

Diabetes - What to do for my health

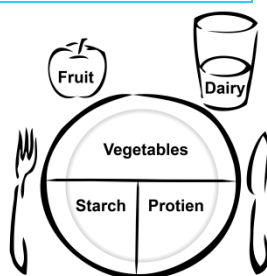
Diabetes is when you do not have enough insulin in your body to keep your blood sugar normal.

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**.

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

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).



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.

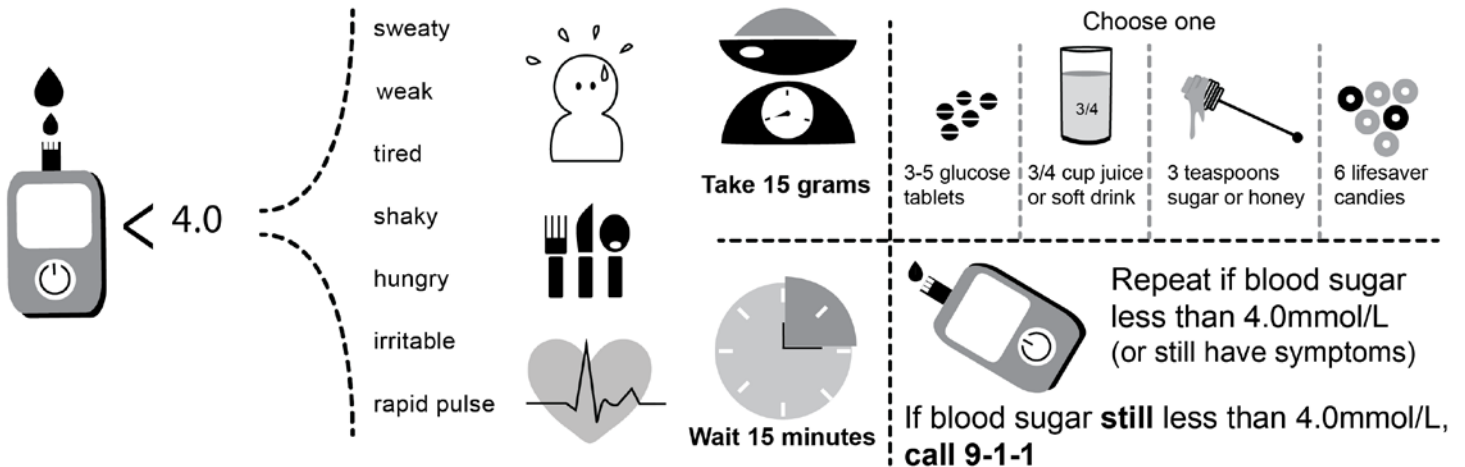
Get help

- 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.

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
 Select 'Your Health' > 'Health Topics' > 'Diabetes'
 for Outpatient Diabetes Health Centres

Chronic Disease Self-Management Program
 1-866-902-3767
 Diabetes or Chronic Disease education
 Supported by University of Victoria
www.selfmanagementbc.ca

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

Canadian Diabetes Association
 1-800-665-6526
www.diabetes.ca

QuitNow BC 1-877-455-2233
 Quit smoking and stay smoke free
www.quitnow.ca