

Build Your Question List

Are you visiting your health care clinician or pharmacist? It is important to be prepared. Create a personalized list of questions that you can take with you.

Did your clinician give you a prescription?

Ask:

- What is the name of the medicine?
- How do you spell the name?
- Can I take a generic version of this medicine?
- What is the medicine for?
- How am I supposed to take it?
- When should I take my medicine?
- How much medicine should I take?
- How long do I need to take the medicine?
- When will the medicine start working?
- Can I stop taking my medicine if I feel better?
- Can I get a refill?
- Are there any side effects?
- When should I tell someone about a side effect?
- Do I need to avoid any food, drinks, or activities?
- Does this new prescription mean I should stop taking any other medicines I'm taking now?
- Can I take vitamins with my prescription?
- What should I do if I forget to take my medicine?
- What should I do if I accidentally take more than the recommended dose?
- Is there any written information I can take home with me?
- Are there any tests I need to take while I'm on this medicine?

Are you scheduled to have medical tests?

Ask:

- What is the test for?
- How is the test done?
- Will the test hurt?
- How accurate is the test?
- Is this test the only way to find out that information?
- What are the benefits and risks of having this test?
- What do I need to do to prepare for the test?
- How many times have you performed the test?
- When will I get the results?
- What will the results tell me?
- What's the next step after the test?

Did you recently receive a diagnosis?

Ask:

- What is my diagnosis?
- What is the technical name of my disease or condition, and what does it mean in plain English?
- What is my prognosis (outlook for the future)?
- What changes will I need to make?
- Is there a chance that someone else in my family might get the same condition?
- Will I need special help at home for my condition?
- Is there any treatment?
- What are my treatment options?
- How soon do I need to make a decision about treatment?
- What are the benefits and risks associated with my treatment options?
- Is there a clinical trial (research study) that is right for me?
- Will I need any additional tests?
- What organizations and resources do you recommend for support and information?

Are you considering treatment for an illness or condition?

Ask:

- What are my treatment options?
- What do you recommend?
- Is the treatment painful?
- How can the pain be controlled?
- What are the benefits and risks of this treatment?
- How much does this treatment cost?
- Will my health insurance cover the treatment?
- What are the expected results?
- When will I see results from the treatment?
- What are the chances the treatment will work?
- Are there any side effects?
- What can be done about them?
- How soon do I need to make a decision about treatment?
- What happens if I choose to have no treatment at all?

Did your clinician recently recommend surgery?

Ask:

- Why do I need surgery?
- What kind of surgery do I need?
- What will you be doing?
- What are the benefits and risks of having this surgery?
- Have you done this surgery before?
- How successful is this surgery?
- Which hospital is best for this surgery?
- Will the surgery hurt?
- Will I need anesthesia?
- How long will the surgery take?

- How long will it take me to recover?
- How long will I be in the hospital?
- What will happen after the surgery?
- How much will the surgery cost?
- Will my health insurance cover the surgery?
- Is there some other way to treat my condition?
- What will happen if I wait or don't have this surgery?
- Where can I get a second opinion?

Are you choosing a health plan?

Ask:

- What are my options?
- Does this health plan provide the benefits and services I need?
- Does this health plan offer the clinicians and hospitals I want?
- Can I afford this health plan?

Are you choosing a clinician?

Ask:

- Is this clinician part of my health plan?
- Does this clinician have the background and training I need?
- Is this clinician able to work at the hospital I like?
- Can I ask talk to this clinician and ask questions easily?
- Does this clinician listen to me?
- Does this clinician wash his or her hands between examining each patient?

Are you choosing a hospital?

Ask:

- Which hospital has the best care for my condition?
- Is this hospital covered by my health insurance?

- Does the hospital meet national quality standards?
- How does the hospital compare with others in my area?
- Has the hospital had success with my condition?
- Does my clinician have privileges (is allowed to work) at this hospital?
- How well does the hospital check and improve on its own quality of care?

Are you choosing long-term care?

Ask:

- What kind of services do I need?
- What are my care options?
- Will my health insurance cover long-term care?
- Will this facility meet my needs?
- How is this care facility rated?

Interactive list available at <http://www.ahrq.gov/questionsaretheanswer/questionBuilder.aspx>

Taking Care of Your Feet



Protect your feet from foot ulcers and amputation by checking for risk factors and by getting early treatment

Guidelines for Diabetes Foot Care

- If you have diabetes, have your feet checked yearly for sensation by a doctor to detect high-risk foot conditions.
- If you have neuropathy, have a nurse or a doctor look at your feet at each visit.
- If you see a red area, blister, or cut on your foot, contact your doctor if there is no sign of healing in 24 hours.

Risk factors for diabetic foot ulcers and amputations:

1. Loss of feeling in your legs and/or feet.
2. Foot changes (bunions, corns, calluses or hammertoes).
3. Decreased circulation, causing leg pain with exertion that is relieved by 5 or 10 minutes of rest.
4. Skin or nail conditions (dry rough skin, athlete's foot, ingrown toenails or fungal infections of the nails).
5. Previous foot or leg ulcer.
6. Poor control of blood sugar, blood pressure and cholesterol levels.
7. Smoking or use of tobacco products.

Those at highest risk of amputations:

- having diabetes ten or more years
- male
- smokers
- members of certain ethnic groups (African American, Hispanic and Native American).



National Kidney Foundation
of MICHIGAN

Tips for Foot Care

CHECK FEET

- Check your feet daily for cuts, blisters, bruises, cracks, red areas, or any changes in shape.
- If you cannot bend to see all parts of your feet clearly, use a plastic mirror or ask a family member to help.
- Get a complete foot exam by your doctor or health care professional at least once a year.

SKIN CARE

- Wash feet daily in warm (not hot) water. Dry thoroughly, especially between toes. Test water with elbow or thermometer to make sure the water is not too hot.
- Do not soak feet.
- If skin is dry, use lotion on top and bottom (but **not** between the toes).
- Smooth corns or calluses gently with pumice stone. Do not use corn plasters or chemicals.

TOENAIL CARE

- Cut toenails following the curve of the nail.
- File sharp edges of toenails with emery board.
- Cut toenails after bathing, when nails are soft and easy to trim.
- If toenails are too thick or you can not see well, have toenails cut by a podiatrist.

KEEP THE BLOOD FLOWING

- Put your feet up when sitting.
- Wiggle your toes and move your ankles up and down for 5 minutes, 2-3 times a day.
- Do not cross your legs for long periods of time.
- Keep blood sugar and blood pressure as close to normal as you can.
- If you smoke or use any tobacco products, **STOP!**

PROTECTION

- Always wear shoes and socks, even indoors. **NEVER GO BAREFOOT!**
- Make sure shoes fit well.
- Never buy shoes with open toes or heels.
- Break shoes in slowly. Wear new shoes for only 1 or 2 hours at a time.
- Look for shoes with a roomy toe area and cushioned sole.
- Feel inside your shoes before putting them on each time to make sure the lining is smooth and no objects are inside.
- Always wear socks or stockings with your shoes. Socks made of natural fibers (cotton or wool) are best or polypropylene dry socks.
- Avoid knee-high stockings, socks with tight elastic or darned socks.
- Protect your feet from hot and cold. Wear shoes at the beach or on hot pavement.
- Do not use heating pads or hot water bottles on feet.
- Protect feet against sunburn with sunscreen lotion.
- Wear socks at night if your feet get cold.



Diabetes HealthSense

Resources for living well

Diabetes HealthSense provides easy access to more than 140 resources to help you live well and meet your goals—whether you have diabetes or are at risk for the disease.

Find resources for:



coping with stress & emotions



eating healthy



being active



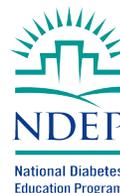
managing your weight

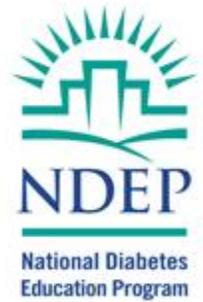


www.YourDiabetesInfo.org/HealthSense

The National Diabetes Education Program is a partnership of the National Institutes of Health, the Centers for Disease Control and Prevention, and more than 200 public and private organizations.

June 2011





Be Sweet to Your Feet if You Have Diabetes

By the [National Diabetes Education Program](#)

Taking care of your feet is very important for people with diabetes. Good foot care helps reduce your risk for serious foot problems that can lead to amputations. To decrease your risk of foot problems, learn to manage the **ABCs** of diabetes. This means keeping your blood glucose (as measured by the **A1C** test), **b**lood pressure, and **c**holesterol in the target range recommended by your health care provider. Ask your health care provider about your diabetes ABCs and how to do a foot exam at home.

Be sweet to your feet by following these foot care tips:

- **Check your feet every day** (evening is best) for cuts, blisters, red spots, swelling, and sore toenails. If you have trouble bending over to see your feet, use a plastic mirror or ask a family member or caregiver to help.
- **Wash your feet every day in warm water**, and be sure to dry well between the toes.
- **Rub a thin coat of skin lotion on the tops and bottoms of your feet**, but not between your toes.
- **Trim your toenails carefully and straight across when needed.** See your podiatrist if you need help.
- **Never walk barefoot, and wear comfortable shoes that fit well and protect your feet.** Nerve damage can cause loss of feeling. Look and feel inside your shoes before putting them on. Ask your team about getting special shoes.
- **Keep the blood flowing to your feet** by wiggling your toes and moving your ankles up and down for 5 minutes, two or three times a day.
- **Plan a physical activity program with your health care team.**
- **Take your shoes and socks off at every check up and have your doctor look at your feet.** Tell your health care team right away about any foot problems.
- **Let your doctor know right away if you have loss of feeling in your feet, changes in the shape of your foot or foot ulcers or sores that do not heal.**

For a free copy of [Take Care of Your Feet for a Lifetime](#), contact the National Diabetes Education Program at www.YourDiabetesInfo.org or call 1-888-693-NDEP (1-888-693-6337), TTY: 1-866-569-1162.

The U.S. Department of Health and Human Services' National Diabetes Education Program is jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) with the support of more than 200 partner organizations.

Updated August 2011



Sick Day Management

Knowing what to do when you are sick is important in people with diabetes to avoid hospitalization. Discuss what to do about sickness/illness with your doctor before you get sick. The following are general guidelines. They may not be appropriate for everyone.

What to Eat and Drink When You are Sick

Drink 4 to 8 ounces ($\frac{1}{2}$ - 1 cup) of fluid every one to two hours.

- Drink extra liquid to prevent dehydration.**
- Calorie-free, caffeine-free liquids are best (water, diet pop, broth).**
- If unable to eat, drink $\frac{1}{3}$ to $\frac{1}{2}$ cup of juice or regular pop.**
- Drink liquids that contain salt and electrolytes (sports drinks) every 3 hours to prevent persistent ketoacidosis.**

Try to eat your regular meals. If blood sugars are high, eat slightly smaller meals.

- If having difficulty eating, eat or drink 15 grams of carbohydrate every hour or 45 grams carbohydrate every 3 to 4 hours.**
- Soft foods (soup, pudding, regular gelatin) may be easier to eat. The following foods contain about 15 grams of carbohydrate:**

1 slice toast	3 squares graham crackers	1 cup milk
$\frac{1}{3}$ cup rice	$\frac{1}{2}$ cup mashed potatoes	$\frac{1}{2}$ cup cereal
5 vanilla wafers	$\frac{1}{2}$ cup applesauce	$\frac{1}{2}$ cup juice
$\frac{1}{2}$ cup pudding	$\frac{1}{2}$ cup ice cream/yogurt	1 cup soup
8 oz Gatorade®	$\frac{1}{2}$ cup canned fruit	6 saltines
1 popsicle	$\frac{1}{2}$ cup regular gelatin	$\frac{1}{4}$ cup sherbet

Other Considerations When Sick:

Take insulin or diabetes medication as you usually do. **DO NOT** take metformin (Glucophage) if vomiting.

If you take insulin, extra is often needed when sick. If vomiting and diarrhea are present, less insulin may be needed. Discuss this with your health care provider and diabetes educator before you get sick.

Those not normally on insulin, may need insulin during times of illness.

Test blood sugars often (every 1 to 4 hours). All people with diabetes should test their blood sugars at home when sick, even if they do not monitor at home regularly.

Test urine or blood ketones if blood sugars are over 250 mg/dl (type 1 diabetes).

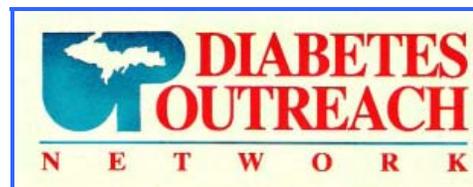
Tips for Nausea/Vomiting:

1. **Blood glucose over 250 mg/dl:**
Drink calorie-free, caffeine-free liquids in place of meal. Include salty liquids (broth, boullion).
2. **Blood glucose 180 - 250 mg/dl:**
Drink/eat 15 grams carbohydrate in place of meal (See list on front page).
Drink additional liquid from calorie-free, caffeine-free sources.
3. **Blood glucose under 180 mg/dl:**
Try to drink/eat usual mealtime carbohydrate amount.
If vomiting occurs after insulin is taken, may need to sip sugar water, regular pop, popsicle or juice every 20-30 minutes to maintain blood sugars of 100-180 mg/dl.
4. **Blood glucose under 100 mg/dl and vomiting persists:**
May require hospitalization.

When to Call Your Doctor:

1. Fever greater than 100 degrees for 24 hours that doesn't improve with acetaminophen (Tylenol).
2. High blood glucose (over 300 mg/dl) that do not improve with additional insulin and fluids.
3. Moderate to large urine ketones or blood ketones > 0.6 mmol/L.
4. Diarrhea more than 5 times OR diarrhea for more than 6 hours.
5. Vomiting and unable to keep fluid down for more than 4 hours.
6. Severe abdominal pain, difficulty breathing,
7. Other unexplained symptoms. If in doubt, call your doctor.

U.P. Diabetes Outreach Network
*Strengthening Diabetes Care & Prevention
in Upper Michigan since 1985*
(906) 228-9203
www.diabetesinmichigan.org



1. Walk to work.
2. Use fat free milk over whole milk.
3. Do sit-ups in front of the TV.
4. Walk during lunch hour.
5. Drink water before a meal.
6. Eat leaner red meat & poultry.
7. Eat half your dessert.
8. Walk instead of driving whenever you can.
9. Take family walk after dinner.
10. Skate to work instead of driving.
11. Avoid food portions larger than your fist.
12. Mow lawn with push mower.
13. Increase the fiber in your diet.
14. Walk to your place of worship instead of driving.
15. Walk kids to school.
16. Get a dog and walk it.
17. Join an exercise group.
18. Drink diet soda.
19. Replace Sunday drive with Sunday walk.
20. Do yard work.
21. Eat off smaller plates.
22. Get off a stop early & walk.
23. Don't eat late at night.
24. Skip seconds.
25. Work around the house.
26. Skip buffets.
27. Grill, steam or bake instead of frying.
28. Bicycle to the store instead of driving.
29. Take dog to the park.
30. Ask your doctor about taking a multi-vitamin.
31. Go for a half-hour walk instead of watching TV.
32. Use vegetable oils over solid fats.
33. More carrots, less cake.
34. Fetch the newspaper yourself.
35. Sit up straight at work.
36. Wash the car by hand.
37. Don't skip meals.
38. Eat more celery sticks.
39. Run when running errands.
40. Pace the sidelines at kids' athletic games.
41. Take wheels off luggage.
42. Choose an activity that fits into your daily life.
43. Try your burger with just lettuce, tomato, and onion.
44. Ask a friend to exercise with you.
45. Make time in your day for physical activity.
46. Exercise with a video if the weather is bad.
47. Bike to the barbershop or beauty salon instead of driving.
48. Keep to a regular eating schedule.
49. If you find it difficult to be active after work, try it before work.
50. Take a walk or do desk exercises instead of a cigarette or coffee break.
51. Perform gardening or home repair activities.
52. Avoid laborsaving devices.
53. Take small trips on foot to get your body moving.
54. Play with your kids 30 minutes a day.
55. Dance to music.
56. Keep a pair of comfortable walking or running shoes in your car and office.
57. Make a Saturday morning walk a group habit.
58. Walk briskly in the mall.
59. Choose activities you enjoy & you'll be more likely to stick with them.
60. Stretch before bed to give you more energy when you wake.
61. Take the long way to the water cooler.
62. Explore new physical activities.
63. Vary your activities, for interest and to broaden the range of benefits.
64. Reward and acknowledge your efforts.
65. Choose fruit for dessert.
66. Consume alcoholic beverages in moderation, if at all.
67. Take stairs instead of the escalator.
68. Conduct an inventory of your meal/snack and physical activity patterns.
69. Share an entree with a friend.
70. Grill fruits or vegetables.
71. Before going back for seconds, wait 10 or 15 minutes. You might not want seconds after all.
72. Choose a checkout line without a candy display.
73. Make a grocery list before you shop.
74. Buy 100% fruit juices over soda and sugary drinks.

75. Stay active in winter. Play with your kids.
76. Flavor foods with herbs, spices, and other low fat seasonings.
77. Remove skin from poultry before cooking to lower fat content.
78. Eat before you get too hungry.
79. Don't skip breakfast.
80. Stop eating when you are full.
81. Try brown rice or whole-wheat pasta.
82. Try smaller sized items when snacking or eating out.
83. Snack on fruits and vegetables.
84. Include several servings of whole grain food daily.
85. When eating out, choose a small or medium portion.
86. If main dishes are too big, choose an appetizer or a side dish instead.
87. Ask for salad dressing "on the side".
88. Don't take seconds.
89. Park farther from destination and walk.
90. Try a green salad instead of fries.
91. Bake or broil fish.
92. Walk instead of sitting around.
93. Eat sweet foods in small amounts.
94. Take your dog on longer walks.
95. Drink lots of water.
96. Cut back on added fats or oils in cooking or spreads.
97. Walk the beach instead of sunbathing.
98. Walk to a co-worker's desk instead of emailing or calling them.
99. Carry your groceries instead of pushing a cart.
100. Use a snow shovel instead of a snow blower.
101. Cut high-calorie foods like cheese and chocolate into smaller pieces and only eat a few pieces.
102. Use nonfat or low-fat sour cream, mayo, sauces, dressings, and other condiments.
103. Replace sugar sweetened beverages with water and add a twist of lemon or lime.
104. Replace high-saturated fat/high calorie seasonings with herbs grown in a small herb garden in your kitchen window.
105. Refrigerate prepared soups before you eat them. As the soup cools, the fat will rise to the top. Skim it off the surface for reduced fat content.
106. When eating out, ask your server to put half your entrée in a to-go bag.
107. Substitute vegetables for other ingredients in your sandwich.
108. Every time you eat a meal, sit down, chew slowly, and pay attention to flavors and textures.
109. Try a new fruit or vegetable (ever had jicama, plantain, bok choy, starfruit or papaya?)
110. Make up a batch of brownies with applesauce instead of oil or shortening.
111. Instead of eating out, bring a healthy, low calorie lunch to work.
112. Ask your sweetie to bring you fruit or flowers instead of chocolate.
113. Speak up for the salad bar when your coworkers are picking a restaurant for lunch, and remember calories count, so pay attention to how much and what you eat.
114. When walking, go up the hills instead of around them.
115. Walk briskly through the mall and shop 'til you drop ... pounds.
116. Clean your closet and donate clothes that are too big.
117. Take your body measurements to gauge progress.
118. Buy a set of hand weights and play a round of Simon Says with your kids - you do it with the weights, they do without.
119. Swim with your kids.
120. The smaller your plate, the smaller your portion. Eat your meals at home on a smaller plate.
121. Eat before grocery shopping.
122. Portion out your snack on a plate, not from the bag, to stay aware of how much you're eating.
123. Buy or portion out treats and snacks in small bags or packages.
124. Top your favorite cereal with apples or bananas.
125. Store especially tempting foods, like cookies, chips, or ice cream, out of immediate eyesight, like on a high shelf or at the back of a freezer.
126. When buying in bulk, store the excess in a place that's not convenient to get to, such as a high cabinet or at the back of a pantry.
127. When you order fast food, take it home and put it on a plate. If you're surprised at how full the plate looks, order smaller sizes next time.
128. Try fast food options such as smaller burgers, grilled chicken sandwiches or salads with low-calorie dressings, cups or bags of fresh fruit, low-fat milk, 100% fruit juice and bottled water.
129. At sandwich shops, ask for leaner cuts and smaller amounts of roast beef, turkey, or ham; extra lettuce and tomato; and whole-wheat, oatmeal, or rye bread.

130. Make half your grains whole. Make your sandwich on 100% whole wheat or oatmeal bread.
130. Snack on popcorn or whole grain crackers.
131. Get a whole grain head start with oatmeal or whole grain cereal in the morning.
132. Use whole grains in mixed dishes such as barley in vegetable soups or stews, bulgur in casseroles, or brown rice in stir fries.
133. Vary your veggies - it's easy to go dark green. Add frozen chopped spinach, collard greens, or turnip greens into a pot of soup.
134. Swap your usual sandwich side for crunchy broccoli florettes or red pepper strips.
135. Microwave a sweet potato for a delicious side dish.
136. Focus on fruits. Bag some fruit for your morning commute. Toss in an apple to munch with lunch and some raisins to satisfy you at snack time.
137. Never be fruitless! Stock up on peaches, pears, and apricots canned in fruit juice or frozen so they're always on hand
138. Get your calcium-rich foods. Use fat-free or low-fat milk instead of water when you make oatmeal, hot cereals, or condensed cream soups, such as cream of tomato.
139. Snack on low-fat or fat-free yogurt. Try it as a dip for fruits and veggies and a topper for baked potatoes.
140. Order your latte or hot chocolate with fat-free (skim) milk.
141. Go lean with protein. Eat lean or low fat meat, chicken, turkey, and fish. Try dry beans and peas as your lean protein.
142. Trim visible fat from meat and remove skin from poultry.
143. Broil, grill, roast, or poach meat, poultry or fish instead of frying.
144. Enjoy pinto or kidney beans on a salad or a hearty split pea or lentil soup for extra protein and fiber.
145. Toss salad with salad olive oil and flavored vinegar.
146. Try thin slices of avocado on a sandwich or sprinkle some nuts on a salad.
147. Know your fats. Use some vegetable oil instead of butter for cooking and baking.
148. Don't sugarcoat it. Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients.
149. Be realistic. Make small changes over time in what you eat and the level of physical activity you do. Small steps often work better than giant leaps.
150. Be adventurous. Expand your tastes to enjoy a variety of foods and physical activities.
151. Be flexible. You don't need to worry about just one meal or one day. Find your right balance between what you eat and the physical activity you do over several days.
152. Be sensible. Enjoy the foods you eat, just don't overdo it.
153. Try a main dish salad for lunch. Go light on the salad dressing.
154. Keep a bowl of cut-up vegetables in the refrigerator for snacks. Carrot and celery sticks are traditional, but consider broccoli, cucumbers, or pepper strips.
155. Plan some meals around a vegetable main dish, such as a stir-fry or soup. Then add other foods to complement it.
156. Stock up on frozen vegetables for quick and easy cooking in the microwave.
157. Grill vegetable kabobs as part of a barbecue meal. Try tomatoes, green peppers, and onions.
159. Have fruit for dessert, such as baked apples, pears, or a fruit salad.
160. Drink water or club soda-zest it up with a wedge of lemon or lime.
161. Choose low - or reduced sodium, or no-salt-added versions of foods and condiments when available.
162. Lower the sodium. Rinse canned foods, such as tuna and canned beans, to remove some of the sodium.
163. Use spices instead of salt. Start by cutting salt in half.
165. Add vegetables like bell peppers, broccoli, spinach, mushrooms or tomatoes to your egg or egg white omelet.
166. Look for fruit without added sugar or syrups and vegetables without added salt, butter, or cream sauces.
167. Ask for more vegetable toppings (like mushrooms, peppers, and onions) and less cheese on your pizza.
168. Add lettuce, tomato, onion, and cucumber to sandwiches.
169. Try eating at least 2 vegetables with dinner.
170. You can break up your physical activity into 10-15 minute sessions throughout the day-it's the daily total that matters. Aim for at least 30 minutes for adults, 60 minutes for children.
171. Be active--Walk the dog, don't just watch the dog walk.