SURVIVAL SKILLS FOR DIABETES
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Basic diabetes education (survival skills) includes information and skills needed to cope successfully with diabetes.

**Definition of Diabetes (Hyperglycemia)**

**Treatment Plan**

**G………… Glucose Monitoring**
(Demo with equipment & Return Demo, Target Goals)

**I………… Increased Activity**

**M………… Medications**
(Name, Dosage, Timing, and Side Effects)

**E………… Eating Healthy**
(Basic Guidelines)
WHAT IS DIABETES

Diabetes affects millions of people. It is a serious lifelong health problem that can be managed. The pancreas (the organ that makes the hormone insulin) may have been damaged or does not work right anymore.

Insulin is required by the body to move glucose (a form of sugar from food) into the cells to produce energy. Your body needs the right amount of insulin and glucose all the time to work properly.

A treatment plan is needed to keep your insulin and glucose in balance. Most of the daily care of diabetes (95-99%) is self-care. Caring for diabetes is different than caring for other conditions. You must take an active part in the self-management process.

Keeping your blood glucose as close to normal as possible lowers your risk for serious health problems and complications associated with diabetes.

TYPES OF DIABETES

Type 1 Diabetes is caused by beta cell destruction of the pancreas. It is an autoimmune disorder that has shut down the pancreas’s ability to produce insulin. Therefore, insulin must be provided to help the body process glucose from the food we eat.

Type 2 Diabetes is associated with multiple disorders. It can be caused by an insulin resistance, insulin deficiency, or increased glucose production by the liver. Treatment varies according to the body’s need.
Hyperglycemia (High Blood Glucose)

Causes: Too much food, too little insulin or diabetes pills, illness, or stress.
Onset: Often starts slowly.

Some Symptoms:
- Extreme Thirst
- Need to Urinate Often
- Dry Skin
- Hungry
- Blurry Vision
- Drowsy
- Slow Healing Wounds

High Blood Glucose may lead to a medical emergency if not treated.

What Can You Do?

If your blood glucose levels are higher than your goal for three days and you don’t know why,

Check Blood Glucose

Call Your Healthcare Provider

For more information, call the Novo Nordisk Tip Line at 1-800-260-3730 or visit us online at ChangingDiabetes-us.com.

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HYPERGLYCEMIA (High Blood Glucose)

Signs and Symptoms of Elevated Glucose (Blood Sugar) include:

- Always Tired
- Constant Thirst
- Frequent Urination
- Blurred Vision
- Dry, itchy skin
- Numbness and tingling of the feet
- Increased Hunger
- Frequent Yeast Infections
- Wounds that heal more slowly
- Male Erectile Dysfunction
- Sudden Weight Loss

The symptoms of hyperglycemia can result from too much food consumption, illness, lack of physical activity, stress, and either over-treating low blood sugar (hypoglycemia) or not treating it at all.

RISK FACTORS FOR DIABETES:

Anyone can get diabetes. However, certain factors put you at higher risk, such as:

- Overweight
- Family History
- Increasing Age
- Lack of Physical Activity
- Autoimmune Disorders
- Stress or Trauma
- Gestational Diabetes
- Certain Medications (Prednisone, etc.)
- Ethnicity (Native American, Hispanic, African American, Pacific Islander)
TREATMENT OF DIABETES

Treatment plans for controlling diabetes are individualized. The plan should be developed to emphasize self-management. Your physician will help you decide which type of treatment is best for you. Make sure you follow the guidelines given by your diabetes team and follow-up with your physician on a regular basis.

The following are important methods of treatment:

- Glucose Self Monitoring
- Increased Activity
- Medications (if prescribed by physician)
- Eating Healthy

GLUCOSE SELF MONITORING

Glucose monitoring at home will tell you what your blood sugar is at that moment in time. By self-monitoring and recording your blood sugars on a regular basis, you will see how foods, activity, medications, stress, and illness affects your blood sugars. You need a prescription from your doctor to get strips and lancets from a Florida Health Care pharmacy for a co-pay. (Fee for Service – use participating pharmacies in your policy.)

By managing your diabetes, YOU can prevent or delay long-term complications, such as eye, kidney, and nerve damage, as well as heart disease.

TARGET BLOOD GLUCOSE RANGES

<table>
<thead>
<tr>
<th>TIME</th>
<th>GOAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fasting (waking)</td>
<td>90* - 130 mg/dl</td>
</tr>
<tr>
<td>Before Meals</td>
<td>90* - 130 mg/dl</td>
</tr>
<tr>
<td>2 hours after food</td>
<td>Less than 180mg/dl</td>
</tr>
<tr>
<td>Bedtime (before snack)</td>
<td>110 - 180 mg/dl</td>
</tr>
</tbody>
</table>

If you have cardiac disease or are over age 60, ask for your goals.
Procedures for Glucose Monitoring:

The best area to collect a blood sample is from your finger. Use warm water and soap, if available, to wash your hands first. To increase the blood flow, you may rub your hands together or milk your finger. Use the sides of the fingers, not the tips.

To Maintain Meters:
- Use control solutions monthly
- Change batteries yearly or indicated by your meter
- Store properly (not in extreme heat or cold)
- Clean outside only with a damp cloth
- Dispose of needles in red sharps containers

(See Sharp’s disposal program on page 26)

Call Bayer at 1-800-348-8100 for additional assistance or meter replacement.

If you have a different meter through Fee for Service, please contact the company for assistance.

Abbott Laboratories 800-527-3339
Bayer Health Care 800-348-8100
BD Logic 888-BD-CARES
Home Diagnostics 800-342-7226
Lifescan 800-227-8862
Roche Diagnostics 800-858-8072
TheraSense 888-522-5226
Hypoglycemia (Low Blood Glucose)

Causes: Too little food or skipping a meal; too much insulin or diabetes pills; more active than usual.
Onset: Often sudden.

Some Symptoms:
- Shaky
- Fast heartbeat
- Sweating
- Dizzy
- Anxious
- Hungry
- Blurry vision
- Weakness or fatigue
- Headache
- Irritable

IF LOW BLOOD GLUCOSE IS LEFT UNTREATED, YOU MAY PASS OUT AND NEED MEDICAL HELP.

What Can You Do?

CHECK your blood glucose, right away. If you can’t check, treat anyway.

TREAT by eating 3 to 4 glucose tablets or 3 to 5 hard candies you can chew quickly (such as peppermints), or by drinking 4-ounces of fruit juice, or 1/2 can of regular soda pop.

CHECK your blood glucose again after 15 minutes. If it is still low, treat again. If symptoms don’t stop, call your healthcare provider.

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Concept developed by Rhonda Rogers, RN, BSN, CDE

HYPOGLYCEMIA (Low Blood Sugar)

Our body also reacts when blood sugars fall below 70 mg/dl (less than 80 for those with heart disease). Most people can tell if they have low blood sugar by the way they feel because it occurs rapidly. Low blood sugar is called hypoglycemia. While stress and illness can result in either high blood sugar OR low blood sugar, other facts listed below can cause blood sugars to drop….. sometimes TOO LOW.

- Going too long without eating
- Not eating enough food (or carbohydrates)
- Exercising harder or longer than usual
- Taking too much insulin
- Drinking alcohol, especially on an empty stomach
- Taking too much diabetes medication

WARNING SIGNS OF HYPOGLYCEMIA

- Dizzy
- Light-headed
- Sweaty
- Weak
- Pale
- Nervous
- Irritable
- Headache
- Shaky
- Confused
- Dry Mouth
- Tired
- Tense
- Hungry
- Rapid Heartbeat
- Blurred Vision
TREATING HYPOGLYCEMIA

When you start feeling that your blood sugar has dropped too low, treat it right away, or you may pass out. AT WORSE, it may cause seizures, coma, and even death. Follow these important steps:

1. Stop what you are doing and sit down
2. If you are able, check your blood glucose level
3. Start treatment plan immediately
4. Treat with 15 grams of carbohydrate every 15 minutes until glucose is over 100 mg/dl.
5. Wait 15 minutes after treating, and then recheck blood glucose level.

Once blood glucose is at 100 mg/dl, eat an extra snack containing both protein and carbohydrate if your next meal is more than 30 minutes away. Record in a log what your readings were and how you treated them. Figure out why your blood sugar fell so low in order to prevent it from happening again. If it happens more than once a week, report it to your doctor. *Keep something with you at all times to treat low blood sugar.*

TREAT HYPOGLYCEMIA with 15 grams of carbohydrates:

- 3-4 glucose tablets ** (best choice)
- 4 ounces (1/2 cup) fruit juice
- 4 ounces regular soda (NOT diet)
- 8 ounces low fat or skim milk
- 4-7 small pieces of candy (such as lifesavers, peppermints, or jelly beans…. not chocolate!)
- 1 Tablespoon honey or syrup
- 3 sugar cubes or packets of sugar (1 Tbsp)
- 1 tube of gel frosting or glucose gel

* If you take Precose, treat hypoglycemia ONLY with milk, glucose tablets, or gel. Other more common types of carbohydrates will not work.
A Word about GLUCAGON

Glucagon is the hormone given when a person becomes unconscious (or unable to swallow) due to low blood glucose. It is available only by prescription. The hormone causes the liver to release glucose, but it only lasts for about 30 minutes.

Glucagon must be stored in the refrigerator and should ONLY be mixed immediately before use. Carefully follow the instructions given with your glucagons kit.

The person should regain consciousness within 15 minutes. 911 should be called. Glucagon can cause a person to vomit; therefore, make sure the person is turned on their side to prevent aspiration once the hormone has been administered. Notify your doctor after treatment.

TIPS FOR PREVENTING HYPOGLYCEMIA

(Low Blood Sugar)

• Eat at least every 4-5 hours, and include foods from all food groups, especially starches, fruit, and milk
• Take the correct dose of your medication at the correct times
• Inform all physicians of your diabetes when medication is prescribed
• Read warning labels on all over the counter medicines you purchase
• Check your blood glucose often when you are traveling, or are sick
• Remember your bedtime snack if you take diabetes medicine
• Exercise 1-2 hours after eating. Do NOT exercise when your medicine is working at its peak (see chart on page 14)
• Add a snack before exercising if glucose is below 100 mg/dl
• If you are going to drink alcohol, check your blood sugar at bedtime and adjust your snack if needed
INCREASED ACTIVITY

Exercise is a very important part of your treatment plan. The benefits of exercise include:

- Lowers your blood glucose levels
- Helps your insulin work better
- Helps you lose weight
- Helps lower blood pressure
- Reduces stress
- Gives you more energy
- Helps lower your cholesterol and triglycerides
- Helps you sleep better
- Promotes bone health
- Improves strength and muscle tone
- Improves digestion and elimination, and more…….

The U.S. Surgeon General recommends that everyone get 30 minutes of physical activity most days, whether all at once, or accumulated throughout the day. Try not to sit for more than 30 minutes at a time (watching TV, knitting, working on the computer, playing cards, etc.). Remember that changing the TV channel with the remote is NOT considered exercise!

Some exercise is better than no exercise!
SAFETY GUIDELINES FOR EXERCISE

- **Check with your physician before you begin an exercise program**
- Exercise 1-2 hours after a meal to prevent low blood sugar
- Stretch before you begin and cool down after you finish to prevent injury
- Increase activity level and time gradually
- Wear comfortable clothing and supportive shoes
- Drink lots of fluids to prevent dehydration
- Stay in well-lit populated areas
- Carry a quick sugar source (ex: glucose tablets) to treat low blood sugar
- Wear a medical identification bracelet or neck chain
- Carry your cell phone with you

Exercise Precautions

- Do NOT exercise if blood glucose is too high (over 250 mg/dl), or too low (under 100 mg/dl)
- Always carry a source of quick sugar (glucose tablets) when exercising away from home, to treat possible low blood sugar
- Check your blood sugar level before and after exercise
- STOP exercising if you experience chest pain or shortness of breath
Foot Care for People with Diabetes

People with diabetes have to take special care of their feet.

1. Wash your feet daily with lukewarm water and soap.
2. Dry your feet well, especially between the toes.
3. Keep the skin soft with a moisturizing lotion, but do not apply it between the toes.
4. Check your feet for blisters, cuts or sores, redness or swelling. Tell your doctor right away if you find something wrong.
5. Use an emery board to gently shape your toenails straight across. Do not use scissors or nail clippers.
6. Wear clean, soft socks that fit you.
7. Keep your feet warm and dry. If you can, wear special padded socks and always wear shoes that fit well.
8. Never walk barefoot indoors or outdoors.
9. Examine your shoes every day for cracks, pebbles, nails or anything that could hurt your feet.

Take good care of your feet - and use them. A brisk walk every day is good for your feet.

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DIABETES MEDICATIONS

PRESCRIPTION MEDICATIONS:

People with Type 1 diabetes will *always* need to take insulin. The insulin has to be injected because there is no pill form that exists. The acids in your stomach destroy insulin if taken by mouth. Pharmaceutical companies are working to find other possible ways to take insulin.

Those with Type 2 diabetes may be able to control their blood sugars with healthy eating and exercise. For those unable to do so, different kinds of medications (pills) may be needed. Some people with Type 2 diabetes may also need to take insulin injections.

As with ANY medications, you should know the following:

- **NAME** of pill ______________________________________
- **DOSE** of pill_______________________________________
- **TIME** of day taken_________________________________
- **SIDE EFFECTS** _________________________________
- **MISS** a dose? ____________________________________
- **COMBINED** with other medications? ________________

### MY DIABETES MEDICATIONS

<table>
<thead>
<tr>
<th>NAME</th>
<th>AMOUNT</th>
<th>TIME OF DAY</th>
</tr>
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<tbody>
<tr>
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</tbody>
</table>
## DIABETES PRESCRIPTION MEDICATIONS (ORAL)

<table>
<thead>
<tr>
<th><strong>MEDICATION NAME</strong></th>
<th><strong>MODE OF ACTION</strong></th>
<th><strong>FREQUENCY</strong></th>
<th><strong>POSSIBLE SIDE EFFECTS / COMMENTS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sulfonylureas</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Amaryl (glimepiride)</td>
<td>Stimulate the pancreas to produce and release more insulin, and move glucose into the body cells.</td>
<td>Amaryl or Glucotrol XL - Once a day</td>
<td>Possible side effects include hypoglycemia or allergy to sulfa.</td>
</tr>
<tr>
<td>2. Glucotrol (glipizide)</td>
<td></td>
<td>All Others - 1 or 2 times/day</td>
<td>Take regular Glucotrol ½ hr. before meals on an empty stomach.</td>
</tr>
<tr>
<td>3. Glucotrol XL</td>
<td></td>
<td></td>
<td>Glucotrol XL can be taken with meals.</td>
</tr>
<tr>
<td>4. Diabeta, Micronase, Glynase (glyburide)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Tolinase (tolazamide)*</td>
<td></td>
<td>*Tolinase and Orinase are not frequently prescribed</td>
<td></td>
</tr>
<tr>
<td>6. Orinase (tolbutamide)*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Meglitinides</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Prandin (repaglinide)</td>
<td>Stimulate the pancreas to produce insulin.</td>
<td>To be taken just before each meal. Reaches peak in 1 hour; lasts 3 hrs total.</td>
<td>Hypoglycemia may result if you skip a meal after taking this drug.</td>
</tr>
<tr>
<td>2. Starlix (nateglinide)</td>
<td></td>
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<td></td>
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<tr>
<td><strong>Biguanides</strong></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Glucophage (metformin)</td>
<td>Decrease the rate the liver releases stored sugar, and also slow the release of sugar into the bloodstream.</td>
<td>Glucophage - 2 or 3 times/day</td>
<td>Side effects may be loss of appetite, nausea, and diarrhea. Glucovance may result in low blood sugar. Tell your doctor that you are on Metformin if he is ordering tests that use dye.</td>
</tr>
<tr>
<td>Glucophage XR</td>
<td></td>
<td>Glucophage XR - 1 or 2 times/day</td>
<td></td>
</tr>
<tr>
<td>Glucovance (metformin+glyburide)</td>
<td></td>
<td>Glucovance - 1 or 2 times/day</td>
<td></td>
</tr>
<tr>
<td><strong>Alpha-Glucosidase Inhibitors</strong></td>
<td>Block the enzymes that digest the starches you eat.</td>
<td>Taken with the first bite of the meal.</td>
<td>Side effects include gas, bloating, and diarrhea. Treat low blood sugar episodes with glucose tablets or gels, since this medication slows down the breakdown of carbohydrates.</td>
</tr>
<tr>
<td>1. Precose (acarbose)</td>
<td></td>
<td></td>
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<tr>
<td>2. Glyset (miglitol)</td>
<td></td>
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</tr>
<tr>
<td><strong>Thiazolidinediones</strong></td>
<td>Help muscles make better use of insulin.</td>
<td>Avandia – 1 or 2 times/day Actos – Once a day</td>
<td>Liver function tests to be done regularly. Not recommended for those with congestive heart failure. May interfere with ovulation in pre-menopausal women.</td>
</tr>
<tr>
<td>1. Avandia (rosiglitazone)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Actos (pioglitazone)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MEDICATION NAME</td>
<td>MODE OF ACTION</td>
<td>FREQUENCY</td>
<td>POSSIBLE SIDE EFFECTS / COMMENTS</td>
</tr>
<tr>
<td>---------------------------------</td>
<td>--------------------------------------------------------------------------------</td>
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</tr>
</tbody>
</table>
| **Dipeptidyl peptidase-IV inhibitor**  
Sitagliptin (Januvia) | Stimulates insulin release during a meal. Decreases body’s production of sugar. Slows digestive tract. | Once a day tablet   | Side effects include nasal inflammation, hypoglycemia, nausea, vomiting, and headache. Also may develop a skin reaction. |
| **Incretin Mimetic**  
Exenatide (Byetta) | Stimulates insulin release during a meal. Decreases body’s production of sugar. Slows digestive tract. Also decreases appetite. | 2 times a day injection | Side effects include hypoglycemia, slowed stomach emptying, nausea, vomiting, headache, and flatulence. |
| **Amylin hormone analoge**  
Pramlintide (Symlin) | Causes a decrease in appetite and decreases your body’s production of sugar after a meal. Slows digestive tract. | Injected 2 or 3 times per day, with meals. Given with insulin. | Side effects include hypoglycemia, nausea, vomiting, dizziness, and abdominal pain. Also may experience injection site reaction. |
EATING HEALTHY

Healthy Eating is the first step in taking care of your diabetes. You can make a difference in your blood glucose control through your food choices. To keep your blood glucose levels near normal, you need to balance the food you eat with the insulin your body makes or gets by injection and with your physical activities.

BASIC GUIDELINES:

- Do NOT skip meals
- Eat about the same amount of food at the same time every day
- Eat a wide variety of foods
- Choose a diet with plenty of fiber, fruits, and vegetables
- Eat at least every 4-5 hours while awake
- If you are on diabetes medications or insulin, exercise within 2 hours after eating
- If you are on most medications for diabetes (especially insulin), you need a bedtime snack

Examples of good bedtime snacks include:
- 1 slice toast with peanut butter
- 1 cup (8 oz.) low-fat or fat-free milk
- 3 graham cracker squares
- 6 crackers with 1 ounce low-fat cheese
- ¼ cup cottage cheese with ½ cup light fruit
- 1 cup light yogurt

(Choose 2 servings if you take insulin)

A healthy daily intake includes a minimum of:
- 5 servings of vegetables
- 2 servings of fruits
- 5 servings of grains, beans, or starchy vegetables
- 3 servings of low-fat or fat-free milk
- about 6 ounces of meat or meat substitutes
- small amounts of heart healthy fat
**A serving is:**
½ cup for the vegetable, fruit, and grains group
1 cup for the milk group
6 ounces of meat is the size of 2 decks of cards

The actual amounts will depend on the number of calories you need, which in turn depends on your size, age, and activity level. **WHEN YOU COME TO THE DIABETES EDUCATION CLASSES, YOU WILL BE GIVEN AN INDIVIDUALIZED MEAL PLAN.**

---

The Plate Method

Healthy eating includes having a variety of foods. Try to plan meals around whole grains, vegetables, and whole fresh fruits. Limit meat and other fatty foods. As a guide, you can use the plate model to make your meals. When you put food on your plate, aim to:

- Cover at least ¾ (75%) of your plate with whole grains, vegetables, and fruits
- Cover no more than ¼ (25%) of your plate with meat, poultry, fish, or other sources of protein.

Some Immediate Changes You Can Make Now:

- Limit sweets and desserts
- Use sugar-free beverages
- Use no-calorie sweeteners
- Choose foods from all of the food groups daily
- SIGN UP FOR DIABETES CLASS TODAY! You do NOT need a referral.

To make an appointment, call:
Daytona Beach (386) 676-7133 or toll free 1-877-229-4518

Everyone needs insulin to live. If your body doesn’t produce enough on its own, then you will need to inject insulin. In the past, insulin was made from beef and/or pork. These were not the purer forms that are now available as synthetic human insulin. Animal sources act more slowly than human insulin but last a bit longer. The improvement to the synthetic human form now helps prevent allergic reactions, build-up of fat at injection sites, and insulin resistance problems. Insulin affects different people in different ways, depending on factors such as activity level, stress, injection site, and food or beverage intake.

**SYNTHETIC HUMAN INSULINS:**

<table>
<thead>
<tr>
<th>INSULIN TYPE</th>
<th>PRODUCT</th>
<th>ONSET</th>
<th>PEAK</th>
<th>DURATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>INSULIN * ASPART</td>
<td>NovoLog (NovoNordisk)</td>
<td>10-15 min</td>
<td>60-90 min.</td>
<td>3-5 hours</td>
</tr>
<tr>
<td>INSULIN * LISPRO</td>
<td>Humalog (Lilly)</td>
<td>5-15 min</td>
<td>30-90 min.</td>
<td>2-4 hours</td>
</tr>
<tr>
<td>REGULAR *</td>
<td>Novolin R (N/N)</td>
<td>½ hour</td>
<td>2-3 hours</td>
<td>5-8 hours</td>
</tr>
<tr>
<td>NPH</td>
<td>Novolin N (NovoNordisk)</td>
<td>1½ hours</td>
<td>6-10 hours</td>
<td>16-20 hrs</td>
</tr>
<tr>
<td></td>
<td>ReliOn (Wal-Mart)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LEVEMIR</td>
<td>Detemir (Levemir)</td>
<td>3-4 hours</td>
<td>Low peak at 6-8 hours</td>
<td>Up to 24 hours</td>
</tr>
<tr>
<td>70/30 MIXTURES</td>
<td>Novolin 70/30 ReliOn/N 70/30</td>
<td>½ hour</td>
<td>2-12 hours</td>
<td>24 hours</td>
</tr>
<tr>
<td>INSULIN * GLARGINE</td>
<td>Lantus (Aventis)</td>
<td>1.1 hour</td>
<td>No peak</td>
<td>24 hours</td>
</tr>
<tr>
<td></td>
<td>*Cannot mix!</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>70/30 Novolog</td>
<td>Novolog Mix (NovoNordisk)</td>
<td>15-30 min</td>
<td>1-4 hours</td>
<td>24 hours</td>
</tr>
</tbody>
</table>

* Novolog, Humalog, Regular, and Lantus are clear in appearance, while the remaining insulins will look cloudy.
INJECTING INSULIN

Insulin injections are no longer as scary as they once were. Unlike tetanus and penicillin injections, the micro-fine, ultra-sharp, short disposable needles do not hurt much.

Below are a few simple reminders when it comes to injecting yourself:

1. Wash your hands and swab top of Insulin bottle with alcohol.

2. Gently roll the bottle between your hands. DON’T SHAKE IT. Mix it thoroughly but avoid any bubbles or foam.

3. Leave bottle upright and inject the amount of air equal to the amount of insulin to be withdrawn into the bottle. Leave needle in bottle and turn whole bottle upside down.

4. While holding bottle upside down, withdraw insulin.

5. Air bubbles will make your dose of insulin wrong. If you see a bubble, DON’T flick the syringe. Push the insulin back into the bottle and pull it out again.

6. Double-check your dose.

MIXING INSULINS IN ONE SYRINGE:

1. Start with the cloudy insulin first. Leaving bottle on flat surface, inject air equal to the amount of NPH to be used into the bottle. Remove needle from bottle.

2. Inject air equal to amount of clear insulin into the clear insulin bottle. Turn clear bottle upside down before withdrawing clear insulin.

3. Now take the cloudy insulin bottle, insert needle, and turn bottle upside down. Slowly withdraw cloudy dose.

4. If an error occurs, dispose of the current mix and start all over again.
GIVING THE INJECTION

1. Changing sites increases the effect of the insulin. Find a new site for each injection. (Common sites are the abdomen, flank, thigh, upper arm, shoulder fat pad and buttocks). Check that the skin is clean and dry.

2. Pinch the skin.

3. Insert needle at 90-degree angle, straight down and all the way in.

4. Push plunger gently all the way down to inject the insulin.

5. Release the skin.

6. Pull needle straight out and avoid rubbing the area.

The law requires proper disposal of needles. Refer to the “Sharps Disposal Program” on page 26.

STORAGE OF INSULIN

Those who live in Florida should keep their insulin in the refrigerator. Keep it out of direct sunlight. You should date your bottle when you start using it, and use the insulin within 30 days.
Nutrition Guidelines
In Order for Insulin to Work Effectively

• Eat at least every 4-5 hours while awake
• Eat at the same time every day
• A bedtime snack should be eaten every night. It should include 1-2 servings from the starch, fruit, or milk group
• Include ALL food groups in your meals, especially starches, fruit, and milk

An Individualized meal plan will be given to you at the Florida Health Care Plans diabetes education classes. You do NOT need a referral to schedule these classes.

For an appointment, call:
Daytona Beach (386) 676-7133 or toll free 1-877-229-4518
SHARPS DISPOSAL PROGRAM

ANYONE WHO NEEDS TO PURCHASE AND DISPOSE OF SHARPS CONTAINERS MAY DO SO AT THE FOLLOWING LOCATIONS:

**DAYTONA BEACH**
Environmental Health Dept.
1845 Holsonback Drive
386-274-0694
Cost: $5 - 8 qt. Container
Monday - Friday, 8:00am–5:00pm

**Palm Coast**
Home Care Pharmacy
6 Florida Park Dr.
386-445-1212
Cost: $15 – 1 liter container
Monday 9:00 am-6:00pm
Saturday 9:00 am-2:00pm

**DELAND**
Volusia County Health Dept.
121 W. Rich Ave.
386-822-6250
Cost: $5-$6 8 qt. Container
Monday - Friday, 8:00am–5:00pm

**NEW SMYRNA BEACH**
Volusia County Health Dept.
717 Canal St.
386-424-2061
Cost: $5-$6 8 qt. Container
Monday - Friday, 8:00am–5:00pm

**ORANGE CITY**
Environmental Health Dept.
2752 Enterprise Rd. Suite B
386-775-5289
Cost: $5-$6 8 qt. Container
Monday thru Friday, 8:00am–5:00pm
Closed 11:45am until 1:00pm

**BUNNELL**
Flagler County Health Dept.
301 Lemon St.
386-437-7350
Cost: $5 - $6 – 8 qt. Container
Monday thru Friday, 7:30am-4:30pm

Please remember to be careful with disposal of syringes and lancets. It is IMPORTANT to protect your health and the safety of others.
Questions For Class

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Diabetes Education Survival Skills Booklet Developed By:

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