

# Diabetes - What to do for my health

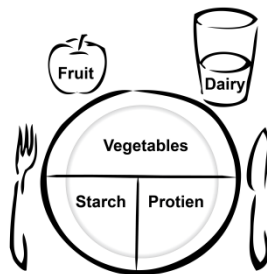
Diabetes is when you do not have enough insulin in your body to keep your blood sugar normal.

There are 2 types of diabetes:

- Type 1 diabetes – when your body stops making insulin completely. You need to take insulin regularly.
- Type 2 diabetes – when your body does not make enough insulin. You might need to take pills or insulin.







I have  Type 1  Type 2

With both types, keeping active and eating a healthy, balanced diet help keep your blood sugar within the normal range.



## Watch for low blood sugar

- I know how and when to check my blood sugar.
- I know why it is important for me to watch for low blood sugar and treat it quickly.
- If I notice these signs of low blood sugar or my blood sugar level is less than 4mmol/L:
  - sweaty
  - hungry
  - weak
  - shaky
  - tired
  - rapid heart rate
- I know I must treat it **right away**.

 <b>Take 15 grams</b>	 3-5 glucose tablets	Choose one  3/4 cup juice or soft drink	 3 teaspoons sugar or honey	 6 lifesaver candies
	 <b>Wait 15 minutes</b>	Repeat if blood sugar less than 4.0mmol/L (or still have symptoms) If blood sugar <b>still</b> less than 4.0mmol/L, <b>call 9-1-1</b>		

## Take my medicines

- I know how my medicine affects my blood sugar.
- I know how and when to take my medicines.
- I plan to fill my prescriptions. I know my pharmacist can review how to take my medicine.
- Before I stop taking any medicine, I know to check with my doctor or pharmacist.



## Quit Smoking

- If I smoke, I know the best thing I can do for my health is to stop.
- I know I can call 1-877-455-2233 to get help to quit smoking ([www.quitnow.ca](http://www.quitnow.ca)).



## See my Care Team

- I plan to call my family doctor to make an appointment in one (1) week.
- I will ask to be sent to a diabetes health centre to learn more about diabetes.
- I will bring my glucose meter to all my appointments.

## Get help

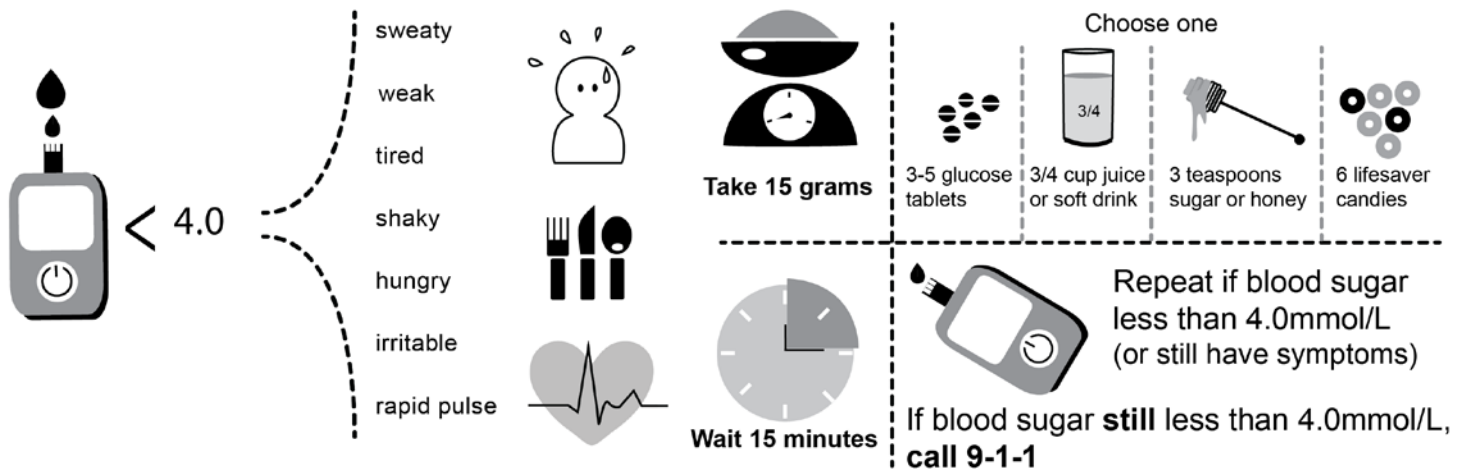
- I know it is okay to ask for help if I feel anxious or sad for long periods of time.
- I will **call my doctor** if my blood sugar is above 14mmol/L for more than 8 hours.
- I will **call my doctor** if my blood sugar is lower than 4mmol/L more than 3 times in a week.
- I can **call 8-1-1** (HealthLinkBC) to talk to a registered –nurse about any concerns.

## Diabetes – What to do for my health - *continued*

### Treating hypoglycemia (low blood sugar)

If you feel...

Take 15 > Wait 15



## Services and Supports

### Fraser Health Diabetes Health Centres

Available across Fraser Health  
(Burnaby to Hope) [www.fraserhealth.ca](http://www.fraserhealth.ca)  
Select 'Your Health' > 'Health Topics' > 'Diabetes'  
for Outpatient Diabetes Health Centres

### HealthLinkBC

8-1-1

Speak to a nurse, dietitian, or pharmacist.  
Available 24 hours a day  
Available in 130 languages – Just say your  
language in English and wait for the  
interpreter to come on the phone.  
[www.healthlinkbc.ca](http://www.healthlinkbc.ca)

### Chronic Disease Self-Management Program

1-866-902-3767

Diabetes or Chronic Disease education

Supported by University of Victoria

[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)

### Canadian Diabetes Association

1-800-665-6526

[www.diabetes.ca](http://www.diabetes.ca)

### QuitNow BC

1-877-455-2233

Quit smoking and stay smoke free

[www.quitnow.ca](http://www.quitnow.ca)

[www.fraserhealth.ca](http://www.fraserhealth.ca)

This information does not replace the advice given to you by your healthcare provider.