

TEENS ON COURSE™

IT'S ALL ABOUT DIABETES

REAL ISSUES
REAL ANSWERS™

BLOOD
SUGAR
100

WARNING

STRESS

NUTRITION

EXERCISE

TESTS

YIELD HERE FOR INSULIN

DRIVER'S LICENSE

WHY ME?



YOU

One day you were living your life just like you had been forever. Then you started to feel weird. Different. Not too well. A trip to the doctor and some tests later and you've been told you have **diabetes!**

This is going to take some getting used to. Huge changes lay ahead, challenges you never thought you'd be facing in your young life.

Words you never encountered before will start to become part of your everyday vocabulary. Words like insulin, glucose, cholesterol and carbohydrates. Monitoring, injecting and charting results will become part of your everyday routine.

You can do this. Diabetes is not a death sentence. It's a life challenge. This book will arm you with knowledge and information to take on the challenges that diabetes will throw down.

Be strong. Fight back.

DISCLAIMER. This book provides general information about diabetes and related issues. The information does not constitute medical advice and is not intended to be used for the diagnosis or treatment of a health problem or as a substitute for consulting with a licensed health professional. Consult with a qualified physician or health care practitioner to discuss specific individual issues or health needs and to professionally address personal medical concerns.

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REAL ISSUES
REAL ANSWERS™

TABLE OF CONTENTS

- | | |
|--|--|
| 2) THE BASICS: What is Diabetes? | 34) REALITY CHECK: Get Your Veggies |
| 6) REALITY CHECK: Reasons to be Healthy | 35) KEEP ON MOVING: Staying Active with Diabetes |
| 7) DIABETES MYTH BUSTING | 39) REALITY CHECK: Exercise and Activity |
| 9) DANGER ZONE: The Hazards of Diabetes | 40) HOW TO DEAL WITH THE WAY YOU FEEL: Diabetes and Emotions |
| 10) THE DRIVER'S SEAT: Putting You in Control of Your Diabetes | 43) REALITY CHECK: Beating Stress |
| 12) REALITY CHECK: Your Self-Management Checklist | 44) CRUSH THE PACK: Diabetes and Smoking |
| 13) ON THE LEVEL: Testing Your Blood Sugar | 46) YOU ONLY LIVE ONCE |
| 15) YOUR BLOOD SUGAR LOG | 47) NOTES |
| 16) THE ABC'S OF TESTING | |
| 19) REALITY CHECK: Other Needed Tests | |
| 20) THE HIGHS AND LOWS OF BLOOD SUGAR | |
| 24) YOU AREN'T ALONE: Famous People with Diabetes | |
| 25) REALITY CHECK: Notebooks and Binders | |
| 26) MEAL PLAN OF ATTACK: Diabetes and Healthy Eating | |



THE BASICS

WHAT IS DIABETES?



YOU ONLY LIVE ONCE, WITH OR WITHOUT DIABETES

If you've been diagnosed with diabetes, it's not the end of the world. Will it mean a lot of changes and adjustments to your lifestyle? Oh yeah. Does it mean your life is going to become too hard to manage? No way. This is your life, and knowing how to deal with a diagnosis of diabetes will help you continue to live it to the fullest.

Step one in dealing with this condition: knowing exactly what it is. That's why we put this chapter right up front.

Diabetes is a disease that causes high blood sugar. It can make you feel sick if your blood sugar is out of whack. If you don't control your blood sugar and your diabetes now, you could have to deal with these unappealing conditions in the future:

- **Damaged heart and blood supply**
- **Kidney failure**
- **Eye damage and blindness**
- **Nerve damage**
- **Heart disease**
- **Stroke**

But try this good news on for size: Making small changes now to keep your blood sugar levels in check can help you slow down or even prevent serious health problems **later**.

DIABETES BY THE NUMBERS

29.1 MILLION

Number of Americans with diabetes — or roughly 9.3 percent of the U.S. population. Of these, more than 8 million don't even know they have the disease.



WARNING SIGNS

Watch for these warning signs of diabetes:

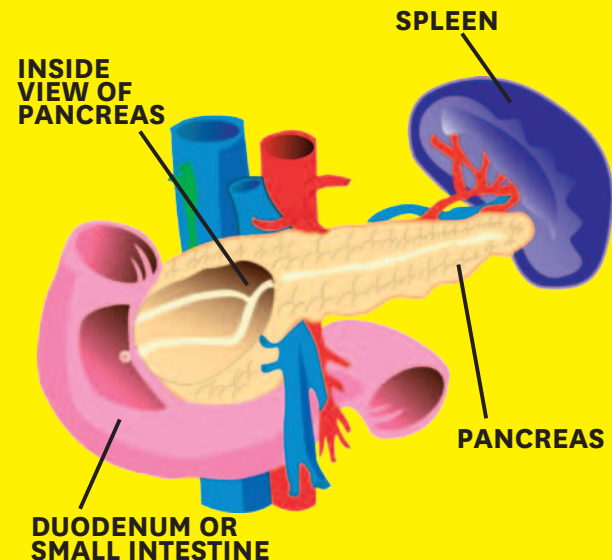
- ! **Having to pee a lot**
- ! **Being overly thirsty and hungry**
- ! **Losing weight for no reason**
- ! **Feeling tired**
- ! **Blurred vision**

Some teens don't even notice these warning signs. A checkup by their doctors can reveal the disease.

BIOLOGY 101

Say you've got a big chocolate cupcake in your hand. And let's say it's got candy sprinkles on top. The logical thing to do with that cupcake is to eat it, right? But let's take a closer look at what that cupcake does inside you once you've eaten it.

1. The cupcake is on its way to your stomach. Now your body is going to break down that cupcake into blood sugar. That blood sugar is called **glucose**. The sugar dumps into your bloodstream and takes a joyride through your system.
2. There's a hormone that's made in your **pancreas** and helps get the blood sugar into your cells to give you energy. It's called **insulin**. Think of insulin as the enforcer of your digestive system. It's got a serious job to do so get out of its way.
3. But you've got diabetes, meaning your body doesn't make enough insulin, or it doesn't use it in the right way.
4. So that cupcake you swallowed that wants to give your cells energy can't. That makes your blood sugar levels go up or stay up.



DIABETES TIMES THREE

There are two main types of diabetes: **type 1** and **type 2**. A third less common type is called **gestational diabetes**, which can affect pregnant women. Take a quick look at what these conditions are all about.

TYPE 1

Type 1 diabetes develops most often during childhood or in the teen years. It can also happen during the adult years. The pancreas doesn't make enough insulin or isn't able to make any because the immune system, which usually protects you, has attacked and destroyed the cells that make insulin. Without insulin, blood sugar levels can't be controlled. Remember how we said insulin helps turn glucose from the food you eat into energy for your cells? Since people with type 1 diabetes don't have enough insulin, they have to inject it every day or use an insulin pump. About five percent of all diabetics have Type 1.

TYPE 2

Type 2 diabetes is the most common form of the disease. It usually starts in adulthood but it can happen to teens, too. It's linked with obesity or being overweight. Those with type 2 don't make enough insulin, or can't use it well. This makes the blood sugar spike. Medicine or insulin is usually needed to lower blood sugar levels. Getting off medicine or insulin takes:

- **Losing weight if you're heavy**
- **Being active**
- **Eating on a meal plan to keep blood sugar at normal levels**



FACTS ABOUT DIABETES

Type 2 diabetes can be prevented. Thirty minutes of physical activity on most days and a healthy diet can dramatically reduce the risk of developing type 2 diabetes.

GESTATIONAL

Some women get this type of diabetes when they're pregnant. It's not as common as type 1 or type 2. The danger is that some women with gestational diabetes while pregnant have a greater chance of getting type 2 several years after giving birth.

FACTS ABOUT DIABETES

Type 2 diabetes is much more common than type 1 diabetes. Around 90 percent of all diabetes worldwide is type 2.

DIABETES BY THE NUMBERS **208,000**

Number of Americans below the age of 20 who have diabetes. Most of these cases among children and teens are type 1.



American Diabetes Association: Diabetes Basics:
diabetes.org/diabetes-basics



REALITY CHECK

REASONS TO BE HEALTHY

1. TO LIVE A BETTER LIFE

WORD ON THE STREET

"Write down the reasons you want to be healthy. That's what my nurse said to do. I thought, 'Who has time for that?' Then I did it. Then I did it some more. Then I realized there were so many things that being healthy meant to living a fulfilling life. From keeping my eyesight to not losing a foot or leg to this whack disease. Now I keep that list in my wallet and pull it out when I feel low. Oh yeah, I say to myself: These are the reasons I need to stay healthy."

--Anton, Cincinnati, Ohio

2. TO HAVE MORE ENERGY

WORD ON THE STREET

"I walk with my mom and a group of her friends from our church. Some of them have problems with diabetes or sugar or are just needing to lose a few pounds...or 50! We take it pretty slow. I'm amazed how much more energy I have now than I did before starting this walking program six weeks ago. I love how that energy level carries me through the rest of the day."

--Anita, Riverside, California

3. TO STOP LITTLE PROBLEMS BEFORE THEY BECOME BIG ONES

WORD ON THE STREET

"There are many little things you can do to keep your situation under control. Check your feet every day. Test your blood and write down the results. Get your blood pressure checked. Get a flu shot right away. I don't want to wait until I'm too sick to do something about this condition."

--Joseph, Minneapolis, Minnesota

CHECK OFF THE REASONS WHY YOU WANT TO CONTROL YOUR DIABETES:

- ☐ To feel well
- ☐ To keep my eyes, kidneys, feet and blood vessels healthy
- ☐ To keep from ending up in the Emergency Room with blood sugar too high or too low
- ☐ To be there when I have kids
- ☐ Other: _____



DIABETES MYTH BUSTING

Believe it or not, there are things that people think about diabetes that are totally wrong. When it comes to the disease, you've got to separate the truth from the myths. Use your brain to help your body by learning **what's true** and **what isn't** when it comes to diabetes.

MYTH	MYTH BUSTED
If you have diabetes you can never eat anything sweet.	Untrue. Eating a little candy or a couple cookies won't cause a medical meltdown. According to the American Diabetes Association, most people with type 2 diabetes can have sweets in moderation as part of a healthy eating and exercise plan. The key here is limiting the sweets. Sweets contain sugar, a carb that raises glucose levels. Small amounts of sweets can be worked into your meal plan. Just ask your health coach!
Diabetes is caused by eating too much sugar.	Wrong. Diabetes is thought to be caused by lifestyle factors and genetics. But here's the kicker: being overweight can increase the risk for developing type 2 diabetes. A lot of calories from ANY kind of food can lead to a lot of pounds. Eat healthier and exercise if your family has a history of the disease. Keep your weight down. Scientists are still trying to fully understand the causes of type 1.
Diabetes is contagious. You can catch it from another person.	Nope. Diabetes isn't infectious or contagious. It's not like a cold or the flu. The causes of type 1 are still being studied. With type 2 diabetes, there seems to be a genetic link, meaning that if your family member has the disease, you're more likely to develop it.
You can only get diabetes if you're overweight.	Totally false. A lot of people with type 2 diabetes are carrying some extra pounds, and some of them are classified as obese. If you're overweight, shedding even just a few pounds and eating healthier and being active can help curb some long-term problems. But even thin people can develop diabetes, especially type 1.

MYTH	MYTH BUSTED
You can have a mild case of diabetes.	Not true. Diabetes is like style. You either have it or you don't.
If you have diabetes you have to eat special meals.	Well, here's the deal: a healthy diet for a person with diabetes is the same as a healthy diet for anyone else. Cutting down on fats, salt and simple sugars and replacing them with whole grain foods, lean protein, fruits and veggies is the best meal plan for everyone.
If you have diabetes, you shouldn't exercise.	False. Exercise is the answer. It helps you use insulin better and lowers your weight. Talk to your doctor before starting an exercise plan, but understand that physical activity in the form of working out, swimming, playing sports or even just walking regularly can be the key to good health for everyone.
There's nothing anyone can do to prevent complications from diabetes.	Don't believe it. You can prevent or delay diabetes-related complications by following a self-care treatment plan. This includes keeping blood sugar under control and getting regular checkups. Keeping blood pressure and cholesterol under control can also help in the fight against complications like nerve damage and kidney failure.
If you have diabetes, you're doomed.	Not a chance. Many people with diabetes lead long active lives while managing their condition. Diabetes doesn't mean an end to traveling, exercising, having fun or being you. Fact: Diabetes is a long-term disease without a cure, and the complications can be pretty bad if blood sugar levels aren't controlled. But following a treatment plan, being careful, planning ahead and checking your blood sugar levels and with the help of friends, family and a health care team, you can live a full and fulfilling life, even with diabetes.



American Diabetes Association: Diabetes Myths:
diabetes.org/diabetes-basics/diabetes-myths

DANGER ZONE

THE HAZARDS OF DIABETES

If you've got diabetes and your doctor hasn't told you this yet, let us be the first to alert you to this bit of bad news.

DIABETES IS THE LEADING CAUSE OF...

- **Kidney failure**
- **Leg and foot amputation**
- **New cases of blindness**
- **Heart disease**
- **Stroke**

THE CENTERS FOR DISEASE CONTROL'S TOP 10 CAUSES OF DEATH IN THE U.S.:

1. HEART DISEASE
2. CANCER
3. CHRONIC LOWER RESPIRATORY DISEASES
4. STROKE
5. ACCIDENTS
6. ALZHEIMER'S DISEASE
- 7. DIABETES**
8. KIDNEY DISEASE
9. FLU AND PNEUMONIA
10. INTENTIONAL SELF-HARM (SUICIDE)



CDC FastStats: Leading Causes of Death:
cdc.gov/nchs/fastats/leading-causes-of-death.htm

DIABETES BY THE NUMBERS

13,700

Annual health care cost in dollars for each person with diabetes in the U.S. in 2012.

5,950

Annual cost in dollars for each person without diabetes.

THE DRIVER'S SEAT

PUTTING YOU IN CONTROL OF YOUR DIABETES

THE MAGIC IS YOU

You've got diabetes. That much we know. Now we need to do something about it. Correction: Now we need to do a lot of things about it.

There's no magic cure for diabetes. No super pill or shot will make it go away. You won't wake up one morning to find you're miraculously free of the disease. But there are ways in which you can take an active role in managing your diabetes to keep it in check so it doesn't get worse.

ALL STAR PLAYER

Think back to when you were little. Maybe you played on a basketball team or soccer or baseball or softball. If the best player didn't show up on game day, your team probably had a tough time winning. Well, you're the best player on your diabetes management team. And if you don't show, you don't have a chance at winning the battle.

Your doctor, nurses, diabetes educator, dietitian, dentist, foot doctor and eye doctor all play behind you, getting you the ball so you can score. Don't drop it. Control your diabetes and stay as healthy as you can.



FACTS ABOUT DIABETES

The rising global epidemic of type 2 diabetes can be traced back to rapid increases in obesity and physical inactivity. Translation: Too much eating, not enough exercising.

STEP BY STEP

These are the first steps you need to commit yourself to making in order to be an active member of your health team:

- **Get the tests you need.**
- **Ask questions about your health.**
- **Track your health information.**
- **Talk about the results with your doctor and make a plan.**



The American Diabetes Association and **The Juvenile Diabetes Research Foundation (JDRF)** both host websites with excellent self-management resources. If you've recently been diagnosed with diabetes, you may want to explore the answers to your questions here first. The following links can help you find:

- **Physicians in your area**
- **Diabetes educators and registered dietitians near you**
- **MyFoodAdvisor™ to track what you eat**
- **Message boards to chat with other people with the same problems**
- **Book resources**
- **Tips for lowering your risk for diabetes and heart disease**
- **Much more information**



American Diabetes Association
diabetes.org/living-with-diabetes

Juvenile Diabetes Research Foundation
jdrf.org



REALITY CHECK

YOUR SELF-MANAGEMENT CHECKLIST

You may be able to fight off the long-term problems diabetes can cause just by taking good care of yourself. Check off the items on this **Self-Care Plan** as you complete them each day.

- ☐ Check your blood glucose (blood sugar) one or more times every day. Check more often if you are type 1. Write down your numbers. There's a chart in this book you can use. Be sure to take this record and your meter to your doctor when you visit.
- ☐ Use your diabetes meal plan. Don't have one yet? Ask your doctor or nurse to put you in contact with a registered dietitian or health coach to help you.
- ☐ Make healthy food choices like fruits and vegetables, fish, lean meats, chicken or turkey with no skin, dry peas or beans, whole grains, and low-fat or skim milk and cheese.
- ☐ Bake, broil or grill your fish and lean meat and poultry. Keep portion sizes to about 3 ounces (or about the size of a deck of cards).
- ☐ Eat foods that have less fat and salt.
- ☐ Eat foods with more fiber, like whole grain cereals, breads, crackers, rice or pasta.
- ☐ Stay physically active for 30 to 60 minutes on most days. Brisk walking is a great way to move more.
- ☐ Stay at a healthy weight.
- ☐ Ask for help if you feel down. A mental health counselor, support group, friend or family member who will listen to your concerns may help you feel better.
- ☐ Figure out how to cope with stress. Stress can raise your blood sugar. It's hard to get rid of all stress from your life. Sometimes it's enough to just learn to handle it.
- ☐ Stop smoking. Get help if you need it.
- ☐ Take your medicine even when you feel fine.
- ☐ Check your feet every day for cuts, blisters, red spots and swelling. If you find any sores that don't go away, call your doctor.
- ☐ Brush your teeth and floss every day. This will help keep your mouth, teeth and gums free from problems.
- ☐ Check your blood pressure if your doctor says to.
- ☐ Let your doctor know about any changes in your eyesight.

ON THE LEVEL

TESTING YOUR BLOOD SUGAR



MISSION: DEFINITION

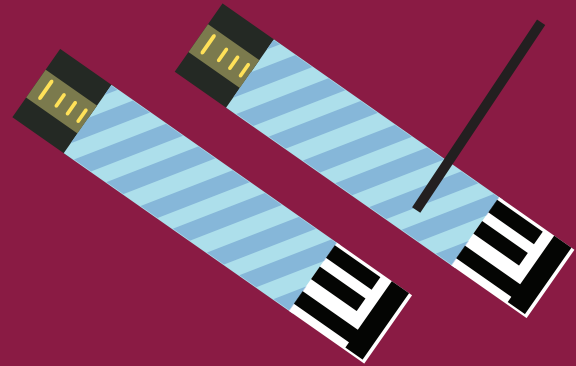
Blood glucose meter: a medical device that reads the amount of glucose in the blood. It's a key part of home blood glucose monitoring by people with diabetes.

Glucose test strips: These plastic test strips containing chemicals are used with the blood glucose meter. A small drop of blood is placed on the strip, read and then thrown away.

GLUCOSE METER



GLUCOSE TEST STRIPS



TESTING YOUR BLOOD SUGAR = EVERY DAY

You can play an active role in managing your disease by testing your blood sugar levels each day. You'll use a blood glucose meter at least once a day to check your levels. Your doctor may even ask you to check it more often, like before you eat if you take mealtime insulin, and possibly two hours after you start your meal.

Q & A

Ask your doctor these questions about testing your blood sugar levels:

Q: Where do I get a blood glucose meter?

A: _____

Q: How should I use the blood glucose meter?

A: _____

Q: How often should I test my blood sugar?

A: _____

Q: When is the best time each day to test my blood sugar?

A: _____

FACTS ABOUT DIABETES

In the next 10 years alone, total deaths from diabetes are projected to go up by more than 50 percent.



DO THIS:

MAKE SURE YOU ORDER TESTING STRIPS OR HAVE A GOOD SUPPLY ON HAND SO YOU DON'T RUN OUT.

TEEN TARGET BLOOD SUGAR LEVELS

These are the target levels for people with diabetes:

Before meals: 90 to 130 mg/dl (milligrams per deciliter)

Two hours after the start of your meal: Less than 180 mg/dl (milligrams per deciliter)

KNOW YOUR GOAL

Step 1: Talk to your doctor and set a blood sugar goal together.

Step 2: Work hard to keep your blood sugar in that range.

Step 3: Live a better life.



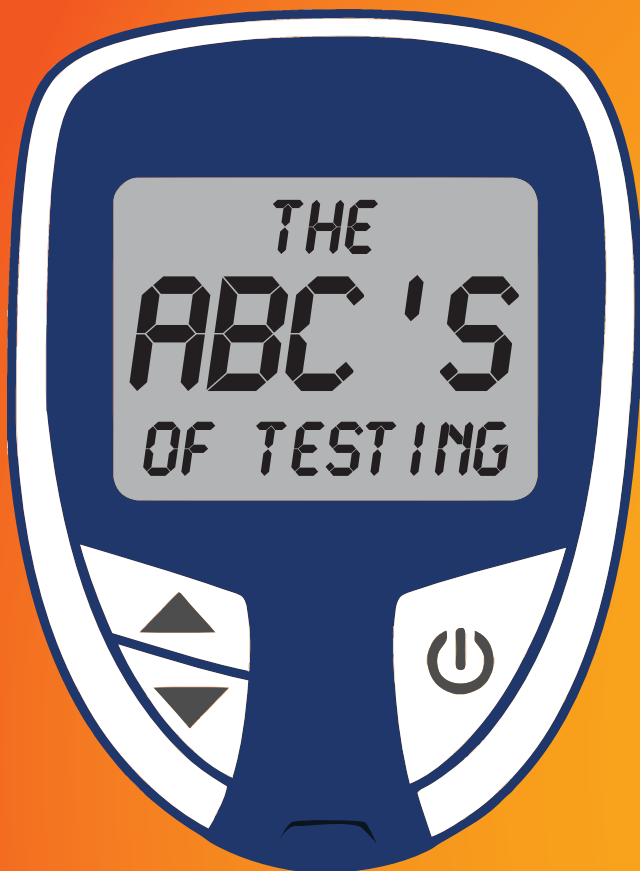
Blood Glucose Testing:

diabetes.org/living-with-diabetes/treatment-and-care/blood-glucose-control/

YOUR BLOOD SUGAR LOG

What you do: Make copies of this log. Write down the results every day, each time you test your blood sugar. Use the log to track your numbers. Take the log with you to your doctor. Ask if your doctor can download your meter!

DATE	BEFORE BREAKFAST #	AFTER BREAKFAST #	BEFORE LUNCH #	AFTER LUNCH #	BEFORE DINNER #	AFTER DINNER #	BEDTIME #
Example: 3/27							



A = A1C, blood sugar average

B = Blood Pressure check

C = Cholesterol test

Getting tested regularly really is as easy as ABC. Knowing that keeping these areas of concern in check will help you manage your health. Getting these tests done on time is one of the best things you can do for yourself if you have diabetes.

A

THE A1C TEST

Q: What's the deal?

A: This test shows what your blood sugar has been for the last three or four months. Testing your blood sugar every day only gives you your level at that time. The A1C test gives you an overall view of your blood sugar levels.

Q: What's a good blood sugar number?

A: The goal for most teens: type 1 should keep their A1C below 7.5 percent and type 2 should keep their A1C below 7 percent.

WHAT YOUR A1C RESULTS MEAN

YOUR A1C RESULTS	YOUR ESTIMATED AVERAGE BLOOD GLUCOSE (eAG)
6 percent	Your eAG is 126 mg/dl Awesome!
6.5 percent	Your eAG is 140 mg/dl Really good.
7 percent	Your eAG is 154 mg/dl Good.
7.5 percent	Your eAG is 169 mg/dl Good.
8 percent	Your eAG is 183 mg/dl This is too high.
8.5 percent	Your eAG is 197 mg/dl Still too high.
9 percent	Your eAG is 212 mg/dl Way too high.
9.5 percent	Your eAG is 226 mg/dl Way way too high.
10 percent	Your eAG is 240 mg/dl Way way way too high.



THE BLOOD PRESSURE CHECK

Q: What's the deal?

A: A blood pressure check measures the force of blood against your artery walls.

Q: Why is it important to get my blood pressure checked?

A: High blood pressure makes your heart work too hard. That can harm your heart, kidneys, eyes and blood vessels. It can cause:

- **Heart attack**
- **Stroke**
- **Kidney disease**
- **Blindness**

Q: What are good blood pressure numbers for teens with diabetes?

A: Teens with diabetes should keep their blood pressure at 130/80 mmHg or less. This is said as "130 over 80."

130 = This top number is called the **systolic pressure**. That's the force of blood against the artery walls **during** heartbeats.

80 = The bottom number is called the **diastolic pressure**. That's the force of blood against the artery walls **between** heartbeats.

Q: What will help to lower my blood pressure?

A: Regular exercise and eating less salt helps many people with diabetes keep their blood pressure below 130/80. If your blood pressure is too high, your doctor may want you to take medicine to help lower it.

DIABETES BY THE NUMBERS

1

Number of people out of every three in the U.S. who have high blood pressure. That translates to roughly 68 million people.

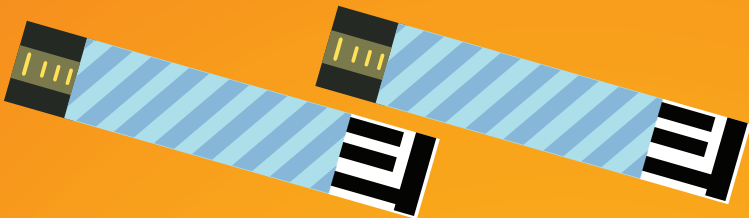


THE CHOLESTEROL TEST

Q: What's the deal?

A: Your doctor will do a simple blood test to find out the levels of certain fats in your blood. This is a cholesterol test. It measures your...

- **LDL cholesterol:** A type of fat found in the blood. Sometimes called “bad” cholesterol. It can build up in your artery walls and clog your arteries that carry blood through your body. Think of it as “L” means “lousy.”
- **HDL cholesterol:** Known as “Good” cholesterol, it keeps your arteries from getting clogged. Think of it as “H” means “helper.”
- **Triglycerides:** Another type of fat found in blood. They too can clog arteries.



Q: Why do I need this test?

A: High cholesterol can clog your arteries. It can lead to serious health problems like...

- **Heart disease and heart attack**
- **Kidney failure**
- **Blindness**
- **Stroke**

Q: What should my cholesterol test numbers be?

A: Your **LDL cholesterol** should be **below 100**.
Your **HDL cholesterol** should be **above 35**.
Your **triglycerides** should be **below 150**.
Your **total blood cholesterol** should be **below 170**.

WRITE YOUR CHOLESTEROL TEST NUMBERS HERE...

LDL	
HDL	
Triglycerides	
Total blood cholesterol	



- Remember to talk to your health care team about how to use the A1C test, blood pressure check and cholesterol test to manage your diabetes.
- Keep your numbers for these tests at healthy levels. This will help lower your chances of having a heart attack, a stroke or other diabetes problems, especially later in life.



National Diabetes Education Program:
Know Your Diabetes ABCs:
ndep.nih.gov/i-have-diabetes/KnowYourABCs.aspx



REALITY CHECK

OTHER TESTS NEEDED

Tests, shots and exams are a necessary part of your treatment. Don't blow them off. Get these tests and vaccines done and check them off afterward.

- **Dental exam:** Get your teeth and gums checked out once or twice every year. Tell your dentist you have diabetes.
- **Eye exam:** Have your pupils dilated and your sight and retinas checked out once or twice a year.
- **Foot check:** Along with doing your own daily foot check, have your doctor do a thorough exam with each visit.
- **Urine and blood tests:** Once or twice each year you'll need to have your doctor run tests on your urine and blood. These will see how your kidneys are doing.
- **Flu vaccine:** Get the flu vaccine as soon as it's available in the fall. It'll help keep you from getting the seasonal flu or any new flu strains.
- **Pneumonia shot:** Ask your doctor about getting this shot that keeps you from catching pneumonia.

THE HIGHS AND LOWS OF BLOOD SUGAR

BLOOD SUGAR BLUES

As we've said before, keeping your blood sugar in the healthy range is an excellent first step in taking care of yourself. Make monitoring your levels a daily habit. Try your best to keep your blood sugar from going too high or too low.

WORD ON THE STREET

"This used to be my life, and it started when I was a teen: Eat a lot of junk food, smoke cigarettes, watch TV and avoid any kind of exercise. Then I found out I had diabetes. It was a real wake-up call. I really had to turn my life around. I took it slowly and made the changes in my lifestyle I had to. Now it's been awhile and living healthy just comes naturally."

--Ramona, Burlington, Connecticut



TO STAY AWAY FROM BLOOD SUGAR PROBLEMS...

- Eat healthy foods
- Follow your meal plan
- Ask your doctor, registered dietitian or health coach if you need help
- Take your meds as prescribed



MISSION: DEFINITION

Hyperglycemia (hi-per-gly-SEE-me-uh):

a condition in which too much glucose is in the bloodstream, often associated with diabetes.





CODE RED



IF YOUR BLOOD SUGAR IS HIGH A LOT OF THE TIME, CALL YOUR DOCTOR.

You will probably feel dizzy, sweaty, shaky and confused.



MISSION: DEFINITION

Carbohydrate (carb): organic compounds that include sugars, starches, celluloses and gums and serve as a major energy and food source for people and animals.

BLOOD SUGAR = TOO HIGH

If your blood sugar stays above 180 mg/dl (milligrams per deciliter), it may be too high. This is hyperglycemia.

THINGS THAT MAKE YOUR BLOOD SUGAR GO UP:

- Being sick or having infections
- Stress
- Missing your diabetes meds or not taking them the right way
- Taking certain medicine for other problems
- Eating too much of certain foods like sweets, sugary soda and fried foods

BLOOD SUGAR = TOO LOW

If your blood sugar is less than 70 mg/dl, drink or eat one of these:

- 3 or 4 glucose tablets
- A serving of glucose gel (the amount equal to 15 grams of carbs)
- $\frac{1}{2}$ cup (4 ounces) of any fruit juice
- $\frac{1}{2}$ cup (4 ounces) of a regular (not diet) soft drink
- 1 cup (8 ounces) of milk
- 5 or 6 pieces of hard candy
- 1 tablespoon of sugar or honey



MISSION: DEFINITION

Hypoglycemia (hi-po-gly-SEE-me-uh):
a condition in which not enough glucose is
in the bloodstream. Low blood sugar.

CODE RED



If your blood sugar gets low you may feel
shaky, sweaty, dizzy, irritable or confused.

**IF YOUR BLOOD SUGAR GETS
REALLY LOW, SOMEONE WILL
NEED TO CALL YOUR DOCTOR.**



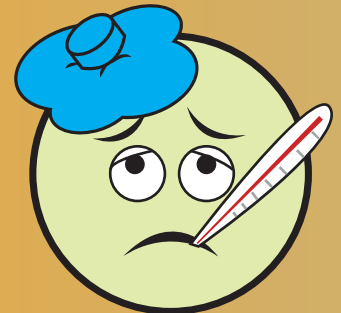
KNOWLEDGE IS POWER

Teach your family what to do about low blood sugar. **MAKE SURE THEY KNOW...**

- **If your blood sugar gets really low, you could pass out or even have a seizure.**
- **What to do if you can't treat yourself during a severe low blood sugar attack.**
- **Not to put food, candy or liquids in your mouth, as it could cause you to choke.**
- **How to put glucose gel into the side of your cheek.**
- **How to use your Glucagon kit. Ask your doctor if you need one.**

SICK!

When you're sick you need to take extra care of your blood sugar. Being sick can make your blood glucose go too high.



FACTS ABOUT DIABETES

Low awareness about diabetes, along with poor access to health services, can lead to diabetes complications such as blindness, amputation and kidney failure.

CALL YOUR
DOCTOR
RIGHT AWAY IF...

- YOUR BLOOD GLUCOSE HAS BEEN ABOVE 240 FOR LONGER THAN A DAY
- YOU FEEL SLEEPYER THAN NORMAL
- YOU HAVE TROUBLE BREATHING
- YOU CAN'T THINK CLEARLY
- YOU THROW UP MORE THAN ONCE
- YOU'VE HAD DIARRHEA FOR MORE THAN SIX HOURS



Mayo Clinic: Blood sugar testing: Why, when and how:
[mayoclinic.org/diseases-conditions/diabetes/in-depth/blood-sugar/art-20046628](https://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/blood-sugar/art-20046628)

YOU AREN'T ALONE

Diabetes can strike anyone, young or old, black or white, rich or poor, famous or not. Knowing that you aren't alone in the fight can help you put things in perspective. Lots of people deal with the same hassles, the same issues and the same frustrations that you do every day. And the point is: the best of them don't let diabetes slow them down or stop them from living their lives and fulfilling their dreams.

THESE PEOPLE YOU MAY HAVE HEARD OF ARE LIVING PROOF OF THAT.

ARETHA FRANKLIN: Singer

JAY CUTLER: NFL quarterback

BRET MICHAELS: Singer

NICK JONAS: Singer

HALLE BERRY: Actress

RANDY JACKSON: American Idol judge

SALMA HAYEK: Actress

PATTI LABELLE: Singer

MARY TYLER MOORE: Actress

VANESSA WILLIAMS: Actress/singer

SHERRI SHEPHERD: TV host

NICK BOYNTON: NHL hockey player

DREW CAREY: Comedian/TV host

PHIFE DAWG: Rapper



Health: Famous People with Diabetes:
diabeteshealth.com/famous-people-with-diabetes



REALITY CHECK

NOTEBOOKS AND BINDERS

Keep all of your health information in a single 3-ring binder with pockets. It's easier to keep track of everything when it's all in one place. Keep these things organized in your binder:

- ☐ Appointment cards
- ☐ Blood sugar log
- ☐ Exercise log
- ☐ Lab slips
- ☐ Meal plan
- ☐ Medicine schedule
- ☐ Unfilled prescriptions
- ☐ Doctor information
- ☐ Notebook

WORD ON THE STREET

"I like to keep my results in a special notebook. I'm totally jazzed to see my numbers get closer to the target my doctor and I set. I get all my tests in and make all my doctor appointments. Friends ask me what's the deal with this notebook and always writing down stuff. I tell them I'm writing my life story and if they're lucky someday I'll let them read it. In a way this notebook really is my life story 'cause without it, I wouldn't have much of a life to keep track of."

--Tre, Pontiac, Michigan

Keeping a notebook with you at school, on the job, next to your bed is always a good idea. As soon as you think of something, use the notebook to write down...

- ☐ Questions for the doctor
- ☐ Answers from the doctor
- ☐ How you're feeling
- ☐ Anything you want to share with your health care team



DIABETES AND
HEALTHY EATING

Q: As a teen with diabetes, do I need to eat only special foods?

A: Depends on what you consider special when it comes to food. The foods you should eat are special because they can keep people healthy and help those with diabetes keep their condition in check. And those foods that are best for you are the foods that are best for everyone.

WHAT'S SO SPECIAL ABOUT SPECIAL FOOD?

Healthy foods...

- **Give you energy to live and stay active**
- **Help you grow**
- **Keep your blood sugar in balance**
- **Help you lose weight slowly, if you need to, when done in the care of your doctor**

These amazing foods aren't so special that you have to order them from the Special Medical Food Outlet. They go by the names Fruits and Veggies. They come from gardens and supermarkets near you.

BACK TO THE BASICS

Before we get too deep into the produce aisle, let's take a step back and look at what eating food does for the body.

Our bodies use food as fuel for energy. It's like putting gas in your car's tank.

Three main sources of fuel:

1. **Carbohydrates**
2. **Protein**
3. **Fats**

Our bodies either take these fuels and change them into glucose for energy or store them up as fat. Eating a good mix of carbs, protein and fat every day helps keep your blood glucose at an even level.

CARBS

Carbohydrates are great sources for energy and contain many important nutrients. They can be found in a lot of different foods, some better for you than others. Eat too many carbs at once and your blood sugar can spike. So learn to eat the right amount at snack times and meals, and choose carbs that are high in fiber. It'll keep your blood sugar levels stable.

GOOD CARBS WITH LOTS OF FIBER INCLUDE...

- **Whole grain foods: whole-wheat bread, pasta and crackers, oatmeal, brown rice and cereals**
- **Lentils, dried peas or beans**
- **Fresh fruits and vegetables**
- **Nonfat or low-fat dairy foods, soy milk**
- **Potatoes, corn, squash, yams**

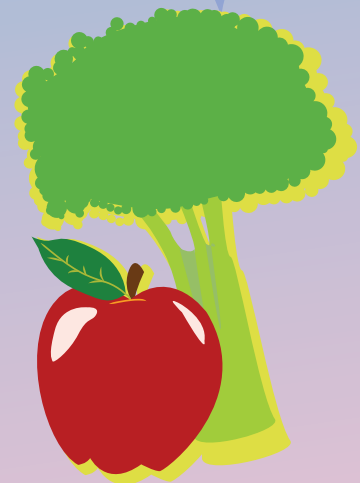
NOT SO GOOD CARBS TO EAT LESS OFTEN INCLUDE...

- **White bread**
- **White rice**
- **Regular soda, sweetened fruit drinks**
- **Desserts and sweets**

WORD ON THE STREET

"I made the switch from white bread to whole grains. Went overnight to whole-wheat bread, brown rice, whole grain and bran cereal and oatmeal. The most surprising thing: I don't miss the white bread at all."

--Mai Lin, Kansas City, Kansas

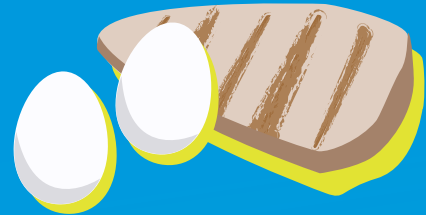


PROTEIN

You need protein because it helps build strong bones and muscles. Protein in your diet makes you feel less hungry.

GOOD SOURCES OF PROTEIN INCLUDE...

- **White-meat chicken and turkey with no skin or extra fat**
- **Fish, low-fat cheese, eggs**
- **Natural peanut butter, tofu**
- **Lean beef, veal, pork and wild game without the fat**



FATS

Fats are good sources for fuel. Eating too much fat can make your weight go up and pack on the pounds.

HEART-HEALTHY FATS INCLUDE...

- **Small portions of low-fat salad dressing, mayonnaise, tub margarine**
- **Avocado slices**
- **Small amounts of nuts, olives and olive oil**

HEART-HARMFUL FATS TO EAT LESS OFTEN INCLUDE...

- **Butter, stick margarine, regular mayonnaise**
- **Fatty meats like bacon, deli meats, hot dogs**
- **Cakes, cookies, pies, other desserts**



EVERY CALORIE COUNTS

Eating right is a healthy habit. When you have diabetes, each and every bite you eat is important.

Making smart food choices can...

- **Help you feel better**
- **Help you lose weight if you need to**
- **Keep your blood sugar, blood pressure and cholesterol in a healthy range**
- **Lower your risk for heart disease, stroke and other health problems**

DIABETES BY THE NUMBERS

2,000 - 3,200

Dietary Guidelines for Americans 2010:
recommended amount of calories per day
for guys.

1,600 - 2,400

Dietary Guidelines for Americans 2010:
recommended amount of calories per day
for teen girls.

GET WITH THE PLAN

Creating a meal plan can keep your blood sugar in check, as well as controlling your cholesterol and blood pressure. Your health care team will work with you to set up a plan that works for you and your lifestyle.

YOUR MEAL PLAN WILL TELL YOU...

- What to eat
- How much to eat
- When to eat

DO THIS:



Each week pick one new healthy eating habit. Add another habit in a week or two. In a while, healthy eating will be just part of your everyday routine.

Try these:

- ☐ Choose foods lower in sugar
- ☐ Stay away from sugary drinks
- ☐ Start eating in the right portions
- ☐ Learn what makes a serving size for different foods
- ☐ Figure out how many servings you need at each meal
- ☐ Eat more whole grains, fruits and veggies
- ☐ Add black beans to salads
- ☐ Make sure that colorful fruits and vegetables take up half of your plate
- ☐ Choose whole grain pastas and breads
- ☐ Eat less fat and salt
- ☐ Choose skinless chicken, or at least take off the skin before eating
- ☐ Take the salt shaker off the table and use herbs and spices instead to flavor foods

HEALTHY FOOD GUIDE

These portions are appropriate for girls 11 to 17 and boys age 11 to 14 who get 30 to 60 minutes of physical activity each day.

VEGETABLES

Choose orange and dark green veggies as much as you can.

Target: 2 1/2 to 3 cups a day. These choices equal 1 cup:

- 1 cup cut up raw or cooked vegetables
- 2 cups leafy salad greens
- 1 cup vegetable juice

MILK, YOGURT, CHEESE

Target: 3 cups a day. These choices equal 1 cup:

- 1 cup nonfat or low-fat milk or yogurt
- 1 1/2 ounces cheese

FRUITS

Choose fresh whole fruit whenever you can.

Target: 1 1/2 to 2 cups a day. These choices equal 1 cup:

- 1 cup cut up raw or cooked fruit
- 1 cup fruit juice
- 1/2 cup dried fruit

BREADS, CEREALS, RICE, PASTA

Choose whole grain foods for at least 3 of your 6 choices.

Target: 6 to 7 ounces a day. These choices equal 1 ounce:

- 1/2 cup of cooked cereal
- 1/2 cup cooked rice or pasta
- 1 cup ready-to-eat cereal
- 1 slice of whole grain bread
- 1/2 small bagel or 1 small muffin

MEAT, POULTRY, FISH, DRY BEANS, EGGS, NUTS

Target: 5 to 6 ounces a day. These choices equal 1 ounce:

- 1 ounce lean meat, fish or chicken
- 1 egg
- 1 tablespoon peanut butter
- 1/2 ounce nuts
- 1/4 cup cooked dry peas or beans such as kidney, white, split or black-eyed
- 1/4 cup tofu

HEART-HEALTHY FATS

You get most of the fat you need from other foods you eat. Choose only a few extra servings of these each day.

One serving is equal to:

- 1 teaspoon vegetable, olive or canola oil
- 1 teaspoon tub margarine
- 5 large olives or 1/8 avocado
- 1 tablespoon low-fat mayonnaise
- 2 tablespoons low-fat salad dressing

REGULAR SODA, CANDY, COOKIES, DESSERTS

Target: Only a very small amount and not every day.

Q: How much food should I eat?

A: The answer depends on a number of factors: your age, gender, height and level of activity. Again, your doctor or health care team can help decide a meal plan that's best for you, including how much of which foods you should be eating.



DO THIS:

SPREAD YOUR MEALS OUT OVER THE COURSE OF A DAY. MAKE IT A HABIT TO EAT BREAKFAST, LUNCH, DINNER AND A SNACK. THIS WILL GIVE A GOOD SUPPLY OF ENERGY AND KEEP YOU FROM GETTING TOO HUNGRY.

VEGGIE TIPS

- Choose fresh or frozen vegetables, or canned vegetables with no added salt
- Be sure to count starchy vegetables like potatoes, corn, peas, yams and red kidney beans as carbohydrates.
- Choose high-fiber veggies like spinach, carrots, broccoli, cabbage and peppers.
- Steam or grill your veggies, or cook them in a nonstick pan with a little olive or canola oil. Never cook in butter or lard.
- Top your veggies with low-fat salad dressing, lemon juice, vinegar and herbs, or even salsa. Watch out for creamy or cheesy dressings.

FRUIT TIPS

- Remember that besides vitamins and minerals, fruit contains sugar and can raise your blood sugar levels.
- Eat whole pieces of fruit when it makes sense (apples, grapes, etc.) to get more fiber.
- All fruits are healthy! Eat a variety. For help with portions, go to diabetes.org.
- When drinking fruit juice, read the label to make sure there is no added sugar or syrup.

MEAT TIPS

- Eat more fish, skinless chicken and skinless turkey.
- Trim off the fat and eat the lean parts of beef, veal, pork and wild game.
- Grill, broil, bake or roast your meat dishes instead of frying.

DAIRY TIPS

- Stick with fat-free (skim) or 1 percent milk.
- Eat reduced-fat cheeses.
- If you eat cottage cheese, make sure it's nonfat or 1 percent .
- Go with nonfat or low-fat yogurt with no added sugar or corn syrup.

FATS AND SWEETS TIPS

- Stay away from foods high in fat, especially saturated fat, such as the fats in meats, cheeses and butter. Saturated fat is usually solid at room temperature.
- Say no to foods with a lot of sugar. They can raise your blood sugar. These include sweets, candy and soda.
- If you do eat sweets, choose healthy ones. How about a piece of fresh fruit?

FACTS ABOUT DIABETES

In proportion, hash browns (made from potatoes) have more fat and calories than a cheeseburger or a quarter-pound burger.

DON'T DO IT!

Want to stay healthier and avoid blood sugar imbalances? *Diabetic Living Magazine* warns to stay away from these foods high in saturated fats and trans fats:

1. Restaurant french fries
2. Burgers
3. Fried chicken
4. Fried fish sandwiches
5. Store-bought cookies
6. Store-bought donuts and pastries
7. Cakes and pies
8. Frozen dinners
9. Processed lunch meat
10. Regular soda
11. Flavored water
12. Store-bought smoothies
13. Store-bought fruit drinks
14. Milkshakes
15. Frozen and restaurant pizza

THE DINING OUT CHALLENGE

Go for the low-fat choices on the menu when at a restaurant. Look for words like “broiled,” “baked,” “grilled” or “charbroiled.” Don’t be afraid to tell them to keep the herbs and spices but leave off the sauces and butter. Order lean meats, fish and poultry. Drink water or iced tea with a sugar substitute. Order a salad with dressing or even salsa on the side. Then dip your fork in the dressing before spearing a bite of salad. You’ll have less dressing with the same great taste.

WHAT’S IN MY FLAVORED WATER?
JUST WATER AND A LITTLE FLAVORING, RIGHT?
Wrong. Try 32 grams of sugar, 120 calories and 32 grams of carbs.

THIS INSTEAD OF THAT

HAVE...	INSTEAD OF...
Water	Soda
Skim milk	Whole milk
Low-fat frozen yogurt	Ice cream
Low-fat or skim cheese	Regular cheese
Vegetable oil or olive oil	Butter, margarine or lard
Corn or whole wheat tortillas	Flour tortillas
Whole beans, natural beans	Refried beans
Fresh, frozen or canned fruit in its own juices	Canned fruit in syrup
Fresh, frozen or canned veggies with no added salt or sauce	Fried veggies

WORD ON THE STREET

“Nothing tastes as good as healthy feels.”
--Mia, Portland, Oregon



American Diabetes Association: What Can I Eat?
diabetes.org/food-and-fitness/food/what-can-i-eat
USDA: Choose My Plate:
ChooseMyPlate.gov



REALITY CHECK

GET YOUR VEGGIES

You should eat a variety of vegetables every day. Make sure they're low in starch. These veggies are low in starch and good for you. Use this checklist to mark the veggies you've tried and how well you liked them.

VEGGIE	TRIED	LIKED	DIDN'T LIKE	JUST OK
Asparagus				
Broccoli				
Brussels sprouts				
Cabbage – green, red or purple				
Carrots				
Cauliflower				
Celery				
Cucumbers				
Green beans				
Greens – turnip, collard and mustard greens, kale				
Mushrooms				
Okra (not fried)				
Onions				
Peppers – red, green and yellow				
Radishes				
Lettuce—all kinds especially dark green varieties				
Spinach				
Summer squash – green and yellow				
Tomatoes				
Turnips				

KEEP ON MOVING



STAYING ACTIVE WITH DIABETES

NO EXCUSES

Remember that whole self-managing-your-own-diabetes thing we've been going on about? Turns out it goes further than remembering to monitor your blood sugar and eating right. It also includes exercising and staying active. If you've already got an exercise plan in place, great. If not, now's the time.

A lot of people have objections or excuses why they can't exercise. First we'll take a look at the excuses and then blast them out of the water. Do any of these sound like you?

OBJECTION	OVERRULED
"I just don't like to exercise."	There's something for everyone when it comes to staying active. You can dance, swim, bike, run, hike or shoot hoops with friends. Keep searching and find something that you really like to do.
"I'm overwhelmed. I haven't exercised in so long."	Start slowly. Build up over time. Even a little exercise is better than none. Just do what you can to start. Add a little more your next time and a little more after that. Soon you'll build stamina and find the activity easier and more enjoyable.
"I don't have the kind of cash it takes to join a gym or buy exercise equipment."	Being active doesn't have to cost a lot. You can: • Put on some sneakers and walk with a friend • Take a couple full soup cans or water bottles and use them as mini weights • Check yard sales for cheap, used equipment • See if your church or youth group offers club sports for free or cheap • Work out to an online exercise show • Join a hiking club or make your own

OBJECTION	OVERRULED
"I don't have the time to exercise."	Find ways to fit in fitness. Park your car at the far end of a parking lot and walk. Get off your bus a few stops early. Take the stairs instead of riding the elevator. Walk during your lunchtime. These changes add up and don't take up a lot of your time.
"I could hurt myself or my blood sugar could dip too low."	Work with your doctor to come up with an exercise plan for you. Learn to watch for signs of low blood sugar while exercising. And remember: no one's asking you to run a marathon. Just staying active is full of benefits.
"I have trouble sticking to exercise programs."	Getting a friend to commit to exercising can help you stay on track. Working out with a friend can keep both of you motivated.

DIABETES BY THE NUMBERS
30 - 60

Number of minutes each day you should try
to be active.

QUESTIONS, QUESTIONS

Before you start any exercise program, it's important to talk to your doctor. It's even MORE important when you have diabetes. Ask your doctor these questions and write down the answers here or in your notebook.

Q: Since I'm on diabetes meds, when's the best time for me to exercise?

A: _____

Q: Will I need to take more or less medicine when I become active?

A: _____

Q: Are there some exercises or activities I shouldn't do?

A: _____

Q: Should I check my blood sugar before I exercise?

A: _____

Q: Which stretching exercises are safe for me to do?

A: _____

Q: Which strength training exercises are safe for me to try?

A: _____

Q: Which cardio (aerobic) exercises are safe for me to do?

A: _____

FACTS ABOUT DIABETES

Studies of teens have found that exercise may reduce the risk of developing type 2 diabetes by improving insulin sensitivity.

DO THIS:

Take these steps each time you exercise.



Before you exercise:

- Check your blood sugar if your doctor says you should.
- Bring a snack or your glucose tablets so you'll be prepared if your blood sugar gets too low.
- Bring water to drink, especially in warm weather.
- Wear a medical ID and carry identification like a driver's license.

After you exercise:

- Check your blood sugar. If it's lower than normal, talk to your doctor about what to do before you work out.
- Keep track of how active you are. Write in your notebook or use the exercise log on the next page.
- If your blood sugar is higher than normal, talk to your doctor about what to do.

MY EXERCISE LOG

Keep track of your activities each day on this log. Keep this in your binder.

[illegible]

**U.S. Department of Health & Human Services:
Physical Activity Guidelines for Americans:**
health.gov/paguidelines



REALITY CHECK

EXERCISE AND ACTIVITY

Check off the reasons why you want to stay active:

- ☐ To have more energy
- ☐ To keep my blood sugar under control
- ☐ To keep my blood pressure under control
- ☐ To lose weight
- ☐ To move around easier
- ☐ To sleep better at night
- ☐ To spend more time with family or friends
- ☐ Other _____

Now check the physical activities you'd like to try:

- ☐ Walking
- ☐ Jogging
- ☐ Hiking
- ☐ Lifting weights
- ☐ Biking
- ☐ Jumping rope
- ☐ Swimming
- ☐ Playing basketball or another team sport
- ☐ Dancing
- ☐ Aerobics
- ☐ Roller blading
- ☐ Skateboarding
- ☐ Gym workout
- ☐ Climb stairs
- ☐ Other _____

HOW TO DEAL WITH THE WAY YOU FEEL

DIABETES AND EMOTIONS



IMPORTANT STUFF

You've had to deal with the physical side of diabetes: the tests, the injections, the monitoring and the meal plans. But there's an emotional side to all of this that's just as important. Your feelings matter. Keeping them in check is every bit as much a concern as the readings on your blood sugar meter. Here are some ways to help you cope with the feelings you may experience.

TAKE CARE OF YOURSELF.

- You're in charge. Taking care of yourself and managing your diabetes makes it less likely you'll get sick.
- You'll feel better.
- You may not have to have as many health tests or medical treatments.
- You'll be able to take part in the same activities as everyone else.

You're going to be doing things you didn't know you could do. No doubt you'll impress yourself when you're able to track your blood sugar, take your insulin injections and prepare your own meals and snacks with diabetes and healthy eating in mind.

DO THIS:



Talk to your parents or guardians and your doctor about how to start making these big changes. Let them know you're ready to take charge of taking care of yourself. This sense of power will give you the confidence you'll need to manage your diabetes.

REACH OUT TO THOSE YOU TRUST.

Some pretty heavy emotions are going to try to do a number on you. Worry. Fear. Anger. Sadness. Embarrassment. Denial. Find out who your real friends are and talk to them about what you're going through. It'll take some thought to figure out what to say and how to say it best, but your friends, parents and doctors are there to listen and help. Share your emotions with the people closest to you. Sometimes just having someone to listen can ease a lot of the pressure and lighten your mood.

DO THIS:



Get in the habit of sharing your feelings with a trusted person on a regular basis. Explore your positive feelings along with the negative ones. Over time, you'll feel more relaxed and confident in discussing your emotions and dealing with them.

MAKE SURE YOUR TEACHERS KNOW.

Telling your teachers about your diabetes can give them an understanding of what you're dealing with. You may need to be excused to check your blood sugar or have a snack. Having teachers in the know about your condition is good so you can leave class to do what you need, and your teacher knows to watch out for diabetes symptoms if you need medical help.

DO THIS:



If you don't feel comfortable talking to your teacher about your condition, ask your doctor to write you a note that mentions the diabetes. Ask your doctor about the 504 Plan. Giving this note to your teacher will help get the conversation going and make the discussion easier.

DON'T FACE DEPRESSION ALONE.

Let an adult know if you're depressed or can't get a grip on your emotions. Signs of depression are:

- Sleeping a lot
- Not sleeping enough
- Eating a lot
- No appetite/not eating enough
- Feeling sad or mad for long stretches of time

DO THIS:



Talk to a parent, doctor, teacher or other adult you trust about seeing a counselor or mental health professional. These experts can help guide you out of depression and teach you how to handle your emotions.

FACTS ABOUT DIABETES

Depression can lead to bad lifestyle decisions, like unhealthy eating, not exercising enough, smoking and gaining weight. All of these are risk factors for diabetes.

GET YOURSELF ORGANIZED.

Managing your diabetes can be a real juggling act. So much stuff to keep track of. Make a promise to yourself to stay organized. It'll take away some of the stress of worrying about your health.

DO THIS:



Before you go to bed every night, make sure you have everything you'll need for the next day: your meds, your snacks, your notebook. You'll feel more in charge of the situation and better prepared to handle what may come.

STICK TO YOUR PLAN.

It's easy to get fed up and sick of caring for your disease every now and then. It can become a real hassle. And sometimes you might feel like you've done such a good job of managing your meals and medications that you can skip a few of these. But don't. Know that skipping your meds, straying from your meal plan or not checking your blood sugar can be a disaster to your condition.

DO THIS:



If you feel like giving up, hang in there. Be tough. Get tougher. Talk to your doctor about finding new ways to stay fit and on schedule with your diabetes management. Work together to find new ways to stick to the plan.

IT GETS BETTER

It's OK to take your time. Today you may feel worried, angry, doomed to a life of seeming weird to your friends. But over time your feelings will change. You'll learn to manage your condition and probably even help others make the adjustment. Learn to manage your diabetes on your own and you'll find that it's easier to handle the ups and downs. The ride definitely gets smoother.



WebMD: How to Stop Diabetes from Stealing Your Happiness

webmd.com/diabetes/type-2-diabetes-guide/diabetes_emotions



REALITY CHECK

BEATING STRESS

Stress is never good for anyone. People with diabetes certainly don't need the added burden of stress bringing them down. Cut stress down in your life and you'll be better able to control your diabetes.

Removing stress can help you...

- Sleep better
- Have more energy
- Feel calm and more relaxed
- Better deal with emotions

TO MAKE THINGS WORSE

Studies show that people with type 2 diabetes may be more affected by stress hormones than others. Stress can block the body from releasing insulin.

RELAX

Pay attention to your stress and take these steps to lower it in your life. Check these methods once you've tried them:

- ☐ Find a quiet place to sit and think where no one will bother you
- ☐ Breathe deeply, slowly
- ☐ Come up with a phrase to say and say it to stop negative thoughts
- ☐ Join a support group
- ☐ Talk to your doctor about feeling stressed, anxious or in a low mood
- ☐ Talk to a friend and work on solutions together
- ☐ Get yourself moving
- ☐ Relax while listening to some calming music

WORD ON THE STREET

"Stress was killing me. Worrying about my grades, my job, my family and my diabetes was overwhelming. So I came up with ways to calm myself down to avoid a meltdown. I've got Me Time, where the rest of the world is deprived of my presence for 15 minutes at a time while I decompress a bit. Works like a charm."

--Taylor, Denver, Colorado

CRUSH THE PACK

DIABETES AND SMOKING

SEEING THROUGH THE SMOKE

Have diabetes? Smoke cigarettes? Double ouch. Smoking isn't doing you any favors. Cutting out that nasty habit will improve your health and help you focus on managing your diabetes.

Check this out: If you smoke, you're more likely to...

- **Have to get your foot or leg amputated (cut off)**
- **Have problems with blood flow in your feet and legs**
- **Have trouble getting or keeping an erection, if you're a guy**
- **Suffer from:**
 - o Eye damage
 - o Gum disease and tooth loss
 - o Heart disease
 - o High blood pressure
 - o Kidney disease
 - o Nerve damage with numbness and pain



If you don't smoke, that's awesome. Don't start. If you do smoke, there are ways to quit. It's the best thing you can do for your health and your diabetes.

IT'S TIME TO QUIT.

Maybe you've tried to quit smoking before. It's not easy. A lot of people try and fail. But even more people have quit and gone on to healthier lives. Put yourself in that category.

DO THIS:



- Talk to your doctor about ways to quit smoking.
- Set a quit date. Write it down here: _____
- Throw away your cigarettes, lighters and ashtrays.
- Think about joining a stop smoking class or support group. Write the number to call here: _____
- Find a friend who will support and help you. Maybe that friend needs to quit too. Write your support person's name here: _____

WORD ON THE STREET

"Know what finally did it for me? I saw my uncle die before his daughter was born. He was a smoker with diabetes. Heavy drinker too. I may be a few years away from having kids of my own but that's a highlight I don't want to miss."

--Alex, Boston, Massachusetts

WHAT QUITTING DOES:

- Helps your heart and lungs
- Lowers the risk of damage to your blood vessels, eyes, nerves and other organs
- Gives you fewer wrinkles on your face
- Gives you better smelling breath, hair and clothes, as well as whiter teeth
- Exposes your family and friends to less secondhand smoke
- Raises your chances for living longer
- Saves you money!



QUITTING STRATEGIES:

Cold turkey: Quitting all at once.

Tapering off: Gradually quitting smoking by cutting back over a few weeks.

Using things that help: Ask your doctor about a nicotine patch, gum, inhaler or spray, or for a prescription medicine.

Other methods: Counseling, hypnosis and acupuncture may work for you.

FACTS ABOUT SMOKING

Smoking is the cause of one in every five deaths in the U.S. each year.



American Diabetes Association: Smoking:
diabetes.org/are-you-at-risk/lower-your-risk/smoking.html

YOU ONLY LIVE ONCE

SUMMING IT UP

We talked about a lot of things in this book. The most important lesson to take with you is to stay as healthy as possible.

SO...

Work with your health care team:

- **Get all the tests you need.**
- **Ask questions about your health.**
- **Track your health information.**
- **Talk about your results and make a treatment plan.**

Take care of yourself:

- **Control your blood sugar.**
- **Take your medicine.**
- **Choose healthy habits: eat a healthy diet, stay active, lower stress, quit smoking.**

You only live once, but with a hard-working health care team that starts with you, that life can be long and fulfilling.

Make it last.

Make it count.

DIABETES BY THE NUMBERS

1.7 MILLION

Number of people diagnosed with diabetes each year in the U.S.

MY NOTES

Use this page to write down any notes you may have for your doctor or health care team.

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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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RESOURCES

American Diabetes Association
diabetes.org

Academy of Nutrition and Dietetics
eatright.org

CDC: Diabetes Public Health Resource
cdc.gov/diabetes

Diabetes Health Hotline
1-800-342-2383

National Diabetes Education Program
Activity Tracking Form:
ndep.nih.gov/resources/ResourceDetail.aspx?ResId=426

MedicineNet: Diabetes Supplies: What Medicare Covers
medicinenet.com/script/main/art.asp?articlekey=21534

USDA
ChooseMyPlate.gov

President's Council on Fitness, Sports & Nutrition
fitness.gov

Smoke Free
smokefree.gov
teen.smokefree.gov



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