

working together

Spring 2006

# for your health



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Better health.  
Best in health care.



## Type 2 Diabetes It's a Management Job!

### Check with your doctor when...

- ▶ You have signs of high blood sugar – intense thirst, blurred vision, fruity smelling breath, weakness
- ▶ Your blood sugar measurements are frequently too low or too high
- ▶ You are too sick to eat or are vomiting

Are you or a loved one living with Diabetes? Get it right from the start. Call the Diabetes Education Centre at your local hospital to learn about education classes, and ask for a copy of "On the Road to Diabetes Health". This practical booklet will support you in managing your diabetes.



Visit our website at [www.fraserhealth.ca](http://www.fraserhealth.ca)

more great tips on other side! ...

Questions? Concerns? Compliments? Want to be an email subscriber? Please contact Fraser Health - [feedback@fraserhealth.ca](mailto:feedback@fraserhealth.ca) or 1-877-935-5669

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### Some ideas to start with....

- ▶ **Pick quality fuel.** Aim for three balanced meals a day, small healthy snacks, high fibre foods, plenty of water and watch the juice!
- ▶ **Move that body!** Find fun ways to work up a sweat
- ▶ **Think light!** Diabetes behaves better when there's less weight to move around
- ▶ **Take your meds** – when and how your doctor says – it's very important!
- ▶ **Test your blood sugar** – your goals: before meals, 4-7: 2 hours after meals, less than 10. This helps you prevent or delay onset of diabetes complications.
- ▶ **Test your blood pressure** – strive for less than 130/80
- ▶ **Mind your feet** – keep your feet happy and healthy with proper foot care
- ▶ **Stop stressing** – use that energy in a positive way  
...and finally, if you're a smoker, be good to your lungs and promise yourself you'll quit.

### Call on the team

#### Make this assignment a team effort:

ask Fraser Health professionals to help you learn more about managing Type 2 Diabetes.

**Phone:** call your local hospital and ask to speak to a member of the Diabetes Education team. Call the BC Nurse Line at 1-866-215-4700.

**Website:** [www.fraserhealth.ca](http://www.fraserhealth.ca) and click on Health Info, then Public Health, then Diabetes Education.

With Type 2 Diabetes, your body cannot use food properly. This results in your blood sugar (glucose) going too high, causing damage to your blood vessels and nerves.

Be in touch with your doctor and health care team on a regular basis to manage the condition.



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