

Diabetes MANAGEMENT



Diabetes medications can affect your body differently depending on when and how you take them. It may take a while to figure out which medicines work best with your body.

DIABETES MANAGEMENT & MEDICATION

Pay attention to how you feel and how your body reacts to each new medicine or treatment. Remind yourself to take your medication by linking it to an activity—like watching the news every night or brushing your teeth—or by setting an alarm on your watch or cell phone. Tell your doctor if you notice any side effects.

IT'S IMPORTANT to know the names, doses and instructions for each of your medications, and the reasons they are recommended for you. There are several types of medications that are often prescribed to people with diabetes:

- Insulin
- Aspirin
- Cholesterol-lowering medication
- Pills that lower your blood sugar
- Blood pressure medication
- Others may work together to help you lower your blood sugar levels and help you feel better.

WORD DEFINITIONS

Insulin: A hormone that helps the body use glucose (sugar) for energy

Triglyceride: Fatty acid in cholesterol

HDL: 'good cholesterol' or High-density lipoprotein

LDL: 'bad cholesterol' or Low-density lipoprotein

A

B

C

MONITORING

A is for A1C - The A1C (A-one-C) test. This test measures your average blood glucose (sugar) over the last 3 months. The test result will be your eAG, or Estimate Average Glucose. Healthy Diabetics should have an A1C below 6.5.

B is for blood pressure - High blood pressure makes your heart work too hard. Target: Below 130/80

C is for Cholesterol - Bad cholesterol, or LDL, builds up and clogs your arteries. Target: LDL below 100 or a significant improvement

TRUE OR FALSE? If you want to see how your body responds to your meal, wait 1-2 hours after eating to check your blood sugar levels.

TRUE: Your blood sugar rises in response to what you've eaten. It takes about 2 hours for the numbers to reflect the full rise.

ABC CHECKLIST CHART

The checklist below is for you and your doctor to fill out. Fill in each of the boxes after the test. You will be able to track your Diabetes and set goals to improve your health.

Checks & Tests	What is OK	My Target Goals	My Results
Hemoglobin A1C (Blood Test)	Below 6.5		
Blood Pressure	Below 130/80		
Cholesterol (Blood Test)			
Total	Below 200		
HDL	Above 45		
LDL	Below 100		
Triglycerides	Below 150		



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本文件內含來自AlohaCare

的重要訊息。您可要求本文件的伊洛卡諾文、越南文、繁體中文和韓文等書面版本。免費提供。

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