

Meals on Wheels for WNY Helping You Stay In Control of Your Diabetes



DAILY CHECKS

- ✓ **Blood Sugar Check**
Check at least once a day or as recommended by your doctor. Notify your doctor of high or low readings.
- ✓ **Follow Your Diet**
Eat 3 regular meals daily and limit sweets.
- ✓ **Medications**
Take all your medications regularly as prescribed by your doctor.
- ✓ **Activity**
Exercise at least 15 minutes each day or as recommended by your doctor.
- ✓ **Foot Check**
Look for sores, cuts or other open or red areas. Notify your doctor if you find any.

Primary Care Doctor

Name/Phone:

Podiatrist

Name/Phone:

Optometrist/Ophthalmologist

Name/Phone:

Endocrinologist

Name/Phone:

TIP: USE YOUR PERSONAL HEALTH RECORD TO KEEP TRACK OF YOUR DOCTOR APPOINTMENTS AND OTHER IMPORTANT INFORMATION.

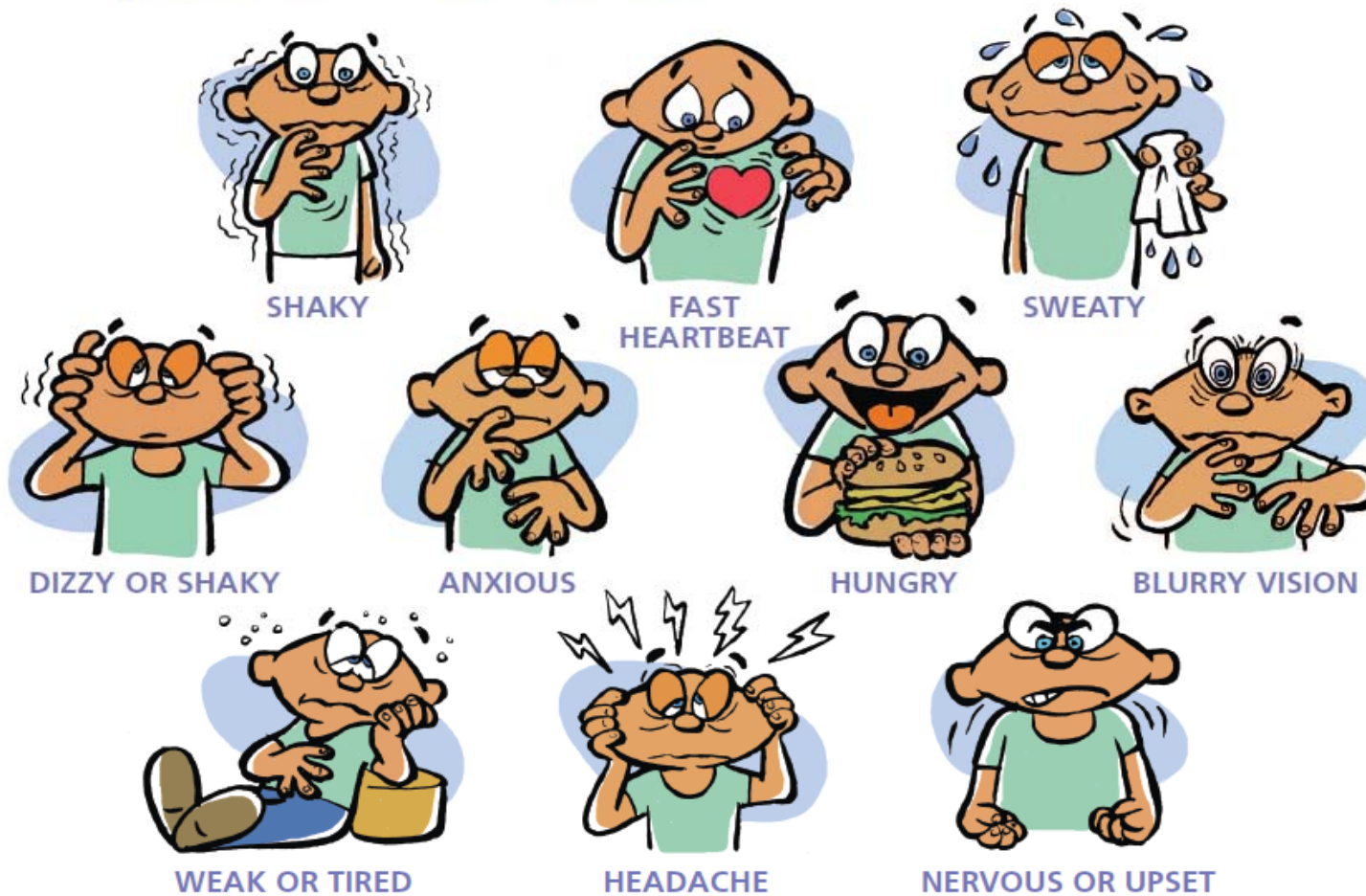
**TURN OVER FOR SYMPTOMS (RED FLAGS)
THAT MAY INDICATE THAT YOUR SUGAR IS TOO LOW OR TOO HIGH!**

Symptoms of Low Blood Sugar (Hypoglycemia)

Some Symptoms:

Causes: Too little food or skipping a meal; too much insulin or diabetes pills; more active than usual.

Onset: Often sudden.



IF LOW BLOOD SUGAR IS LEFT UNTREATED, YOU MAY PASS OUT OR NEED MEDICAL HELP.

What Can You Do?



CHECK your blood sugar right away. If you can't check, treat anyway.



TREAT by eating 3 to 4 glucose tablets or 3 to 5 hard candies you can chew quickly (such as peppermints), or by drinking 4-ounces of fruit juice, or 1/2 can of regular soda pop.



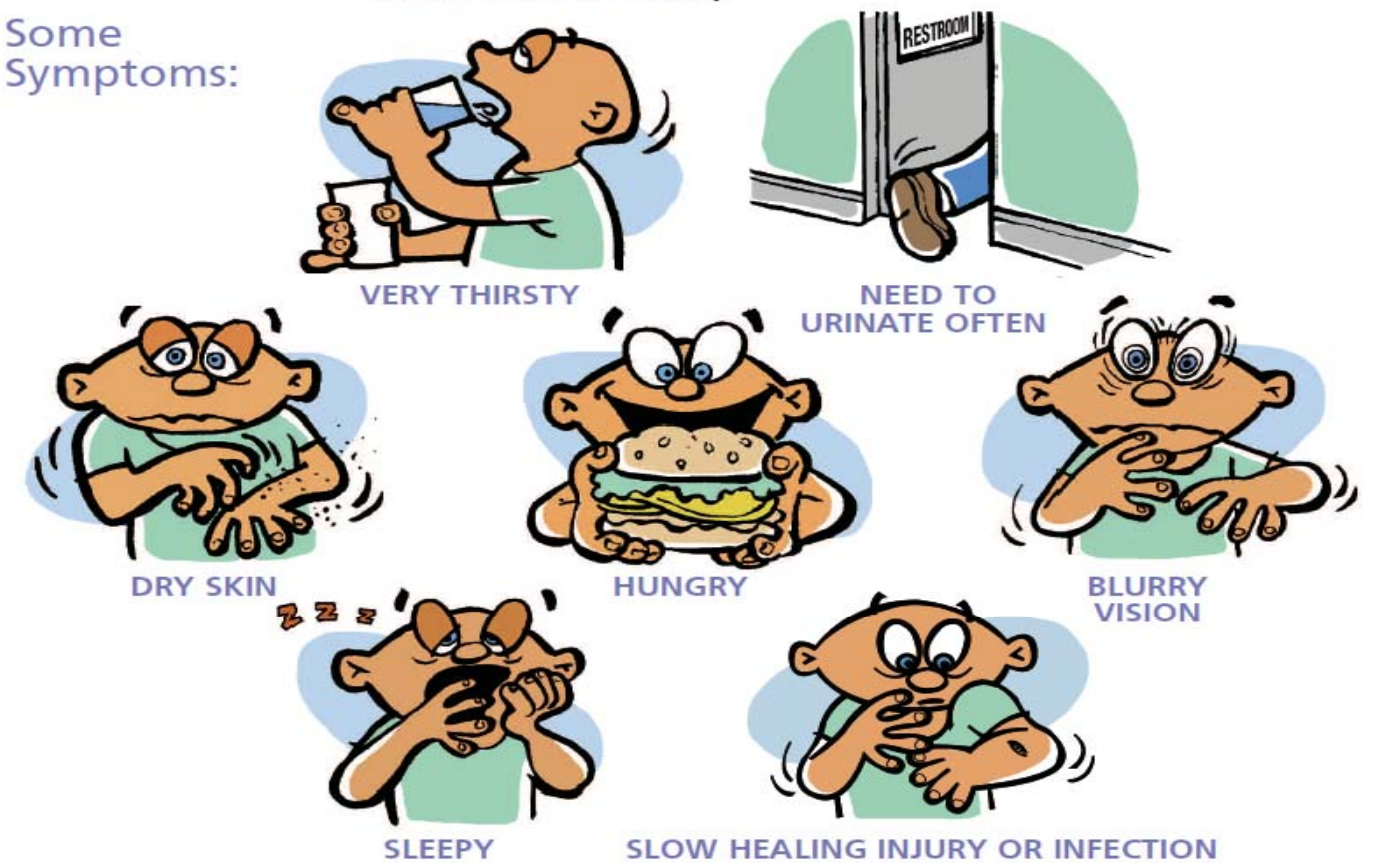
CHECK your blood sugar again after 15 minutes. If it is still low, treat again. If symptoms don't stop, call your doctor.

Symptoms of High Blood Sugar (Hyperglycemia)

Some Symptoms:

Causes: Too much food, too little insulin or diabetes pills, illness, or stress.

Onset: Often starts slowly.



HIGH BLOOD SUGAR MAY LEAD TO A MEDICAL EMERGENCY IF NOT TREATED.

What Can You Do?



CHECK BLOOD SUGAR

If your blood sugar levels are higher than your goal for three days and you don't know why,

CALL YOUR DOCTOR



For more information, call the Novo Nordisk Tip Line at 1-800-260-3730 or visit us online at ChangingDiabetes-us.com.

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TIP: USE YOUR PERSONAL HEALTH RECORD TO KEEP TRACK OF OTHER IMPORTANT INFORMATION