A River Runs Through Us

90-Day Journal for Wellness

A COLLABORATIVE EFFORT OF:

Indian Health Service
Division of Diabetes Treatment and Prevention

Indian Health Service
Tribal Leaders Diabetes Committee
A River Runs Through Us
90-Day Journal for Wellness

Office of Minority Health Resource Center
Knowledge Center
1101 Wootton Parkway
Rockville, MD 20852
1-800-444-6472

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Reprinted December 2009
To order FREE copies of A River Runs Through Us book and journal, go to: http://www.ihs.gov/MedicalPrograms/Diabetes, click on Online Catalog, and then Educational Resources for Patients with Diabetes.
This journal belongs to:

_____________________________________

For the dates:

____________ through _____________
"I know that strength comes from within myself," said Richelle Garcia, a young Kiowa mother with diabetes. Her words reflect what we all know - that to overcome diabetes, we must look inward. We have the answers inside ourselves. These are strong, wise words from our ancestors. If we listen to them, we will find the way to health and peace.

This journal is designed to help you on your journey to wellness. Many have heard the words of health staff. We may know what to eat, how to exercise and how to check our blood sugars. Now we must become still and listen to ourselves. We are ready to make changes, to become healthier, to overcome diabetes.

Listen to the words of tribal community members in this journal. Read the message for each day. Write down your thoughts and feelings. Let the words inside you be your guide to good health of mind, body and spirit.

Thank you to Richelle Garcia, and all other tribal community members, for sharing their thoughts for this journal.
Thank you to members of the Indian Health Service Tribal Leaders Diabetes Committee for providing the idea for “A River Runs Through Us” series of booklets.
Important Numbers

Name ____________________________________________

Address _________________________________________

Phone __________________________________________

Emergency Contact ________________________________

Doctor __________________________________________

Diabetes Educator _________________________________

Dentist __________________________________________

Hospital _________________________________________

Pharmacy ________________________________________

Medication Log

<table>
<thead>
<tr>
<th>Medicine</th>
<th>Dose</th>
<th>Date Started</th>
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</table>
A doctor inspired me. He told me that I had to draw from my heart, that I had to decide whether I wanted to be healthy or not. I know that strength comes from within myself.

Richelle Garcia, Kiowa
My goals for the next ten days:

Eating habits goal:


Physical activity goal:


Spiritual/emotional goal:


<table>
<thead>
<tr>
<th>Time of Day</th>
<th>Blood Sugar Levels</th>
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</thead>
<tbody>
<tr>
<td>Breakfast</td>
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<td>Lunch</td>
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<td>Dinner</td>
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<td>Eve/Other</td>
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</table>

**Today's Physical Activity:**

_________________________ for ____________ minutes

**Today's Eating Habits:**

- [ ] Great
- [ ] Good
- [ ] Fair
- [ ] Not Good

**Today's Feelings:**

- Happy
- Sad
- Stressed
- Peaceful
- Angry
- Worried
- Other

**Today's Message:**

You can control your blood sugar! Controlling your blood sugar is the key to good health.

**Today's Thoughts:**

_________________________
_________________________
_________________________
_________________________
Today’s Date:

TODAY’S BLOOD SUGAR LEVELS

<table>
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<tr>
<th>Breakfast</th>
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<th>Dinner</th>
<th>Eve/Other</th>
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Today’s Physical Activity:

____________________________________________________________________ for __________ minutes

Today’s Eating Habits:

☐ Great ☐ Good ☐ Fair ☐ Not Good

Today’s Feelings:

☐ Happy ☐ Sad ☐ Stressed ☐ Peaceful ☐ Angry ☐ Worried ☐ Other

Today’s Message:

Make short-term and long-term goals to help control diabetes. A short-term goal could be checking blood sugar twice a day or walking for 30 minutes, two days a week. A long-term goal could be reducing your diabetes medicine.

Today’s Thoughts:

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
### Today's Blood Sugar Levels

<table>
<thead>
<tr>
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<th>Lunch</th>
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### Today's Physical Activity:

______________________________ for _________ minutes

### Today's Eating Habits:

- [ ] Great
- [ ] Good
- [ ] Fair
- [ ] Not Good

### Today's Feelings:

- Happy
- Sad
- Stressed
- Peaceful
- Angry
- Worried
- Other

### Today's Message:

Food raises blood sugar. When, what and how much you eat affects how much your blood sugar rises.

### Today's Thoughts:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Today's Message:
Test your blood sugar. Fasting blood sugar should be 80-140. One to two hours after a meal, it should be 140-160. Bedtime blood sugar should be 100-140.

Today's Thoughts:
Day 5

TODAY’S BLOOD SUGAR LEVELS

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Today’s Physical Activity:

______________________________ for ________ minutes

Today’s Eating Habits:

- [ ] Great
- [ ] Good
- [ ] Fair
- [ ] Not Good

Today’s Feelings:

- [ ] Happy
- [ ] Sad
- [ ] Stressed
- [ ] Peaceful
- [ ] Angry
- [ ] Worried
- [ ] Other

Today’s Message:

Try walking for 30 minutes each day. You can break the 30 minutes into three 10-minute sessions.

Today’s Thoughts:

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________
### Today's Physical Activity:

______________________________ for __________ minutes

### Today's Eating Habits:

- [ ] Great
- [ ] Good
- [ ] Fair
- [ ] Not Good

### Today's Feelings:

- [ ] Happy
- [ ] Sad
- [ ] Stressed
- [ ] Peaceful
- [ ] Angry
- [ ] Worried
- [ ] Other

### Today's Message:

Look at your feet every day. Use a hand mirror to check the bottoms of your feet. Check between the toes.

### Today's Thoughts:

______________________________

______________________________

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______________________________

______________________________
Today's Physical Activity:

______________________________ for ___________ minutes

Today's Eating Habits:

☐ Great ☐ Good ☐ Fair ☐ Not Good

Today's Feelings:

Happy ☐ Sad ☐ Stressed ☐ Peaceful ☐ Angry ☐ Worried ☐ Other _______

Today's Message:

You can keep your teeth! Brush your teeth at least two times a day. And control your blood sugar. It will help keep your teeth and gums healthy.

Today's Thoughts:

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________________________________________________________________________
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________________________________________________________________________
**Today’s Date:**

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**Today’s Blood Sugar Levels**

**Today’s Physical Activity:**

________________________________________ for ________ minutes

**Today’s Eating Habits:**

- [ ] Great
- [ ] Good
- [ ] Fair
- [ ] Not Good

**Today’s Feelings:**

- [ ] Happy
- [ ] Sad
- [ ] Stressed
- [ ] Peaceful
- [ ] Angry
- [ ] Worried
- [ ] Other

**Today’s Message:**

Keep your blood sugar in control. It will help you prevent a kidney infection.

**Today’s Thoughts:**

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Today’s Physical Activity:

______________________________ for __________ minutes

Today’s Eating Habits:

☐ Great  ☐ Good  ☐ Fair  ☐ Not Good

Today’s Feelings:

- Happy
- Sad
- Stressed
- Peaceful
- Angry
- Worried
- Other

Today’s Message:

At your next medical visit, check your blood pressure. A good blood pressure reading is less than 130/80.

Today’s Thoughts:

________________________________________________________
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24
Today's Date: 

### TODAY'S BLOOD SUGAR LEVELS

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**Today's Physical Activity:**

________________________ for _______ minutes

**Today's Eating Habits:**

☐ Great    ☐ Good    ☐ Fair    ☐ Not Good

**Today's Feelings:**

- Happy
- Sad
- Stressed
- Peaceful
- Angry
- Worried
- Other _______

**Today's Message:**

If you have diabetes, you are at high risk for heart disease. Take care of your heart! You can prevent heart disease.

**Today's Thoughts:**

________________________________________________________________________
________________________________________________________________________
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________________________________________________________________________
It's important to take time for myself. I've had to give up on some of the housework to keep up on my physical fitness. I just decided I'm not going to worry about having a perfect house.

Deborah Yescas, Miccosukee
My goals for the next ten days:

Eating habits goal:


Physical activity goal:


Spiritual/emotional goal:


Today's Blood Sugar Levels:

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Today's Physical Activity:

__________________________ for _________ minutes

Today's Eating Habits:

☐ Great ☐ Good ☐ Fair ☐ Not Good

Today's Feelings:

Happy ☐ Sad ☐ Stressed ☐ Peaceful ☐ Angry ☐ Worried ☐ Other

Today's Message:

Many people with diabetes check their blood sugar 2-4 times each day. Testing your blood sugar will help you make healthy food and activity choices.

Today's Thoughts:
<table>
<thead>
<tr>
<th>Breakfast</th>
<th>TODAY’S BLOOD SUGAR LEVELS</th>
<th>Lunch</th>
<th>Dinner</th>
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Today's Physical Activity:

________________________________________________________________________ for __________ minutes

Today's Eating Habits:

- [ ] Great
- [ ] Good
- [ ] Fair
- [ ] Not Good

Today's Feelings:

- [ ] Happy
- [ ] Sad
- [ ] Stressed
- [ ] Peaceful
- [ ] Angry
- [ ] Worried
- [ ] Other

Today's Message:

Making healthy food choices is good for you and your whole family. Healthy food choices will help everyone feel better, stay healthy and reach healthy weights.

Today’s Thoughts:

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## Today's Blood Sugar Levels

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</table>

### Today's Physical Activity:

______________________________ for _________ minutes

### Today's Eating Habits:

- [ ] Great
- [ ] Good
- [ ] Fair
- [ ] Not Good

### Today's Feelings:

- [ ] Happy
- [ ] Sad
- [ ] Stressed
- [ ] Peaceful
- [ ] Angry
- [ ] Worried
- [ ] Other

### Today's Message:

What is your goal for your diabetes? Make sure your goal is clear and within reach. Plan when you want to reach your goal and the steps you need to take.

### Today's Thoughts:

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**Day 14**

<table>
<thead>
<tr>
<th>Breakfast</th>
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**TODAY'S BLOOD SUGAR LEVELS**

**Today's Physical Activity:**

________________________ for __________ minutes

**Today's Eating Habits:**

- [ ] Great
- [ ] Good
- [ ] Fair
- [ ] Not Good

**Today's Feelings:**

- [ ] Happy
- [ ] Sad
- [ ] Stressed
- [ ] Peaceful
- [ ] Angry
- [ ] Worried
- [ ] Other: __________

**Today's Message:**

You can feel good! You can feel happy! Do at least one thing each day that makes you happy.

**Today's Thoughts:**

_________________________________________________________________
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_________________________________________________________________
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36
Today's Date:  

<table>
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<tr>
<th>Breakfast</th>
<th>TODAY'S BLOOD SUGAR LEVELS</th>
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Today's Physical Activity:  

_________________________________________________________________________________ for ___________ minutes

Today's Eating Habits:  

☐ Great ☐ Good ☐ Fair ☐ Not Good

Today's Feelings:  

☐ Happy ☐ Sad ☐ Stressed ☐ Peaceful ☐ Angry ☐ Worried ☐ Other

Today's Message:  

Try walking at least 10 minutes, three times each day. Walk at a relaxed pace. If you cannot talk while you are walking, you are walking too quickly. If you can sing while you walk, you are walking too slowly!

Today's Thoughts:

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___________________________________________________________________________
## Day 16

Today's Date: 

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<th>Breakfast</th>
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### Today's Blood Sugar Levels

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<th>Breakfast</th>
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<th>Eve/Other</th>
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</table>

### Today's Physical Activity:

______________________________ for _________ minutes

### Today's Eating Habits:

- [ ] Great
- [ ] Good
- [ ] Fair
- [ ] Not Good

### Today's Feelings:

- [ ] Happy
- [ ] Sad
- [ ] Stressed
- [ ] Peaceful
- [ ] Angry
- [ ] Worried
- [ ] Other __________

### Today's Message:

Look at your feet. If you find a blister, cuts, scratches, red or black spots or ingrown toenails, call your health care provider.

### Today's Thoughts:

__________________________

__________________________

__________________________

__________________________

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**Day 17**

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**Today's Physical Activity:**

_________________________ for ________ minutes

**Today's Eating Habits:**

- [ ] Great
- [ ] Good
- [ ] Fair
- [ ] Not Good

**Today's Feelings:**

- [ ] Happy
- [ ] Sad
- [ ] Stressed
- [ ] Peaceful
- [ ] Angry
- [ ] Worried
- [ ] Other

**Today's Message:**

Some eyesight changes occur when your blood sugar is high for long periods of time. See your health care provider right away if you have blurred eyesight or any vision loss.

**Today's Thoughts:**

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<th>Time</th>
<th>TODAY'S BLOOD SUGAR LEVELS</th>
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<td>Breakfast</td>
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Today's Physical Activity:

______________________________ for _______ minutes

Today's Eating Habits:

- [ ] Great
- [ ] Good
- [ ] Fair
- [ ] Not Good

Today's Feelings:

- Happy □
- Sad □
- Stressed □
- Peaceful □
- Angry □
- Worried □
- Other □

Today's Message:

If you are taking diabetes pills, take them at the same time every day. Put them in a place where you will easily see them. It will help you remember to take them every day.

Today's Thoughts:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Today's Physical Activity:

__________________________ for _______ minutes

Today's Eating Habits:

☐ Great   ☐ Good   ☐ Fair   ☐ Not Good

Today's Feelings:

☐ Happy   ☐ Sad   ☐ Stressed   ☐ Peaceful   ☐ Angry   ☐ Worried   ☐ Other

Today's Message:

You can take steps to prevent heart disease. You can lose weight, control your blood sugar, lower your cholesterol, lower your blood pressure and stop smoking or using tobacco.

Today's Thoughts:

_________________________________________________________________________

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_________________________________________________________________________
Today's Date: 

**TODAY'S BLOOD SUGAR LEVELS**

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**Today’s Physical Activity:**

________________________________________ for ________ minutes

**Today’s Eating Habits:**

☐ Great    ☐ Good    ☐ Fair    ☐ Not Good

**Today’s Feelings:**

- Happy
- Sad
- Stressed
- Peaceful
- Angry
- Worried
- Other

**Today’s Message:**

Some people who have diabetes take insulin. Insulin helps lower blood sugar. It helps move blood sugar into body cells and muscles.

**Today’s Thoughts:**

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Diabetes is in our family. We eat a lot of fruits and vegetables. Our son doesn't eat much candy. And he's always running around, always active. I hope it will help him to prevent diabetes.

Shay Jaramillo, Isleta
My goals for the next ten days:

Eating habits goal:

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Physical activity goal:

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Spiritual/emotional goal:

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Day 21

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</table>

Today’s Physical Activity:
_____________________________________ for__________ minutes

Today’s Eating Habits:
☐ Great    ☐ Good    ☐ Fair    ☐ Not Good

Today’s Feelings:

- Happy ☐
- Sad ☐
- Stressed ☐
- Peaceful ☐
- Angry ☐
- Worried ☐
- Other ______

Today’s Message:
Is your blood sugar monitor getting old? Is it a hand-me-down? Show it to your health care provider. They can get you a new, accurate blood sugar monitor.

Today’s Thoughts:

_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
<table>
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**Today's Physical Activity:**

__________________________ for __________ minutes

**Today’s Eating Habits:**

- [ ] Great
- [ ] Good
- [ ] Fair
- [ ] Not Good

**Today’s Feelings:**

- [ ] Happy
- [ ] Sad
- [ ] Stressed
- [ ] Peaceful
- [ ] Angry
- [ ] Worried
- [ ] Other

**Today’s Message:**

Try these steps to lose weight: eat smaller portions of food; drink more water; eat more high-fiber foods such as fruits, vegetables and whole grains.

**Today’s Thoughts:**

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Today's Date:

<table>
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**Today’s Physical Activity:**

_________________________________________________________ for __________ minutes

**Today’s Eating Habits:**

- [ ] Great
- [ ] Good
- [ ] Fair
- [ ] Not Good

**Today’s Feelings:**

- Happy
- Sad
- Stressed
- Peaceful
- Angry
- Worried
- Other

**Today’s Message:**

It is easier to change habits if you go slowly. What is a habit you want to change? What can you do today to begin to change the habit?

**Today’s Thoughts:**

________________________________________________________________________

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### Today's Physical Activity:

________________________________________________________________________________ for ________ minutes

### Today's Eating Habits:

- [ ] Great
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- [ ] Fair
- [ ] Not Good

### Today's Feelings:

- [ ] Happy
- [ ] Sad
- [ ] Stressed
- [ ] Peaceful
- [ ] Angry
- [ ] Worried
- [ ] Other

### Today's Message:

Many people feel upset when they find out they have diabetes. Common feelings are shock and denial. It’s okay to feel unsure about having diabetes. Talk to people about diabetes. Talking helps.

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**Today's Thoughts:**

________________________________________________________________________

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Today’s Date:

### Today’s Blood Sugar Levels

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### Today’s Physical Activity:

______________________________ for ________ minutes

### Today’s Eating Habits:

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- [ ] Good  
- [ ] Fair  
- [ ] Not Good

### Today’s Feelings:

- [ ] Happy  
- [ ] Sad  
- [ ] Stressed  
- [ ] Peaceful  
- [ ] Angry  
- [ ] Worried  
- [ ] Other

### Today’s Message:

Increase your walking time. Try walking five minutes more each week. Work your way up to a total of 30 minutes or more. Walking feels good!

### Today’s Thoughts:

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### Today's Blood Sugar Levels

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### Today's Feelings:

- [ ] Happy
- [ ] Sad
- [ ] Stressed
- [ ] Peaceful
- [ ] Angry
- [ ] Worried
- [ ] Other

### Today's Message:

You can help your diabetes pills work better. Lose weight if you are heavy. Become more active. Eat less fat food. Eat less sugar food and drinks.

### Today's Thoughts:

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Today's Date:

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<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Eve/Other</th>
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</table>

Today's Physical Activity:

____________________________________________________ for ________ minutes

Today's Eating Habits:

☐ Great  ☐ Good  ☐ Fair  ☐ Not Good

Today's Feelings:

Happy ☐ Sad ☐ Stressed ☐ Peaceful ☐ Angry ☐ Worried ☐ Other __________

Today's Message:

Here are some things you can do to protect your feet: wash them daily in warm water; dry them; be sure to dry between the toes; put lotion on your feet; don’t put lotion between the toes.

Today's Thoughts:

__________________________________________________________________________

__________________________________________________________________________
Today's Date:

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<tr>
<th>Breakfast</th>
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**Today's Blood Sugar Levels**

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<th>Breakfast</th>
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<th>Dinner</th>
<th>Eve/Other</th>
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</thead>
</table>

**Today's Physical Activity:**

______________________________ for __________ minutes

**Today's Eating Habits:**

- [ ] Great
- [ ] Good
- [ ] Fair
- [ ] Not Good

**Today's Feelings:**

- [ ] Happy
- [ ] Sad
- [ ] Stressed
- [ ] Peaceful
- [ ] Angry
- [ ] Worried
- [ ] Other

**Today's Message:**

Here are signs of gum disease: bleeding gums, bad breath, painful gums, gums that have pulled away from the teeth, loose teeth, shifted teeth. Call your dentist right away if you have any of these signs.

**Today's Thoughts:**

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Today's Date:

TODAY'S BLOOD SUGAR LEVELS

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Today's Physical Activity:

__________________________________________________________________________ for __________ minutes

Today's Eating Habits:

☐ Great  ☐ Good  ☐ Fair  ☐ Not Good

Today's Feelings:

☐ Happy  ☐ Sad  ☐ Stressed  ☐ Peaceful  ☐ Angry  ☐ Worried  ☐ Other

Today's Message:

Know your cholesterol level. A good cholesterol level is 200 or less. Between 200 and 240, the risk for a heart attack or stroke goes up. Above 240, the risk is very high for a heart attack or stroke.

Today's Thoughts:

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
Today's Message:
People who take insulin can make changes in their life-styles to help the insulin work better. Losing weight, becoming more active, eating less fat food and eating less sugar food and drinks helps insulin work better.
When I first started working out, they put me on a bike, and I cried!
But they stayed on me!
Now I exercise four times a week.
Exercise is the best!

Cornelia Bowannie, Zuni
My goals for the next ten days:

Eating habits goal:

Physical activity goal:

Spiritual/emotional goal:
Today's Message:

Get a hemoglobin Alc test at least two times each year. It tells you how your blood sugar levels have been over the past three months. A good Alc level is below seven percent.

Today's Thoughts:
Today’s Date: 

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<td>Eve/Other</td>
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Today’s Physical Activity:

____________________________ for __________ minutes

Today’s Eating Habits:

☐ Great  ☐ Good  ☐ Fair  ☐ Not Good

Today’s Feelings:

☐ Happy  ☐ Sad  ☐ Stressed  ☐ Peaceful  ☐ Angry  ☐ Worried  ☐ Other

Today’s Message:

Try these steps to lose weight: eat smaller portions of food; eat when you are hungry and stop when you are full; drink less alcohol.

Today’s Thoughts:

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

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____________________________________________________________________

____________________________________________________________________
Day 33

Today’s Date:

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<th>TODAY’S BLOOD SUGAR LEVELS</th>
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<tr>
<td>Breakfast</td>
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Today’s Physical Activity:

__________________________________________ for ___________ minutes

Today’s Eating Habits:

☐ Great  ☐ Good  ☐ Fair  ☐ Not Good

Today’s Feelings:

Happy ☐  Sad ☐  Stressed ☐  Peaceful ☐  Angry ☐  Worried ☐  Other ☐

Today’s Message:

To change a habit, you must first be aware of the habit. What is a habit you would like to change?

Today’s Thoughts:

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Today's Date: 

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Today’s Physical Activity:

__________________________ for __________ minutes

Today’s Eating Habits:

☐ Great  ☐ Good  ☐ Fair  ☐ Not Good

Today’s Feelings:

[ ] Happy  [ ] Sad  [ ] Stressed  [ ] Peaceful  [ ] Angry  [ ] Worried  [ ] Other

Today’s Message:

Make walking a habit! Walk with family or friends. Take scenic routes. Walk on your lunch hour or break. Walk at least three times each week.

Today’s Thoughts:
Today’s Date:

TODAY’S BLOOD SUGAR LEVELS

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Today’s Physical Activity:

__________________________________________ for _______ minutes

Today’s Eating Habits:

☐ Great ☐ Good ☐ Fair ☐ Not Good

Today’s Feelings:

Happy ☐ Sad ☐ Stressed ☐ Peaceful ☐ Angry ☐ Worried ☐ Other

Today’s Message:

Eye problems and blindness can be prevented. Keep your blood sugar in control. Get a yearly eye exam.

Today’s Thoughts:

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________________________________________________________________________
Today's Date:

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<th>Todays Blood Sugar Levels</th>
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Today's Physical Activity:

__________________________ for ________ minutes

Today's Eating Habits:

☐ Great  ☐ Good  ☐ Fair  ☐ Not Good

Today's Feelings:

☐ Happy  ☐ Sad  ☐ Stressed  ☐ Peaceful  ☐ Angry  ☐ Worried  ☐ Other

Today's Message:

What are your feelings about having diabetes? Some people feel shock, denial, fear, anger, guilt or sadness. Talk to someone about your feelings.

Today's Thoughts:

________________________________________________________________________
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Today's Date:

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<th>Lunch</th>
<th>Dinner</th>
<th>Eve/Other</th>
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Today's Physical Activity: 
____________________________________________________ for ________ minutes

Today's Eating Habits:

☐ Great  ☐ Good  ☐ Fair  ☐ Not Good

Today's Feelings:

[Emojis: Happy, Sad, Stressed, Peaceful, Angry, Worried, Other]

Today's Message:
Controlling your blood sugar will help prevent gum disease. You can control your blood sugar by taking your diabetes medicines at the same times each day, eating more fruits and vegetables and being active every day.

Today's Thoughts:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Breakfast | Lunch | Dinner | Eve/Other
--- | --- | --- | ---

Today’s Physical Activity:

_________________________ for __________ minutes

Today’s Eating Habits:

☐ Great ☐ Good ☐ Fair ☐ Not Good

Today’s Feelings:

Happy ☐ Sad ☐ Stressed ☐ Peaceful ☐ Angry ☐ Worried ☐ Other __________

Today’s Message:

Are you walking? Great! Make sure you protect your feet. Wear good shoes that fit and support your feet. Wear clean socks. Check your feet for blisters or sores after you walk.

Today’s Thoughts:

_________________________
_________________________
_________________________
_________________________
Today's Date:

TODAY'S BLOOD SUGAR LEVELS

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<th>Eve/Other</th>
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Today's Physical Activity:
________________________________________ for ________ minutes

Today's Eating Habits:
☐ Great   ☐ Good   ☐ Fair   ☐ Not Good

Today's Feelings:

☐ Happy   ☐ Sad   ☐ Stressed   ☐ Peaceful   ☐ Angry   ☐ Worried   ☐ Other

Today's Message:
Here are signs of a kidney infection: fever; frequent urge to urinate; pain or burning when urinating; discomfort in the bladder; ache in the lower back; milky, cloudy or reddish urine. See your health care provider if you have any signs of a kidney infection.

Today's Thoughts:
Today's Physical Activity:
____________________________________ for _________ minutes

Today's Eating Habits:
☐ Great    ☐ Good    ☐ Fair    ☐ Not Good

Today's Feelings:

☐ Happy    ☐ Sad    ☐ Stressed    ☐ Peaceful    ☐ Angry    ☐ Worried    ☐ Other

Today's Message:
Take your diabetes medicine exactly as it is prescribed. Don’t take more pills than what is prescribed. If your blood sugar gets too low more than a few times in a few days, call your health care provider.

Today’s Thoughts:

________________________________________________________________________

________________________________________________________________________
My cholesterol is under 200. My triglycerides are under 200. My hemoglobin A1c is 7.2. This morning's blood sugar reading was 107. It's important to keep track of all this.

Eldean Cutschall, Oglala Sioux
My goals for the next ten days:

Eating habits goal:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Physical activity goal:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Spiritual/emotional goal:

________________________________________________________________________

________________________________________________________________________

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________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Breakfast 今天早餐
Lunch 今天午餐
Dinner 今天晚餐
Eve/Other 晚/其他

Today’s Physical Activity:

__________________________________________________________ for ________ minutes

Today’s Eating Habits:

☐ Great ☐ Good ☐ Fair ☐ Not Good

Today’s Feelings:

Happy ☐ Sad ☐ Stressed ☐ Peaceful ☐ Angry ☐ Worried ☐ Other ________

Today’s Message:

Know the signs of low blood sugar: feeling nervous, shaky, sweaty or very tired. If you have any of these signs, test your blood sugar right away. If your blood sugar is below 60 or 70, eat 10-15 grams of carbohydrate right away. Eat 2-3 sugar packets or drink a half cup of fruit juice or soda pop, or eat 3-5 pieces of hard candy.

Today’s Thoughts:

__________________________________________________________
Day 42

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<th>Breakfast</th>
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<th>Lunch</th>
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**Today's Physical Activity:**

__________________________________________ for __________ minutes

**Today's Eating Habits:**

- [ ] Great
- [ ] Good
- [ ] Fair
- [ ] Not Good

**Today's Feelings:**

- [ ] Happy
- [ ] Sad
- [ ] Stressed
- [ ] Peaceful
- [ ] Angry
- [ ] Worried
- [ ] Other

**Today's Message:**

If you want to change a habit, it helps to learn as much as you can about how you will benefit from changing the habit. Read books and magazines about healthy eating and exercise. Talk to healthy friends and health care providers.

**Today's Thoughts:**

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________________________________________________________________________

________________________________________________________________________
Today's Date:  

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today's physical activity:  
____________________________ for ____________ minutes

today's eating habits:  
□ Great  □ Good  □ Fair  □ Not Good

today's feelings:  
Happy □  Sad □  Stressed □  Peaceful □  Angry □  Worried □  Other ____________

today's message:  
Eating correct portions of food is one of the best ways to lose weight and control blood sugar. A portion is about one-half cup. Use a measuring cup to find out what a portion looks like.

Today’s Thoughts:

__________________________________________________________________________

__________________________________________________________________________
**Today's Date:**

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**TODAY'S BLOOD SUGAR LEVELS**

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**Today's Physical Activity:**

_________________________________________ for ________ minutes

**Today's Eating Habits:**

- [ ] Great
- [ ] Good
- [ ] Fair
- [ ] Not Good

**Today's Feelings:**

- [ ] Happy
- [ ] Sad
- [ ] Stressed
- [ ] Peaceful
- [ ] Angry
- [ ] Worried
- [ ] Other

**Today's Message:**

Try these easy steps to be more active: park a little farther from the store or your job; use the stairs; walk during every TV commercial.

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**Today's Thoughts:**

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Today's Date: [___]

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Today's Physical Activity:

_________________________ for ______________ minutes

Today's Eating Habits:

☐ Great    ☐ Good    ☐ Fair    ☐ Not Good

Today's Feelings:

☐ Happy    ☐ Sad    ☐ Stressed    ☐ Peaceful    ☐ Angry    ☐ Worried    ☐ Other [___]

Today's Message:

Here are things you can do to protect your eyesight: control your blood sugar; get a yearly eye exam; if you have high blood pressure, take your blood pressure pills; tell your health care provider about any eyesight changes.

Today's Thoughts:

__________________________________________________________________________

__________________________________________________________________________
Today's Date:

TODAY'S BLOOD SUGAR LEVELS

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Today's Physical Activity:

_________________________________________ for ___________ minutes

Today's Eating Habits:

□ Great    □ Good    □ Fair    □ Not Good

Today's Feelings:

Happy    Sad    Stressed    Peaceful    Angry    Worried    Other

Today's Message:

If your cholesterol is above 200, you are at higher risk for heart disease and stroke. You can lower your cholesterol by doing two things: eating less fat foods and; being physically active every day.

Today's Thoughts:
Today's Physical Activity:

_________________________________________________________________________ for ________ minutes

Today's Eating Habits:

☐ Great  ☐ Good  ☐ Fair  ☐ Not Good

Today's Feelings:

☐ Happy  ☐ Sad  ☐ Stressed  ☐ Peaceful  ☐ Angry  ☐ Worried  ☐ Other

Today's Message:

Denial is one of the most common feelings about diabetes. Some people think, “No! It’s not true! I can’t have diabetes! I feel well most of the time.” Talking about denial, and moving past it, will help you start feeling better.

Today’s Thoughts:
### TODAY'S BLOOD SUGAR LEVELS

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### Today's Physical Activity:

______________________________ for __________ minutes

### Today's Eating Habits:

- [ ] Great
- [ ] Good
- [ ] Fair
- [ ] Not Good

### Today's Feelings:

- [ ] Happy
- [ ] Sad
- [ ] Stressed
- [ ] Peaceful
- [ ] Angry
- [ ] Worried
- [ ] Other

### Today's Message:

Get your blood and urine tests once a year. If you have kidney problems, there are things you can do to protect them. Eating less protein and less salt can help your kidneys work better.

### Today's Thoughts:

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Today's Blood Sugar Levels:

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<th>Eve/Other</th>
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Today's Physical Activity:

_________________________________________ for __________ minutes

Today's Eating Habits:

☐ Great   ☐ Good   ☐ Fair   ☐ Not Good

Today's Feelings:

☐ Happy   ☐ Sad   ☐ Stressed   ☐ Peaceful   ☐ Angry   ☐ Worried   ☐ Other

Today's Message:

If you or your partner wants to get pregnant, talk to your health care provider right away. Having blood sugar in control before getting pregnant will help you have a healthy baby.

Today's Thoughts:

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

112
Today's Date: 

<table>
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<th>Breakfast</th>
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Today's Physical Activity:

______________________________________________ for __________ minutes

Today's Eating Habits:

☐ Great  ☐ Good  ☐ Fair  ☐ Not Good

Today's Feelings:

- Happy
- Sad
- Stressed
- Peaceful
- Angry
- Worried
- Other

Today's Message:

Insulin works best when you also change your eating habits. Here are some things you can do: space meals during your day; eat less fat food; eat less sugar food.

Today's Thoughts:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
I’m just a happy woman.

Mary Catt, Eastern Band of Cherokee
My goals for the next ten days:

Eating habits goal:


Physical activity goal:


Spiritual/emotional goal:


**Today’s Physical Activity:**

[Blank space] for _______ minutes

**Today’s Eating Habits:**

- [ ] Great  
- [ ] Good  
- [ ] Fair  
- [ ] Not Good

**Today’s Feelings:**

- [ ] Happy  
- [ ] Sad  
- [ ] Stressed  
- [ ] Peaceful  
- [ ] Angry  
- [ ] Worried  
- [ ] Other

**Today’s Message:**

Know the signs of high blood sugar: having a dry mouth; being thirsty; urinating often. Other signs include: feeling tired; having blurred vision; losing weight without trying. If you have any of these signs, test your blood sugar right away. Call your health care provider if your blood sugar stays high.

---

**Today’s Thoughts:**

[Blank space]
**Day 52**

**Today’s Physical Activity:**
________________________________________ for ___________ minutes

**Today’s Eating Habits:**
☐ Great  ☐ Good  ☐ Fair  ☐ Not Good

**Today’s Feelings:**
- Happy ☐
- Sad ☐
- Stressed ☐
- Peaceful ☐
- Angry ☐
- Worried ☐
- Other

**Today’s Message:**
You might be at the stage to start changing a habit. Start slowly. Think about eating good foods or being physically active right now. Don’t worry about the future. Make a choice to be healthy now and take a step to do it.

**Today’s Thoughts:**

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120
Day 53

TODAY'S BLOOD SUGAR LEVELS

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Today's Physical Activity:

______________________________________________ for _________ minutes

Today's Eating Habits:

☐ Great    ☐ Good    ☐ Fair    ☐ Not Good

Today's Feelings:

☐ Happy    ☐ Sad    ☐ Stressed    ☐ Peaceful    ☐ Angry    ☐ Worried    ☐ Other

Today's Message:

Keep track of your blood sugar. Test your blood sugar every day. Write down the numbers. Show them to your health care provider.

Today's Thoughts:

______________________________

______________________________

______________________________

______________________________

122
If you become sick with a cold or flu, keep taking your diabetes pills or insulin. Don’t stop taking them even if you can’t eat.

Today’s Thoughts:
**Day 55**

**Today's Date:**

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**Today’s Physical Activity:**

__________________________ for ____________ minutes

**Today’s Eating Habits:**

- [ ] Great
- [ ] Good
- [ ] Fair
- [ ] Not Good

**Today’s Feelings:**

- [ ] Happy
- [ ] Sad
- [ ] Stressed
- [ ] Peaceful
- [ ] Angry
- [ ] Worried
- [ ] Other

**Today’s Message:**

Eating less sugar and fat food is one of the best ways to lose weight. Try these two steps: eat less “fast food”; eat fresh fruits and vegetables instead of candy and chips.

---

**Today’s Thoughts:**

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________
Day 56

Today's Physical Activity:
________________________________________________________________________ for __________ minutes

Today's Eating Habits:
☐ Great      ☐ Good      ☐ Fair      ☐ Not Good

Today's Feelings:

Happy ☐ Sad ☐ Stressed ☐ Peaceful ☐ Angry ☐ Worried ☐ Other ☐

Today's Message:
Being active every day will help you lose weight and control your blood sugar. Be creative and have fun! Ride a bike with your children. Go dancing! Clean the house! Do yard work!

Today's Thoughts:

________________________________________________________________________
________________________________________________________________________
Today’s Physical Activity:

__________________________________________ for ________ minutes

Today’s Eating Habits:

□ Great    □ Good        □ Fair    □ Not Good

Today’s Feelings:

Happy □ Sad □ Stressed □ Peaceful □ Angry □ Worried □ Other __________

Today’s Message:

Always cut your toenails straight across. Never cut your own calluses or corns. If you need help trimming toenails, or if you have calluses or corns, call your health care provider.

Today’s Thoughts:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Today's Date:

TODAY'S BLOOD SUGAR LEVELS

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Today's Physical Activity:
______________________________ for __________ minutes

Today's Eating Habits:
☐ Great  ☐ Good  ☐ Fair  ☐ Not Good

Today's Feelings:

☐ Happy  ☐ Sad  ☐ Stressed  ☐ Peaceful  ☐ Angry  ☐ Worried  ☐ Other

Today's Message:
Extra weight makes your heart work harder. Losing 10-20 pounds will help you lower your risk for heart disease.

Today's Thoughts:

__________________________________________________________

__________________________________________________________

__________________________________________________________

__________________________________________________________

__________________________________________________________

________
Many people have diabetes, feel good and are happy. They say, “I have diabetes. It is a part of me. I can still do the things that are special to me. I can still love, laugh, sing and play!”

Today’s Thoughts:
Day 60

Today's Date: 

TODAY'S BLOOD SUGAR LEVELS

<table>
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<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Eve/Other</th>
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Today's Physical Activity:
______________________________ for _________ minutes

Today's Eating Habits:
☐ Great  ☐ Good  ☐ Fair  ☐ Not Good

Today's Feelings:

- ☐ Happy
- ☐ Sad
- ☐ Stressed
- ☐ Peaceful
- ☐ Angry
- ☐ Worried
- ☐ Other

Today's Message:
If you forget to take your diabetes pills, call your health care provider right away.

Today's Thoughts:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Walking is addictive.
I walk rain or shine or snow.
I’ve lost 90 pounds.

Ted Burkhart,
Tlingit
My goals for the next ten days:

Eating habits goal:

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

Physical activity goal:

_____________________________________________________________________
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_____________________________________________________________________

Spiritual/emotional goal:

_____________________________________________________________________
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Today’s Date:

TODAY’S BLOOD SUGAR LEVELS

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Today’s Physical Activity:

__________________________________________________________ for _________ minutes

Today’s Eating Habits:

☐ Great    ☐ Good    ☐ Fair    ☐ Not Good

Today’s Feelings:

😊 Happy    😞 Sad    😰 Stressed    😴 Peaceful    😡 Angry    😞 Worried    ☐ Other

Today’s Message:

Keep up-to-date on your vaccinations. Vaccines can prevent illnesses that can be very serious for people with diabetes. Get a yearly flu shot between October and mid-November.

Today’s Thoughts:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

140
Day 62

TODAY’S BLOOD SUGAR LEVELS

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Today’s Physical Activity:
________________________________________________________________________
for __________ minutes

Today’s Eating Habits:

- □ Great
- □ Good
- □ Fair
- □ Not Good

Today’s Feelings:

- Happy
- Sad
- Stressed
- Peaceful
- Angry
- Worried
- Other

Today’s Message:
You can be prepared for low blood sugar. Have a blood sugar monitor with you at home, at work and when traveling. Always have some carbohydrates with you: sugar packets, fruit juice, soda pop or hard candy.

Today’s Thoughts:

________________________________________________________________________
________________________________________________________________________
**Day 63**

**Today's Date:**

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**TODAY'S BLOOD SUGAR LEVELS**

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**Today's Physical Activity:**

____________________________ for ________ minutes

**Today's Eating Habits:**

- [ ] Great
- [ ] Good
- [ ] Fair
- [ ] Not Good

**Today's Feelings:**

[ ] Happy
[ ] Sad
[ ] Stressed
[ ] Peaceful
[ ] Angry
[ ] Worried
[ ] Other

---

**Today's Message:**

Reward yourself for good eating and physical activity habits. Brag a little! Tell some friends. Buy yourself a smaller size. Take a warm bath.

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**Today's Thoughts:**

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### Day 64

#### Today's Date:

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**Today’s Blood Sugar Levels**

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**Today’s Physical Activity:**

_________________________________________________________ for _________ minutes

**Today’s Eating Habits:**

- [ ] Great
- [ ] Good
- [ ] Fair
- [ ] Not Good

**Today’s Feelings:**

- [ ] Happy
- [ ] Sad
- [ ] Stressed
- [ ] Peaceful
- [ ] Angry
- [ ] Worried
- [ ] Other

**Today’s Message:**

Write down what you eat and how much you eat every day. Show the food record to your health care provider. Knowing what and how much you eat will help you make changes to lose weight.

---

**Today’s Thoughts:**

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Day 65

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**Today's Physical Activity:**

__________________________________________ for ______ minutes

**Today's Eating Habits:**

☐ Great    ☐ Good    ☐ Fair    ☐ Not Good

**Today's Feelings:**

[ ] Happy    [ ] Sad    [ ] Stressed    [ ] Peaceful    [ ] Angry    [ ] Worried    [ ] Other

**Today's Message:**

Be physically active every day! Make it fun! Chose an activity or sport you enjoy! Do it with a family member or friend. Start slowly and increase gradually. Stick with it!

**Today's Thoughts:**

________________________________________________________________________
________________________________________________________________________
**Today's Message:**

Know your numbers. Your total cholesterol should be below 200. Your LDL “lousy” cholesterol should be below 100. Your HDL “healthy” cholesterol should be above 45 in men and 55 in women. Your triglycerides should be below 150.

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**Today's Thoughts:**

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Today's Date: 

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Today's Physical Activity: 
________________________________________ for __________ minutes

Today's Eating Habits: 
[ ] Great    [ ] Good    [ ] Fair    [ ] Not Good

Today's Feelings: 

- Happy [ ]
- Sad [ ]
- Stressed [ ]
- Peaceful [ ]
- Angry [ ]
- Worried [ ]
- Other [ ]

Today's Message: 
If you are sick, remember to drink at least one 8-ounce glass of sugar-free drink every hour to prevent dehydration.

Today's Thoughts:
Today's Physical Activity:

________________________________________________________________________________ for __________ minutes

Today's Eating Habits:

☐ Great  ☐ Good  ☐ Fair  ☐ Not Good

Today's Feelings:

Happy ☐ Sad ☐ Stressed ☐ Peaceful ☐ Angry ☐ Worried ☐ Other __________

Today's Message:

When you go in for your yearly eye exam, the doctor will give you a dilated eye exam. The doctor will look at the blood vessels in your eyes. Make sure you get a dilated eye exam once a year.

Today's Thoughts:

________________________________________________________________________________
**TODAY'S BLOOD SUGAR LEVELS**

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**Today's Physical Activity:**

_________________________ for __________ minutes

**Today's Eating Habits:**

- [ ] Great
- [ ] Good
- [ ] Fair
- [ ] Not Good

**Today's Feelings:**

- Happy
- Sad
- Stressed
- Peaceful
- Angry
- Worried
- Other

**Today's Message:**

Keep your medical appointments. Write them down on a calendar and hang it where you will see it every day.

**Today's Thoughts:**

_________________________

_________________________

_________________________
Today’s Date: 

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**TODAY’S BLOOD SUGAR LEVELS**

**Today’s Physical Activity:**
__________________________ for ________ minutes

**Today’s Eating Habits:**
- [ ] Great
- [ ] Good
- [ ] Fair
- [ ] Not Good

**Today’s Feelings:**

![Emojis]

- Happy
- Sad
- Stressed
- Peaceful
- Angry
- Worried
- Other: ________

**Today’s Message:**

Connecting with your spirit can help you be happy. Take a walk in nature. Pray. Participate in a traditional ceremony. Dance at a powwow. Join in a sweat lodge ceremony.

**Today’s Thoughts:**

_____________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________
My son said to me, "You shouldn’t be eating like that. I don’t want to lose you." Those words changed my life. Now I have a goal to not have any diabetes complications.

Marlene Lambert, Coeur D’Alene
My goals for the next ten days:

Eating habits goal:

Physical activity goal:

Spiritual/emotional goal:
Today’s Physical Activity:

____________________________________________________________________ for __________ minutes

Today’s Eating Habits:

☐ Great    ☐ Good    ☐ Fair    ☐ Not Good

Today’s Feelings:

Happy ☐ Sad ☐ Stressed ☐ Peaceful ☐ Angry ☐ Worried ☐ Other ______

Today’s Message:

Tell your family members and friends that you have diabetes. If you have low blood sugar at times, let them know what the signs are. Ask them to give you some carbohydrates if you show signs of low blood sugar.

Today’s Thoughts:

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____________________________________________________________________

____________________________________________________________________
Today's Date:

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Today's Blood Sugar Levels:

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Today's Physical Activity:

________________________________________ for __________ minutes

Today's Eating Habits:

- [ ] Great
- [ ] Good
- [ ] Fair
- [ ] Not Good

Today's Feelings:

- [ ] Happy
- [ ] Sad
- [ ] Stressed
- [ ] Peaceful
- [ ] Angry
- [ ] Worried
- [ ] Other

Today's Message:

Don't worry if you go “off track.” Over eating for one meal, or not being active for a few days, won’t hurt you. Be positive! Get back to your new habits as soon as you can.

Today's Thoughts:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Today's Physical Activity:

__________________________________________________________________________ for ______ minutes

Today’s Eating Habits:

☐ Great  ☐ Good  ☐ Fair  ☐ Not Good

Today’s Feelings:

Happy  Sad  Stressed  Peaceful  Angry  Worried  Other

Today’s Message:

Carbohydrates affect the blood sugar the most. Starch, fruit, milk and sweet foods and drinks are high in carbohydrate. Eating too much carbohydrate food at one time can cause high blood sugar.

Today’s Thoughts:
Today’s Date:

Today’s Blood Sugar Levels

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Today’s Physical Activity:
__________________________________________ for ________ minutes

Today’s Eating Habits:
☐ Great  ☐ Good  ☐ Fair  ☐ Not Good

Today’s Feelings:

Happy ☐  Sad ☐  Stressed ☐  Peaceful ☐  Angry ☐  Worried ☐  Other __________

Today’s Message:
You can stick with your daily physical activity! Join a group or class. Choose activities you enjoy in good and bad weather. Write down your physical activity each day. Reward yourself when you reach a physical activity goal.

Today’s Thoughts:

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________________________________________________________________________
**Today’s Date:**

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<td>Dinner</td>
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**Today’s Physical Activity:**

_______________________________ for ______ minutes

**Today’s Eating Habits:**

- [ ] Great
- [ ] Good
- [ ] Fair
- [ ] Not Good

**Today’s Feelings:**

- [ ] Happy
- [ ] Sad
- [ ] Stressed
- [ ] Peaceful
- [ ] Angry
- [ ] Worried
- [ ] Other

**Today’s Message:**

If a friend or family member shows signs of high blood sugar, they might have diabetes. Signs are: feeling very tired; increased thirst; increased urination; feeling hungry; losing weight; having blurred vision. If your friend or family member shows any of these signs, have them see a health care provider right away.

**Today’s Thoughts:**
Today's Date: 

**TODAY'S BLOOD SUGAR LEVELS**

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**Today's Physical Activity:**

_________________________ for __________ minutes

**Today's Eating Habits:**

☑ Great ☐ Good ☐ Fair ☐ Not Good

**Today's Feelings:**

[ ] Happy [ ] Sad [ ] Stressed [ ] Peaceful [ ] Angry [ ] Worried [ ] Other

**Today's Message:**

Eat less fat food and lower your cholesterol: cut fat away from meat edges before cooking; remove skin from chicken and turkey before cooking; don't fry your food - broil, barbecue, bake or boil instead.

**Today's Thoughts:**

________________________________________________________________________

________________________________________________________________________
Today's Date: Day 77

### TODAY'S BLOOD SUGAR LEVELS

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Today's Physical Activity:

__________________________________________ for __________ minutes

Today's Eating Habits:

- [ ] Great
- [ ] Good
- [ ] Fair
- [ ] Not Good

Today's Feelings:

- [ ] Happy
- [ ] Sad
- [ ] Stressed
- [ ] Peaceful
- [ ] Angry
- [ ] Worried
- [ ] Other

Today's Message:

Take care of your feet! Always wear shoes. Your shoes should be made of leather or canvas, have a round toe box, a low heel and soft insoles. They should fit well and not be too tight.

Today's Thoughts:

__________________________________________

__________________________________________

__________________________________________
Today’s Physical Activity:

________________________________________________________________________ for __________ minutes

Today’s Eating Habits:

☐ Great  ☐ Good  ☐ Fair  ☐ Not Good

Today’s Feelings:

☐ Happy  ☐ Sad  ☐ Stressed  ☐ Peaceful  ☐ Angry  ☐ Worried  ☐ Other

Today’s Message:

Floss your teeth once a day. Flossing removes plaque buildup. Flossing will help keep your gums and teeth healthy.

Today’s Thoughts:
# Day 79

### Today's Date:

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**Today's Physical Activity:**

_________________________________________ for _______ minutes

**Today's Eating Habits:**

- [ ] Great
- [ ] Good
- [ ] Fair
- [ ] Not Good

**Today's Feelings:**

- [ ] Happy
- [ ] Sad
- [ ] Stressed
- [ ] Peaceful
- [ ] Angry
- [ ] Worried
- [ ] Other

**Today's Message:**

Stress can make your blood sugar levels go up. Relaxation can help you handle stress. Try deep breathing. Breathe slowly and fully. Breathe deep until your lungs are full. Release the breath. Repeat several times.

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**Today's Thoughts:**

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Today's Date: 

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Today's Physical Activity:
________________________________ for __________ minutes

Today's Eating Habits:
☐ Great  ☐ Good  ☐ Fair  ☐ Not Good

Today's Feelings:

- Happy
- Sad
- Stressed
- Peaceful
- Angry
- Worried
- Other

Today's Message:
Take your diabetes pills and/or insulin with you when you are traveling. Take them at the same time each day.

Today's Thoughts:

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
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____________________________________________________________________
____________________________________________________________________
I do something every day that makes me happy. I go for a walk. I tell my wife and grandson that I love them. I am very happy with life just the way it is.

Ernest Bebeau, Leech Lake Ojibwe
My goals for the next ten days:

Eating habits goal:

__________________________

__________________________

__________________________

__________________________

__________________________

Physical activity goal:

__________________________

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Spiritual/emotional goal:

__________________________

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Today's Date:

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Today's Physical Activity:
________________________________________________________________________ for __________ minutes

Today's Eating Habits:
☐ Great    ☐ Good    ☐ Fair    ☐ Not Good

Today's Feelings:

- ☐ Happy
- ☐ Sad
- ☐ Stressed
- ☐ Peaceful
- ☐ Angry
- ☐ Worried
- ☐ Other

Today's Message:

One of the best ways to take care of diabetes is to know your blood sugar levels. Test your blood sugar 2-4 times each day. You’ll learn how foods and physical activity affect your blood sugar.

Today's Thoughts:
Today's Date:

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Today's Physical Activity:

__________________________________________ for __________ minutes

Today's Eating Habits:

☐ Great  ☐ Good  ☐ Fair  ☐ Not Good

Today's Feelings:

Happy ☐  Sad ☐  Stressed ☐  Peaceful ☐  Angry ☐  Worried ☐  Other __________

Today's Message:

When you're sick, test your blood sugar often, at least once every four hours. If your blood sugar is 240 or higher, call your health care provider.

Today's Thoughts:

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Today’s Date: 

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Today’s Physical Activity: 

______________________________ for __________ minutes

Today’s Eating Habits: 

☐ Great  ☐ Good  ☐ Fair  ☐ Not Good

Today’s Feelings: 

Happy ☐  Sad ☐  Stressed ☐  Peaceful ☐  Angry ☐  Worried ☐  Other __________

Today’s Message: 

Losing weight is one way to lower blood sugar. Losing just 5-10 pounds will make your body cells more sensitive to insulin. It is best to lose weight slowly. Try losing about one pound each week.

Today’s Thoughts:

______________________________

______________________________

______________________________
Today’s Message:
Eat breakfast every day. Try not to skip meals. This will help you not become overly hungry. Eating regular meals and regular portions helps control over-eating.

Today’s Thoughts:
### Today’s Message:
Using smaller plates helps people to eat smaller portions. About one-half of the plate should be filled with non-starchy vegetables (green salad, broccoli, brussel sprouts). About one-fourth should be protein (fish, chicken or meat) and one-fourth starch (bread, potatoes or pasta).

### Today’s Thoughts:

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Day 85

Today’s Date:

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**TODAY’S BLOOD SUGAR LEVELS**

**Today’s Physical Activity:**

______________________________ for __________ minutes

**Today’s Eating Habits:**

□ Great  □ Good  □ Fair  □ Not Good

**Today’s Feelings:**

- Happy
- Sad
- Stressed
- Peaceful
- Angry
- Worried
- Other

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192
Today's Date: 

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Today's Physical Activity: 
_________________________ for _________ minutes

Today's Eating Habits: 
☐ Great  ☐ Good  ☐ Fair  ☐ Not Good

Today's Feelings: 

- Happy
- Sad
- Stressed
- Peaceful
- Angry
- Worried
- Other

Today's Message:
Take Lakota for a walk! If you have a dog, you have two great reasons to walk every day: walking for 30 minutes will help you control your blood sugar and; your dog will love it!

Today's Thoughts:

________________________________________________________________________

________________________________________________________________________
Today's Date: [Blank]

TODAY'S BLOOD SUGAR LEVELS

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Today's Physical Activity:

_________________________________________ for ________ minutes

Today's Eating Habits:

☐ Great ☐ Good ☐ Fair ☐ Not Good

Today's Feelings:

☐ Happy ☐ Sad ☐ Stressed ☐ Peaceful ☐ Angry ☐ Worried ☐ Other

Today's Message:

Be physically active every day. You will burn more calories all day long. You will gain more muscle and might lose weight. You will feel energized!

Today's Thoughts:

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Today's Date:

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Today's Physical Activity:
________________________________________ for ________ minutes

Today's Eating Habits:
□ Great □ Good □ Fair □ Not Good

Today's Feelings:

- Happy
- Sad
- Stressed
- Peaceful
- Angry
- Worried
- Other

Today's Message:
Everyone can exercise! There are exercises you can do while sitting in a chair. Any type of movement will help. Ask your health care provider what you can do.

Today's Thoughts:

________________________________________
________________________________________
________________________________________
________________________________________
Breakfast

TODAY'S BLOOD SUGAR LEVELS

Lunch

Dinner

Eve/Other

Today’s Physical Activity:

________________________________________ for __________ minutes

Today’s Eating Habits:

☐ Great  ☐ Good  ☐ Fair  ☐ Not Good

Today’s Feelings:

Happy  Sad  Stressed  Peaceful  Angry  Worried  Other

Stressed? Try thinking of something that makes you happy. Close your eyes. Breathe deeply. Imagine you are in peaceful place with someone you love. Smile. Relax.

Today’s Thoughts:
**Day 90**

**Today's Date:**

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<th>Breakfast</th>
<th>TODAY'S BLOOD SUGAR LEVELS</th>
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**Today's Physical Activity:**

_____________________________ for ________ minutes

**Today's Eating Habits:**

- [ ] Great  
- [ ] Good  
- [ ] Fair  
- [ ] Not Good

**Today's Feelings:**

- [ ] Happy  
- [ ] Sad  
- [ ] Stressed  
- [ ] Peaceful  
- [ ] Angry  
- [ ] Worried  
- [ ] Other

**Today's Message:**

Count your blessings. You are a child of the Creator. You are precious and unique. You are loved by many.

**Today's Thoughts:**

________________________________________

________________________________________

________________________________________

________________________________________

________________________________________

________________________________________
About Diabetes

- What is diabetes?  page 207

- What is pre-diabetes?  page 211
What is diabetes?

What is diabetes?
Diabetes means having too much sugar in the blood. Having high blood sugar for long periods of time can cause problems with a person’s eyes, kidneys, feet, heart, and gums. Controlling your blood sugar will help you avoid these problems. You can control your blood sugar.

What causes diabetes?
Diabetes is mainly caused by changes in eating and exercise. Years ago, American Indians did not have diabetes. People gathered and hunted food for simple meals. People walked a lot. But eating habits and daily work have changed. Now we buy food at stores. We eat more fast food and sugar drinks. We drive cars rather than walk. People are heavier. These changes cause many American Indians to have high blood sugar.

What is high blood sugar?
Blood sugar comes from all the food you eat, not just sweet food. Your body changes the food you eat into blood sugar. Body cells and muscles use blood sugar for energy. Some people cannot get the blood sugar into cells and muscles. The sugar stays in the blood. They get high blood sugar. People with high blood sugar have diabetes.

What is insulin?
Insulin is a hormone made by the pancreas. The pancreas is a gland near your stomach. After you eat, your pancreas releases insulin. Insulin helps the blood sugar get into your body’s cells and muscles.

"Years ago, our elders told us to be active and eat good food. We need to remember the words of the elders."
What is diabetes?

I don’t say that I am diabetic. But I do say that I have high blood sugar, and I can combat it.

What are the types of diabetes?
There are two major types of diabetes: type 1 diabetes and type 2 diabetes. Most American Indians who have diabetes have type 2 diabetes.

What happens when you have type 2 diabetes?
With type 2 diabetes, your pancreas makes insulin, but may not make enough. Also your body’s cells and muscles may not allow insulin to do its work. Blood sugar cannot get into the body cells and muscles. The sugar stays in the blood.

What happens when you have type 1 diabetes?
With type 1 diabetes, the pancreas does not make insulin. People with type 1 diabetes need insulin shots to stay alive. Very few American Indians have type 1 diabetes.

How can you tell if you have high blood sugar?
Some people with high blood sugar feel tired, have increased thirst, feel hungry, or lose weight. They may have blurred vision, have sores that don’t heal, urinate more often, have sore gums, or have vaginal itching. But other people with high blood sugar feel no body changes. Some people can have high blood sugar for a long time and do not feel any body changes.

Can you be tested for high blood sugar?
Yes! You can get a blood test to check for high blood sugar. The test is done while you are fasting. Fasting means having no food or drink for eight hours or more. A normal fasting blood sugar reading is between 70 and 110. Talk with your clinic staff about this blood test. They can tell you how often you should get the blood test and what the results mean.

Willard D. Phillips, Sr., Omaha
What is diabetes?

Who gets high blood sugar?
You are more likely to get high blood sugar if you are heavy, inactive, or over the age of 30. Also you are more likely to have high blood sugar if you have family members with high blood sugar or had high blood sugar when you were pregnant.

Does high blood sugar run in families?
Yes! High blood sugar runs in families. Brothers, sisters, and children of people with diabetes tend to get high blood sugar.

How long does diabetes last?
Diabetes stays with you daily. It does not go away. Diabetes means high blood sugar. You can control your blood sugar.

Why control blood sugar?
Having high blood sugar over many years can cause problems with your eyes, kidneys, feet, gums, and heart. The best way to avoid these problems is to control your blood sugar.

How can you control your blood sugar?
You can control your blood sugar by making changes in your food choices and staying active. Many people who make simple food changes and become more active also lose some weight. If you are heavy, losing weight can help you control your blood sugar. Most people with diabetes will also need medicine to help control blood sugar.

Will changing eating habits help?
Yes! Making small changes in your eating habits will help. Some changes you can make are to eat less fat food, and drink and eat less sugar food.
What is diabetes?

Ever since I found out I have diabetes, I've been taking better care of myself. I'm healthier and feel much better.

Will being more active help?
Yes! Being more active helps your body cells and muscles use blood sugar for energy. Walking is a good way to be more active. Walk five days or more a week. Start with just a few minutes and work up to 30 minutes each time. Walking can help control your blood sugar.

How can you learn more?
The clinic staff can help. Talk with the health clinic staff about diabetes. There are many things you can learn to have better health for you and your family.
What is pre-diabetes?

What is pre-diabetes?
Pre-diabetes is when a person’s blood sugar is higher than normal but not high enough to have diabetes. “Borderline diabetes,” IGT (impaired glucose tolerance) and IFG (impaired fasting glucose) are other words that describe the same condition.

What does pre-diabetes mean?
Pre-diabetes means your blood sugar is higher than normal but not high enough to have diabetes right now. Still you are at great risk for getting diabetes later on. The good news is: You can make changes to prevent or delay diabetes.

What are the signs of pre-diabetes?
Here are the signs that you may have pre-diabetes:
• you are overweight
• one or both of your parents have type 2 diabetes
• you had a baby who weighed more than nine pounds at birth

The American Diabetes Association (ADA) also includes two other factors:
• high blood pressure
• high blood fats

How can you know for sure if you have pre-diabetes?
Talk with your health care provider. There are simple blood tests to check for pre-diabetes. All American Indian/Alaska Native adults, at risk for diabetes, should have a blood sugar test at least once a year. Most health care providers will ask you to get a fasting blood sugar test to check for pre-diabetes or diabetes. Others may ask you to get a glucose tolerance test.
What is pre-diabetes?

How can you prevent or delay getting diabetes? If you have pre-diabetes, you can make changes to prevent or delay diabetes. Some people with pre-diabetes are able to reverse this condition. If you have pre-diabetes, you can do things that may help bring your blood sugar back to the normal range. Start today. Talk with your health care provider who will make suggestions like:

- **Make some life-style changes.** Start with small changes. Small changes in eating and physical activity can lead to bigger changes that you can stick with.
- **Lose weight.** Losing 10-15 pounds (or around seven percent of your weight) can help control blood sugar.

- **What can help you lose weight?**
  - **Change your eating habits.** Eat more vegetables and fruits. Cut back on your portion sizes. Eat less high-fat, high-sugar foods.
  - **Be more active.** Walking is one of the best ways to be more active. Start slowly and work up to 30 minutes or more a day, five or more days a week.

- **Why would you want to know if you have pre-diabetes?** There are two reasons you might want to know if you have pre-diabetes:
  - If you have pre-diabetes, your blood sugar is higher than normal. You do not have diabetes. However, medical studies show that your high blood sugar may already be harming your body. People with pre-diabetes are at higher risk for getting type 2 diabetes and heart disease.
  - If you find out you have pre-diabetes, you can take steps NOW to prevent or delay diabetes. You may be able to bring your blood sugar back to the normal range.
If you have pre-diabetes, and make no life-style changes, will you get diabetes?
Probably. People with pre-diabetes are at very high risk for getting type 2 diabetes in 5-10 years.

If you have pre-diabetes, how often should you see your health care provider?
It is best to see your health care provider at least once a year. Your health care provider can check your blood sugar with a simple blood test. People who have pre-diabetes, who lose weight (10-15 pounds) and become more active, can make their blood sugar return to normal. Get your blood sugar checked at least once a year.

Could I have pre-diabetes and not know it?
Yes. People with pre-diabetes almost never have symptoms. In fact, millions of people have pre-diabetes or type 2 diabetes and do not know it! Ask your health care provider about pre-diabetes and getting a fasting blood sugar test.

“One day, I realized it isn’t ‘when’ we get diabetes, but ‘if’ we get diabetes. I have a choice. I chose to be in the ‘if’ category.”
Food and Activity

- Healthy Eating, page 217
- Walking and Physical Activity, page 220
- Losing Weight, page 224
Healthy Eating

■ Why eat healthy foods?
Eating healthy foods will help you:
• lower your blood sugar
• lose weight
• lower your change for heart disease
• feel better

■ Will eating healthy help your family?
Yes! The habits you learn to eat healthy can be passed on to your entire family. Eating healthy foods may help family members prevent or delay diabetes.

■ What are ways to eat healthy?
Here are some ways you and your family can eat healthy:
• eat smaller portions of food
• drink more water
• eat more high-fiber foods such as fruits, vegetables, and whole grains
• eat smaller portions of food high in sugar and fat
• eat when you are hungry and stop when you are full
• drink less alcohol

■ What other eating habits will help you control your blood sugar?
Here are some eating tips:
• eat at least three times a day
• eat each meal and snack at about the same time each day
• eat about the same amount of food at each meal
• do not skip meals
• eat breakfast

“I eat little dabs of this and that. Moderation is key.”

Dorothy George, Port Gamble S’Klallam
Will eating smaller portions of food help you?
Yes! Eating smaller portions of food will help you control blood sugar. Some ways to eat smaller portions are:
- eat one serving
- use measuring cups to measure portions
- use a small plate
- eat more slowly
- put your fork down between bites

What is a portion?
A simple way you can know the size of a portion is to use your hand as a guide:
- meat portions should be the size of your palm and the thickness of your little finger
- vegetable portions should be as much as you can hold in your cupped hands
- portions of starchy vegetables like beans, cereal, and rice should be the size of your fist
- fruit portions should be the size of your fist

What are the foods you can choose?
Choose foods that are low in fat and sugar. Choose these foods to eat:
- vegetables
- fruit
- soft margarine
- chicken, turkey, fish, or wild game meats
- oat cereals and whole grains
- low-fat or skim milk and low-fat milk products

What are the foods you should limit?
Limit foods that are high in fat and sugar. Limit these foods:
- fatty cuts of meat
- eggs
- non-dairy coffee creamer
- fried foods
Healthy Eating

- ice cream, cream, butter, whole milk, and cheese
- candy, chips, cakes, ice cream, and cookies
- sugar pop, juice, and sweetened powdered drinks

What are the ways to eat less high-fat food?
There are many ways to eat less fat food:
- Read food labels. Many foods contain hidden oils or fats.
- Look for food labels that say “low-fat” or “no cholesterol.”
- “Low-fat” or “no cholesterol” doesn’t mean low calorie. Eat small amounts.
- Use plain, non-fat yogurt instead of mayonnaise in fruit salads, dips, and dressing.

What are ways to cook with less fat?
Here are some ways to cook food with less fat:
- Cut fat from meat edges before cooking.
- Cut off fat and skin from chicken or turkey before cooking.
- Broil, barbecue, bake, or boil your foods. Frying adds more fat.
- Do not add fats after cooking food. Use gravy, sour cream, cheese sauce, margarine, or butter less often.
- When you cook with fat, liquid cooking oil is better than shortening. Use small amounts.

How can you learn more about healthy eating?
Ask a health care provider. Attend a diabetic support group or cooking class. Eating more healthy foods will help you and your family.

I try to eat right. I skip the double burgers and fries. I eat grilled chicken salads.

John Suazo, Taos
Walking and Physical Activity

When I found out I had diabetes, I decided to start walking. I try to walk every day.

You can take care of yourself by walking.
You can control your blood sugar. One way is to walk. You can plan a good walking program. It's easy to start walking! All you need is 10 minutes and a good pair of walking shoes.

Why walk?
Walking can help you in many ways:
• It uses up blood sugar. Walking uses up some of your blood sugar for energy. The more you walk, the more you can lower your blood sugar.
• It uses up fat. Walking can help you lose fat. Your body uses fat for energy during long walks.
• It helps keep your muscles and bones strong. Walking keeps your muscles and bones strong.
• You feel better. Best of all, walking makes you feel better! Just 10 minutes of brisk walking can lift your spirits 1-2 hours. You feel calmer during the day. You have more strength. You can handle daily stresses better.

How much walking?
Walking for 30 minutes each day is best. You can break the 30 minutes into three 10-minute sessions. Start out walking three or more times a week. Work up to 30 minutes of walking each day. Try walking:
• 10 minutes at a time
• three times a day
• five or more days a week
Walking during work is not enough. Most people walk more than 30 minutes during a day. They walk three minutes here, four minutes there. But to get help from walking, you need to walk steadily for 10 minutes at a time on most days of the week.

- **Start walking by going easy**
  Start with slow, short walks. Make your first walks short, 10-minute walks, with a relaxed pace. If you cannot talk while you walk, you are walking too quickly. If you can sing while you walk, you are walking too slowly!

- **Increase slowly and stretch**
  Increase your walking time slowly. Increase your walking time in stages, by five minutes each week. Work your way up to a total of 30 minutes or more.

  Stretch before you walk. Do arm and leg stretches before and after long walks. Stretching helps prevent aches and muscle cramps. Start by stretching easy.

- **Protect your feet!**
  Look at your feet after every walk. Look for red areas, blisters, or sores. Be sure to look at the bottoms of your feet.

  Prevent damage to your feet. Try to avoid all foot problems. Treat even small problems right away.

- **Wear good shoes**
  Wear good shoes that fit, cushion, and support your feet. Shoes made of leather or canvas are best.

  Break in new shoes slowly. Wear them for 1-2 hours at a time. Check your feet for redness or sores after wearing.
Wear a clean pair of socks to help cushion and protect your feet. If you have any foot problems, see your health care provider.

- **Make walking a habit**
  With a little time, walking can become a habit. Here are some things to try:
  - Walk with family or friends. Enjoy talking.
  - Take scenic routes.
  - Park a little farther from the store or your job.
  - Walk on your lunch hour or break.
  - Use the stairs.
  - Walk the same time each day.
  - Have a weekly schedule. Walk at least three times each week.

- **Have fun!**
  Walking can be lots of fun:
  - Have fun! Have a walking partner, or two, or lots.
  - Walk with your kids or grandchildren.
  - Tell your friends about your walking. They may join you.
  - Talk with friends while you walk!

- **Try other physical activity**
  Other physical activity is good for you too, such as:
  - aerobics
  - riding a bike
  - hiking the hills
  - dancing
  - walking in shallow water
  - canoeing
  - swimming
  - walking to the store or work

- **Be active on most days of the week**
  All you need is 10 minutes to get going! Being active
for 10 minutes at a time, three times a day, adds up to good health! Choose things you like to do. And remember...start with easy stretches.

- See how far you can walk
  Set a goal for three times a week. Mark it down. You may do better than you expect!

- How can you learn more?
  Check with your health care provider about your walking program. They can help you plan a safe walking program and show you muscle stretches.

Have fun. And feel good about yourself! It will keep you walking.

“I try to be physically active every day.”

Patricia Abeita, Isleta
Losing Weight

- If you have diabetes, can losing weight help you?
  Yes. Losing weight will help you control your blood sugar.

- If you don’t have diabetes, will losing weight help you?
  Yes. Studies show that losing just 10-15 pounds can reduce your risk for diabetes.

- How can losing weight help you?
  Losing weight can help you:
  • lower your blood sugar
  • reduce your risk for diabetes
  • lower your blood pressure
  • have more energy to be more active
  • feel more comfortable

- How do you know if you should lose weight?
  Ask your health care provider to check your weight. Ask them to measure your waist. Ask them if you are normal weight, overweight, or obese.

- What if you are normal weight?
  If you are normal weight, that is great! Try not to gain weight.
What if you are overweight?
If you are overweight, try not to gain more weight.

What if you are overweight and at risk for heart disease?
Try to lose weight. Losing weight will lower your risk for heart disease.

What if you are obese?
Lose weight. Losing weight will help you feel better and live a longer, healthier life.

How much weight should you lose?
Ask your health care provider. Set a healthy weight goal.

How quickly should you lose weight?
Lose weight slowly. Losing 1/2-1 pound per week is good for your body. Your body will not feel like it is “starving.” It is much easier to keep losing weight if you do it slowly.

What is a good way to lose weight?
You can lose weight by doing these three things:
• eat less fat and sugar foods
• eat smaller portions of food
• be physically active for at least 30 minutes each day

What are other tips for losing weight?
Losing weight is much more than changing eating and physical activity habits. Try these things:
• Join a support group. Talking about the challenges of losing weight will help you stick to new habits.
• Ask a friend to lose weight with you. Having someone to walk and talk with will help both of you lose weight.
• Pray or take a walk in nature. Connecting to the Spirit every day will help you stick to your new habits.
Why should you stick to weight-loss habits? Changing old habits and keeping new habits takes efforts. It is worth it!
- Your family will learn good eating and physical activity habits.
- You will be a role model to your children, grandchildren, and community members.
- You will feel better, and be a more productive member of your family, and your community.
- You will have more energy to give to yourself, your family, your work, and your community.

“I lost 51 pounds. I feel more alive!”

Michael Duran, Sandia
Use this weight chart to find your weight range:

My weight: ________

My weight range: ________

My weight goal: ________
Taking Care of Your Eyes, Feet and Teeth

- Taking Care of Your Eyes, page 231
- Taking Care of Your Feet, page 236
- Taking Care of Your Teeth, page 240
Taking Care of Your Eyes

- Why take care of your eyes?
  High blood sugar can cause changes in eyesight. You can prevent some eye changes.

- What eye changes can happen?
  Some people notice these changes in eyesight:
  - blurred eyesight
  - floating spots
  - clouding
  - dark spots
  - color less clear
  - hard to see when driving at night

  You may notice some of these changes. See your health care provider right away if you notice changes.

- How do eyesight changes occur?
  Some eyesight changes occur when your blood sugar is high for long periods of time. See your health care provider right away if you have any vision loss.

- What should you do if you notice changes?
  If you notice changes in your eyesight, you should call or see your health care provider right away. Tell them about the changes. You can prevent further damage.

- Can high blood sugar cause blindness?
  Yes! Having high blood sugar for long periods of time can cause blindness. Keeping your blood sugar in control helps protect your eyesight.

“If you have eyesight changes, see your health care provider right away.”
Can you prevent blindness?
Yes! You can prevent blindness. Here are some things you can do:
- control your blood sugar
- tell your health care provider about any eyesight changes
- get a yearly eye exam
- if you have high blood pressure, take your blood pressure pills

Will you need a yearly eye exam?
Yes, you will need a yearly eye exam. Yearly eye exams should be done even if you have no eyesight changes. Your health care provider can help you schedule an eye exam.

What do eye exams check?
The doctor checks for changes in the back of your eyes. High blood sugar can cause changes you may not notice. If not treated, these changes may cause retinopathy (Ret-i-NA-pa-thee).

What is retinopathy?
Retinopathy (Ret-i-NA-pa-thee) is a serious eye disease. It is caused by having high blood sugar for long periods of time. Retinopathy can lead to blindness. People with diabetes are at high risk for eye damage. People who have high blood pressure are also at high risk for eye damage.

You can prevent or delay damage to your eyes. You can prevent blindness.

Are there other causes for eye changes?
Some eyesight changes are due to aging. Do you need to hold things at arm’s length to read? Eyeglasses can correct this.
Taking Care of Your Eyes

- When can you get new eyeglasses?
  Fitting for eyeglasses cannot be done until your blood sugar is stable for six weeks.

- How does high blood sugar affect your eyes?
  There are many blood vessels in your eyes. High blood sugar over a long period of time can damage these blood vessels. This condition is called retinopathy. When the blood vessels are damaged, they may bleed into the eye. If not treated, the bleeding can cause blindness.

- How will you know if you have retinopathy?
  There usually are no signs of retinopathy. You may not have a vision change until there is severe damage. Getting eye exams and laser treatment can help prevent or delay eye damage. Treatment is best if it is started early, before there are any vision changes.

- How often should you have your eyes checked?
  A person with diabetes should have a dilated eye exam at least one time each year. You can prevent blindness by having a yearly eye exam.

- How does your doctor check your eyes?
  Your doctor will put eye drops into your eyes. The eye drops help open your pupils. The doctor can then look at all the blood vessels in your eyes. This is called a dilated eye exam.

- What can you do to take care of your eyes?
  You can take care of your eyes. Here are four ways:
  - Get a dilated eye exam at least one time each year.
  - Control your blood sugar:
    - Check your blood sugar at home.
    - Make healthy food choices.
    - Be active. Walking is a good way to become more active.
• Control your blood pressure:
  - Get your blood pressure checked often.
  - Take your blood pressure pills as prescribed.
  - Cut down on salt and salty foods.
• Stop smoking.

Is there treatment for retinopathy?  
Yes. Laser treatment may help to stop the bleeding in your eye. Laser treatment may not improve your vision if damage to your eyes is severe. Get your dilated eye exam every year. Treatment works best if it is started early, before you have vision changes.

How does laser treatment work?  
Laser treatment uses a beam of light. The light passes through the eye to stop the blood vessels from bleeding. Laser treatment is usually done in the doctor’s office. You will be able to go home after the treatment is finished.

Are you at risk for other eye problems?  
Yes. If your blood sugar is high, you are at risk for other eye problems. You are at risk for:
• Blurry vision. High blood sugar can cause your vision to be blurry.
• Cataracts (CAT-er-acts). A cataract is when the lens of the eye gets cloudy.
• Glaucoma (gla-KO-ma). Glaucoma is an increase in the pressure of the eye. This can cause blindness.

Good blood sugar control can prevent or delay eye problems. See an eye doctor right away if you have any vision changes or vision loss.
What can you do to take care of your eyes? These are the things you can do to take care of your eyes:
• get a dilated eye exam at least one time each year
• control your blood sugar
• control your blood pressure
• stop smoking
• see an eye doctor right away if you have any vision changes or vision loss

Your health care provider can help
Talk to your health care provider about high blood sugar and eye damage. They can help you learn to control your blood sugar.

"It feels good to know I’m taking good care of my eyes."
Taking Care of Your Feet

- Why take care of your feet?
  High blood sugar can cause damage to your feet. You can prevent damage to your feet.

- How do foot problems happen?
  Some people with high blood sugar lose feeling in their feet. They also have poor blood supply to their legs and feet.

  Legs and feet can be damaged. Some people lose a toe or foot.

- Can you prevent foot problems?
  Yes! Here are some things you can do:
  - Look at your feet daily. Be sure to look between your toes.
  - Ask a friend or family member to look at your feet if you have poor eyesight or cannot bend over.
  - Use a hand mirror to help you look at your feet and between your toes.

  Daily care can prevent loss of a toe, foot or leg.

- What should you look for?
  You can prevent damage to your feet by looking for:
  - blisters
  - cuts
  - scratches
  - red or black spots
  - ingrown toenails
  - dryness
Look at your feet and between your toes. If you see any damage to your feet, show your health care provider.

**What is a good way to wash feet?**
Wash your feet daily in warm water. Use mild soap and rinse well. Check the water temperature with your arm or elbow before washing. Water should feel lukewarm, not hot.

Dry your feet by patting dry. Be sure to dry between your toes.

Put lotion on your feet to keep skin soft. Lotion prevents cracking and drying. Do not put lotion between your toes.

Look at your feet and between your toes.

**What are more ways to prevent foot damage?**
Here are some more things you can do to protect your feet:
- File or cut your toenails straight across.
- You can damage your feet if you cut your own calluses or corns. See your health care provider for these problems.
- Only use medicine from the clinic on your feet for corns, bunions, calluses, cuts or scratches. Medicine from the store may hurt your feet.

**How do socks protect your feet?**
Wear socks each day. Change your socks every day. Socks protect your feet many ways. They:
- Help cushion and protect your feet.
- Keep your feet warm. Do not use heating pads or hot water bottles.
- Keep your feet dry. Cotton socks are best. Wear socks without seams, holes or mends. Do not use elastic garters. Knee socks should not leave marks on your skin. All socks should fit loosely.

- **How do shoes protect your feet?**
  You can cut, burn or bruise your feet by walking barefoot.

- **What are things to think about when wearing shoes?**
  - Always wear your shoes indoors and outdoors.
  - Wear shoes that fit. Tie shoe laces loosely.
  - Wear shoes with rounded toes. Pointed boots or shoes can cause damage to your feet. Do not wear sandals or open-toe shoes.
  - Wear flat or low-heeled shoes. High heels can cause damage to your feet.
  - Check your shoes for small stones, nail points or torn linings.
  - Keep your shoes on during powwows and celebrations.
  - Wear shoes when walking on beaches or near pools.

- **How do you choose new shoes?**
  Make sure your shoes fit the shape of your foot. Choose rounded toes and flat or low-heeled shoes. Shoes made of canvas or leather are best.

  Break in new shoes a little at a time. Wear them for 1-2 hours each day for at least a week.

  Wear socks to help cushion and protect your feet.

  Check your feet for redness, sores or blisters. Your shoes should not cause sores or blisters.
What should you do if you get a blister?
If you get a blister or sore, see your health care provider. Show your health care provider your foot. Bring your shoes and socks with you.

How do you care for cuts and scratches?
Here are ways to care for cuts and scratches:
• Wash each small cut or scratch with soap and water.
• Do not put adhesive tape or bandaids on your skin. Tape and bandaids can damage the skin on your feet.
• Use gauze bandages for small cuts or scratches.
• Look at cuts and scratches daily. Call your health care provider if cuts or scratches do not get better in three days.

Who can help with foot problems?
Your health care provider can help. Check with your health care provider if you have any foot or health problems.

"We check our feet every day."
Taking Care of Your Teeth

- Can gum disease happen to you?
  Yes. Gum disease can happen to people with diabetes. You can prevent gum disease by:
  - controlling your blood sugar
  - taking care of your teeth

- What is gum disease?
  Gum disease starts with plaque (plak) build-up. Plaque is a bacteria that everyone has in their mouths. Plaque builds up on teeth. Plaque build-up can destroy gums and bone. Plaque build-up is called gum disease. It is also called periodontal (PER-e-o-DON-tl) disease. You can lose your teeth if plaque builds up.

- How does plaque damage your teeth?
  Plaque builds up on teeth, between the teeth and under the gums. The gums pull away from the teeth, and pockets are formed around the teeth. The disease spreads into the bone that supports the teeth. When the bone support is gone, the tooth will loosen and fall out.

- How will you know you have gum disease?
  You will know you have gum disease if:
  - your gums bleed when you brush your teeth or eat
  - you have bad breath
  - your gums feel soft or hurt when you touch them
  - your gums are pulled away from your teeth

Daily flossing and brushing will help me prevent gum disease.
• pus comes out from your gums when you press them with your fingers
• any of your teeth are loose
• any of your teeth have shifted position

See your dentist if you have any of these signs of gum disease!

**What can you do to prevent gum disease?**
You can prevent gum disease. Here are some things you can do:
• control your blood sugar
• check your blood sugar at home
• choose more fruits and vegetables
• be active every day
• prevent plaque build-up
• brush your teeth two times a day, five minutes each time
• talk with your dentist about ways to prevent plaque build-up
• see your dentist at lease once a year and more often if needed

**How can you learn more?**
Talk with your dentist about ways you can prevent plaque build-up. Your dentist can help you prevent gum disease.
Preventing Kidney and Heart Disease

- Taking Care of Your Kidneys, page 245
- Taking Care of Your Heart, page 251
- Know Your Blood Fat Numbers, page 258
Taking Care of Your Kidneys

Can you keep your kidneys healthy?
Yes. There are ways you can keep your kidneys healthy. Preventing and treating bladder and kidney infections are things you can do.

How do your kidneys work?
Your kidneys remove waste products from your blood and puts them into the urine. The urine carries the waste products to the bladder. When you empty your bladder, you get rid of the urine and waste products. The kidneys and bladder make up the urinary (YOOR-i-ne-ree) system.

What causes damage to your kidneys?
Four things can cause damage to your kidneys:
• untreated kidney infections
• high blood pressure for long periods of time
• high blood sugar for long periods of time
• some medicines

You can prevent most kidney damage.

What causes kidney infections?
Germs cause most infections. Infections usually start in the bladder. The infection can quickly move from the bladder to the kidneys, especially in people with high blood sugar. Treating all bladder infections right away can prevent kidney damage.

Go to the health clinic if you think you have an infection.
Does high blood sugar affect bladder infections? Yes. People with high blood sugar tend to get more bladder infections.

What are signs of bladder or kidney infections? These are signs of a bladder or kidney infection:
- fever
- frequent urge to urinate
- pain or burning when urinating
- discomfort in the bladder
- ache in lower back
- milky, cloudy or reddish urine

Most people will have only one or two signs of an infection. Some people will have no signs. A fever may be a sign of a kidney infection.

What should you do if you think you have a kidney infection? If you think you have a kidney or bladder infection, go to the clinic right away. Clinic staff can test your urine for signs of an infection. Your health care provider can start treatment right away. You can prevent kidney damage by treating all infections right away.

What are treatments for kidney infections? Treatment of bladder or kidney infections includes taking medicine, getting urine tests and drinking water. You can get rid of the infection. Here is what you need to do:
- Get your urine tested. Your health care provider will test your urine before you start taking the medicine. This is to make sure the medicine will work.
• Take your medicine. Take all your medicine, even if you feel better. The infection may come back if you stop taking your medicine too soon.
• Test your urine again. Your health care provider may test your urine after the medicine is done. This is to make sure the infection is gone.
• Drink water. Drink at least six glasses of water each day.

Can you prevent kidney infections?
Yes. You can prevent some infections. Taking these steps may help:
• Get your urine checked if you think you have any signs of a kidney infection.
• Take all your medicine for any infection.
• After taking medicine, see your health care provider for a urine test. The test is to make sure the infection is gone.
• Urinate when you first feel the urge. Do not hold the urine in your bladder.
• Keep genital area clean.
• Urinate after sex.
• Wipe from front to back after bowel movements.

What if your kidneys become damaged?
Damaged kidneys do not remove some waste products. The waste products build up in the blood. You cannot see or feel this damage. Damage occurs slowly, over many years. People with bad kidney damage may have to go on dialysis.

You can prevent most kidney damage.

How does kidney damage happen?
Damage to small blood vessels causes most kidney damage. When the blood vessels are damaged, your kidneys cannot filter the blood. When the filtering system is not working, your kidneys cannot remove the waste products from the blood.
Taking Care of Your Kidneys

What can you do to prevent kidney damage?
You can do these things to prevent kidney damage:
• Treat any infection right away. A bladder infection can quickly move to the kidneys. A kidney infection can cause kidney damage. Treating all infections right away can prevent damage.
• Control your blood pressure. If you have high blood pressure, take your blood pressure pills. Cut down on salt and salty foods. Check your blood pressure often. Ask your health care provider about your blood pressure numbers. A good blood pressure is below 130/80.
• Control your blood sugar. People with high blood sugar tend to get more infections. You can control your blood sugar. Lose weight if you are heavy. Eat less fat food. Become more active.

Are there tests for kidney damage?
Yes. Blood and urine tests can tell the doctor how your kidneys are working. The blood tests show how well the kidneys are filtering or cleaning your blood. These tests will show the early signs of kidney damage that you may not notice or feel. Your health care provider can do these tests. If you have diabetes, it is best to ask for these tests once a year.

What are the signs of kidney damage?
Usually there are no signs of kidney damage. It may take many years to feel any signs of severe kidney damage. Some signs are:
• swollen ankles and legs
• feeling very tired
• itchy skin
• long-lasting nausea
• vomiting

Remember, kidney damage develops slowly. You may not notice or feel any signs of kidney damage. If you
have diabetes, it is best to have your blood and urine tested once a year for kidney damage. Talk with your health care provider about the tests.

- **What happens if the kidneys become damaged?**
  People with kidney damage may need to go on dialysis, or have a kidney transplant. Damaged kidneys cannot filter the blood. When the filtering system is not working, waste products build up in the blood. The build up of waste products can cause many health problems.

- **How does dialysis work?**
  Dialysis is a way to clean the blood when the kidneys stop working. When a person is on dialysis, a man-made filter is used to clean the blood. There are two types of dialysis:
  - Hemodialysis (HE-mo-di-AL-i-sis).
    - A person on hemodialysis will have their blood cleaned by a machine 2-3 times a week.
  - Peritoneal (PER-i-toe-NEAL).
    - This type of dialysis is done at home. You can do this during the day or night while you sleep.

People can live many years with the help of dialysis. Talk to your health care provider about dialysis.

- **What about kidney transplants?**
  Another way to remove waste is to transplant a new kidney. Transplantation of a healthy kidney replaces a damaged one. Talk to your health care provider about kidney transplants.
What are things you can do to protect your kidneys and delay kidney damage?

There are several things you can do to protect your kidneys:

• Control your blood sugar.
• Control your blood pressure. Take your blood pressure pills and your water pills as prescribed. Eat less salt and salty foods.
• Check your blood pressure often. Your blood pressure should be less than 130/80.
• Do not take over-the-counter medications without checking with your health care provider. Some medicines can cause damage to your kidneys.
• Talk to your nutritionist. Some people with kidney problems need to change their diet to protect their kidneys. A low-protein diet may be recommended. Too much protein and salt in your diet will cause your kidneys to work harder.
• Get your blood and urine tests once a year.
• See your health care provider as scheduled. Tell them how you are feeling. Share your concerns. Ask questions.
• Do not smoke or use tobacco.

How can you prevent kidney damage?

You can prevent most kidney infections that can cause kidney damage:

• When you think you have a bladder or kidney infection, see your health care provider.
• Tell your health care provider about any signs of bladder or kidney infection.
• Take all your medicine for any infection.
• Talk with your health care provider. They can tell you more about preventing kidney damage.
Taking Care of Your Heart

- What is heart disease?
  Heart disease is a group of heart problems that includes chest pain, heart attack and heart failure. Heart disease means that the heart is overworked or damaged. Your heart cannot work as well.

- Who gets heart disease?
  People with one or more risk factors are more likely to get heart disease than people who don’t have any risk factors.

- What are risk factors for heart disease?
  Risk factors are the things that increase your chances for getting heart disease. The most important risk factors for heart disease are:
  - being overweight
  - having diabetes
  - having blood sugar that is out of control
  - having high cholesterol
  - having high blood pressure
  - smoking or using tobacco

  You can change these risk factors.

Some risk factors cannot be changed. These are:
- being over age 40
- having family members with heart disease
Can you reduce your risk?
Yes. You can reduce your chances for getting heart disease. There are things you can change. You can:
• lose weight
• control your blood sugar
• lower your cholesterol
• lower your blood pressure
• stop smoking or using tobacco

What if you are overweight?
Extra weight makes your heart work harder. Losing 10-20 pounds will help you lower your risk for heart disease. If you want to lose weight, a slow loss of 1/2-1 pound a week is best.

What are ways to lose weight?
You can lose weight. Here are some ways to lose weight:
• Make good food choices
  - eat less fat food
  - eat less sugar food and drinks
  - drink less alcohol
  - eat fewer snacks
  - drink more water
• Eat three meals a day
  - space meals 4-5 hours apart
  - watch your portion sizes
  - avoid second helpings
• Become more active

I keep my cholesterol below 200. Low cholesterol is good for my heart.

Your health care provider can help you with a weight-loss plan.
What are ways to become more active?
Walking is a good way to be more active. Walk five days or more a week. Start by walking 10 minutes. Work up to 30 minutes each time. Other physical activity is good, too. Try:
• riding a bike
• hiking the hills
• dancing
• walking in shallow water
• canoeing
• swimming

Check with your health care provider about becoming more active.

What if you have diabetes?
Having diabetes increases your risk for heart disease. Having high blood sugar for long periods of time can cause heart disease. Controlling your blood sugar will help you reduce your risk for heart disease.

What can you do to control blood sugar?
These are the things you can do to control your blood sugar:
• if you are overweight, lose weight
• make healthy food choices
• be more active
• take your diabetes medicine at the same time each day
• keep your scheduled appointments with your health care provider
• know your blood sugar levels

What about high cholesterol?
Cholesterol is a type of fat in the blood. This fat can build up and clog the blood vessels. Clogged blood vessels can lead to heart disease. You can lower your blood cholesterol. Here are things you can do to
Taking Care of Your Heart

lower your cholesterol:
- eat less meat and fried food
- eat more fruits and vegetables
- be more active
- lose weight if you are overweight
- stop smoking or tobacco use
- get your cholesterol checked at least once a year

Ask your health care provider about your cholesterol numbers. Your cholesterol should be below 200. Some people may need medicine to help lower their cholesterol.

■ Where does cholesterol come from?
Most cholesterol comes from animal foods high in fat. Eating too much high fat food can raise your cholesterol. Your body also makes cholesterol. Some people make more than others. These people can have high cholesterol even when they eat very little high-fat foods.

■ Why is cholesterol bad for you?
High levels of cholesterol can narrow the blood vessels. Narrow blood vessels can lead to heart disease or stroke.

■ How does high cholesterol narrow the blood vessels?
Think of blood vessels as pipes. Pipes carry water from the pump to your house. Sometimes minerals inside the pipe build up and block the pipe. Blood vessels are like water pipes. Blood vessels carry blood from the heart to all parts of the body. Cholesterol can build up in your blood vessels, like minerals that build up in pipes.

■ Why are narrow blood vessels a problem?
A narrow vessel can become blocked. If a blood vessel gets blocked, it can cause a heart attack or stroke.
Who needs to be careful about cholesterol? Everyone needs to be careful about cholesterol. Cutting down on fat foods is good for everyone in your family. Some people need to be more careful than others:
- men of all ages
- tobacco users
- people with diabetes
- people with high blood pressure
- people who have heart disease
- people with a family member who has had a heart attack
- women after menopause

How do you know if you have high cholesterol? You cannot feel high cholesterol. You cannot feel fat build up inside your blood vessels. It is a silent killer like high blood pressure.

Your health care provider has a test for cholesterol. A simple blood test can tell you and your health care provider about your cholesterol.

What is a good cholesterol level? A good cholesterol level is 200 or less. Between 200 and 240, chances of early disease or death goes up. Above 240, the risk is very high for a heart attack or stroke.

What can you do if you have high cholesterol? If you have high cholesterol, you can do two things to lower it:
- Eat less fat foods. Choose foods that are low in fat. Avoid foods that are high in fat.
- Be more active. Walking is a good way to be active.

You can lower the amount of fat in your blood.

I did it to help my heart.
Taking Care of Your Heart

- What other things can you do to help lower your cholesterol?
  There are other things you can do to help lower your cholesterol:
  - Lose weight if you are overweight.
    Plan a weight loss program with your health care provider. Losing weight can lower cholesterol.
    Losing 5-10 pounds will help.
  - Stop smoking. Smoking is never good for you.
    Smoking leads to early heart disease.

- What if you still have high cholesterol?
  Some drugs may help lower cholesterol. The drugs may have side effects. Your health care provider will suggest a drug if you need it. Taking drugs alone will not lower your cholesterol. You will still need to make changes in eating and become more active. Drugs work best when you eat healthy and are more active.

- How can you lower your cholesterol?
  Do these things to lower your cholesterol:
  - eat less fat foods
  - be more active
  - lose weight
  - stop smoking

  Talk with your health care provider about cholesterol. They can help you lower your cholesterol.

- What about high blood pressure?
  High blood pressure can also cause heart disease. You may not know if your blood pressure is high. Check your blood pressure often. Your blood pressure should be below 130/80. If you have high blood pressure, these are the things you need to do:
- take your blood pressure pills
- check your blood pressure often
- cut down on salt and salty food
- lose weight
  - make healthy food choices
  - be more active
- keep you scheduled appointments with your health care provider
- stop smoking or tobacco use

How can you find out if you are at risk for heart disease?
Your health care provider can order simple tests to check your blood sugar, cholesterol and other blood fats. People with diabetes need these tests. Find out your numbers. Keep a record. Ask your health care provider what numbers or goals are best for you.

To take care of my heart, I stopped smoking and started walking.
Know Your Blood Fat Numbers

- What are blood fat numbers?
  Blood fat numbers are numbers that measure the amount of fat in the blood.

- Why should you know your blood fat numbers?
  High amounts of fat in the blood can build up and clog blood vessels. Clogged blood vessels can cause heart attacks or strokes. You can lower the amount of fat in your blood. Knowing your numbers will help.

- What do blood fat numbers measure?
  Blood fat numbers measure three things: total cholesterol, and LDL and HDL cholesterol.

- What is cholesterol?
  Cholesterol is a type of fat in the blood. It comes from two sources. The body makes cholesterol. Cholesterol can also come from animal foods like meat, egg yolks and whole milk products.

- What is LDL cholesterol?
  LDL cholesterol is the type of cholesterol that sticks to the blood vessel walls. LDL is called “bad” cholesterol.

- What is a good LDL cholesterol level?
  A good LDL level is 100 or lower.

- What is HDL cholesterol?
  HDL cholesterol helps to take the bad cholesterol out of the blood vessels. HDL is called “good” cholesterol.
What is a good HDL cholesterol level?
A good HDL level is 45 or higher.

Is there another blood fat level you should know?
You should know your triglyceride (tri-GLI-cer-ide) number.

What are triglycerides?
Triglycerides are the form of fat this is carried in your blood to your body cells. Most of your body fat is made up of triglycerides. High triglycerides in your blood are not good for you.

What does a high triglyceride number mean?
A high triglyceride number usually means your blood sugar and cholesterol levels are also high. This can increase your chance for heart problems.

What is a good triglyceride number?
A good triglyceride number is 200 or lower.

How often should cholesterol and triglyceride levels be checked?
Ask your health care provider to check your blood fat levels at least once a year. When you get this test done, it is best if you are fasting. Fasting means having nothing to eat or drink but water for 9-12 hours before the test.

What can you do to lower your blood fat levels?
Some people may have a family history of high blood fats. You cannot change your family history. But you can make some changes to keep your blood fat levels low:

- Eat more traditional foods.
  Whole grains, fruits, vegetables,
herbs, berries, fish and wild game are rich in vitamins, minerals and fiber and low in fat. Eating more traditional foods can help fight diabetes and heart disease.

- Eat less of the modern-world processed foods like canned meats, potato chips, fast food burgers, fries, candy bars and snack cakes. These foods are high in fat and sugars.

**What are ways to eat more low-fat and low-sugar foods?**

- Eat more fruits and vegetables.
- Choose skim milk or 1% milk.
- Cut extra fat from your meat and throw the fat away.
- Pull the skin off chicken before cooking and throw the skin away.
- Use less fat to cook vegetables. Replace fat with herbs, spices and low-salt bouillon.
- Limit egg yolks to 3-4 per week.
- Bake, boil, broil or grill instead of frying.
- Chill soups and stews and skim off the solid fat before re-heating.

**What about alcohol?**

Drinking too much alcohol can increase your blood fats. If you have diabetes, drinking too much alcohol can make it harder to control your blood sugar. It is best not to drink alcohol.

**Will being more active help?**

Yes. Being active can help lower your blood fats. People who are active have higher levels of the “good” cholesterol. Walking, dancing and riding a bike are some good ways to be active.
Know Your Blood Fat Numbers

- What is the best way to change eating and activity habits?
  Change habits slowly. Take small steps. Start by eating one healthy thing each day, then adding more. Start slowly with exercise, too. Walking just 10 minutes a day helps. Work up to 30 minutes a day. Remember, it took many years to develop your habits. It will take time to change your habits.

- What about tobacco use?
  If you smoke cigarettes or use smokeless tobacco, stop. Quitting a tobacco habit is the best thing you can do to keep healthy. If you have diabetes, tobacco use increases your chance for having problems with your heart, eyes, feet and kidneys. Tobacco use will also increase your chance for getting lung and mouth cancers.

- Are there any medicines that can help?
  Yes. There are medicines that help to lower cholesterol. Your health care provider will pick one depending on which part of your cholesterol is out of balance. If you use any of these medicines, you will still need to eat less high-fat food and be more active. Some people may need to take medicine for a few months. Others may need to take the medicine for a long time. If you begin taking medicine, it doesn’t mean that you need to take it forever.

  For example, getting your blood sugars down helps. So does giving up alcohol. If you make enough changes in your diet, and become more active, your health care provider may be able to reduce your medicine or even stop it.
Know Your Numbers

Your health care provider can order a simple test to check your blood fats. People with diabetes need this blood test done at least once a year. Find out your blood fat numbers. Use the chart below to see how you are doing.

If your number is in the red range, you are at high risk for heart problems.

If your number is in the blue range, you have an increased risk for heart problems.

If your number is in the yellow range, keep it there. The yellow range numbers show you are at a lower risk for heart problems.

Key to Good Numbers

- You are doing great! Keep up the good work!
- You are doing all right, but could do even better. Try bringing your numbers into the yellow area.
- You need to take a look at these numbers! It is a risk to have numbers in the red. Make changes to bring your numbers into the blue, then yellow ranges.
Diabetes Medicine

- Diabetes Pills, page 265
- Insulin, page 268
Diabetes Pills

■ How do pills help control high blood sugar?
Diabetes pills help lower your blood sugar. There are many types of pills for diabetes. Each type of pill helps lower blood sugar in a different way. Your health care provider can help you learn about the pills you take. Your health care provider may prescribe one pill. If the pill does not lower your blood sugar, your health care provider may:
• increase the number of pills you take, or
• add a new pill or insulin, or
• ask you to switch to another pill or insulin

■ Do pills work best alone?
No. Pills work best when you also:
• lose weight, if you are heavy
• become more active
• eat less fat food
• eat less sugar food and drinks

Pills work best when you lose weight and become more active.

■ Should you take the pills at a certain time?
Yes. You should take the pills at a certain time. You should take the pills at the time you and your health care provider decide is best for you.

■ Can you take too many pills?
Yes. Taking too many pills is not good. Your health care provider decides your dose by looking at your blood sugar tests. If your blood sugar gets too low more than a few times in a few days, call the clinic. Your health care provider may change your diabetes pills.

"I take my diabetes medicine at the same time, every day, just as prescribed."

Barbara Mora, Palute/Diné

Diabetes and Feelings

Diabetes and Sexuality

Standards of Care
Taking more pills without your health care provider’s advice will not help you. Talk with your health care provider if you have any concerns about your pills.

- What if you forget to take your pills?
  If you forget to take your pills, call the clinic. Talk with your health care provider. Here are some things you can do to remember to take your pills:
  - Take the pills at the same time each day.
  - Take only the number of pills you need each time. Do not take any more.
  - Take your diabetes pills or insulin even if you are sick. If you cannot eat much, call the clinic.

- How long will you need to take the pills?
  Some people may need the pills for the rest of their lives. Others need the pills for only a short time. If you are heavy and lose weight, you may be able to stop taking pills. Or you may be able to reduce the number of pills you take. Eating less and being more active will help you lose weight.

  Your health care provider can help you plan a weight loss program.

  Change habits slowly. Being more active and changing eating habits takes time. Work on small daily changes. Talk with your health care provider about changes you can make.

Gayle Eaglewoman, Crow Creek Sioux
Can you drink alcohol?
It is best not to drink alcohol when taking diabetes pills. Some people will feel sick.

Will you need to change how you eat?
Yes. You will need to change how you eat. The pills work best when you also change eating habits:
• Space meals during your day. Three smaller meals are better than one large one.
• Eat less fat food.
• Eat less sugar food and drinks.
• If you are heavy, losing weight will help the pills control your blood sugar.

Talk with your health care provider about eating changes you can make.

Do you need to be more active?
Yes. You need to be more active. Being more active helps your body cells and muscles use blood sugar for energy. Walking is a good way to be more active. Walking can help control your blood sugar.

Your health care provider can help
When you take oral pills, these are things you need to do:
• take your pills daily
• space meals throughout the day
• lose weight if you are heavy
• eat less fat foods
• eat less sugar foods and drinks
• go for walks, be more active
• see the doctor as scheduled
Insulin

- **What is high blood sugar?**
  Blood sugar comes from all the foods you eat, not just sweet foods. Your body changes the food you eat into blood sugar. Body cells and muscles use blood sugar for energy. Some people cannot get the blood sugar into cells and muscles. The sugar stays in the blood. They get high blood sugar. People with high blood sugar have diabetes.

- **How can insulin help control high blood sugar?**
  Insulin helps lower your blood sugar. It helps move blood sugar into body cells and muscles. Insulin cannot work alone. Insulin works best when you also:
  - lose weight, if you are heavy
  - become more active
  - eat less fat food
  - eat less sugar food and drinks

  Insulin works best when you lose weight and become more active.

- **Doesn’t your body make insulin?**
  Yes. Your body makes insulin. But adults who have high blood sugar do not make enough insulin. They need insulin shots.

- **Does insulin come in pill form?**
  No. Insulin must be taken as a shot. Insulin will not work as a pill.

- **How will you learn to take shots?**
  Your health care provider will show you how to take shots. It will be easy to give yourself shots after some practice.

- **How often will you need to take insulin?**
  You will need to take insulin daily. People take insulin
before a meal. Some people take insulin before breakfast and again before dinner. You also may need to take insulin at bedtime. Your health care provider will plan the times with you.

- **Will you need to change how you eat?**
  Yes. You will need to change how you eat. Insulin works best when you also change your eating habits. Here are some things you can do:
  - space meals during your day
  - eat less fat food
  - eat less sugar food

If you are heavy, losing weight will help insulin control your blood sugar. Talk with your health care provider about eating changes you can make.

- **Can you eat more when you take insulin?**
  No. You cannot eat more when you take insulin. You need to space meals during your day. If you eat too much food, your body won’t have enough insulin. Your blood sugar will be high.

- **Can you miss meals when you take insulin?**
  No. You cannot miss meals when you take insulin. Missing meals when you take insulin may make you feel sick. You may feel hungry, shaky, sweaty or nervous, or notice a fast heart beat. These are the signs of low blood sugar.

When you take insulin, you need to learn about low blood sugar and how to treat it. Talk with your health care provider to learn more.

- **Do you need to be more active?**
  Yes. You need to be more
active. Being more active helps your body cells and muscles use blood sugar for energy. Walking is a good way to be more active. Walking helps control your blood sugar.

- What if you forget to take insulin?
  If you forget to take insulin, call the clinic. Talk with a health care provider. To remember to take insulin, take insulin at the same time each day. Take only the amount of insulin you need each time. Do not take any more.

- How long will you need to take insulin?
  Some people need to take insulin for the rest of their lives. Others need to take insulin for only a short time. If you are heavy and lose weight, you may be able to stop taking insulin. Or, you may be able to reduce the amount of insulin you take.

  Eating less, and being more active will help you lose weight. Your health care provider can help you plan a weight loss program.

- What are things you need to do when you take insulin?
  When you take insulin, these are the things you will need to do:
  - take insulin daily
  - space meals throughout the day
    - eat less fat foods
    - eat less sugar foods and drinks
    - go for walks and be more active
    - see your health care provider as scheduled

  Using insulin will become easy as you get practice.
Diabetes and Feelings

- Diabetes and Feelings, page 273

- Diabetes and Stress, page 279

- Diabetes and Depression, page 281
Diabetes and Feelings

Feelings and diabetes
You are told that you have diabetes. From that moment, your feelings may change. Many times these feelings hurt and you wonder if you will ever get back to feeling good again.

Many people with diabetes say that you can feel good again. However most of them did not start out feeling that way. Many of them felt upset when they first heard they had diabetes. You, too, may be feeling upset about learning you have diabetes. You are not alone.

Diabetes does not have to remain a “downer.” You can feel good while having diabetes.

“You have diabetes.”
What did you think when you first heard those words? Some thoughts others have had are:
- “I’ll never be well again.”
- “I can’t do things freely like I used to.”
- “People will think of me as a sick person.”

One of the first things to do when you hear you have diabetes is to check out what you are thinking. It will be helpful for you to know that your diabetes will not be the same as it was for others you may know. We know more about diabetes now. Your chances are better for good blood sugar control. Better blood sugar control means less chance for problems with your eyes, feet, heart and kidneys.
Diabetes and Feelings

- **Shock!**
  Some people may try to deny they have diabetes by saying something like:
  - “No! It’s not true!”
  - “I can’t have a disease. I feel well most of the time.”
  - “I’m only borderline. It’s not like I really have diabetes.”

It’s okay to feel unsure about your diabetes. Talk to people about diabetes. Find out what new things have been learned. You may think it’s better or worse than it really is.

- **Fear!**
  Some people are afraid when they first hear they have diabetes. They may feel like saying:
  - “What does this mean for my life?”
  - “Will I be able to do the things I enjoy?”
  - “Will my family and friends understand?”

Diabetes is a serious problem. It requires change. Fear can cause you to run away from the problem and fight against change.

Fear about diabetes can also be helpful. Fear can help you look for the facts and answers. Knowing about diabetes and blood sugar control will help you. You can avoid the dangers of diabetes.

- **Anger!**
  Some people feel angry. They may feel like saying:
  - “Why me? I don’t deserve this!”
  - “God is unfair!”
  - “Why do I have to change the way I’ve always done things?”

Anger is healthy and normal when diabetes comes into your life. You don’t want it. You don’t expect it. And you feel like you don’t deserve it. The best thing you can
do with anger is to use it. Anger is raw energy. Getting busy and active may be helpful.

Sometimes you may just want to cry. Crying is one way to express anger and can also help you feel better.

- **Guilt!**
  People with diabetes often feel guilty. They may feel like saying:
  - “If I just hadn’t eaten so much, I wouldn’t have diabetes.”
  - “I should have taken better care of myself.”
  - “I should have walked today.”

  Of all feelings, guilt may be the least helpful. It does little good to blame yourself or to focus on the past. It is more helpful to accept and learn from your mistakes. You can avoid making the same kind of mistakes in the future.

- **Sadness!**
  If you are sad, you may feel like saying:
  - “I feel so alone. No one understands.”
  - “I feel like just sitting and doing nothing.”
  - “I feel like giving up. Why try? I can’t make all those changes.”

  Feeling sad about diabetes can get you to start thinking. It also may be a sign that “feeling good” again is just around the corner.

- **Becoming strong**
  You may have gone through denial, fear and anger, and are now starting to accept the fact that you really do have a problem. You can begin to look at diabetes for what it is — a problem.
You have solved other problems in the past. As a result, you have become a stronger, more able person. You can do the same with diabetes.

- **Talking helps**
  Try to find out which feelings you are having. Talk about them. Give them a name. Say, “I’m angry.” “I’m afraid.” “I’m feeling guilty.”

  Talking about your feelings will help you better understand them.

- **Accepting diabetes**
  In time, you may learn to accept your diabetes. You may feel like saying:
  - “I don’t always like watching how much food I eat, but I know I will feel better when I do.”
  - “I have some special people in my life and I want to enjoy them as long as I can.”
  - “I will become well again and stay well. I can enjoy the rest of my life more if I am well.”

- **Handling your feelings**
  When feelings get hard to handle, try to find out if it is your diabetes or other problems which may be causing a change in your feelings. Some questions you might ask are:
  - “Am I having problems at home? At work?”

  How you feel matters a lot in diabetes care. Accept your feelings as normal and okay. Feelings are part of our body’s alarm systems. They are not wrong or bad.
Feeling good while having diabetes
Can a person feel good while having diabetes? Is this really something to hope for? Yes! Many people really do feel good while having diabetes. Knowing about diabetes and blood sugar control will help you.

Feeling good means being in control of your blood sugar. Better blood sugar control means fewer chances for problems with your eyes, feet, heart and kidneys.

“I’m in control”
People feel better about diabetes when they find out how to control their blood sugar. They find out that they can make the daily choices to keep their blood sugar in control. They learn to enjoy good foods and a more active life. Their energy returns. Self-confidence increases. After a few months, they feel stronger.

Diabetes is only a part of you
Feeling good about diabetes comes from seeing diabetes as only a part of you. Persons who feel good while having diabetes learn to say, “I have diabetes. It is a part of me.” They say, “I can still do the things that are special to me. I can still love, laugh, sing and play. I can still learn, work and make good decisions.”

Feel good by becoming aware of inner self
Persons with diabetes feel good when they become aware of their inner selves. Diabetes, like other illnesses, may cause persons to come face-to-face with the fact that their bodies do not last forever.

Some people become more aware of their inner selves. This is the self that does not change with poor health. It is the self that is always worthy of the best care that can be given. They know that nothing that happens now, or in the future, can change the real
self. They learn to find peace and strength. They regain a freedom which cannot be taken away.

- Feel good by learning balance
Persons with diabetes feel good when they learn to balance their lives. They accept that their bodies are a part of nature. They learn to eat no more than what their body will use in a day’s time. They find ways to be more active and use up more energy every day. They learn to walk in balance with nature.

- Feel good by helping others
Many people with diabetes want to help others. They want others to know that they, too, can control their blood sugar and feel good again. They also help family members make good choices. Families can support changes for better health.

- Feel better about diabetes
You, too, will find a way to feel good. Your feelings about diabetes may be mixed at first. But as you learn to accept all of your feelings, you will begin to feel better about your diabetes. And you will be able to help others learn about diabetes.

Talk with your health care provider. Your health care provider can help you learn how to cope with your feelings about diabetes.
Diabetes and Stress

What is stress?
Stress is a feeling of nervousness, anxiety and worry. Stress can be caused by good and bad things. A person can be stressed because they are getting married. A person can be stressed because they don't like their job.

Can too much stress harm a person?
Yes. Too much stress, either good or bad stress, can harm a person's health.

Does having diabetes increase stress?
Yes. Having diabetes usually increases a person's stress. There is more to do. There is more to worry about. A person must check their blood sugar. They need to watch what they eat. They need to take their medicines. These new activities can be time-consuming and bothersome. They add stress.

Does being stressed affect diabetes?
Yes. Stress can affect diabetes. In many people, when there is stress, hormone levels in the body go up. The hormones cause blood sugar to go up.

Can stress make blood sugar go up and down?
Yes. Stress makes some people's blood sugar go up. Stress makes other people's blood sugar go down. Stress makes it more difficult to control blood sugar.

How do hormones from stress affect blood sugar?
When a person is stressed, the body releases hormones. The extra hormones make the liver release glucose. This extra glucose causes blood sugar to go up.
Are there ways to lower high blood sugar caused by stress?
Yes! If you are under stress, your blood sugar might be higher than normal. Here are things you can do to control your blood sugar:

- eat low-fat, low-sugar foods
- be physically active for 30 minutes, at least three times a week
- check your blood sugar
- take your medicines at the same time every day

Are there ways to lower stress?
Yes. Everyone feels stress from time to time. There are ways to reduce stress:

- Think in a new way. Search for positive ways to look at stressful situations. Every problem is a chance to gain wisdom and experience.
- Relax. Try deep breathing, meditation or yoga.
- Talk. Talking to a friend, family member or health staff about what is causing the stress can help you get rid of it.
- Join a group. Find out if there is a diabetes support group at your tribe or health center. You can learn more ways to reduce stress and control your blood sugar.
Diabetes and Depression

■ What is depression?
Depression is a feeling of sadness that does not go away. Sadness is a natural feeling. Usually it goes away after awhile. If sadness does not go away, a person has depression.

■ How do you know if you have depression?
If you have a strong feeling of sadness that does not go away, you may have depression.

■ What are symptoms of depression?
There are several symptoms of depression:
• ongoing sad or empty feeling
• feelings of hopelessness, guilt or worthlessness
• loss of interest in hobbies or activities that were once enjoyed, including sex
• decreased energy, feeling tired all the time
• being unable to get out of bed
• difficulty concentrating and making decisions
• changes in appetite or weight changes
• thoughts of death or suicide

If you have two or more of these symptoms, for two weeks or more, call a health care provider right away.

■ Does having diabetes increase the chances of having depression?
Yes. People with diabetes are at greater risk of having depression.

■ Is depression serious?
Yes. Depression can harm a person. If you or a friend or family member might have depression, call a health care provider right away.
Is depression serious if you have diabetes?
Yes. Having depression makes it more difficult to take care of yourself. A person is less likely to take their medication, be active or eat healthy food.

Is there a way to get rid of depression?
Yes. Counseling and medicine can help.

If depression goes away, will it help a person’s diabetes?
Yes. Not having depression helps a person make better choices. They are better able to keep medical appointments and take medication. They have more energy and desire to eat good foods and be physically active.

What should you do if you have depression?
Talk to someone. Tell a friend or family member about your symptoms of depression. Call your health care provider.

What should you do if a friend or family member seems to have depression?
Call a health care provider right away. With help, a person can get rid of depression and start feeling joy and happiness. Everyone is worthy of feeling good about themselves and about life. Everyone is an important part of the community, work place and family.
# Depression Self-Test

**In the last two weeks, I have experienced:**

<table>
<thead>
<tr>
<th>Feeling depressed, down, hopeless or irritable</th>
<th>Never or Rarely</th>
<th>About 3-6 Days</th>
<th>About 7-10 Days</th>
<th>Almost Every Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>A lack of interest or pleasure in doing things I usually enjoy, including sex</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>A change in appetite (eating more or less than usual)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>A significant change in weight (up or down)</td>
<td></td>
<td></td>
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<td></td>
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<tr>
<td>Fatigue or loss of energy</td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td>Sleep disturbances (insomnia or sleeping more than usual)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trouble concentrating or making decisions</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Feelings of worthlessness or that I've let people down</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Agitation, such as pacing, hand-wringing or nervous behaviors</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Talking or moving more slowly than usual</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Suicidal thoughts, or the feeling that I'd be better off dead, or that no one would care if I wasn’t around*</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Any thoughts or expressions of suicide are serious. Make sure you seek professional help.

If you answer “About 7-10 Days” or “Almost Every Day” in five or more categories, you may have depression. Show this to a friend or health care provider right away.

If you answer “About 3-6 Days” in many of the categories, it is possible that you have depression. Talk to a friend or health care provider.
Diabetes and Sexuality

- Men’s Sexuality, page 287
- Women’s Sexuality, page 290
- Having a Healthy Baby, page 293
Men’s Sexuality

Will diabetes affect your desire for sex?
Not directly. Diabetes does not affect sexual desire in men. However, diabetes brings many changes into your life. These changes may, at times, make you feel angry, scared or depressed. These feelings may affect how you respond to your partner.

If your diabetes is out of control, you may also be too tired for an active sex life. The key is to control your blood sugar. Controlling your blood sugar may improve your love life!

Does your blood sugar affect your sexual enjoyment?
It may. Low blood sugar may affect sexual enjoyment. Some men may have problems with erections. Also sexual intercourse for some people may cause low blood sugar. Keep some fast-acting sugar nearby to use if needed. Be prepared.

Does diabetes cause sexual problems for men?
In most cases, diabetes does not affect your:
• sex drive
• ability to father children
• ability to ejaculate
• capacity to experience an orgasm

Does diabetes cause trouble with having erections?
Sometimes. Trouble getting or keeping an erection may or may not be caused by diabetes. Trouble with erections may be temporary. It may be caused by:
• Anxiety. A person may feel anxious when first told that he has diabetes.
• High blood sugar. Trouble with an erection may occur when diabetes is out of control.
• Nerve and blood vessel damage. Diabetes can cause nerve and blood vessel damage.

- Can other things cause trouble with an erection? Yes. Trouble with an erection can be caused by:
  • Stress. When under stress, men (with or without diabetes) may have trouble having an erection.
  • Drugs and alcohol. Trouble with an erection may be a side-effect of drugs or alcohol. This can include tranquilizers, hormones, blood pressure pills, marijuana and alcohol.

- Will controlling blood sugar help problems with an erection? Yes! Controlling your blood sugar can decrease (or slow down) your chance of having problems with an erection.

- If diabetes is the cause, what can help?
  • Improved blood sugar control. Better control of blood sugar often results in improved sexual performance. Your health care provider, diabetes educator and nutritionist can help you get better control of diabetes.
  • Penile implants. Implants are sometimes used when men have problems with erections. For more information, talk to your health care provider.
  • Counseling. Counseling may be your choice of treatment when nerve and blood vessel damage are present. Sexual gratification can occur in ways other than sexual intercourse. Counseling will help you and your partner become aware of alternatives.
If there is another cause, what can help?
• Counseling. If your problem is due to stress in your life, counseling may be an effective treatment.
• Medicine. If medicine is thought to be the cause, your health care provider may change your medicine. Never stop taking your medicine without approval by your health care provider.
• Hormone balance. Erection problems caused by hormone imbalance can be treated with medicine.

What can you do to get more information
Talk to your health care provider. They can help you find out how to have a more fulfilling sex life. They can refer you to a counselor or other health care provider.

‘‘Talk to your health care provider. They can help you find out how to have a more fulfilling sex life.’’
We both have diabetes. We have two children, and are raising them to be healthy.

Women’s Sexuality

Will diabetes affect your desire for sex?
Not directly. Diabetes does not affect sexual desire in women. However, diabetes brings many changes into your life. These changes may, at times, make you feel angry, scared or depressed. These feelings may affect how you respond to your partner.

If your diabetes is out of control, you may also be too tired for an active sex life. The key is to control your blood sugar. Controlling your blood sugar may improve your love life!

Does your blood sugar affect your sexual enjoyment?
It may. Low blood sugar may affect sexual enjoyment. Some women may not reach orgasm. Also sexual intercourse may cause low blood sugar for some people. Keep some fast-acting sugar nearby to use if needed. Be prepared.

Does diabetes cause any sexual problems for women?
In most cases, diabetes does not affect your:
• sex drive
• ability to experience an orgasm
• ability to get pregnant

Some women may experience pain during sex.
It could be due to:
• Vaginal infection. Vaginal infections are more likely to occur if your diabetes is out of control. When you have an infection, you may have itching or burning. You may have swollen tissues in and around the vagina. Talk to your health care provider. They may prescribe some medicine for the infection.
• Neuropathy (disease of nerve fibers). Diabetes can cause neuropathy. Neuropathy may reduce the natural lubricating fluids released during intercourse. Your health care provider can suggest a lubricating jelly which will help.

- Can your menstrual period affect your blood sugar? It may. Some women notice changes in their blood sugar. This may occur just before and during their period. You may need to test your blood sugar more often during your period. This will help you and your health care provider decide how to adjust your eating, physical activity and medicine.

- Will diabetes affect your chance of becoming pregnant? No. The chances of women with diabetes becoming pregnant are the same as for those who do not have diabetes.

- How will you know if it is “safe” to get pregnant? Talk to a health care provider who knows about diabetes and pregnancy. They will tell you whether or not it is wise for you to become pregnant. They will consider:
  • your age and how long you’ve had diabetes
  • if you have had eye or kidney complications

Even if you have complications, you may still be able to have a child.

- What factors should you consider before you become pregnant? Think carefully before you decide to become pregnant. It is very important that you think about these things:
  • Use birth control until your blood sugar is in good control before you get pregnant.
  • You will need to work to maintain good control of your diabetes during pregnancy.
It’s best to be at, or close to, your ideal body weight before you become pregnant.
- Both you and your partner should have a good understanding of how to manage diabetes.
- Keep in mind that pregnancy will require extra responsibilities:
  - checking your blood sugar
  - taking insulin or changing your insulin dose
  - seeing your health care provider more often

**What method of birth control is best to use?**
It’s hard to say what is “best” for you. This is something you need to discuss with your partner and your health care provider. Here are some birth control choices:
- Birth control pills. The types of pills with the least risk to women with diabetes are the low-dose combined or progesterone-only pills.
- IUD (inter-uterine device). An IUD is almost as effective as the pill.
- Other methods -- the diaphragm, foam and condom. They may not be as effective as the pill or IUD.

**What can you do to get more information?**
Talk to your health care provider. They can help you find out how to have a more fulfilling sex life. They can refer you to a counselor or other health care provider.
Having a Healthy Baby

- You are told you're going to have a baby!
  You are going to have a baby! How wonderful! Now, you are told you have gestational (Ges-TA-shu-nal) diabetes. Gestational means the nine months the baby is growing inside the mother. If you are pregnant and have high blood sugar, you have gestational diabetes.

Having high blood sugar can cause problems for you and your baby. Controlling your blood sugar will help reduce the chances for getting most of these problems.

- What is gestational diabetes?
  Gestational (Gest-TA-shu-nal) diabetes means having high blood sugar when you are pregnant. Blood sugar comes from all the food you eat, not just sweet food. Your body changes the food you eat into blood sugar. Body cells and muscles use blood sugar for energy. Blood sugar also helps your baby grow.

During pregnancy, your body goes through many changes. Sometimes these changes upset the way your body uses blood sugar. Some women cannot get the blood sugar into cells and muscles. The sugar stays in the blood. They have high blood sugar. Pregnant women with high blood sugar have gestational (Gest-TA-shu-nal) diabetes.

- Who gets high blood sugar during pregnancy?
  You are more likely to get high blood sugar if you:
  - are Indian
  - were overweight before getting pregnant
  - had a baby weighing more than nine pounds
  - had high blood sugar during other pregnancies
  - have other family members with diabetes
How do you know if you have high blood sugar?
All pregnant women should have a blood sugar test during pregnancy. This test is called a glucose tolerance test. The blood sugar test is done by having you drink a sweet drink. A blood test is taken at different times after the drink.

This test may be done shortly after your first prenatal visit and may be done between 24-28 weeks of pregnancy. The blood sugar test measures the amount of sugar in your blood. If your blood sugar is high, you have gestational diabetes. Ask your health care provider to review your blood sugar test results with you.

Can high blood sugar cause problems for you and your baby?
Yes. Having high blood sugar during pregnancy can create problems for you and your baby. High blood sugar can increase your chances of having:
- a baby with breathing problems
- a baby who weighs more than eight or nine pounds
- a still birth
- a baby with low blood sugar problems
- a baby with birth defects

Controlling your blood sugar can help you avoid these problems. You can control your blood sugar.

Can you have a healthy baby?
Yes. Most babies born to mothers with gestational diabetes are healthy. Controlling your blood sugar will help you have a healthy baby. There are many things you can do to have a healthy baby:
- Make good food choices.
- Become more active. Walking is a good way to be more active.
- Record your home blood sugar tests. Show the results to your health care provider.
Having a Healthy Baby

- Take a nap or rest at least once a day.
- Stop smoking or other tobacco use.
- Do not drink alcohol.

Testing your blood sugar
You will need to test your blood sugar at home and at each clinic visit. Your health care provider will help you learn how.

Keep a record of all your home blood sugar tests. This record will show you how food and physical activity can change your blood sugar. The blood sugar record will also help you and your health care provider decide what is the best way to keep your blood sugars in a safe range. Bring the record each time you see your health care provider.

Will you need to take insulin?
Probably not. Most women with gestational diabetes can control their blood sugar with good food choices and physical activity. Sometimes diet and physical activity are not enough to control your blood sugar. Your health care provider may add insulin if your blood sugar stays high.

Your body will be able to use blood sugar better with insulin. Insulin is safe to use during pregnancy. Insulin shots will not hurt your baby. You may not need insulin shots after your pregnancy. Check with your health care provider.

Will physical activity help control blood sugar?
Yes. Physical activity can help you control your blood sugar. It can also keep your body strong during pregnancy. Wear loose-fitting clothes. Wear good shoes that fit, cushion and support your feet.

“I had gestational diabetes. My daughter was born healthy. I was very, very happy.”

Leona Aragon, Isleta
Having a Healthy Baby

Walking is a safe way to be active. Talk with your health care provider. They can help you plan a safe physical activity program.

- Can food cause high blood sugar?
  Yes. Most foods cause your blood sugar to go up. Eating very big meals, eating sweets and high-fat foods can make your blood sugar too high.

  Eating high-sugar foods and drinks will make your blood sugar high. Cakes, cookies, ice cream, pop, fruit drinks, punches, candy and jello are foods high in sugar. It is best to eat less sugar foods or drinks.

  Eating many high-fat foods will make your blood sugar high. Fry bread, fried chicken, potato chips, corn chips, french fries, doughnuts, cheese and ice cream are foods high in fat. It is best to eat less fat foods.

  Eat smaller meals plus snacks. This will help you keep your blood sugar in a safe range.

- What food choices can you make to help control blood sugar levels?
  There are food choices you can make that will help you control your blood sugar levels:
  • eat smaller meals plus snacks throughout your day
  • choose food from all the food groups
  • eat less sugar foods or drinks
  • eat less fat foods

You can make good food choices. You can eat many of your favorite foods. You can control your blood sugar.
What about using salt and sugar-free sweeteners?
It is all right to use salt when you are pregnant. If your blood pressure goes up during pregnancy, you will need to use less salt. Be sure to ask for a blood pressure check the next time you see your health care provider. It is best to limit your use of sugar-free sweeteners, including diet sodas, during your pregnancy. If you use sugar-free sweeteners, your health care provider will help you include them in your diet.

Will alcohol or tobacco use hurt your baby?
Yes. Alcohol and tobacco can hurt your baby. Drinking beer, wine or any hard liquor can hurt your baby. The safest thing to do is not to drink any alcohol at all. Do not drink alcohol. Smoking or using tobacco is not good for you or your baby. Do not smoke or use tobacco.

Should you gain weight?
Yes. You should gain weight slowly while pregnant. You should not lose weight when you are pregnant, even if you are overweight. Your health care provider will talk to you about weight gain and weight control.

Can you breast-feed your baby?
Yes. Breast milk is best for your baby. Breast milk protects the baby from illness and allergies.

Best of all, breast-feeding may help your baby prevent or delay diabetes later in life. A baby who is breast-fed has a better chance of not growing up to be obese. Breast-feeding can also help you lose weight. Breast-feeding is good for you and your baby.

Will you need special tests?
Maybe. Your health care provider may check your health and the health of your baby with special tests during your pregnancy. You may need to have some of these tests:
• Home blood sugar test. You can check your blood sugar at home. Your health care provider will help you learn how. Keep a record of all your home tests. Bring the record to each clinic visit.
• Urine ketones. You may need to check your urine for ketones. Ketones may mean that you are not eating enough food.
• Hemoglobin A1c. This test shows your blood sugar level over the last two to three months. Your health care provider may want this test done once a month.
• Ultrasound. This machine gives a picture of the baby. It can show if the baby is too big or too small. It also helps tell when the baby is due.
• Non-stress test. This machine checks your baby's heart. It tells if the baby can safely go through the last weeks of pregnancy and labor.
• Amniocentesis. This test shows the development of your baby's lungs. Babies may have trouble breathing after birth if the lungs are not fully developed.

Will you get diabetes after your baby is born? Maybe. Many women who have high blood sugar during a pregnancy get diabetes later. You have a greater risk for getting diabetes if you had high blood sugar during pregnancy and you:
• are Indian
• are overweight
• are inactive
• are over age 30
• have family members with diabetes

You will need to have another blood sugar test at the clinic six weeks after your baby is born. This test checks for diabetes.
Can you lower your risk for getting diabetes?
Yes. You can lower your risk. If you are overweight after pregnancy, losing weight is the best thing you can do. You can lose weight in two ways:
1. Make good food choices.
   • eat small amounts of food throughout the day
   • eat less sugar foods and drinks
   • eat low-fat foods
   • do not drink alcohol
2. Become more active.
   • walking is a good way to be more active

Making good food choices and being more active will help you and your family be healthy.

You can have a healthy baby
These are things you can do to have a healthy baby:
1. Control your blood sugar.
   • eat small amounts of food throughout the day
   • stay active
   • eat less sugar foods and drinks
   • eat low-fat foods
   • take insulin if needed
2. Record your home blood sugar tests.
   Bring your record to each clinic visit.
3. Keep your scheduled visits with your health care provider.
4. Take a nap or rest during the day.
5. Stop tobacco use.
6. Do not drink alcohol.

Talk to your health care provider. They can help you have a healthy baby.
IHS Standards of Care for Type 2 Diabetes
IHS Standards of Care for Type 2 Diabetes

What are the “Standards of Care?”
The Standards of Care define the tests, treatment and education that a person with diabetes should have. The standards help guide health care providers and persons with diabetes through the complex process of taking care of diabetes. These standards are the basis of state-of-the-art diabetes management.

What do the Standards of Care check for?
The Standards of Care help you and your health care provider know what kind of diabetes care should happen at every medical visit and what should happen less frequently during the year.

How do the Standards of Care guide your diabetes care?
Diabetes is a disease that you and your health care provider will manage together for the rest of your life. By following the Standards of Care, you can learn how your body is doing. You will learn if you need more medical care and if you need to make changes in medicine, eating or physical activity.

Who should know about the Standards of Care?
You and your health care provider should both know about and use the Standards of Care.

"I go to the clinic to get regular checks of my weight, blood sugar and blood pressure."
Why should you know about the Standards of Care? When you know about the Standards of Care, you better understand the meaning of the medical tests, the treatment and the education recommended for your diabetes care. You will also be able to work with your health care provider to make sure that you receive the Standards of Care on schedule.

You also will be able to work with your health care provider to make sure every Standard of Care is provided on schedule.

Why are the Standards of Care important? People who receive the Standards of Care control their diabetes better, are less likely to develop diabetes complications and live a healthier life.

When do the tests and exams in the Standards of Care happen? Your health care provider performs tests and exams during your medical visits. Some of these tests and exams happen during each visit. Others will happen less frequently during the year and some are done only once a year.

What should happen at each medical visit? At each visit, your provider should check:
- weight
- blood sugar level
- blood pressure
- foot check

What should happen every three months? Every three months, your provider should give you an:
- A1C blood test

What should happen once a year? Once a year you should also have the following:
- eye exam
Standards of Care

- dental exam
- complete foot exam (checks the pulses and feeling in your feet)
- neuropathy screening (checks the nerve function throughout your body)
- serum creatinine screening (a blood test to check your kidney function)
- complete urinalysis and microalbuminuria screening (urine test to check your kidney function)
- lipid profile (blood tests to check the level of blood fats - cholesterol and triglycerides)

What about immunizations and other shots?
- Flu vaccination - get a flu vaccination once a year. Flu vaccinations will help you to prevent getting the flu. Having the flu makes managing your diabetes difficult.

"Ask questions. I’ve learned to take better care of myself."
Standards of Care

- Pneumonia vaccination - get a pneumonia vaccination once after you have been diagnosed with diabetes. For people over the age of 65, the pneumonia vaccination should be repeated every five years.
- Tetanus vaccination - get a tetanus vaccination every 10 years.
- TB skin test - all persons with diabetes should get a TB skin test at least once after being diagnosed with diabetes. Each person should check with their health care provider first.

What do the Standards of Care say about learning to take care of your diabetes?
All people with diabetes and their families should receive:
- Nutrition counseling to learn healthy eating habits to control blood sugar, blood pressure and blood fats. You should visit a registered dietitian or nutritionist 1-2 times a year; more if necessary.
- Diabetes self-care education to learn how to take care of your diabetes including blood sugar monitoring. It is important to learn how to manage your diabetes.
- Exercise education to learn the kind of exercise that is okay for you and how often to exercise.

Should you talk about Standards of Care with your health care provider?
Yes! Let your health care provider know you have learned about Standards of Care. They will be glad you are learning more about diabetes. If you have more questions, ask your health care provider. You and your health care provider can work together to help you keep your blood sugar in control. Together you can prevent or delay diabetes complications.
## Standards of Care

### Medical Check List

<table>
<thead>
<tr>
<th>Test</th>
<th>Every Medical Visit</th>
<th>Every Three Months</th>
<th>Every Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>weight</td>
<td>x</td>
<td></td>
<td></td>
</tr>
<tr>
<td>blood sugar</td>
<td>x</td>
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A COLLABORATIVE EFFORT OF:

Indian Health Service
Division of Diabetes Treatment and Prevention

Indian Health Service
Tribal Leaders Diabetes Committee
(505) 248-4182

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