

## Meals on Wheels for WNY Helping You Stay In Control of Your Diabetes



### DAILY CHECKS

#### ✓ Blood Sugar Check

Check at least once a day or as recommended by your doctor. Notify your doctor of high or low readings.

#### ✓ Follow Your Diet

Eat 3 regular meals daily and limit sweets.

#### ✓ Medications

Take all your medications regularly as prescribed by your doctor.

#### ✓ Activity

Exercise at least 15 minutes each day or as recommended by your doctor.

#### ✓ Foot Check

Look for sores, cuts or other open or red areas. Notify your doctor if you find any.

#### Primary Care Doctor

Name/Phone:

#### Podiatrist

Name/Phone:

#### Optometrist/Ophthalmologist

Name/Phone:

#### Endocrinologist

Name/Phone:

**TIP: USE YOUR PERSONAL HEALTH RECORD TO KEEP TRACK OF YOUR DOCTOR APPOINTMENTS AND OTHER IMPORTANT INFORMATION.**

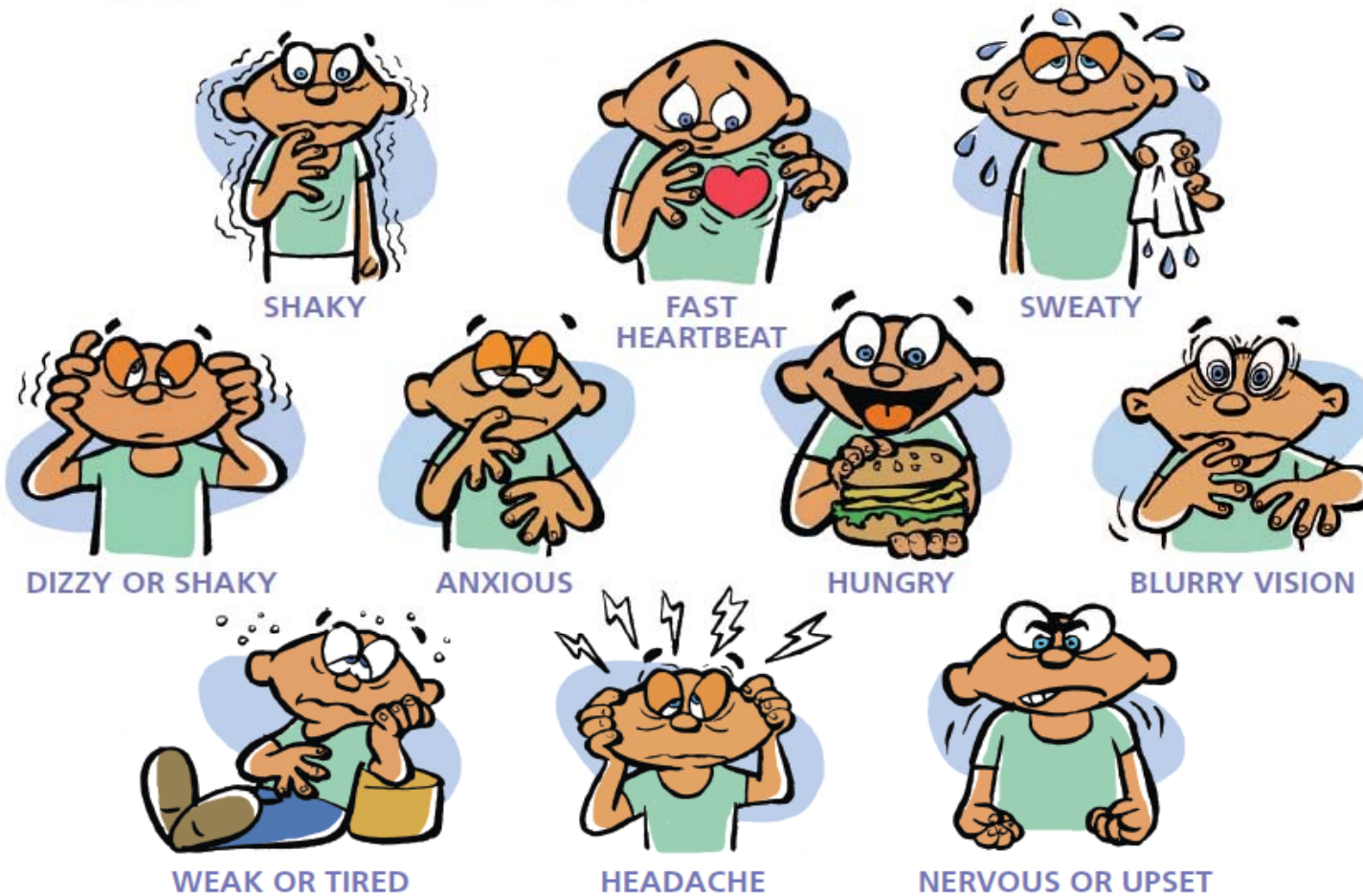
**TURN OVER FOR SYMPTOMS (RED FLAGS)  
THAT MAY INDICATE THAT YOUR SUGAR IS TOO LOW OR TOO HIGH!**

## Symptoms of Low Blood Sugar (Hypoglycemia)

### Some Symptoms:

**Causes:** Too little food or skipping a meal; too much insulin or diabetes pills; more active than usual.

**Onset:** Often sudden.



IF LOW BLOOD SUGAR IS LEFT UNTREATED, YOU MAY PASS OUT OR NEED MEDICAL HELP.

### What Can You Do?



**CHECK** your blood sugar right away. If you can't check, treat anyway.



**TREAT** by eating 3 to 4 glucose tablets or 3 to 5 hard candies you can chew quickly (such as peppermints), or by drinking 4-ounces of fruit juice, or 1/2 can of regular soda pop.



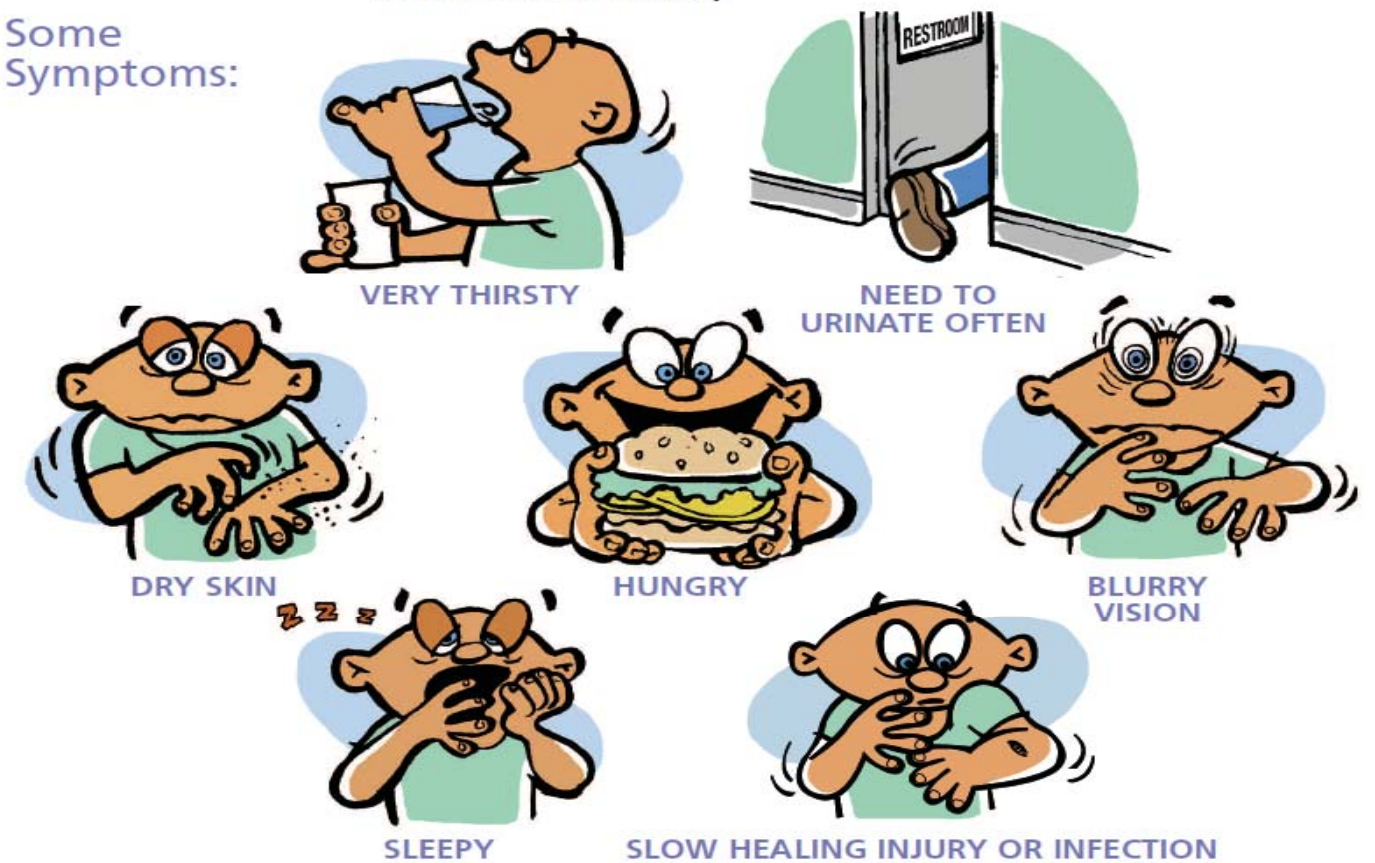
**CHECK** your blood sugar again after 15 minutes. If it is still low, treat again. If symptoms don't stop, call your doctor.

## Symptoms of High Blood Sugar (Hyperglycemia)

### Some Symptoms:

**Causes:** Too much food, too little insulin or diabetes pills, illness, or stress.

**Onset:** Often starts slowly.



HIGH BLOOD SUGAR MAY LEAD TO A MEDICAL EMERGENCY IF NOT TREATED.

### What Can You Do?



**CHECK BLOOD SUGAR**

If your blood sugar levels are higher than your goal for three days and you don't know why,

**CALL YOUR DOCTOR**



For more information, call the Novo Nordisk Tip Line at 1-800-260-3730 or visit us online at [ChangingDiabetes-us.com](http://ChangingDiabetes-us.com).

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