



Diabetes Worksheet

Patient's Name:

Check List

- ☐ I understand what diabetes is and how it can affect my body and health if left untreated or mismanaged
- ☐ I know how my medication(s) work
- ☐ I know that my medication(s) are only effective if taken as prescribed
- ☐ I am confident in my ability to manage my condition
- ☐ I will set reminders to take medications at the same time each day
- ☐ My doctor has told me what a healthy blood sugar is for me and I will track my blood sugar to track my progress
- ☐ I know I have people in my life that I can ask for help in sticking to my treatment
- ☐ I know that I can always reach out for support if I have any questions or difficulties

Question to Ask Your Doctor

- How can I monitor my blood sugar?
- What is a healthy blood sugar for me? What is too high or low for me?
- How does my medication help me with diabetes?
- What are side effects that I might experience on this medication?
- How long will it take for the medication to start working?
- What if I miss a dose?

What Is Diabetes?

Diabetes is a chronic condition where the body either does not produce enough insulin or cannot effectively use the insulin it produces. Insulin allows our body to control and use the sugar that is in our blood from the food we eat.

What are Diabetic Emergencies?



Hypoglycemia. When your blood sugar is **too low**, you can feel shaky, dizzy, irritable, or fatigue and sweat. In late stages, you can start to feel headaches, confused, have difficulty speaking and even have seizures or a coma.

Immediate Action: Eat/drink juice, soda, or a few sweets. Then, recheck blood sugar and if still low, repeat the above step. Once blood sugar is back to normal, eat a small snack if the next meal is more than an hour away.

Hyperglycemia. When your blood is **too high**, you can experience increased thirst, frequent urination, blurred vision, or fatigue. In late stages, you can experience shortness of breath, nausea and vomiting, confusion, and have a fruity- smelling breath.

Immediate action: Check blood sugar and administer insulin as prescribed. Drink water and avoid sugary foods and drinks. Continuously monitor blood sugar.

Prolonged hyperglycemia can lead to death. Seek medical attention if you experience no improvement in blood sugar or late stage symptoms of hypoglycemia or hyperglycemia.

Strategies To Manage Diabetes

- Take medications at the same time(s) each day, with meals or with other medications you are already taking.
- Eat regular and balanced meals, choose snacks that are low in added sugars, stay hydrated, and avoid skipping meals as this can be harmful to your health
- Set an alarm or reminder to take your medications as prescribed
- Monitor your blood sugar to know when it is too high or too low and to avoid emergencies
- Involve family members or caregivers in treatment plans for reminders and support - you do not have to do this alone!

Thank You For Taking These Steps For Your Health!

