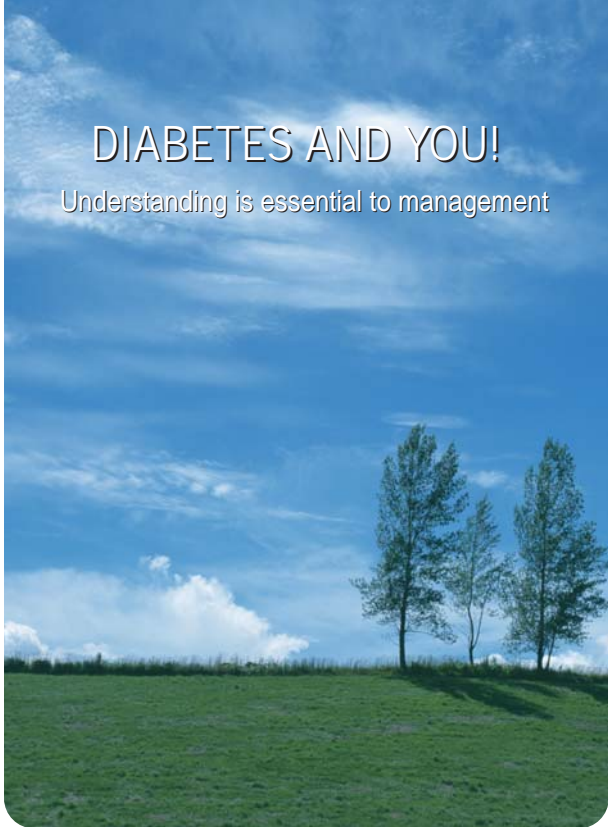



DIABETES AND YOU!

Understanding is essential to management



infopiaUSA.LLC

www.infopiausa.com



There's something stronger than America's fastest growing disease:
The people who are doing something about it!

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Your Infopia blood glucose monitoring system was designed to give you the proper tools and support to help you learn how to self manage your diabetes!

WHAT IS DIABETES?

Diabetes is a disease that changes the way your body uses sugar for energy.

People without diabetes have normal blood sugar levels. If you do not have diabetes, your food is digested in your stomach and changed into glucose (a kind of sugar). The sugar travels in your bloodstream to your cells. Insulin produced by your pancreas allows the sugar to enter your cells and give them energy.

People with diabetes have high blood sugar levels. The pancreas is not making enough insulin, or the insulin it makes does not work well. Either way, without insulin your cells can't get the sugar they need. Instead, the sugar builds up in your blood stream.

Types of diabetes

Type 1 Diabetes results from the body's inability to produce insulin. Insulin shots are necessary to enable your body to utilize the sugars from your meals.

Type 2 Diabetes results from the inability to produce an adequate amount of insulin or failure to use the insulin properly (known as insulin resistance).

Gestational Diabetes results from the excessive amount of hormones released during pregnancy to help the baby grow. These hormones block the action of the mother's insulin to her body (known as insulin resistance).

You can manage your diabetes very easily by balancing proper nutrition, exercise, and medication! The purpose of this handbook is to help you **Take control of your diabetes, don't let it control you!**

PROPER NUTRITION

People with diabetes have the same nutritional needs as anyone else. Along with exercise and medication (insulin or diabetes pills), nutrition is important for good diabetes control. **By eating well balanced meals in the correct amounts, you can keep your sugar level as close to normal as possible.**

Knowing what to eat can be confusing. Everywhere you turn, there is news about what is or isn't good for you. Some basic principles have weathered the fad diets, and have stood the test of time. Here are a few tips on making healthful food choices.


1. Eat lots of vegetables and fruits. Try picking non-starchy vegetables such as spinach, carrots, broccoli, or green beans with meals.
2. Choose whole grain foods over processed grain products. Try brown rice with your stir fry or whole wheat spaghetti with your favorite pasta sauce.
3. Include dried beans (kidney or pinto beans) and lentils into your meals.
4. Include fish in your meals 2-3 times a week
5. Choose lean meats like cuts of beef and pork that end in

“loin” such as pork loin and sirloin. Remove the skin from chicken or turkey.

6. Choose non-fat dairy such as skim milk, non-fat yogurt and non-fat cheese.
 7. Choose water and calorie-free “diet” drinks instead of regular soda, fruit punch, sweet tea and other sugar sweetened drinks.
 8. Choose liquid oils for cooking instead of solid fats that can be high in saturated and trans fats. Remember that fats are high in calories. If you're trying to lose weight, watch your portion sizes.
 9. Cut back on high calorie snack foods and desserts like
 10. chips, cookies, cakes and full-fat ice cream.
- Eating too much of even healthful food can lead to weight gain. **Watch Your Portion Sizes!**



Want to know about the amount of each food group you need daily? Log on to mypyramid.gov. A healthy lifestyle includes not only a balance of carbohydrate, protein, and fat, but also exercise!



Successful meal planning can be overwhelming. Team up with a registered dietitian that has experience working with people who have diabetes. With the help of an expert in food and nutrition, they can teach you to:

1. Make a meal plan
2. Read food labels
3. Grocery shop
4. Choose healthier foods while eating out
5. Change the recipes you originally had and make them better for you

It is a good idea to see a dietitian every 6 months, or when you have questions. To find a dietitian near you call the American Dietetic Association 1-800-366-1655.

PROPER EXERCISE


Physical activity and includes anything that gets you moving, such as walking, dancing, or working in the yard. You can earn the benefits of being physically active without going to the gym, playing sports, or using fancy equipment.

Find out what activities will be safe for you by talking to your health care team. Due to the fact, certain medical conditions might become worse as a result of exercise, it is important to get a detailed evaluation. Reviewing your medical history and checking the condition of your heart, blood vessels, kidneys and nervous system is essential.

Learn your blood sugar response to exercise. Everyone's response is different. Checking your sugar before and after can show you the benefits of activity. It can also show you the drawbacks, so that you know when to proceed with caution.

With high blood sugar

If your blood sugar is high before you exercise (above 300 mg/dL), physical activity can make it even higher. Be cautious about doing something active!



For those with type 1 diabetes, if your fasting sugar is above 250 mg/dl, it's best to avoid physical activity at this time.

Learn how to avoid low blood sugar. Keep in mind that it can occur during or long after physical activity. Low blood sugar is most likely if you: Skip a meal, take insulin or diabetes pill, exercise strenuously or exercise for an extended period of time.

Low blood sugar

If low blood sugar is interfering with your exercise routine, eating a snack before you exercise or adjusting your medication may help. Talk to your healthcare team about what is right for you. During activity, check your sugar if you notice symptoms such as hunger, nervousness, or shakiness. If your blood sugar is < 70 mg/dL, have 15 grams of carbohydrates. For example: 2-3 glucose tablets, 8 oz cup (4 ounces) of fruit juice, or 8 oz cup of a regular soft drink to raise your sugar. After 15 min. check your sugar and repeat these steps again if your result is < 70 mg/dL. Keep repeating the process until you've reached at least 70 mg/dL.

Smart tips when exercising

1. Plan to have water and snacks handy during activity. Drink plenty of water before, during, and after activity.
2. Wear a medical identification bracelet, necklace, or a medical ID tag to protect yourself in case of an emergency.
3. Wear thick cotton blend exercise socks to prevent blisters and keep your feet dry.
4. Do not exercise if you are sick.
5. Warm up and cool down. Always stretch for 5- 10 min. before and after exercise.

CHECKING YOUR BLOOD SUGAR

Because of the nature of diabetes and its short and long term complications, it's important that you have a constant awareness of the sugar levels in your blood. Your infopia Blood Glucose Monitoring System is part of a telemedicine package that is perfect for managing your diabetes.

Using an Infopia Eoene Cradle companion, your readings are automatically downloaded to a secured website where you and your healthcare professional can:

1. Set your target blood sugar ranges
2. Decide when to check your blood sugar levels
3. Evaluate the impact of food, activity, and medications on your diabetes
4. Identify factors that may cause high or low readings
5. Confirm whether or not the feelings you have are the result of high or low sugar levels or if it is unrelated to your diabetes
6. Decide what you need to do when you are sick
7. Decide what to do to get your blood sugars back on track

HEMOGLOBIN A1C TESTING

How well you are managing your diabetes with your infopia Blood Glucose Monitoring System can be checked with a special blood test called the A1C test.

This test represents an average of your sugar levels over a 3 month period.

Before a meal, sugar levels are generally low. After a meal, the sugar level rises as food is digested, and then gradually returns to a lower level as insulin is released from the pancreas and the body's cells take sugar from the blood and use it for energy. When the sugar is in the bloodstream waiting to be used by the cells, some of it can permanently attach to the red blood cells. The attachment occurs at the same part of the red blood cell that carries oxygen, called the hemoglobin molecule. When the body takes sugar efficiently into the cells, there is usually very little free sugar to attach to the hemoglobin. In that case, the A1C test level stays around 4-6%, which means that 4-6% of the red blood cells have sugar attached to them.

In untreated diabetes, the A1C test could get even higher than 10%.

COMPARE DAILY RESULTS TO QUARTERLY A1C TESTS

A1C%	Average Glucose Level	
	Mg/DL (U.S.A)	Mmol/L (CANADA)
4	65	3.5
5	100	5.5
6	135	7.5
7	170	9.5
8	205	11.5
9	240	13.5
10	275	15.5

Key concepts in setting glycemic goals:

1. A1C is the primary target for glycemic control.
2. Goals should be individualized.
3. Certain populations (children, pregnant women and elderly) require special considerations.
4. Less intensive glycemic goals may be indicated in patients with severe or frequent hypoglycemia.

KEEPING YOUR BODY IN CHECK

The five essential components of diabetes management: education, nutrition, exercise, medical treatment and an overall healthy lifestyle!

Certain health problems put you at higher risk for diabetes and heart disease. Some of these risk factors include:

1. Being overweight
2. Unhealthy cholesterol
3. Smoking
4. High blood sugars
5. High blood pressure
6. Physical inactivity

Keeping an eye on these problems – keeping them “in check” – can help you control your diabetes and/or heart disease. In addition to using your infopia monitoring system, be sure to keep the daily routine recommended by your doctor in mind.

The following table shows some general guidelines for healthy diabetes management.

TESTS	OPTIMUM RESULT		HOW OFTEN
Glycemic Control	Mg/dL	Mmol/L	
A1C%	< 7.0%		Every 3 months
Preprandial	90-130	5.0-7.2	Every visit
Peak Postprandial	<180	<10.0	Every visit
Lipids			
HDL	> 40	>1.0	Every year
(good cholesterol)			
LDL cholesterol	< 100	<2.6	Every year
Triglycerides	<150	<1.7	Every year
Additional routine testing			
Blood Pressure	<130/80 mmHg		Every visit
Microalbumin			Every visit
(Urine kidney test)			
Dilated eye exam			Every visit
Weight			Every visit

Note:

Preprandial - Before a meal.

Postprandial - After a meal.

FOR ADDITIONAL INFORMATION CONTACT:

The American Diabetes Association at www.diabetes.org or by calling 1-800-diabetes (342-2383).

The American Association of Diabetic Educators 1-800-TEAM-UP4 (1-800-832-6874). Ask for the name of educators in your zip code.

The American Heart Association at www.aha.org or by calling: 1-800-242-8721

The Stroke Association at www.strokeassociation.org or 1-888-478-7653

The American Dietetic Association: 1-800-366-1655

Infopiausa, LLC at www.infopiausa.com or 1-888-737-6595 (463-3246)

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<<http://www.diabetes.org/about-diabetes.jsp>>.

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