

MANAGING YOUR DIABETES

Guidelines, tips and resources to help you become an active participant in safeguarding your health



A wellness publication prepared for members of Samaritan Health Plans

OUR MEMBERS. OUR NEIGHBORS.



Samaritan

Health Plan Operations

815 NW Ninth Street, Corvallis

You are not alone—up to 278,000 adults in Oregon have diabetes and the number of children with diabetes is increasing.



Become an active participant in managing your diabetes. It could help prevent or delay diabetes-related complications. Take a moment to review these key elements to successful diabetes management:

Stay active!

Staying active does not have to mean going to a gym to exercise. Take a walk, stand up, stretch, move, or use the stairs rather than the elevator. Staying active also reduces stress, a significant factor in keeping healthy.

Attend a diabetes education class

Taking a class is a great opportunity to learn what you can do on your own to make living with diabetes easier. If you have attended a class in the past but still need help, ask about a refresher course.

Ask your health care provider about additional care you may need

- Do I need to take aspirin to help prevent a stroke and heart disease?
- Do I need to lower my blood pressure?
- How do I keep my diabetes under control if I am pregnant or want to have a baby?
- Do I need to take an ACE Inhibitor?

Take your diabetes medication as directed by your health care provider

It sounds simple, and it is: take your medicine as directed. It really does pay off by reducing your risks for complications.

My diabetes medicine(s) is/are:

Know your treatment plan

Sometimes your diabetes care plan and medicines need to be changed. Knowing your new plan will help you reach your goals.

Know your numbers

Monitoring your diabetes is one of the most important things you can do to keep your diabetes from getting out of control. Use this form to record your target numbers. Every person's target will be a little different, so make sure to ask your health care provider what your numbers should be.

Blood glucose

Measured when?

Before meals

1 to 2 hours after the start of a meal

HbA1c / A1c (blood test done in a lab)

Measured when?

Every 3 to 6 months; will be ordered by your health care provider

Blood pressure

Measured when?

At your medical check-ups and at home when directed by your health care provider

Cholesterol (blood test done in a lab)

Total Cholesterol

LDL Cholesterol

HDL Cholesterol



Example target	My target levels
90 to 130	_____ to _____
Less than 180	Less than _____

Example target	My target=Under _____
Under 6.5	Date: Results:

Example target	My target=Under _____
Under 130 / 80	Date: Results:

Example target	My target=Under _____
Under 200	Date: Results:
Under 100	Date: Results:
Women: over 55 Men: over 45	Date: Results:



Talk with your health care provider about routine care. Remember to follow your treatment plan and ask about the following:

WHAT SHOULD HAPPEN AT MY REGULAR DIABETES CHECK-UP?

Your health care provider will:

- Check your feet (be sure to remove your socks and shoes at each appointment)
- Check your blood pressure
- Weigh you

Be sure to tell your health care provider if you are feeling sad or depressed. This can be related to your diabetes. If you smoke, ask for help to stop. This can make a big difference in how you feel and how diabetes will affect your daily life.

ARE THERE OTHER TYPES OF EXAMS THAT I SHOULD HAVE?

It is important to visit your eye doctor and dentist at least once a year. Your eyes and teeth are particularly at-risk when you have diabetes.

QUESTIONS AT YOUR CHECK-UP

HOW OFTEN DO I NEED TO HAVE MY HEMOGLOBIN A1c (HbA1c) CHECKED?

The HbA1c(also called A1c) should be checked every 3 to 6 months. This lab test measures your blood glucose over the last 3 to 4 months. Your treatment may be changed if your HbA1c is too high (usually if above 6.5 or 7).

DO I NEED OTHER LAB TESTS ON A REGULAR BASIS?

You should have blood and urine tests at least once a year. These tests will monitor your cholesterol and kidney function to determine if you are developing complications from your diabetes or from the medications.

SHOULD I HAVE A PNEUMONIA AND FLU SHOT?

Everyone with diabetes should have a seasonal flu shot each fall.

People 65 or older, particularly people who have diabetes or other ongoing illnesses, are at a higher risk of getting pneumonia. The pneumonia shot is given to people 65 or over once and sometimes twice in their lifetime.

We have compiled a list of local resources that provide a variety of programs, classes and support groups. Some classes and programs may charge a fee. Those fees may be covered by your Samaritan health plan. Check your member handbook or contact your plan for assistance.

DIABETES / CHRONIC CONDITION PROGRAMS

Diabetes Support

Albany, 541-812-4839

Corvallis, 541-768-6973

Lebanon, Brownsville, Sweet Home,
541-451-6313

Lincoln City, 541-557-6414

Newport, 541-574-4682

This monthly support group provides ongoing education and encouragement for people with diabetes and their families.

Living Well with Chronic Conditions

Benton, Lincoln and Linn counties,
541-768-6070

Six-week workshop that teaches practical skills for living a healthy life with an ongoing health condition.

TOBACCO USE

Oregon Quit Line

1-800-QUIT-NOW (1-800-784-8669)

Spanish Language Line

1-877-2NO-FUME (1-877-266-3863)

www.oregonquitline.org