

## FOR MORE INFORMATION

For more information about diabetes and its risk factors,  
visit our website at: [doh.sd.gov/Diabetes](http://doh.sd.gov/Diabetes)  
or  
visit the South Dakota Diabetes Association at:  
[www.sddiabetescoalition.org/](http://www.sddiabetescoalition.org/)



SOUTH DAKOTA  
DEPARTMENT OF HEALTH

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## CONTROL YOUR DIABETES

*And Live!*



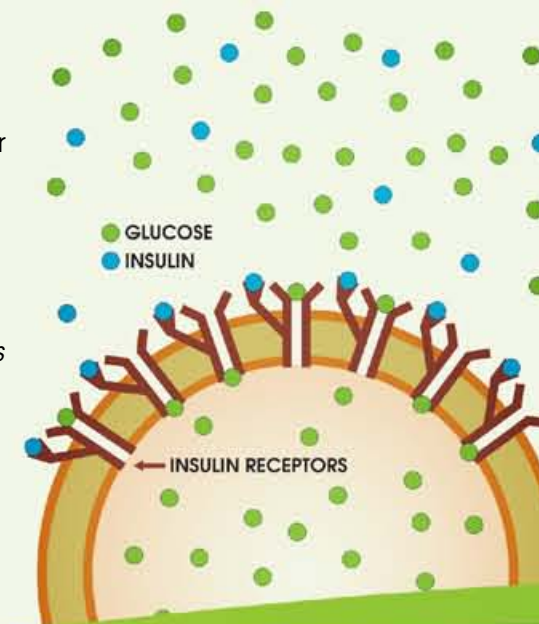
## WHAT IS DIABETES?

Your body needs insulin to change sugars and starches into energy.  
Diabetes is a condition where your body doesn't make enough insulin  
or is unable to use the insulin it does make.

*Why control it?*

Insulin helps your body use glucose for energy. When glucose can not be used for energy and builds up in the blood, it can lead to health problems such as:

- ◆ Blindness
- ◆ Amputations
- ◆ Kidney disease
- ◆ Heart disease
- ◆ Nerve damage
- ◆ Serious infections
- ◆ Stroke



## TYPES OF DIABETES

There are three major forms of this disease.

### TYPE 1 DIABETES

Your body doesn't make the insulin needed for cells to take in glucose. Type 1 Diabetes is usually diagnosed in children.

### TYPE 2 DIABETES

Your body doesn't use the insulin it makes. This is the most common type of diabetes and is usually found in adults.

### GESTATIONAL DIABETES

When you have high levels of glucose in your blood and you are pregnant, it is called gestational diabetes. Gestational diabetes is a serious health risk for both mom and baby.





# KNOW YOUR ABC'S

Learn from your doctor about how to manage your A1C, Blood Pressure, and Cholesterol.

## A FOR THE A1C TEST

High glucose levels may harm your kidneys, heart, blood vessels, feet, and eyes. The A1C test determines your blood glucose level over the last three months. Check with your medical team for your individualized goal. The A1C goal for many people is to stay below 7%.

## B FOR BLOOD PRESSURE

High blood pressure can overwork your heart as well as cause stroke, heart attacks, and kidney disease. Most people with diabetes try to stay below 130/80.

## C FOR CHOLESTEROL

There are two kinds of cholesterol: LDL and HDL. LDL or "bad" cholesterol can accumulate and clog your blood vessels which may cause a heart attack or stroke. HDL is "good" cholesterol, it cleanses your blood vessels of LDL.

## S FOR SMOKING

Don't smoke. Smoking raises your blood sugar level and can make diabetes much more difficult to control. Smoking can cause major health problems such as blindness, nerve damage, kidney failure, and heart problems.

# IF YOU HAVE DIABETES, WHAT SHOULD YOU DO?

You can't control some of your risk factors, but you can take steps to better health, which will add years to your life – even if you've been diagnosed with diabetes.

## EAT HEALTHY FOODS

- ◆ Control your weight with a balanced diet. Stick to fruits and veggies, fish, lean meats, chicken or turkey without the skin, whole grains, low-fat or skim milk and cheese.
- ◆ Keep fish, lean meat and poultry portions to about 3 ounces. It's best if you bake it, broil it or grill it.
- ◆ Reduce the amount of saturated and transfat in your diet. Good food choices would include: fish, low fat meats, nuts, seeds and vegetable oil. Avoid fatty meats, cheese and processed food. Remember your fruits and vegetables.
- ◆ Monitor your carbohydrate intake - Carbs become sugar in the body.
- ◆ Eat more fiber. Try whole grain cereals, breads, rice or pasta.



## MOVE YOUR BODY

Get 150 minutes of moderate exercise per week. Set a schedule and keep to it. A brisk walk is a great place to start!

## TAKE YOUR MEDS

Your treatment plan may include insulin, pills or both. Sticking with your medication plan is very important, even if you feel good. Be sure to ask your doctor or pharmacist for information specific to your prescribed medication.

## HEALTHY LIVING TIPS

- ◆ DON'T smoke. Call 1.866.SD-QUITS (1.866.737.8487)
- ◆ If you need help, ask! Talk to a family member, someone in your church, a support group, or a mental health counselor if you're feeling down.
- ◆ Don't stress out. Stress raises your blood glucose which in turn can lead to other problems. Ideas to decrease stress are: going for a walk, listening to music, reading a book or laughing. learning to live with and handle stress will work wonders in your overall health.
- ◆ Perform daily checks of your feet for blisters, cuts, red spots, and swelling. If any of these sores don't go away, call your health team right away.
- ◆ Protect your mouth by brushing and flossing your teeth twice a day.
- ◆ Measure your blood glucose levels once or more each day. Write down the results to share with your health provider.

IF YOU HAVE DIABETES, TALK WITH YOUR DOCTOR  
ABOUT SETTING GOALS FOR YOUR LDL AND HDL LEVELS.

The common LDL goal for people with diabetes is below **100**.

The common HDL goal for men is above **40**.

The common HDL goal for women is above **50**.

# DIABETES AND YOUR HEART

People with diabetes are more likely to develop heart disease, heart attacks, strokes, and other cardiovascular (heart and blood vessel) problems.

## HEART DISEASE

is a leading cause of death in South Dakota and the United States.

You are at least two times more likely to have heart disease or a stroke if you have diabetes.

Additional risk factors for heart disease include:

- High Blood Pressure
- Smoking/Tobacco Use
- Overweight/Obesity
- Abnormal Blood Fats (High Cholesterol & Triglycerides)
- Inactive Lifestyle



*Exercising, eating well, achieving normal blood glucose and blood pressure can help to reduce your risk of heart disease.*

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# *How can I help prevent heart disease?*



## **Know your blood fat levels**

(cholesterol and triglycerides) and work with your doctor to improve them if recommended.

## **Achieve your blood pressure goal.**

- Have your blood pressure checked regularly.
- Take your medication as prescribed, even if you feel well.
- Cut back on the amount of salt you eat.

**Ask your pharmacist** if you have questions about your medications.

**Follow a meal plan** low in saturated fat, cholesterol, sweets, and salt.

**Reach and maintain a healthy weight.**

**Exercise regularly**, check with your doctor before you start an exercise program.

**Don't smoke**

Call: 1.866.SD-QUITS (1.866.737.8487)

### **Common signs of a heart attack include:**

- Chest discomfort or pain
- Pain that spreads to the shoulder, neck, jaw, or arms
- Stomach pain or indigestion
- Shortness of breath
- Sweating or palpitations
- Light-headedness or weakness

### **Common signs of a stroke include:**

- Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body.
- Sudden confusion, slurred speech, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden severe headaches with no known cause.

**Call 911 right away if you experience signs of a heart attack or stroke.**

**Remember, some people with diabetes have very mild or no symptoms at all.**

# DIABETES AND YOUR FEET

Taking good care of your feet is very important when you have diabetes. People with diabetes can develop nerve damage, blood flow problems, and infections that can lead to serious foot problems that may result in amputation.

## HIGH BLOOD GLUCOSE LEVELS

can cause nerve damage and blood flow problems in legs and feet.

## NEUROPATHY

(nerve damage) can cause you to lose feeling in your feet. When this happens, you may have a foot injury and not even know it.

## BLOOD FLOW

problems can make injuries heal slowly and cause infections to become worse.



*Exercising, eating well, achieving normal blood glucose and blood pressure can help to reduce your risk of foot problems.*

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# *How can I help prevent foot problems?*

## DO

**DO inspect your feet every day.** Use a mirror or ask a family member for help. Check for cuts, sores, color changes, swelling, and ingrown toenails. Call your doctor immediately if you find any of these.

**DO wash your feet every day** and make sure to dry your feet well, especially between toes.

**DO cut your toenails straight across** and round the corners with a cardboard emery board. Be sure to check with your healthcare provider that it is safe for you to trim your own nails.

**DO use lotion** on the top and bottom of your feet but avoid between the toes.

**DO ask your doctor** to check your feet at every visit.

**DO check** the inside of your shoes for rough surfaces or sharp objects.

## DON'T

**DON'T go barefoot or without socks.** Make sure to wear supportive shoes and socks, even inside, to protect your feet.

**DON'T use hot** bath water or heating pads.

**DON'T wear tight socks or shoes,** this will decrease circulation to your feet.

**DON'T cut your toenails shorter** than the end of the toes or cut into the corners.

**DON'T self-medicate** to treat calluses, corns, or warts. Seek medical care for these conditions.

**DON'T let your feet get sunburned.**

**DON'T smoke.** Call: 1.866.SD-QUITS (1.866.737.8487)

# DIABETES AND YOUR EYES

Diabetes is the leading cause of new cases of blindness each year. The good news is that many eye problems can be prevented or successfully treated if found early.

## RETINOPATHY

(Diabetic Eye Disease) can cause the small blood vessels in the back of the eye to become damaged, break, and bleed. It can result in swelling in the eye (macular edema) or damage at the back of the eye (retinal detachment).

*The longer a person has diabetes, the greater the risk of eye damage. You may not have any trouble seeing until the damage is serious, which is why you should have a dilated eye exam each year.*

## Glaucoma & cataracts

are more common among people with diabetes.

## High blood glucose,

high blood pressure, and smoking/tobacco use can make eye damage worse.



*How can I help  
prevent eye disease?*



*Exercising, eating  
well, achieving  
normal blood  
glucose and blood  
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reduce your risk of  
eye disease.*

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### **Call your doctor right away**

if you have blurred vision, double vision, dark spots, narrowed field of vision or pressure or pain in your eyes.

### **Have a dilated eye exam**

by an eye doctor (optometrist or ophthalmologist) at least once a year. Regular dilated eye exams and early treatment of problems can prevent over half of the causes of vision loss due to diabetes.

### **See your doctor**

regularly for diabetes care.

### **Test and record your blood glucose**

regularly so that your doctor, dietitian, and diabetes nurse can assist you with your diabetes management.

### **Achieve your blood pressure goal**

by having your blood pressure checked regularly and cut back on the amount of salt you eat.

### **Don't smoke**

Call: 1.866.SD-QUITS (1.866.737.8487)



# DIABETES AND YOUR KIDNEYS

**Kidney disease can be a serious problem if you have diabetes. The kidneys help remove harmful wastes from your body. Diabetes can damage the many small blood vessels in the kidneys, which may lead to kidney failure.**

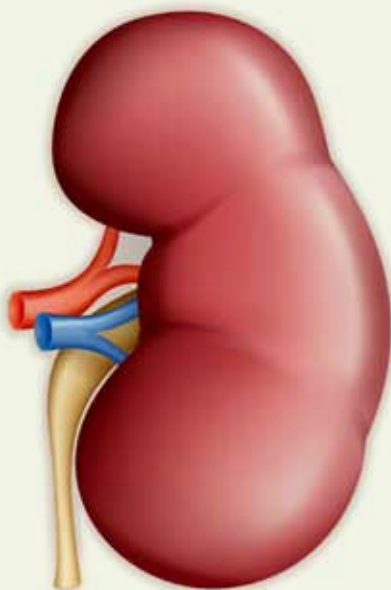
## NEPHROPATHY

(Disease of the kidneys) causes the small blood vessels in the kidneys to lose their ability to filter wastes from your body. Waste that is not removed will lead to poor health.

Kidney damage can be caused by years of

- High Blood Glucose
- High Blood Pressure
- Kidney Infections

People with severe kidney damage may need to be placed on dialysis that filters wastes out of the blood or receive a kidney transplant.



# *How can I help prevent kidney damage?*

*Exercising, eating  
well, achieving  
normal blood  
glucose and blood  
pressure can help to  
reduce your risk of  
kidney damage.*

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## **See your doctor regularly**

for diabetes care and complete any lab tests recommended by your doctor. Often your doctor will test your blood for creatinine and your urine for protein every year.

## **Achieve your blood pressure goal.**

## **Ask your pharmacist**

if you have questions about your medications.

## **Be alert for bladder or kidney infections.**

Call your doctor right away if you:

- Feel pain or burning with urination
- Have to go to the bathroom often
- Have blood in your urine

## **Reach and maintain a healthy weight.**

## **Exercise regularly,**

check with your doctor before you start an exercise program.

## **Take your medications**

as prescribed by your doctor, even if you feel well.

## **Don't smoke**

Call: 1.866.SD-QUITS (1.866.737.8487)



# DIABETES AND YOUR MOUTH

People with diabetes are more likely to develop periodontal (gum) disease and other dental problems. Recent studies show treating dental problems may help control blood glucose levels.



## PERIODONTAL DISEASE

especially in people with diabetes, can be caused by:

- High Blood Glucose
- Smoking and Chewing Tobacco
- Not Brushing and Flossing at Least Daily
- Not Having Your Teeth Cleaned and Examined by the Dentist Regularly

Achieving your blood glucose goals can lower the risk of cavities, gingivitis, and other periodontal problems.

# *How can I help prevent oral health problems?*

*Exercising, eating  
well, achieving  
normal blood  
glucose and blood  
pressure can help to  
reduce your risk of  
oral health problems.*

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## **Brush at least twice a day**

with a soft toothbrush and fluoridated toothpaste.

## **Floss daily**

## **Tell your dentist**

you have diabetes.

## **See your dentist**

every 6 months or earlier if recommended.

## **Call your dentist**

immediately if you have any of the following symptoms:

- Red, sore or swollen gums
- Bleeding gums
- Loose teeth
- Receding gums
- Tooth ache or other mouth pain

## **Talk with your doctor**

about your meal schedule, glucose level, and medications if oral surgery is planned.

## **Don't smoke**

Call: 1.866.SD-QUITS (1.866.737.8487)

