

Table of Contents

Treat Diabetes

Chapter 1: Overview of Diabetes	3
What Your Pancreas Does and the Role of Insulin.....	4
Your Type of Diabetes.....	4
Signs and Symptoms of Diabetes	12
Tests to Diagnose Diabetes	13
Chapter 2: Manage Your Blood Sugar	15
What a Glucometer is and How to Read it	16
The A1c Test	19
Chapter 3: Manage Your diabetes	23
How to Manage Your Diabetes.....	24
Your Targets for Managing Your Diabetes	25
Chapter 4: Low Blood Sugar (Hypoglycemia).....	35
Low Blood Sugar and the Signs and Symptoms.....	36
Risk Factors and Treatment for Low Blood Sugar	37
How to Prevent Low Blood Sugar	40
The Impact of Low Blood Sugar and Driving	41
Medical Identification Jewelry	42

Table of Contents

Chapter 5: High Blood Sugar (Hyperglycemia) 45

High Blood Sugar and the Signs and Symptoms	46
The Risk Factors and Treatment of High Blood Sugar	47
How to Prevent High Blood Sugar	49
The Impact of High Blood Sugar and Exercise	49

Chapter 6: Health Problems with Diabetes 51

The Impact of Diabetes on Your Body	52
The Health Problems that Can Happen if Diabetes is Not Controlled	53
The Tests You Can Have Done to Check for Problems.....	69

Chapter 7: Diabetes Medicines 73

What Your Diabetes Medicines Do.....	74
Your Diabetes Medicines.....	75
Who Can Help with Your Diabetes Medicines	103

Get Active

Chapter 1: Getting Active & Starting an Exercise Program 107

How Sitting Less and Moving More Helps Prevent Disease	108
What Physical Activity is and How it Helps Manage Diabetes.....	109
What Exercise is and How it Helps Manage Diabetes	110
How to Start Exercising.....	111

Table of Contents

Chapter 2: Types of Exercise 115

How to Prepare to Start an Exercise Program..... 116
Aerobic Exercise..... 117
Resistance Training..... 118

Chapter 3: Your Exercise Safety 133

Common Exercise Safety Tips 134
Foot Care with Your Exercise 138
How to Prevent Muscle and Joint Injuries While You Exercise 140
How to Exercise Safely in Hot and Cold Weather..... 141
How to Exercise Safely with Certain Medical Problems 147

Eat Healthy

Chapter 1: Nutrition Basics 153

The 4 Food Groups 154
What Foods Have Carbohydrates, Proteins and Fats..... 154
What the Right Amount of Carbohydrates is to Eat 160
How to Time Your Meals 161
Healthy Snacks 162

Table of Contents

Chapter 2: Mindful Eating and Intuitive Eating	163
Mindfulness.....	164
Intuitive Eating.....	165
How Mindful and Intuitive Eating Can Help You Manage Your Diabetes	167
Chapter 3: Fibre and Glycemic Index	169
Fibre	170
Glycemic Index.....	179
Chapter 4: Cholesterol, Triglycerides and the Mediterranean Diet Pattern ..	183
Cholesterol	184
Mediterranean Diet Pattern.....	186
Triglycerides.....	189
Chapter 5: Lower Your Blood Pressure with the DASH Diet Pattern.....	193
The Link Between Diabetes and High Blood Pressure.....	194
The Link Between Sodium and High Blood Pressure.....	194
Chapter 6: Learn How to Read Food Labels.....	201
Ingredient List	202
Nutrition Facts Panel.....	203
Nutrient Claims	206

Table of Contents

Feel Well

Chapter 1: Managing Your Feelings and Diabetes Burnout213

- Learn How to Manage Your Feelings About Having Diabetes.....214
- Define and Prevent Diabetes Burnout.....214

Chapter 2: Sleep, Stress, Anxiety and Depression219

- A Good Night Sleep.....220
- Stress.....222
- Anxiety224
- Depression.....225

Chapter 3: A Healthy Relationship227

- What a Healthy Relationship is.....228

Take Control

Chapter 1: Take Control of Your Health235

- Define Self-Management and Review What a Self-Manager is236
- Review the Steps to Change Your Life238
- Learn How to Problem Solve to Help Change Your Life248
- Review Your Own Action Plan249

Table of Contents

Toolbox

My Diabetes Medicines.....	253
Where Can You Do Your Exercise?	254
Rating Scales.....	256
Pulse Taking.....	257
Stretches.....	258
Measuring Your Walking Route	261
Running Shoes	263
Buying Exercise Equipment.....	265
Aerobic Training Diary	270
Exercise Blood Sugar (Glucose) Diary	272
Heat Safety & Air Quality Index.....	273
Getting the Facts on Fats.....	276
Vision, Goal, Action Planning Worksheet	280
My Weekly Action Plan.....	282
Books and Websites.....	283