

5-2017

New Diagnosis of Diabetes - English

Michele Spatz

Pacific University, mspatz@pacificu.edu

Ruth Dallas

Virginia Garcia Memorial Healthcare Clinic

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, "New Diagnosis of Diabetes - English" (2017). *Diabetes Patient Education Tools*. 22.
<http://commons.pacificu.edu/pet/22>

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.

New Diagnosis of Diabetes - English

Description

An illustrated handout that simply explains need-to-know information for a newly diagnosed diabetes patient.

Keywords

Diabetes, Patient Education

Disciplines

Endocrine System Diseases | Medicine and Health Sciences | Nutritional and Metabolic Diseases

Rights

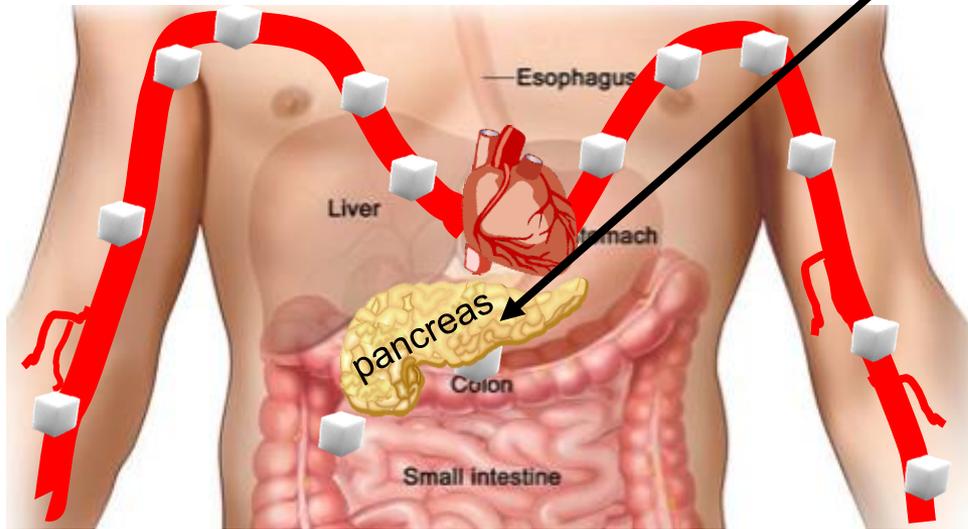
[Terms of use for work posted in CommonKnowledge.](#)

NOTICE:

This resource is supported by the National Library of Medicine (NLM), National Institutes of Health (NIH) under cooperative agreement number **UG4LM012343**. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.

This low literacy diabetes education tool was developed for use with patients of the Virginia Garcia Memorial Healthcare Clinic. Images in this handout may be subject to copyright and further use of this material may require permission of the copyright holder.

What is Diabetes?

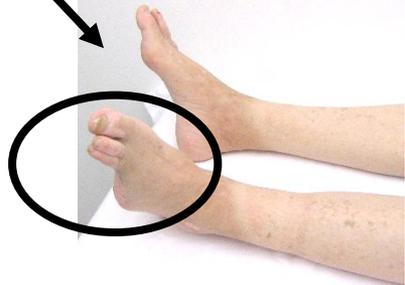
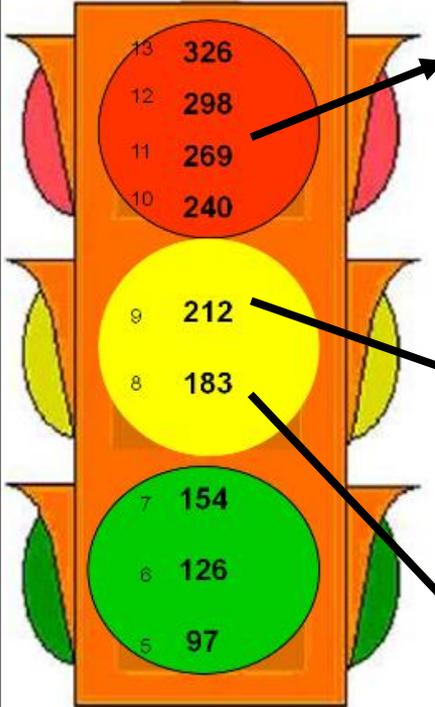


Diabetes is a disease of the pancreas.

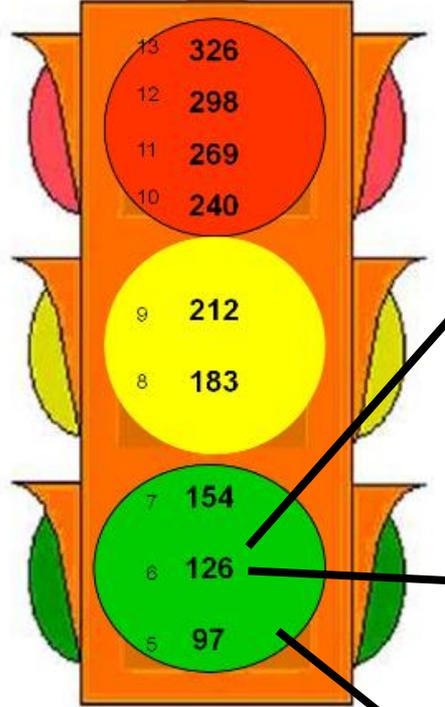
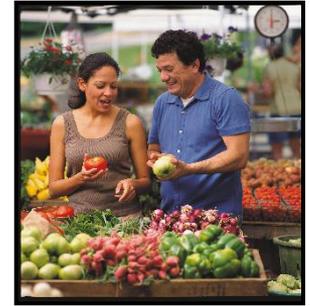
A healthy pancreas keeps the amount of sugar in the blood normal.

- When you have diabetes, your pancreas doesn't work well.
- When you have diabetes, too much sugar stays in your blood.
- When you have too much sugar in your blood you may feel tired all the time and be very thirsty. You may have to go to the bathroom many times a day.
- **But many people don't feel sick even when they have too much sugar in their blood.**

Even if you feel fine, too much sugar in your blood will hurt your body.



Most people with diabetes don't have any health problems because they learn how to keep their blood sugar in the green zone.



What should a healthy blood sugar be?



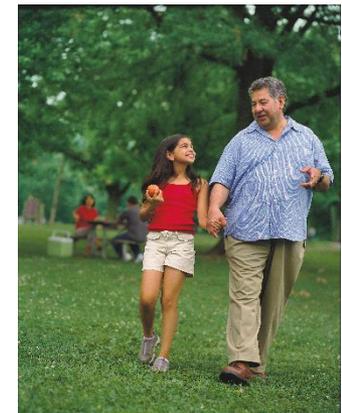
In the morning before eating
80 - 130



1 hour after eating
less than 180

To keep your blood sugar in the healthy zone, make a few small changes:

- Eat less sweets and other carbohydrates.
- If you are given diabetes pills, take them every day.
- Do not stop taking your pills unless your doctor tells you to.
- See your doctor every three months.



It is important to get the amount of sugar in your blood down as soon as possible.

Many foods and drinks turn into sugar in your blood.

- **If you stop** eating sweet foods or drinking sweet drinks, the amount of sugar in your blood will come down right away.
- **If you eat less carbohydrate like** bread, rice and pasta it will also lower your blood sugar level a lot.

