

5-2017

# Basic Diabetes Class Handout with Goals - Spanish

Michele Spatz

*Pacific University*, [mspatz@pacificu.edu](mailto:mspatz@pacificu.edu)

Ruth Dallas

*Virginia Garcia Memorial Healthcare Clinic*, [rdallas@vgmhc.org](mailto:rdallas@vgmhc.org)

Follow this and additional works at: <http://commons.pacificu.edu/pet>



Part of the [Endocrine System Diseases Commons](#), and the [Nutritional and Metabolic Diseases Commons](#)

---

## Recommended Citation

Spatz, Michele and Dallas, Ruth, "Basic Diabetes Class Handout with Goals - Spanish" (2017). *Diabetes Patient Education Tools*. 5.  
<http://commons.pacificu.edu/pet/5>

This Article is brought to you for free and open access by the Knowledge is Health: Interprofessional Partnerships to Promote Health Literacy at CommonKnowledge. It has been accepted for inclusion in Diabetes Patient Education Tools by an authorized administrator of CommonKnowledge. For more information, please contact [CommonKnowledge@pacificu.edu](mailto:CommonKnowledge@pacificu.edu).

---

# Basic Diabetes Class Handout with Goals - Spanish

**Description**

This diabetic patient handout reviews A1C test results and simply illustrates what the patient can do to keep his/her blood sugar levels in the goal range. (Spanish)

**Keywords**

Diabetes, Patient Education, Goals

**Disciplines**

Endocrine System Diseases | Nutritional and Metabolic Diseases

**Rights**

[Terms of use for work posted in CommonKnowledge.](#)

# Mantenga su promedio de azúcar en la zona verde

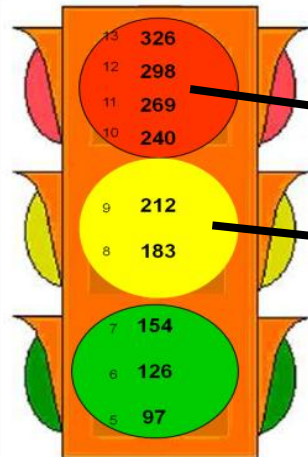
¡Mantenga en **la zona verde** su azúcar en la sangre para que pueda estar sano toda la vida.



Level	Blood Sugar (mg/dL)
13	326
12	298
11	269
10	240
9	212
8	183
7	154
6	126
5	97



Los niveles de azúcar en **la zona amarilla o roja** causarán graves problemas en su salud en el futuro.



Diálisis



Amputación

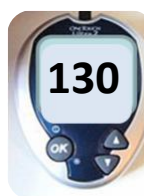


Virginia Garcia Memorial  
HEALTH CENTER



Pacific University  
Oregon  
Pacific University  
Libraries

Mantenga su azúcar bajo control



**De 80 a 130  
Antes de Comer**



**Menos de 180  
1 Hora después de comer**

Come 3 verduras cada día



Coma 3 frutas cada día



Siempre tome sus medicinas  
como dice su doctor o enfermera



Haga ejercicio  
**30 minutos**  
casi todos los días



Mantenga la presión  
arterial a menos de **140/90**