Patient Knowledge and barriers to care for their Type 2 Diabetes Mellitus (DM) Condition

Living with Type 2 Diabetes
(information taken from CDC)
https://www.cdc.gov/diabetes/basics/diabetes.html

What is Type 2 Diabetes:

Most of the food you eat is broken down into sugar (also called glucose) and released into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin. Insulin acts like a key to let the blood sugar into your body's cells for use as energy.

If you have diabetes, your body either doesn't make enough insulin or can't use the insulin it makes as well as it should. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream. Over time, that can cause serious health problems, such as heart disease, vision loss, and kidney disease.

So what is the cure?

- No cure BUT losing weight, eating healthy food, and being active can really help. Taking medicine as needed, getting diabetes self-management education and support, and keeping health care appointments can also reduce the impact of diabetes on your life.

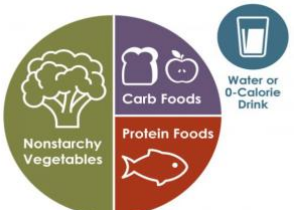
How can I manage it?

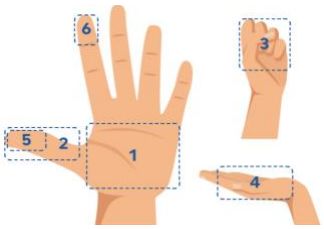
- You may be able to manage your diabetes with healthy eating and being active, or your doctor may prescribe insulin, other injectable medications, or oral diabetes medicines to help manage your blood sugar and avoid complications. You'll still need to eat healthy and be active if you take insulin or other medicines. It's also important to keep your blood pressure and cholesterol close to the targets your doctor sets for you and get necessary screening tests.

What do I do to manage my Diabetes?

- You'll need to check your blood sugar regularly. Ask your doctor how often you should check it and what your target blood sugar levels should be. Keeping your blood sugar levels as close to target as possible will help you prevent or delay diabetes-related complications!
- Regular physical activity, getting enough sleep, and relaxation exercises can help.
- Develop a healthy eating and activity plan
- Recognize the signs of high or low blood sugar and what to do about it
- If needed, give yourself insulin by syringe, pen, or pen, or pump
- Monitor your feet, skin, and eyes to catch problems early

PORTIONING FOOD IS KEY





- Fill half with non-starchy vegetables, such as salad, green beans, broccoli, cauliflower, cabbage, and carrots.
- Fill one quarter with a lean protein, such as chicken, turkey, beans, tofu, or eggs.
- Fill one quarter with carb foods. Foods that are higher in carbs include grains, starchy vegetables (such as potatoes and peas), rice, pasta, beans, fruit, and yogurt. A cup of milk also counts as a carb food.
- Count your carbs: ask your doctor the best way to do this
- Portion your food
- Then choose water or a low-calorie drink such as unsweetened iced tea to go with your meal.

1. **3 ounces of meat, fish, or poultry**
   Palm of hand (no fingers)
2. **1 ounce of meat or cheese**
   Thumb (tip to base)
3. **1 cup or 1 medium fruit**
   Fist
4. **1–2 ounces of nuts or pretzels**
   Cupped hand
5. **1 tablespoon**
   Thumb tip (tip to 1st joint)
6. **1 teaspoon**
   Fingertip (tip to 1st joint)