

## Control Your Diabetes - It's Worth the Time

### Part 3: Medication and Glucose Numbers

To control your diabetes, take the time to: Remember your diabetes medications or insulin every day. Some people can control their diabetes with diet and exercise. Other people need to take a pill or more than one pill. Some people need to take insulin to control their blood glucose. It does not mean your diabetes is "bad" if you need pills or insulin. It means you are not making enough insulin, and your body needs some help. It is very important to take your pills or insulin every day. To keep your blood glucose under control, you will need to take it every day, even when you feel fine. If you are having problems with your medicine or insulin, be sure to tell your healthcare provider.

#### ***To control your diabetes, take the time to: Know your blood glucose numbers.***

Testing your blood glucose is a good way to find out if your diabetes is under control. You can do this at home. Your healthcare provider or nurse will show you how. At least two times a year, you should have an A1c test. This is a blood test that tells you and your healthcare provider what your blood glucose has been for the past three months. Find out what your A1c number is and what it should be. If you take pills or insulin to control your diabetes, sometimes your blood glucose can go too low.

Your blood glucose might go too low if:

1. You skip a meal.
2. Exercise more than usual.
3. Take too much diabetes medication or insulin.
4. You drink too much alcohol.

If your blood glucose is too low, you might feel: - shaky; sweaty; weak, tired, dizzy; crabby or confused; have vision changes. To treat a low blood glucose: First, check your blood glucose if you are not feeling too sick. Your blood glucose is too low if it is less than 70.



Then, eat or drink one of these:

- 3 or 4 glucose tablets
- ½ cup (4 oz.) orange juice
- ½ cup regular soda
- 1 cup low fat milk
- 6 or 7 pieces of candy you can chew (not hard candy or chocolate)

Wait 15 minutes. Check your blood glucose again. If your blood glucose is o.k., have a meal or snack. If it is still too low, eat or drink something again. If your blood glucose still doesn't come up, call your healthcare provider.

If your blood glucose gets too low before you eat or drink something, you could pass out. Know what to do if you have a low blood glucose, and always wear a health alert bracelet or necklace that says you have diabetes.

It is very important to take your pills or insulin every day. To keep your blood glucose under control, you will need to take it every day, even when you feel fine. If you are having problems with your medicine or insulin, be sure to tell your healthcare provider.

It's not always easy to have diabetes. Talk to your family about your feelings. Tell them what they can do to help you. It might help to talk to other people who have diabetes. Your healthcare team understands what you are going through. Stay in close contact with your healthcare provider. There are many people who can help you live a healthy life with diabetes. But the most important person is you. Children go to school so that they can have a good life when they grow up. They are preparing for the future. Prepare for your future by controlling your diabetes now.

Take the time every day to eat a healthy diet, exercise, take your medication or insulin, and know your blood glucose numbers. You can live a long, healthy life with diabetes. It takes time, but it's worth it.

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