

Living well in 2012

A diabetes management calendar





Welcome to a new year for better health!

A new year is a great time to make changes for a healthier life. If you have diabetes, it is important to make the right health choices. Work closely with your doctor and diabetes team.

You can do it. You are not alone. The Centers for Disease Control and Prevention (CDC) estimates almost 25.8 million people in this country now have diabetes. Another 79 million, age 20 and older, have pre-diabetes, which raises the risk of getting type 2 diabetes. It also raises the risk for heart disease and stroke. Men and women, rich and poor can have diabetes. Even some doctors have it.

This content is provided for informational purposes only and is not a substitute for professional medical advice, diagnosis or treatment. You should always consult your doctor or other qualified health provider if you have questions or concerns about a medical condition.

Getting to know diabetes

Knowledge is power when it comes to taking care of diabetes. If you've just learned you have diabetes or have had it for years, this calendar is for you. Inside you'll find:

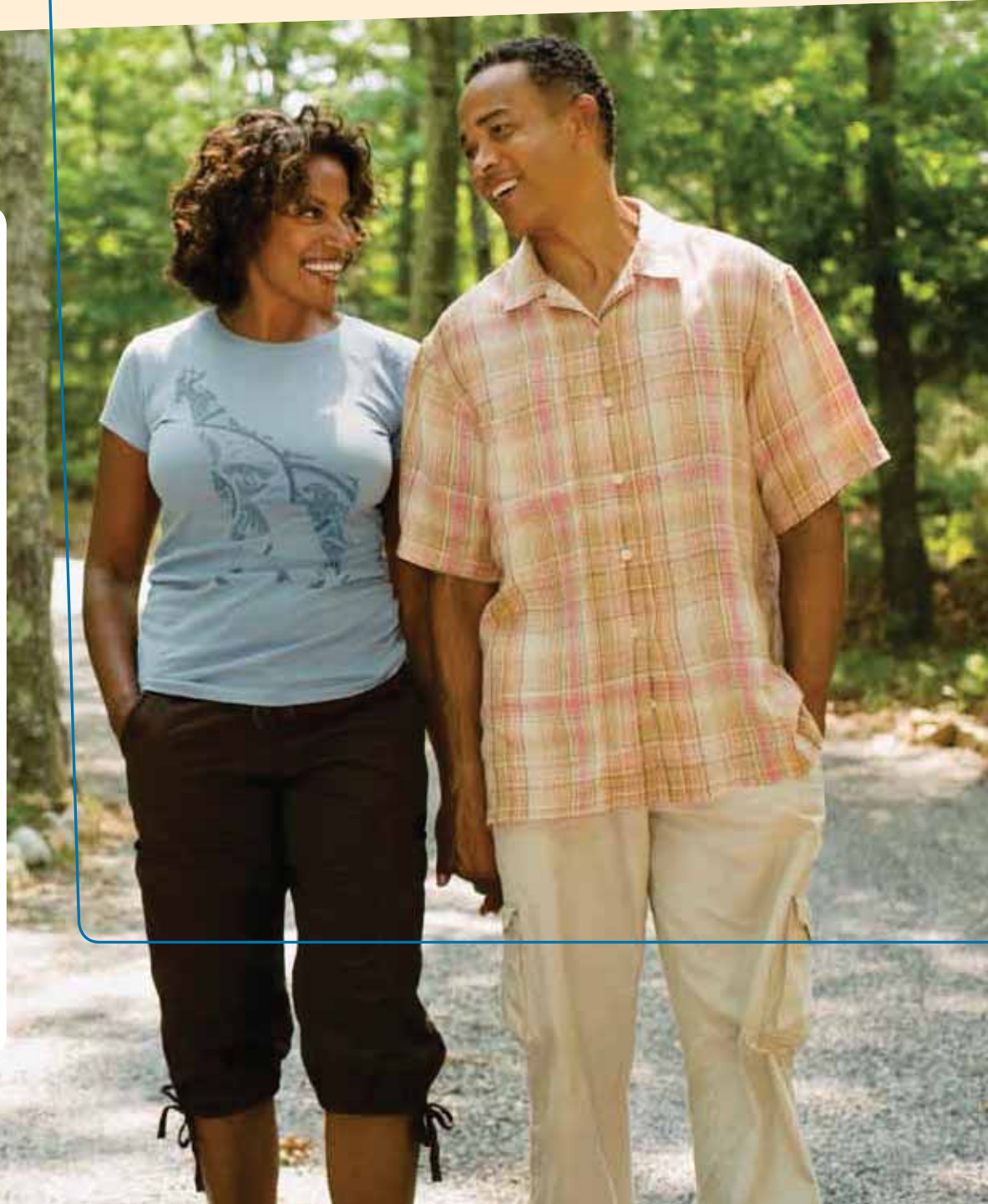
- Monthly diabetes care topics and tips
- A blank blood sugar graphing chart to copy and use each month
- Room to record health care visits
- A health and wellness checklist card to take to your doctor visits
- Recipes for tasty, diabetes-friendly dishes

What are the different types of diabetes?

Type 1 diabetes occurs mostly in children and teens. But it can happen at any age. With type 1, the body destroys the cells that make insulin. Insulin is a hormone. It helps to control blood sugar levels. About 5% of all diagnosed cases of diabetes are type 1.

Type 2 diabetes makes up most diagnosed cases of diabetes. It often includes insulin resistance. That is when the cells don't use insulin right. As the disease goes on, the pancreas slowly stops making insulin. Type 2 diabetes is often linked with age, obesity or family background. But today, even children and teens are getting it.

Sources: Centers for Disease Control and Prevention, cdc.gov; National Diabetes Education Program, ndep.nih.gov





Starting the new year right

Diabetes can hurt many major body organs if it is not taken care of correctly. For example, it can hurt the heart, eyes, kidneys and nerves. Making healthy lifestyle choices can help.

Here are some tips to help manage your diabetes:

- Always follow your diabetes health care team's advice.
- Graph your blood sugar each day.
- **Get your tests.** Ask your doctor which tests and exams are right for you. They should include:
 - **A1C tests at least two times a year.** This blood test shows how well you've controlled your blood sugar in the past three months. A good A1C goal for people with diabetes is less than 7%. Your doctor may suggest a different A1C goal for you.
 - **Blood pressure check at each office visit.** High blood pressure raises your risk for heart disease, stroke and kidney disease. If your blood pressure is 130/80 or higher, talk to your doctor. Ask if your diet, exercise or drugs need to change.
 - **Cholesterol check at least once a year.** High cholesterol raises your risk for heart disease. Ideal levels should be:
 - **Total cholesterol** - below 200 mg/dL
 - **LDL ("bad" cholesterol)** - below 100 mg/dL
 - **HDL ("good" cholesterol)** - above 40 mg/dL for men; above 50 mg/dL for women
 - **Triglycerides** (tri-glis-e-rides) - below 150 mg/dL
 - **Microalbumin** (my-krow-al-BYOO-min) **test once a year.** This measures the amount of protein in your urine. It checks how

well your kidneys work. Also, have your blood tested at least once a year for **creatinine** (kree-at-in-nin). It is another kidney function test.

- **Dilated retinal eye exam once a year.** Diabetes can damage your eyes. It can lead to blindness. See your eye doctor even if your vision seems fine. Ask your health plan about this benefit and about a network doctor in your area. Most health plans pay for an annual dilated retinal eye exam even if you don't have vision benefits.
- **Foot exam every office visit.** Diabetes can damage the nerves and blood vessels in your body, especially in your feet. Take off your shoes and socks at each visit. Your doctor can check your feet and screen for neuropathy and peripheral artery disease (PAD). You should also check your feet each day for cuts and scrapes.
- **Dental exam two times a year.** People with diabetes are at higher risk for gum disease. Be sure to tell your dentist that you have diabetes. Get regular dental checkups. Brush and floss each day.
- **Other tests.** Ask your doctor if there are other tests you should have on a regular basis such as **body mass index (BMI); breast, cervix or colon exams.**

Hint: Use the diabetes and wellness health check card in this calendar. It is a handy way to keep track of your test results.

January 2012

January take charge checklist

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day	2	3	4	5	6 Set up your yearly diabetes tests.	7
8	9	10	11	12	13 Complete your sick day plan.	14
15	16 Martin Luther King Jr. Day	17	18	19	20 Change the batteries in your glucose meter every six months.	21
22	23	24	25	26	27 Avoid late night eating.	28
29	30	31				

- I've made a doctor's appointment for my yearly diabetes testing.
- I've talked to my doctor about a sick day plan.
- I've changed the batteries in my glucose monitor.

My take charge challenge for January is:

My doctor appointment-
Date: _____

Other:

Shoot for the moon. Even if you miss it, you will land among the stars.

— Les Brown

December 2011

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February

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Know the warning signs of heart attack for both men and women

Be heart healthy

Send a little valentine to your heart. Take the steps below to help improve your diabetes control and your heart health.

- **Keep your blood sugar in check.** Test your blood sugar as directed by your doctor. The A1C test can help you know how well you've controlled your blood sugar in the last three months. Use the blood sugar graph in this calendar to track your glucose levels daily. If your blood sugar is high, talk to your doctor about ways to bring it down.
- **Check your blood pressure.** You can help keep it in range with exercise and a healthy diet. If needed, you also can take medicine.
- **Check your cholesterol.** If it is not within your goal range, talk with your doctor. The doctor can tell you ways to help bring it down.
- **Eat foods that are good for your heart.** Choose fresh fruits, veggies, lean meats, whole grains and low-fat or nonfat dairy foods. Cut back on foods high in saturated or trans fat. Avoid foods high in cholesterol. Stay away from fatty meats, butter, high-fat dairy products, shortening, lard, commercial baked goods, and palm or coconut oil.

- **Limit alcohol.** A good rule of thumb is no more than two drinks for men and one drink for women per day. Talk with your doctor about what is right for you.
- **Watch portion sizes.** At home, serve food on smaller plates. Split meals when you eat out. Be sure to read grocery labels to see nutrition facts by serving size.
- **Keep a healthy weight.** Healthy eating and exercise can help you reach and stay at the right weight. Your dietitian can help you make a plan.
- **Don't smoke.** Your doctor can tell you about ways to quit smoking.
- **When you reach 40 years of age, ask about an aspirin a day.** Ask your doctor if taking a low-dose aspirin each day can help lower your risk for heart disease and stroke.
- **Take your drugs as directed.** Don't stop unless your doctor tells you.

Sources: U.S. Department of Health and Human Services; National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases, diabetes.niddk.nih.gov; National Diabetes Education Program, ndep.nih.gov

- Chest discomfort (pressure, squeezing, fullness, pain)
- Discomfort in other areas of upper body (arms, shoulder, back, neck, jaw)
- Shortness of breath
- Other signs such as feeling weak, chills, sweating, nausea, lightheadedness, back pain
- Vomiting

The most common sign for men and women is chest pain or discomfort. Women are more likely to have some of the other common signs. These are shortness of breath, nausea or vomiting, and back or jaw pain. If you have any of these signs, dial 911 or go to the hospital right away.

Source: cdc.gov/heartdisease

February 2012

February take charge checklist

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 <i>Pack your lunch to control portion sizes.</i>	4
5	6	7	8	9	10 <i>Find out your cholesterol levels and have them checked one time a year.</i>	11
12	13	14	15	16	17 <i>Ask the doctor about taking a low-dose aspirin daily.</i>	18
19	20 <i>Presidents' Day</i>	21	22	23	24 <i>See your doctor on a regular basis, even if you feel fine.</i>	25
26	27	28	29			

- My cholesterol has been checked. My LDL is _____
Goal: <100*
- My blood pressure has been checked.
My BP is ____/____
Goal: <130/80*
- I exercise 30 minutes a day at least five days per week.

*Your doctor may set a different goal for you. Talk to your doctor.

My take charge challenge for February is:

- I will try three new heart healthy recipes this month.

Other:

Think you can, think you can't; either way you'll be right.

— Henry Ford

January

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March

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Blood sugar tips

Even small changes in food, exercise, stress and drugs can affect your blood sugar. Doing the things listed below may help your blood sugar levels stay within your goal.

- Follow your doctor's advice.
- Take your drugs as the doctor tells you.
- Take care of yourself.
- Exercise.
- Plan healthy meals and snacks ahead of time.

Blood sugar graphing can come in handy. Keep a daily record of what you eat, when you exercise and other key actions. It will help you see which things change your blood sugar level. Blood sugar graphing can help show you what to avoid. It can also show you what you can keep doing. **At the end of this calendar is a blank blood sugar graph.** You can copy and use it each month.

Know your blood sugar patterns

Look for the lows and highs on your blood sugar graphs. Then check off these tips to help keep your blood sugar in a normal range.

Nutrition

- My portion sizes are right.
- I eat healthy foods every day.
- I choose low-fat, low-sugar, low-salt and high-fiber foods.

Physical activity

- I get enough exercise (30 minutes on most days of the week).
- I stay active.

Drugs

- I take the dose the doctor ordered.
- I take my drugs at the right times.
- I store my drugs like they should be stored.
- I check them to make sure they are not out of date.
- My doctor knows about all the drugs, vitamins and herbal supplements I take.

Illness, infection and stress

- I feel healthy. I do things to stay that way.
- I talk to my doctor if I have any signs of illness or infection.
- I talk with my doctor when I feel stressed.

Your health care team

When you have questions about changes in your blood sugar level, talk with your health care team. Your team includes your doctor, diabetes educator, dietitian and pharmacist.

March 2012

March take charge checklist

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Take your blood sugar graphs to your next doctor visit.	3
4	5	6	7	8	9 Never take drugs ordered for someone else.	10
11	12	13	14	15	16 Eat breakfast to help you avoid eating too much later in the day.	17
18	19	20	21	22	23 Visit your eye doctor for your yearly dilated retinal eye exam.	24
25	26	27	28	29	30	31

- I record my blood sugar results each day.
- I write down activities that affect my blood sugar.
- I have had my A1C test.
Result: _____
Goal <7*

*Check with your doctor about what goal is right for you.

My take charge challenge for March is:

- I will eat at least five fruits or veggies a day.

Other:

Great things are not done by impulse, but by a series of small things brought together.

— Vincent Van Gogh

February

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April

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29	30					



Call customer service for details about your plan. The number is on your ID card.

Look over these questions and give us a call if you're not sure of an answer.

Your health care visits

Before you visit your doctor

- Make a list of your health concerns and questions.
- Make a list of your drugs and take it with you to the office visit. Include any vitamins, herbs and over-the-counter drugs.

During your visit

- Ask your doctor to repeat anything you don't understand.
- Tell your doctor about any issues that will NOT allow you to follow his or her advice.
- Go over your medications and questions with your doctor.

Helpful questions to ask

General health

- Do I have any problems and what do I need to do to correct them?
- What kind of exercise is right for me?
- What is my body mass index (BMI)?
- What is the best meal plan for me?
- How many calories do I need to eat each day?
- What changes can I make to my favorite recipes to make them healthier?
- How can I follow my meal plan when I eat out?
- What foods can I eat when I am sick?

Diabetes health

Feet

- How do I check my feet every day and what should I be looking for?
- When should I contact my doctor about my feet?

Blood sugar

- What do my blood sugar results mean? When should I call the doctor?
- What should I do when I travel to help keep my blood sugar under control?
- Can you help me make a sick day plan?

Medications

- How and when should I take my drugs?
- Which drugs should I take with meals?
- Which ones should I take on an empty stomach?
- What are the possible side effects of the drugs I take?
- What do I do if I miss a dose of any of my drugs?
- Are there any that I shouldn't take together?
- How should I store my drugs?
- Should I avoid any over-the-counter drugs?

Sources: Agency for Healthcare Research and Quality, ahrq.gov; National Diabetes Education Program, ndep.nih.gov

Do I need a referral to see the doctor, specialist or diabetes educator?

Y N

Do I need a prescription from my doctor for test strips or lancets?

Y N

How many strips or lancets can I get at one time?

Does my insurance pay for:

Diabetes education?

Y N

Drugs? Y N

Lab tests? Y N

Dilated retinal eye exams?

Y N

Test strips, lancets and a meter? Y N

April 2012

April take charge checklist

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6 Have your urine microalbumin level checked at least one time a year.	7
8	9	10	11	12	13 Record your blood sugar test results.	14
15	16	17	18	19	20 Have your blood pressure checked at each doctor visit.	21
22	23	24	25	26	27 Check to see if your feet are red, sore or numb.	28
29	30					

- I've made a list of questions to ask my doctor.
- I have a list of all current medications and will take it to my next doctor visit.
- I have called my insurance company about any coverage questions.

My take charge challenge for April is:

- I will not add extra salt to my food.

Other:

The person who says it cannot be done should not interrupt the person doing it.

— Chinese Proverb

March

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18	19	20	21	22	23	24
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May

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Neuropathy symptoms depend on which nerves are affected, but may include:

- Numbness, tingling, burning or a prickling sensation
- Problems having sex
- Loss of balance or coordination
- Diarrhea or constipation
- Problems with urination
- Not able to feel hot or cold
- Indigestion, nausea or vomiting
- Leg cramps or spasms

News on nerves

Did you know that one out of two people with diabetes has nerve damage? It's called **diabetic neuropathy** (ne-ROP-uh-thee) and is a serious condition. It may lead to foot injuries or infection. And if a foot injury is not noticed and treated right away, any infection may spread and could result in amputation. Nerve problems can happen any time for people with diabetes. The risk rises with age and the longer you've had diabetes. Nerve problems also seem to be more common in people who are overweight and who have problems with their blood sugar, cholesterol and blood pressure levels.

These steps may prevent or delay further damage. They also may lessen your symptoms if you already have neuropathy.

- Keep your blood sugar levels as close to normal as you can.
- Take care of your feet. The nerves in your feet and toes are at higher risk for nerve damage. Loss of feeling in your feet can make you not feel a sore or injury. That can lead to more damage or infection. Good foot care includes:
 - Cleaning your feet daily with warm water and soap. Dry them thoroughly.
 - Checking your feet and toes every day for cuts, blisters, redness, swelling, calluses or other problems.
 - Putting lotion on your feet (but not between your toes).
 - Wearing shoes or slippers to protect your feet.
 - Having your foot doctor trim your nails and file your corns and calluses.
 - Getting your doctor to check your feet at each office visit. Take off your shoes and socks in the exam room so you'll remember to have your feet checked.
- Choose the right exercises for you. Some are not safe for people with neuropathy. Talk to your doctor about which are right for you.

May 2012

May take charge checklist

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 <i>Sign up for a diabetes class.</i>	5
6	7	8	9	10	11 <i>Check the expiration date on your insulin.</i>	12
13	14	15	16	17	18 <i>Walking barefoot may injure your feet.</i>	19
20	21	22	23	24	25 <i>Post your health goals where you can see them.</i>	26
27	28 Memorial Day	29	30	31		

- I talked to the doctor about any neuropathy symptoms.
- I check my feet each day for any problems.
- I talked with my doctor about any blood sugar control issues.

My take charge challenge for May is:

- I will eat more whole grains and try whole wheat pasta.

Other:

Nothing is particularly hard, if you divide it into small jobs.

— Henry Ford

April

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June

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Lighten up

Overweight and **obese** are names for weights that are greater than what is healthy for a given height. According to the CDC, more than one-third of American adults are obese. More than 16% of those younger than age 20 are obese, too. Obesity raises the risk of many diseases and serious health problems. This includes type 2 diabetes.

Staying active can help you control your blood sugar. It also can help control your weight, stress and blood pressure. Exercise can raise your “good” cholesterol level. It can improve your mental health. It also can help lower your risk of heart disease and nerve damage.

Before exercise

- Talk with your doctor about the best type of exercise for you.
- Ask your doctor if it's OK to be active when your blood sugar is high.
- Ask your doctor if you should have a snack before you are active.
- Make sure that your shoes fit well. Make sure that your socks stay clean and dry.
- Find an exercise buddy. You're more likely to be active with a friend!
- Test your blood sugar before and after exercise. If you have type 1 diabetes, don't exercise if your urine has **ketones**. Ketones are chemicals that your body makes when there's not enough insulin in your blood. Your doctor can tell you what levels are safe.

During exercise:

- Warm up and stretch for five to ten minutes before you are active. Then cool down for several minutes at the end.
- Know the signs of low blood sugar. They include shakiness, sweating, pale skin color and confusion. Always carry food or glucose tablets to treat it.
- Always wear your medical ID or something with your name and information.
- Keep water on hand. Drink it while you exercise. You should drink it even if you don't feel thirsty.

After exercise:

- Check your feet for redness or sores after you exercise. Always call your doctor if you have sores that don't heal.
- Test your blood sugar.

Sources: Centers for Disease Control and Prevention, cdc.gov; U.S. National Library of Medicine, nlm.nih.gov/medlineplus; National Diabetes Information Clearinghouse, diabetes.niddk.nih.gov

BMI: How do you measure up?

The body mass index (BMI) is a number figured from your weight and height. For most adults, BMI shows the amount of body fat.

For most adults:

Having a BMI between 25 and 29.9 means overweight. Having a BMI of 30 or higher means obese.

See the BMI chart at the back of this calendar to see how you measure up.

To learn more about your BMI, talk with your doctor or visit nhlbisupport.com/bmi.

June 2012

June take charge checklist

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Exercise at least 30 minutes most days.	2
3	4	5	6	7	8 Warm up before and cool down after you exercise.	9
10	11	12	13	14	15 Test your blood sugar on a regular basis.	16
17	18	19	20	21	22 Take your testing supplies when you eat out.	23
24	25	26	27	28	29 Change the batteries in your glucose meter every six months.	30

- I have asked the doctor if it is OK for me to exercise.
- I am taking steps to get more exercise (taking the stairs and parking farther away when I go to the store or the doctor).
- I wear a medical ID and carry glucose tablets when I exercise.

My take charge challenge for June is:

- I will take the stairs whenever I can.

Other:

Do something every day that you don't want to do; this is the golden rule for acquiring the habit of doing your duty without pain.

— Mark Twain

May

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27	28	29	30	31		

July

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22	23	24	25	26	27	28
29	30	31				



Your kidneys

Did you know that your kidneys process about 50 gallons of blood each day? They also filter about two quarts of waste. They remove extra water from your body.

It is important to keep your kidneys healthy. High blood sugar and high blood pressure are the two main causes of kidney disease. When kidneys are damaged, they can't filter blood right.

What does diabetes do to kidneys?

If sugar stays in your blood instead of breaking down, it is like a poison. Damage to the kidneys from too much sugar is called **diabetic nephropathy** (nef-ROP-uh-thee). If you keep your blood sugar and blood pressure at normal levels, you can help stop or delay problems.

Your doctor will help

Most people don't have severe symptoms from kidney disease until it gets worse. So how can your doctor tell if you have, or might get, kidney disease? He or she can do a **microalbumin** test to look for albumin (small bits of protein) in your urine. It is a sign of the condition. People with diabetes also should get a blood test each year for **creatinine**. This test helps the doctor know how much blood your kidneys filter each minute.

Sources: National Kidney and Urologic Diseases Information Clearinghouse, kidney.niddk.nih.gov; National Institutes of Health and the Friends of the National Library of Medicine, nlm.nih.gov; Centers for Disease Control and Prevention, cdc.gov

July 2012

July take charge checklist

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Independence Day	5	6 Ask your doctor if ketone strips would be helpful.	7
8	9	10	11	12	13 Carry glucose tablets to treat low blood sugar.	14
15	16	17	18	19	20 Set up at least two hemoglobin A1C tests this year.	21
22	23	24	25	26	27 Still need your breast cancer screening? Set up your test today!	28
29	30	31				

- I have set up a doctor's appointment for the second half of the year.
- I am using the blood sugar graph.
- I've had my kidneys tested (microalbumin, creatinine) or I've been to a nephrologist.

My take charge challenge for July is:

- I will exercise at least 30 minutes five days a week.

Other:

A winner never quits and a quitter never wins.

— Anonymous

June

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3	4	5	6	7	8	9
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August

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Be safe with medications

Drugs are an important part of diabetes care. Here's how to get the most from them.

Ask questions

Your doctor, pharmacist or nurse can help answer these questions for you.

- What is the name of my drug? Why am I taking it?
- How long will I have to take this drug? What time of day should I take it? How many times a day should I take it?
- Should I take this drug with or without food?
- What should I do if I miss a dose?
- What are the possible side effects? When should I call my doctor?
- Will this drug interact with any of my other prescriptions? How about my over-the-counter drugs, herbals, vitamins or supplements?
- How should I store this drug? Does it need to be refrigerated?
- If I can't swallow a pill, can I break it or chew it? Can I get it in a liquid form?

Stay safe with these tips

- Wear or carry your medical and personal ID.
- Take all your drugs with you to each doctor's visit. Include:
 - Over-the-counter
 - Herbal remedies
 - Vitamins
 - Nutritional supplements
- Tell your doctor about any drug or food allergies you have.
- If you smoke, quit. Smoking can change the way your drugs work.
- Don't take your drugs with alcohol.
- Don't stop taking your drugs unless your doctor tells you to stop.

Prevent errors

- Use a pillbox or checklist to help organize your drugs.
- Keep your drugs separate from other people's drugs in your home.
- Fill your drugs at the same pharmacy. Be sure to tell your pharmacist about any sample drugs you're taking.
- Read labels before using drugs. Take your drugs just as your doctor ordered.
- Turn on a light and wear your glasses when taking your drugs.

Sources: U.S. Food and Drug Administration, fda.gov; Agency for Healthcare Research and Quality, ahrq.gov

Travel smart

- Pack twice the amount of drugs and supplies than you'd normally need.
- If your insulin needs to be kept cold, pack it in an insulated bag. Use cold gel packs.
- Keep snacks, glucose gel or tablets with you.
- If you use insulin, make sure you also pack a glucagon emergency kit.
- Make sure you keep your medical insurance card and emergency phone numbers handy.
- Don't forget to pack a first aid kit with all the basics.
- If you're flying, carry all your diabetes supplies in your carry-on bag. Have it all clearly marked. Use the original package.

Sources: National Diabetes Education Program, ndep.nih.gov

August 2012

August take charge checklist

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 <i>Ask the pharmacist if you can save money on any of your drugs.</i>	4
5	6	7	8	9	10 <i>Do you know your cholesterol level?</i>	11
12	13	14	15	16	17 <i>Use a small plate in order to control food portions.</i>	18
19	20	21	22	23	24 <i>Whole grain foods are a good source of fiber.</i>	25
26	27	28	29	30	31 <i>Know your target A1C.</i>	

- I have checked the expiration date on my insulin.
- I use a pillbox or checklist to organize my drugs.
- I have taken all my drugs, including over-the-counter ones, to the doctor for review.

My take charge challenge for August is:

- I have checked with my doctor to make sure I am up to date with all my tests.

Other:

An investment in knowledge always pays the best interest.

— Ben Franklin

July

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

September

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30						



Keeping an eye on your sight

Caring for your eyes is very important. When you have diabetes, it can damage blood vessels including those in the retina, the tissue that lines the inner eyeball. This damage is called **retinopathy** (REH-tih-NOP-uh-thee). It may cause severe vision loss. It can cause blindness. People with diabetes also have a higher risk of getting **cataracts** (a cloud over the eye). They can also get **glaucoma** (increased eye pressure).

You should see either an ophthalmologist or optometrist on a regular basis. He or she can give you a **dilated retinal eye exam**. This exam is **NOT** a vision checkup for glasses. It is a special exam. People with diabetes need it for medical reasons.

Ask your eye doctor to send a copy of the results to your doctor. Make sure your doctor gets the report and knows about any damage to your eyes.

Hint: Most health plans will pay for an eye exam even if you do not have vision benefits. Call your health plan customer service number. Ask if your plan covers a dilated retinal eye exam. They also can help you find an eye doctor.

Wear a smile

The National Diabetes Education Program reports that people with diabetes are two to three times more likely than others to have **periodontal** (per-ee-uh-don-tl) **disease**. This can lead to tooth loss.

Periodontal disease is more common in people with diabetes. It also progresses faster. It is often more severe. Having an infection may change your body's ability to process or use insulin. Keeping an infection under control might help control blood sugar.

People with poor blood sugar control also can get gum disease more often and more severely than people who have their diabetes under control. So what can you do to help prevent the oral problems of diabetes? **Brush and floss each day. Have regular dental checkups. Get your blood sugar levels under control.**

September 2012

September take charge checklist

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Labor Day	4	5	6	7 Tell your dentist that you have diabetes so extra care can be taken with your teeth.	8
9	10	11	12	13	14 Call your health plan to learn more about dilated retinal eye exam coverage.	15
16	17	18	19	20	21 Ask your eye doctor to send your most recent eye exam results to your primary doctor.	22
23	24	25	26	27	28 Do you need a screening for colorectal cancer?	29
30						

- I have had or have set up my diabetic retinal eye exam this year.
- I have had or have set up a dental appointment.
- I brush my teeth and floss each day.

My take charge challenge for September is:

- I will make my eye doctor and dentist appointments.

Other:

Learn from yesterday, live for today, hope for tomorrow.
— Orison Sweet Marden

August

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

October

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	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



A sick day action plan

Illness can cause your blood sugar to rise. That is why you need a sick day action plan. Work with your doctor or diabetes educator to make one. The plan will help you manage your blood sugar levels when you're sick.

Be sure to share your action plan with someone close to you. Let him or her know when you don't feel well. Keep this person's contact information with the action plan your doctor makes for you.

Action plan for nausea, vomiting or diarrhea: fluid and food guide

- Drink four to eight ounces of water or sugar-free, caffeine-free liquid each hour.
- Eat 10 grams of carbs every hour or 50 grams every three to four hours.

These items have 10 to 15 grams of carbs per serving:

- 1 double stick Popsicle®
- 1 cup milk
- ½ cup fruit juice
- ½ cup regular (not diet) soft drink
- 6 saltine crackers
- 3 graham crackers
- 1 slice dry toast
- ½ cup regular (not sugar-free) gelatin
- ¼ cup sherbet

Blood sugar testing

- If you have type 1 diabetes, you may need to check blood sugar and urine ketones every four hours.
- If you have type 2 diabetes, checking blood sugar four times a day may be enough.
- You might only need to check ketones if your blood sugar is higher than 300 mg/dL. Follow your doctor's orders. Write down the results.

Medication

- Take your insulin and oral drugs as your doctor orders. Ask your doctor about any dosage changes.
- Talk with your doctor if you are having medical tests or surgery that requires you to skip a meal. Talk about if he wants you to change your medicine schedule.

Keep supplies on hand before you get sick

- Write down your plan. Keep ketone strips, food and other supplies on hand.
- Make sure that your ketone test strips are not expired.

Drugs can also affect your blood sugar

Some drugs that people take when they are sick can affect blood sugar levels.

- Check the label of your over-the-counter drugs to see if they have sugar.
- Decongestants and cold medicines may raise blood sugar levels.
- Some antibiotics lower blood sugar levels in people who take diabetes pills. Only take an antibiotic when you truly need it. Talk with your doctor about when and how to take them.

When to call your doctor

- You've been sick or had a fever for a couple of days and aren't getting better.
- You vomit or have diarrhea for more than six hours.
- You have moderate to large amounts of ketones in your urine.
- Your blood sugar levels are higher than 240 even though you've taken the extra insulin your sick day plan calls for.
- You take pills for your diabetes and your blood sugar level climbs to more than 240 before meals and stays there for more than 24 hours.
- Your chest hurts, you have trouble breathing, your breath smells fruity or your lips or tongue are dry and cracked.
- You're not sure how to take care of yourself.

October 2012

October take charge checklist

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 Discuss flu and pneumonia vaccines with your doctor.	6
7	8 Columbus Day	9	10	11	12 Do you need a screening for prostate cancer?	13
14	15	16	17	18	19 Do you use tobacco? Set a date to quit and talk with your doctor.	20
21	22	23	24	25	26 Talk to your doctor if you feel depressed. How you feel may have a physical cause.	27
28	29	30	31			

- I asked my doctor about flu and pneumonia vaccines.
- I wash my hands regularly to avoid spreading germs.
- I have a sick day plan in place and my pantry has needed sick day supplies.

My take charge challenge for October is:

- I will create a sick day plan and get the supplies I need.

Other:

A journey of a thousand miles must begin with a single step.

— Chinese Proverb

September

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						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

November

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						1 2 3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Know your portions

A serving of	Equals	No measuring cup or spoons? Try...
Fresh fruits or veggies	1 cup	Looks like a baseball
Canned fruit or cooked veggies	½ cup	Looks like ½ of a baseball
Starchy veggies or dried beans	½ cup	Looks like ½ of a baseball
Bread	1 slice	Size of a computer disc
Dry cereal	¾ cup	Size of a small woman's fist
Cooked cereal	½ cup	Looks like ½ of a baseball
Cooked rice or pasta	1/3 cup	Size of a large egg
Dairy products	1 cup	Size of a small milk carton
Cheese	1½ ounces	Size of four dice
Lean meats and chicken	3 ounces	Size of a deck of cards
Fish	3 ounces	Size of a personal checkbook
Oil, margarine or butter	1 teaspoon	Size of your thumb tip

Holiday tips - how to stay in control

- **Snack ahead.** Enjoy a healthy snack before going to a party. It may help you eat less when you get there.
- **Plan ahead.** Check out the party foods before you start to eat. Your food choices should fit into your meal plan.
- **Bring a dish.** Try one of the healthy, tasty recipes in this calendar.
- **Move away from the buffet.** Fix your plate and move away from the finger foods. Avoid eating while chatting.
- **Savor the flavor.** Eat slowly. It will help reduce your chances of eating too much.
- **Drink water.** Water is a healthy, no-calorie beverage. Drink plenty of it.
- **Trim it down.** Eat smaller portions. Remove skin and fat from meat.

Hungry? Be sure to check out the healthy recipes in this calendar

Eating for a healthy blood sugar level

For people with diabetes, what, when and how much they eat can change their blood sugar level. That's why sticking to a healthy eating plan really matters. Work with your doctor or dietitian to set up meal plans. Your plan should take your lifestyle, the time of year and other needs into account.

Here are some tips for smart eating:

- Choose a variety of the five basic food groups (whole grains, veggies, fruits, lean meats/beans and dairy).
- Eat small, well-balanced meals throughout the day.
- Control the amount of starch you eat at each meal. Starches include whole grains (cereals, breads, pasta, oats) and starchy veggies (potatoes, lima beans, peas).
- Eat raw and cooked veggies with little or no fat, sauces or dressings.
- Choose whole fruits. Be sure that fruit juices, canned fruit and dried fruit have no added sugar or come in their own juice.
- Eat fat-free or low-fat dairy foods like milk, yogurt and cheese.
- Buy lean cuts of beef, pork, ham and lamb. Eat chicken or turkey without the skin.
- Limit or avoid sweets and gooey treats, and choose foods low in saturated fat and with no trans fat.
- Talk with your dietitian about how alcohol affects your blood sugar. Limit alcohol to no more than two drinks per day for men and one drink per day for women.

November 2012

November take charge checklist

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Celebrate American Diabetes Month by trying a new healthy recipe.	3
4	5	6	7	8	9 Have you had your yearly tests (A1C, cholesterol, kidney and eye)?	10
11 Veterans Day	12	13	14	15	16 Be active for 30 minutes most days.	17
18	19	20	21	22 Thanksgiving Day	23 Check your blood glucose each day or as often as your doctor suggests.	24
25	26	27	28	29	30 Stop eating when you are full.	

- I eat small, well-balanced meals throughout most days.
- I eat at least five fruits and veggies a day.
- I am measuring portion sizes.

My take charge challenge for November is:

- I will use small plates for smaller portions.

Other:

Do not let what you cannot do interfere with what you can do.

— John Wooden

October

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

December

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



Diabetes and stress

Too much stress is unhealthy for all of us but it can affect people with diabetes even more.

These tips may help you deal with stress:

- **Stay active.** Being active helps your body use insulin better. It can help control your blood sugar. It helps control weight.
- **Plan healthy meals.** Stress can drive you to choose unhealthy foods. Plan ahead so you can stick with the foods on your meal plan.
- **Relax.** Take 20 minutes each day to sit quietly. Breathe deeply, relax and think of pleasant things or nothing at all. Read a pleasant poem, prayer or quote to replace negative thoughts.
- **Be realistic.** If you feel overwhelmed, it's OK to say "no." Stop doing things you don't need to do. Ask others to help when you need it.
- **Laugh.** Laughter can help you see stressful changes in a different light.

When it's more than stress

Your emotional health matters as much as your body's health. Talk with your doctor if you have feelings like these:

Anger and **denial** can be common when you have diabetes. Denial can include thinking you don't need to make healthy changes. It can mean not believing that diabetes is serious. Anger can mean being mad at yourself. It can mean being upset with others.

Depression is a serious medical condition. Studies show that patients with diabetes are twice as likely to have depression as those without diabetes. Everyone has low moods or feels sad at times. But if you've felt "down," sad, or hopeless or had little interest in doing things for two weeks straight, talk with your doctor. Ask if you might be depressed.

The good news is that depression can be treated. Drugs and counseling can help. Don't be afraid to talk with your doctor if you think you're depressed. You're not alone.

Sources: Agency for Healthcare Research and Quality, ahrq.gov; Centers for Disease Control and Prevention, cdc.gov

Signs of depression include:

- Sad mood
- Loss of energy or feeling tired
- Trouble paying attention, remembering or making decisions
- Being restless and irritable
- Unintended weight gain or loss
- Loss of interest or pleasure in most things

Have these signs?
Your doctor can help.
Call your doctor today!

December 2012

December take charge checklist

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7 Say "no" to three things you don't need to do this month.	8
9	10	11	12	13	14 Schedule lunch with a friend.	15
16	17	18	19	20	21 Take your diabetes drugs at the same times each day.	22
23	24	25 Christmas Day	26	27	28 Ask for help when you need it.	29
30	31					

I have talked to my doctor about my mood.

I've had all these diabetes tests this year:

- A1C
- Cholesterol
- Kidney
- Dilated retinal eye exam
- Blood pressure

My take charge challenge for December is:

I will take a 20-minute break for myself each day.

Other:

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.

— Martin Luther King

November

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

January 2013

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Diabetes resources

Learn as much as you can about diabetes. The more you know about the condition, the healthier your life can be.

To learn more about diabetes, check out these resources:

American Diabetes Association

800-342-2383

diabetes.org

Centers for Disease Control and Prevention

800-232-4636

cdc.gov

National Diabetes Education Program

301-496-3583

ndep.nih.gov

National Diabetes Information Clearinghouse

800-860-8747

diabetes.niddk.nih.gov

Diabetes events

Do you want to get involved? Do you want to empower yourself and help others? The American Diabetes Association's website features several links to local and national diabetes-related events and campaigns. Visit diabetes.org/in-my-community to learn more.

This calendar is meant to inform, not to advise. For advice about your health, please check with your doctor. We use the trade names of common drugs and devices as examples. We do not endorse any of them. Your doctor may choose to use products not found in this calendar. Your health plan may not cover some treatments. Call customer service to find out what treatments we cover. The number is on your member ID card.



Breakfast

Sweet onion frittata with ham

Serves 4; serving size: 1/4 recipe

Ingredients

- 4 oz extra lean, low-sodium ham slices, chopped
- 1 cup thinly sliced Vidalia onion (or other variety, such as Texas Sweet)
- 1 1/2 cups egg substitute
- 1/2 cup shredded, reduced-fat, sharp cheddar cheese

Preparation

1. Place a medium nonstick skillet over medium-high heat until hot. Coat the skillet with nonstick cooking spray, add ham, and cook until beginning to lightly brown for 2 or 3 minutes, stirring frequently. Remove from skillet and set aside on separate plate.
2. Reduce the heat to medium, coat the skillet with nonstick cooking spray, add onions, and cook 4 minutes or until beginning to turn golden, stirring frequently.
3. Reduce the heat to medium low, add ham to the onions, and cook 1 minute (this allows the flavors to blend and the skillet to cool slightly before the eggs are added). Pour egg substitute evenly over all, cover, and cook 8 minutes or until puffy and set.
4. Remove the skillet from the heat, sprinkle cheese evenly over all, cover, and let stand 3 minutes to melt the cheese and develop flavors.

Nutrition information

Calories: 132	Sodium: 519 mg	Exchanges/choices
Calories from fat: 32	Total carbohydrate: 7 g	1 vegetable
Total fat: 4 g	Dietary fiber: 1 g	2 lean meat
Saturated fat: 2 g	Sugars: 4 g	
Cholesterol: 23 mg	Protein: 18 g	

Appetizer

Layered black bean dip

Serves 16; serving size: 2 Tbsp

Ingredients

- 1 can (15 oz) black beans, drained and rinsed
- 1/4 tsp onion powder
- 1/4 tsp dried oregano
- 1/8 tsp garlic powder
- 1/8 tsp cayenne pepper
- 1/2 cup salsa, thick and chunky
- 1/2 cup fat-free sour cream
- 1/4 cup chopped green onions
- 2 oz (1/2 cup) grated reduced-fat cheddar cheese

Preparation

1. Mash beans and mix with onion powder, dried oregano, garlic powder and cayenne pepper.
2. Spread on a serving dish.
3. Top with salsa, sour cream, green onions and grated cheese.

Nutrition information

Calories: 32 g	Total carbohydrate: 5 g	Exchanges/choices
Total Fat: 1 g	Dietary fiber: 1 g	1/2 starch
Saturated fat: 0 g	Sugars: 1 g	
Cholesterol: 2 mg	Protein: 3 g	
Sodium: 89 mg		

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Soup

Tomato basil soup with chicken

Serves 4; serving size: 1 cup

Ingredients

- 1 14.5-ounce can diced tomatoes with Italian seasonings
- 1/2 15.5-ounce can no-salt-added navy beans, rinsed and drained
- 1 14-ounce can reduced-sodium chicken broth
- 1 teaspoon sugar
- 1 cup cooked chicken breast meat
- 2 ounces baby spinach
- 2 tablespoons chopped fresh basil leaves
- 2 teaspoons extra virgin olive oil
- 1/4 cup shredded mozzarella cheese

Preparation

1. Combine the tomatoes, beans, broth, and sugar in a large saucepan. Bring to a boil over high heat, reduce heat, cover, and simmer 5 minutes.
2. Add the chicken, spinach, and basil, and cook 2 minutes or until spinach is wilted. Remove from heat, and stir in oil.
3. To serve, top each serving with 1 tablespoon mozzarella.

Nutrition information

Calories: 195	Sodium: 725 mg	Exchanges/choices
Calories from fat: 45	Total carbohydrate: 18 g	1/2 starch
Total fat: 5 g	Dietary fiber: 4 g	2 vegetable
Saturated fat: 1.5 g	Sugars: 6 g	2 lean meat
Trans fat: 0 g	Protein: 18 g	1/2 fat
Cholesterol: 35 mg		

Salad

Broccoli floret salad

Serves 4; serving size: 1/4 recipe

Ingredients

- 2 cups fresh or frozen broccoli florets, cut small
- 2 Tbsp chopped parsley
- 1 Tbsp fresh basil
- 1 medium red pepper, thinly sliced
- Black pepper, to taste
- 1 small purple onion, diced
- 2/3 cup light Italian salad dressing

Preparation

1. Combine all ingredients (except dressing) in a large bowl.
2. Add dressing.
3. Stir well and chill for 2 hours before serving.

Nutrition information

Calories: 80	Sodium: 480 mg	Exchanges/choices
Calories from fat: 25	Total carbohydrate: 12 g	1/2 carbohydrate
Total fat: 3 g	Dietary fiber: 2 g	1 vegetable
Saturated fat: 0.3 g	Sugars: 9 g	1/2 fat
Trans fat: 0 g	Protein: 2 g	
Cholesterol: 0 mg		

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Fish entrée

Grilled salmon with dill sauce

Serves 8; serving size: 3–4 oz salmon with 2 Tbsp sauce

Ingredients

- 1 cup plain fat-free yogurt
- 2 tsp minced fresh dill
- 1/4 cup chopped scallions
- 1 tsp capers
- 2 tsp minced parsley
- 1 tsp minced chives
- 1 Tbsp olive oil
- 2 lb salmon steaks

Preparation

1. In a small bowl, combine the first six ingredients and set aside. Spray the racks of your grill with nonstick cooking spray.
2. Brush the salmon steaks with olive oil and grill them over medium-hot coals for 4 minutes per side, or just until the salmon flakes with a fork.
3. Transfer the salmon to a platter and serve with dill sauce on the side.

Nutrition information

Calories: 218	Sodium: 81 mg	Exchanges/choices
Calories from fat: 103	Total carbohydrate: 2 g	4 lean meat
Total fat: 11 g	Dietary fiber: 0 g	
Saturated fat: 2 g	Sugars: 2 g	
Cholesterol: 79 mg	Protein: 26 g	

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Beef entrée

Slow cooker beef and bell pepper stew

Serves 2; serving size: 1 1/2 cups

Ingredients

- 1 tsp olive oil and 2 teaspoons olive oil, divided use
- 8 oz boneless top round steak, all visible fat discarded, cut into 1-in cubes
- 1 medium green bell pepper, cut into 1-in pieces
- 4 small red potatoes (about 2 oz each), quartered
- 1/2 medium onion, cut into 1/2-in wedges
- 1/2 medium rib of celery, cut into 1/2-in wedges
- 2 Tbsp no-salt-added ketchup
- 2 Tbsp and 2 Tbsp medium picante sauce (lowest sodium available), divided use
- 1 medium bay leaf
- 1/2 tsp instant ground coffee granules
- 1/4 tsp salt

Preparation

1. In a medium nonstick skillet, heat 1 teaspoon oil over medium-high heat, swirling to coat the bottom.
2. Cook the steak for 1 to 2 minutes, or until lightly browned. Transfer to a 1 1/2- to 2-quart slow cooker.
3. Stir in the bell pepper, potatoes, onion, celery, ketchup, 2 tablespoons picante sauce, bay leaf, and coffee granules.
4. Cook, covered, on high for 4 hours or on low for 8 hours, or until the steak is tender.
5. Stir in the remaining 2 tablespoons picante sauce, remaining 1 teaspoon oil, and salt.
6. Cook, uncovered, on high for 30 minutes. Discard the bay leaf before serving the stew.
7. Some slow cookers have only an on/off switch. The "on" switch is the high setting or 2 hours before serving.

Nutrition information

Calories: 330	Polyunsaturated fat: 0.8 g	Exchanges/choices
Calories from fat: 70	Monounsaturated fat: 4.6 g	1/2 starch
Total fat: 8 g	Cholesterol: 60 mg	1/2 carbohydrate
Saturated fat: 1.8 g	Sodium: 595 mg	1 vegetable
Trans fat: 0 g	Total carbohydrate: 37 g	3 lean meat
		1/2 fat

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Pork entrée

Good ol' pork barbecue

Serves 6; serving size: 3-4 oz with 1-2 oz bread

This recipe is high in sodium due to the catsup. If you need to reduce the sodium in your diet, try using reduced-sodium catsup.

Ingredients

- 2 Tbsp canola oil
- 1 small onion, minced
- 1 cup catsup
- 2 Tbsp red wine vinegar
- 1 Tbsp honey
- 2 Tbsp Worcestershire sauce
- 1 cup water
- 2 tsp paprika
- 2 tsp chili powder
- 1/2 tsp cayenne
- 1 1/2 lb cooked pork tenderloin, shredded or cubed into small pieces
- 2 slices toasted French, Italian, or multigrain bread

Preparation

1. To make the sauce, combine all ingredients except the pork and bread in a saucepan.
2. Simmer uncovered over medium heat for 15 minutes, until the onion has softened.
3. Prepare the pork and add it to the sauce. Continue to simmer for 5 minutes.
4. Pile the pork filling evenly over each bread slice. Eat with a fork.

Nutrition information

Calories: 320	Sodium: 730 mg	Exchanges/choices
Calories from fat: 94	Total carbohydrate: 3 g	2 carbohydrate
Total fat: 10 g	Dietary fiber: 3 g	3 lean meat
Saturated fat: 2 g	Sugars: 10 g	
Cholesterol: 66 mg	Protein: 27 g	

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Vegetarian entrée

Eggplant lasagna

Serves 6; serving size: 1 cup

Ingredients

- 1 3/4 cups chopped onion
- 2 medium garlic cloves, minced
- 16 oz whole tomatoes, undrained
- 1/4 cup tomato paste
- 2 Tbsp fresh chopped parsley
- 1 tsp oregano
- 1/2 tsp dried basil
- Fresh ground pepper
- 1 large eggplant, peeled and sliced into 1/4-inch slices
- 1 cup shredded nonfat mozzarella cheese
- 1 cup low-fat cottage cheese
- 4 Tbsp grated Parmesan cheese

Preparation

1. Coat a large skillet with nonstick cooking spray. Add onion and garlic and sauté over low heat until onion is tender, about 6 minutes.
2. Stir in undrained whole tomatoes, tomato paste, parsley, salt, oregano, basil, and pepper. Bring mixture to a boil. Reduce heat and simmer, uncovered, for 40 to 50 minutes, stirring occasionally.
3. To steam eggplant slices, place 1 inch of water in a large pot. Arrange eggplant slices on a steamer, cover pot, and steam until eggplant is tender, about 5 minutes. Do not overcook.
4. Combine mozzarella and cottage cheeses together and set aside.
5. Coat a 13 x 9 x 2 inch baking pan with cooking spray, and place half of the eggplant in the pan.
6. Top eggplant with half of the sauce mixture and half of the cheese mixture, and sprinkle with Parmesan cheese. Repeat the steps in layers until all the ingredients are used.
7. Bake at 350 degrees for 30 to 35 minutes, and serve hot.

Nutrition information

Calories: 161	Total carbohydrate: 23 g	Exchanges/choices
Calories from fat: 22	Dietary fiber: 5 g	1 1/2 carbohydrate (or 4 vegetable)
Total fat: 2 g	Sugars: 10 g	
Saturated fat: 1 g	Protein: 15 g	1 lean meat
Cholesterol: 11 mg		
Sodium: 556 mg		

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Chicken entrée

Honey lemon chicken

Serves 4; serving size: 1/4 recipe

Ingredients

- 2 Tbsp honey
- 2 Tbsp freshly squeezed lemon juice
- 4 cloves garlic, minced
- 1/2 tsp black pepper
- 8 boneless, skinless chicken thighs

Preparation

1. Preheat oven to 375°F.
2. In a bowl, combine honey, lemon juice, garlic, and pepper.
3. Coat chicken with honey mixture, and arrange in a baking dish. Bake for 40 minutes, until juices run clear when chicken is pierced.

Nutrition information

Calories: 255
Calories from fat: 100
Total fat: 11 g
Saturated fat: 3.2 g
Cholesterol: 100 mg
Sodium: 95 mg
Total carbohydrate: 10 g
Dietary fiber: 0 g
Sugars: 9 g
Protein: 27 g

Exchanges/choices

1/2 carbohydrate
4 lean meat
1 fat

Pasta dish

Italian baked ziti

Serves 8; serving size: 1 cup

Ingredients

- 8 oz ziti pasta - tube shape (3 cups uncooked)
- 1/2 lb extra lean ground beef or ground turkey (7% fat)
- 3 cups spaghetti sauce (less than 4 g fat per 4 oz)
- 2 cups low-fat cottage cheese
- 2 Tbsps grated Parmesan cheese
- 1/4 cup egg substitute (equal to 1 egg)
- 1 tsp dried parsley
- 1/4 tsp garlic powder

Preparation

1. Preheat oven to 350 degrees. Cook ziti according to package directions, omitting salt and oil. Drain and set aside.
2. Meanwhile, crumble meat in a large skillet sprayed with nonstick cooking spray.
3. Sauté until meat is cooked, stirring frequently. Add spaghetti sauce.
4. Combine cottage cheese, Parmesan cheese, egg substitute, parsley, and garlic powder and mix thoroughly. Add ziti and mix well.
5. Spread 1 cup of spaghetti sauce mixture in bottom of 9" x 13" pan that has been sprayed with nonstick cooking spray.
6. Spoon ziti and cheese mixture into lasagna pan. Pour remaining sauce over ziti and cheese.
7. Cover with aluminum foil and bake 30 minutes.

Nutrition information

Calories: 231	Total carbohydrate: 30 g	Exchanges/choices
Total fat: 4 g	Dietary fiber: 2 g	1 1/2 starch
Saturated fat: 1 g	Sugars: 9 g	1 vegetable
Cholesterol: 20 mg	Protein: 19 g	2 lean meat
Sodium: 587 mg		

Dessert

Double chocolate brownies

Serves 16; serving size: 1 square

Ingredients

2/3 cup all-purpose flour	1 tsp vanilla extract
2/3 cup sugar	1/2 tsp baking powder
1/2 cup unsweetened cocoa	1/3 cup egg substitute
1/4 cup butter, melted	1/4 cup fat-free hot fudge sauce
2 Tbsp water	

Preparation

1. Preheat oven to 350°F.
2. Coat an 8-inch square baking dish with nonstick cooking spray.
3. In a large bowl, combine all the ingredients except the fudge sauce; mix well, then spread half the batter in the baking dish.
4. Top with the hot fudge sauce, then spread the remaining batter over the sauce.
5. Bake for 25–30 minutes, or until a toothpick inserted in the center comes out clean.
6. Cool completely, then cut into squares and serve.

Nutrition information

Total calories: 98	Sodium: 69 mg	Exchanges/choices
Calories from fat: 30	Total carbohydrate: 17 g	1 carbohydrate
Total fat: 3 g	Dietary fiber: 1 g	1/2 fat
Saturated fat: 2 g	Sugars: 11 g	
Cholesterol: 8 mg		

Dessert

Apple crisp

Serves 4; serving size: 1/4 recipe

Ingredients

2 1/2 cups pared and sliced apples
3/8 cup Splenda sweetener
3/8 cup whole-wheat flour
3/8 cup dry oats
1 1/2 Tbsp cinnamon
1 1/2 Tbsp Smart Balance margarine

Preparation

1. Arrange apples in a pan.
2. Combine the Splenda, flour, oats, cinnamon, and margarine until the mixture is crumbly.
3. Press mixture over apples and bake at 350° F for 45 to 50 minutes or until tops are browned.
4. Serve warm.

Nutrition information

Total Calories: 150	Sodium: 35 mg	Exchanges/choices
Calories from fat: 40	Total carbohydrate: 28 g	1 1/2 starch
Total fat: 4.5 g	Dietary fiber: 5 g	1/2 fruit
Saturated fat: 1.1 g	Sugars: 11 g	1/2 fat
Trans fat: 0 g	Protein: 3 g	
Cholesterol: 0 mg		

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2012 diabetes health checks

Test name	Goal	How often	Dates	Results
A1C	<p>Less than 7%</p> <p>The American Diabetes Association suggests an A1C goal below 7% for many people with diabetes. Less stringent A1C goals may be set for other patients especially those who have had hypoglycemia. Talk to your doctor about what goal is right for you.</p>	At least 2 times each year (more often if suggested by your doctor)	<p>___/___</p> <p>___/___</p>	
Blood pressure	Less than 130/80 mm/Hg	Each doctor visit	<p>___/___</p> <p>___/___</p>	
Lipid (cholesterol) panel	<ul style="list-style-type: none"> • LDL less than 100 mg/dL • HDL greater than 40 mg/dL (males) • HDL greater than 50 mg/dL (females) • Triglycerides less than 150 mg/dL 	At least once each year	___/___	
Dilated retinal eye exam		Once each year by an eye doctor	___/___	
Microalbumin test	Less than 30 mg	Once each year	___/___	
Creatinine		Once each year	___/___	
Foot exam		Each doctor visit	<p>___/___</p> <p>___/___</p>	

2012 wellness checks

Test name	How often	Dates	Results
Colorectal cancer screening	Check with your doctor (How often you get this test depends on the type of test, the person and family background.)	___/___	
Mammogram	Every year for women aged 40 or older (Decide with your doctor what age these yearly tests should start for you.)	___/___	
Bone density	As needed (This test usually starts at age 65 for women. How often the test is done depends on personal and family background.)	___/___	
Prostate screening	As needed (Men 50 and older should talk to their doctor about the risks and benefits of this screening.)	___/___	
Pap test and pelvic exam	Every 1 to 3 years (This screening is given based on age, the person and past results. Check with your doctor for what is right for you.)	___/___	
Flu vaccine	Every year (Your doctor can answer your questions about pneumococcal disease and flu and if you are at risk.)	___/___	
Tetanus diphtheria TD or Tdap vaccine	Every 10 years	___/___	
Pneumonia vaccine	At least 1 lifetime vaccination at age 65 or older (Get one dose of this vaccine if you are a smoker 19 to 64 years of age, or if you have asthma or if you are not sure if you've had this vaccine.)	___/___	

Blood sugar graphing

Even small changes in food, exercise, stress and drugs can affect your blood sugar level. And that can make a big difference in the way you feel.

- Follow your doctor's advice and take your diabetes drugs as ordered each day. This will help your blood sugar levels stay within your goal.
- Illness, infection, injury and surgery can impact your blood sugar levels.
- Daily chores like grocery shopping, gardening and house cleaning can help you burn calories and control your blood sugar.
- Plan meals and snacks ahead of time to help you focus on healthy food choices.

That's why blood sugar graphing can come in handy. Keep a record each day of what you eat, when you exercise and other key factors. Then you can track the things that change your blood sugar levels. Blood sugar graphing can help show you what to avoid and what you can keep doing.

Tips for better blood sugar graphing

- Make 12 copies of the blank blood sugar graph chart on the next page.
- Use one chart page to record one full month of blood sugar readings.
- Each column on the chart is one day of the month (1 through 31).
- Each time you take your blood sugar, put a dot on the line that's closest to your reading.
- Connect the dots after you've taken your blood sugar a few times.
- At the bottom of the graph, write down those things that could have changed your blood sugar in any way. Maybe you ate more food than usual. Maybe you were more active. You could have been stressed. Maybe you forgot to take your drugs.
- Take your blood sugar graphs to each doctor visit. The chart will be helpful when you talk about your blood sugar.

Hint: When you graph your blood sugar, be sure to track your daily exercise. This can show your doctor and you what causes the most changes in your blood sugar.

Blood sugar graphing chart

Make 12 copies of this blank chart so you'll have a page for graphing each month of the year.

Month _____	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Day of week																															
Time of day																															
Greater than 300mg/dL																															
260 mg/dL																															
220 mg/dL																															
180 mg/dL																															
140 mg/dL																															
100 mg/dL																															
Less than 60 mg/dL																															
Personal notes/ today's events																															

Blood sugar goals:

Before meals – 70-130 mg/dL

One to two hours after start of the meal – Less than 180 mg/dL

Goals suggested by American Diabetes Association. Standards of Medical Care in Diabetes 2011. *Diabetes Care*, Volume 34, Suppl 1, January 2011. Your doctor may suggest other values for you.

Body mass index table

Find your BMI:

First find your Height in Inches (example: 5 foot 4 inches =64 inches)

Follow 64 inches until you find your weight (example 174)

Follow up the scale to find your BMI score (example: 30= Obese)

Body mass index table

	Normal				Overweight					Obese					Extreme obesity																					
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
Height (inches)	Body weight (pounds)																																			
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443

Source: Adapted from *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report*.

Living well in 2012

A diabetes management calendar