do you find them?
- How many do you need?



Reading a Food Label

- Serving size
- Total carbohydrates
- Fiber



Nutrition Facts	
2 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
<i>Trans Fat 0g</i>	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



To learn more about the new Nutrition Facts label, visit:
<http://go.usa.gov/xkHru>

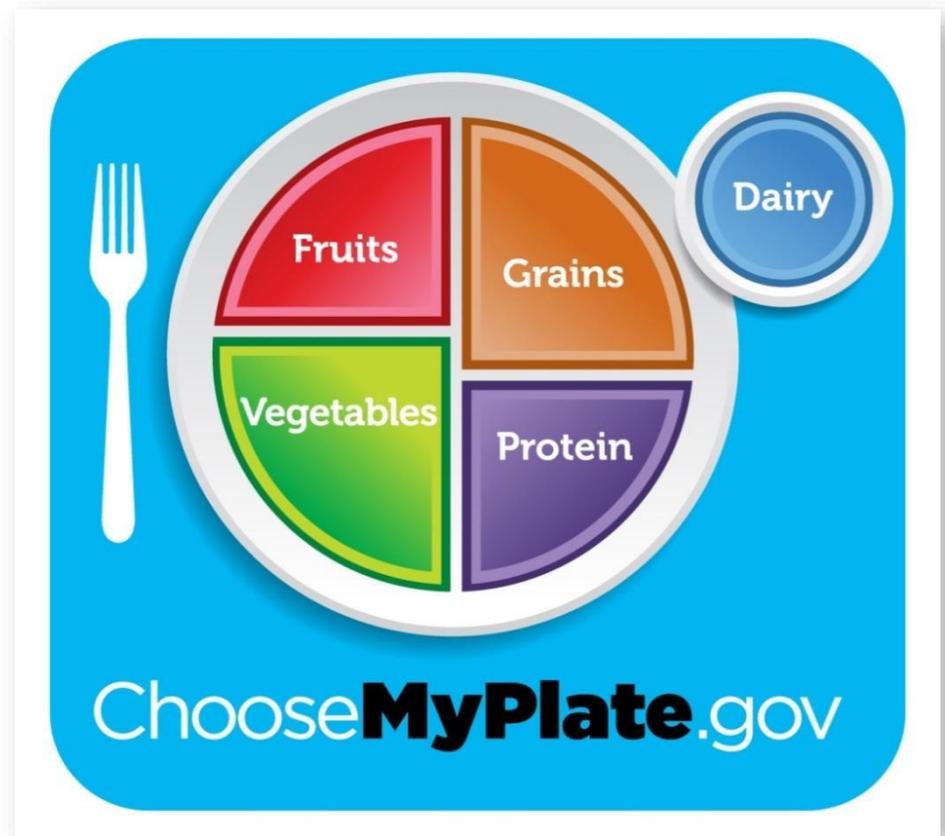
Choose My Plate – Portion Control

My diet goal is:

Examples:

I will use the Plate Method to plan my dinner 3 times a week.

I will count carbohydrates for breakfast 3 times a week on Saturday, Monday and Wednesday.



Movement Benefits: Exercise Is Medicine!

- Medical clearance first
- Exercise daily
- Benefits
 - Decreases blood glucose
 - Decreases blood pressure
 - Decreases cholesterol
 - Elevates mood
 - Improves sleep



Movement Recommendations

- Aerobics
- Resistance
- Active lifestyle
 - Pedometer

My exercise goal is:



Diabetes Action Plan

- **Diabetes Action Plan**
 - A guide to help you manage the signs and symptoms of diabetes.

- **High and Low Blood Glucose**
 - Helps identify causes and symptoms, and what to do to manage them.

Diabetes Action Plan

This **action plan** is a guide to help you manage the signs and symptoms of diabetes. You and your provider should complete this plan together at your next visit. The three colors (zones), green, yellow and red, help you decide what to do.

Zone	Status	Symptoms	Actions
GREEN	<p>Green means you are doing well. Symptoms are STABLE. Your diabetes is well controlled.</p>	<ul style="list-style-type: none"> • normal blood glucose levels • blood glucose level between 80 and 130, or _____ before a meal • blood glucose level less than 180 or _____ two hours after a meal • no illness – cold, flu, infection • stress is controlled • feeling good 	<p>Continue the basic four:</p> <ul style="list-style-type: none"> • Monitor blood glucose. • Take medications. • Follow a balanced diet. • Exercise regularly.
YELLOW	<p>Yellow means CAUTION. Your symptoms indicate you may need to talk with your provider.</p>	<ul style="list-style-type: none"> • random high blood glucose – over 200 or _____ • elevated blood glucose at same time of day for three days in a five-day period • frequent low blood glucose – less than 70 or _____ • symptoms of acute illness • stress not controlled • feeling tired, depressed • lacking energy 	<ul style="list-style-type: none"> • Check blood glucose more often. • Treat high or low blood glucose levels with treatment options from reverse side. • Call your provider if you have repeated patterns of highs and lows, or if symptoms persist.
RED	<p>Red means you may need help IMMEDIATELY! Symptoms are unstable. You need to be evaluated now if your yellow zone actions have not helped your symptoms improve.</p>	<ul style="list-style-type: none"> • blood glucose at 300 or higher for two tests in a row or _____ • positive urine ketones • nausea • confusion • vomiting • fruity breath • diarrhea • difficulty breathing • dehydration 	<ul style="list-style-type: none"> • Call your provider. • Refer to sick plan on back of this page.

High and Low Blood Glucose

Keeping your blood glucose (BG) in the normal range is one of the goals of diabetes management. When you have high or low BG, it is important to check your BG more frequently, think about what may have caused it and treat it appropriately.

	High BG (hyperglycemia)	Low BG (hypoglycemia)
Definition	<ul style="list-style-type: none"> • Any reading above your target range. • Any reading over 200. 	<ul style="list-style-type: none"> • Any reading at 70 or below. • Symptoms may indicate BG is dropping fast and on the way to being low.
Causes	<ul style="list-style-type: none"> • too much food • not enough medicine or missed dose • not enough or decreased exercise • stress, illness or surgery • steroids • sleep apnea or insomnia 	<ul style="list-style-type: none"> • not enough food or missed meals • too much medicine • too much or increased exercise • drinking alcohol without eating
Symptoms	<ul style="list-style-type: none"> • increased thirst • increased urination • increased tiredness • increased hunger • blurred vision 	<ul style="list-style-type: none"> • sweating or cold, clammy skin • dizziness, shakiness • hard, fast heartbeat • headache • confusion or irritability
Treatment	<ul style="list-style-type: none"> • Always check BG right away. • Drink water or sugar-free liquids. • If you take insulin, you may need to take an extra dose if your provider has instructed you to do so. • If BG is < 250 and you are well, mild exercise such as walking can lower BG. • Check BG every four hours until normal. • Call your provider if BG is not going down after two checks or if you get worse. 	<ul style="list-style-type: none"> • Always check BG right away. • Eat or drink 15 grams of fast-acting sugar: ½ cup of juice, 3-4 glucose tablets, 6 oz regular soda, 7-8 jelly beans. • Check BG after 15 minutes to see if fast-acting sugar worked. • If BG is still low, repeat 15 grams of fast-acting sugar. • Once BG comes up, eat a small snack if your next meal is more than one-half hour away. • Call your provider if BG does not respond to treatment with fast-acting sugar.

Sick-Day Plan

When you are ill, your diabetes control may be affected.

- Continue taking your diabetes medication as directed.
- Check urine for ketones if blood glucose is 240 mg/dl or higher, and you have type 1 diabetes.
- Eat regularly. Soup, toast and sips of juice are good choices if your stomach is upset.
- Check your blood glucose every three to four hours.
- Drink plenty of liquids.
- Call your provider if your pre-meal blood glucose level is over 240 mg/dl, and stays that high for over 24 hours, or if you have been vomiting or experiencing diarrhea for over 6 hours.

Goal Setting and Behavioral Change

Take small steps to change.

- I will buy a pedometer and determine a plan for walking.
- I will write a grocery list and take it with me when I shop.
- I will make an appointment with my doctor this week to find out my glucose and A1C levels.

Set weekly goals to keep yourself on track. These weekly action goals will help you meet your outcome goals.



HEALTH

Programs, Classes and Resources

Online Programs and Resources

- Assessing Your Readiness for Healthy Change
- Basics for Reaching a Healthy Weight
- Healthy Weighs for Life
- Take Charge of Your Health (Self-Care)
- The Basics of Asthma Management
- Time to Quit
- [Tobacco Cessation Resources](#)

Classes

- Heart Healthy Living (recorded)
- Making Healthy Changes for Life (live)
- Preparing to Quit Tobacco (recorded)
- Stress Management in Times of Uncertainty (recorded)
- The Basics of Depression Management (recorded)
- The Essentials of Diabetes Management (recorded)
- What You Need to Know About Anxiety (recorded)

Access Health Net Federal Services Health and Wellness programs and resources
www.tricare-west.com > *Beneficiary* > *Wellness Center* > *Wellness Programs and Resources*

Disease Management Programs

Two Ways to Self-Nominate

- Call 1-844-732-2436 from 8 am–6 pm local time Monday through Friday.
- Click on the link in the Class Resources section to go directly to the [Disease Management Program Information and Nomination page](#), and use the self-nomination form at the bottom of the page.



[Disease Management Education Center](#)

Programs include: anxiety, asthma, chronic obstructive pulmonary disease, coronary artery disease, depression, diabetes, heart failure

Additional Information

Find a TRICARE-authorized provider

- Use the online [provider directory](#).
- Call the TRICARE Customer Service Line.
1-844-866-WEST (866-9378)

Call the Nurse Advice Line

1-800-TRICARE (1-800-874-2273), option 1
24 hours a day, 7 days a week
Chat or video chat at MHSNurseAdviceLine.com

Fill a prescription

- Fill your prescriptions at your military pharmacy or through [home delivery](#).
Contact TRICARE's Pharmacy Home Delivery
(Express Scripts) at: 1-877-363-1303



Conclusion

- Thank you!
- [Class evaluation](#)



Presentation References

¹ American Diabetes Association, Standards of Care in Diabetes - 2017 Diabetes Guidelines Summary Recommendation, located at http://care.diabetesjournals.org/content/diacare/suppl/2016/12/15/40.Supplement_1.DC1/DC_40_S1_final.pdf.. Accessed 11/10/2020.

² American Diabetes Association, Checking Your Blood Glucose, located at <http://www.diabetes.org/living-with-diabetes/treatment-and-care/blood-glucose-control/checking-your-blood-glucose.html>. Accessed 11/10/2020.

³ American Diabetes Association, High Blood Pressure, located at: <http://www.diabetes.org/are-you-at-risk/lower-your-risk/bloodpressure.html>. Accessed 11/10/2020.

⁴ American Diabetes Association, the Path to Understanding Diabetes, located at <https://www.diabetes.org/diabetes-risk/tools-know-your-risk>. Accessed 11/10/2020.

⁵ National Heart, Lung, and Blood Institute, Blood Cholesterol, located at <https://www.nhlbi.nih.gov/health-topics/blood-cholesterol>. Accessed 11/10/2020.

⁶ National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), Kidney Disease, located at <https://www.niddk.nih.gov/health-information/kidney-disease>. Accessed 11/10/2020.

⁷ American Diabetes Association, adapted from Get a Handle on Diabetes Medication, located at <https://www.diabetes.org/diabetes/medication-management>. Accessed 11/10/2020.