

world diabetes day
14 November

ACCESS TO DIABETES CARE

IF NOT NOW, WHEN?



CELEBRATING 12 YEARS IN HELPING
PEOPLE WITH DIABETES TO LIVE
BETTER & ADVANCING DIABETES CARE

All About Me!

Name: _____ Age: _____

Height: _____ Gender: _____

Weight: _____ BMI: _____

Ethnicity: _____ Occupation: _____

My favorite food are:

The exercise that I usually go for are:

I'm currently taking these medicine:

I measure my blood sugar every:

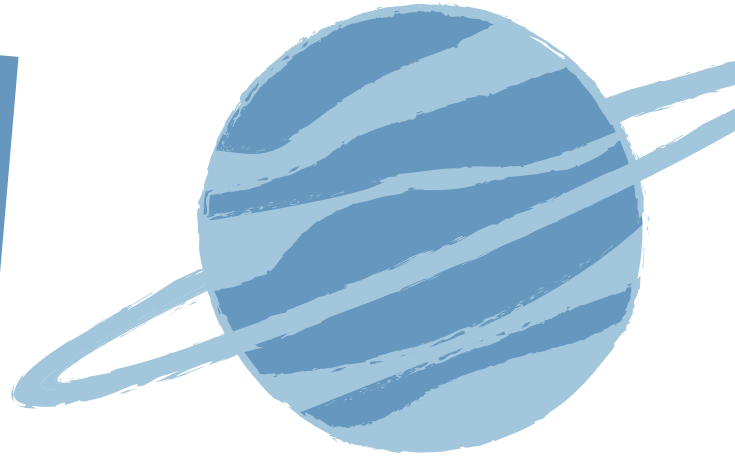
I take [..How many..] meals per day, at what time?

Facts About Diabetes

Type 1 diabetes mellitus occurs in about 1% of the population with diabetes.

Type 1 diabetes

Diabetes is a common disorder marked by high blood sugar. The pancreas in our body makes insulin, a hormone which controls how much sugar stays in our blood. People with type 1 diabetes cannot produce insulin on their own. Type 1 diabetes often starts in childhood but it can also start in adulthood.



Symptoms

- Frequent urination
- Extreme thirst and hunger
- Weight loss
- Lethargy
- Abdominal Pain
- Vomiting

Important notes

When high blood sugar is not treated, it can lead to a serious problem, known as diabetic ketoacidosis (DKA), which can result in coma or death.

Treatment

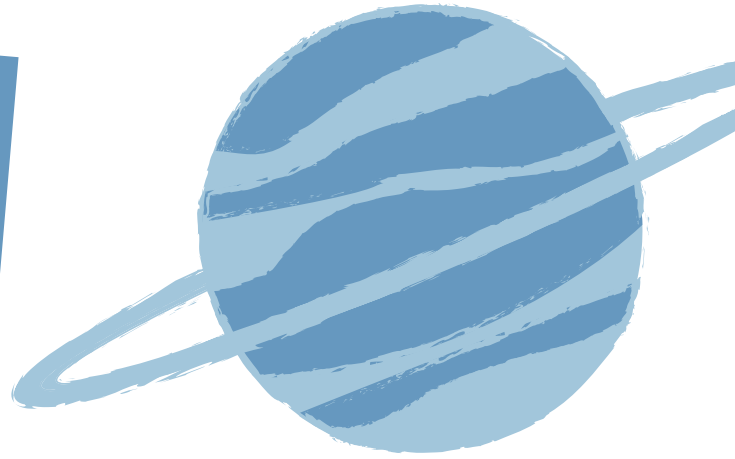
People with type 1 diabetes need to inject insulin every day. You must also take healthy diet, exercise and exercise regularly. Check your blood sugar frequently to assess the effect of food intake, insulin injection and exercise. High blood sugar damages body organs and low blood sugar can harm the brain. If regular insulin injections don't provide good blood sugar control, you may also need an insulin pump which sends a steady supply of insulin to the body.

Facts About Diabetes

People with Type 2 Diabetes has insufficient insulin or is resistant to insulin or both. Obesity and sedentary lifestyle or physical inactivity can lead to higher chance of getting type 2 diabetes.

Type 2 diabetes

Type 2 diabetes often starts after the age of 45. However, children who are obese can also get type 2 diabetes. People with type 2 diabetes does not have enough insulin produced by the pancreas or the body cannot use the insulin as well.



Symptoms

- Frequent urination
- Extreme thirst
- Weight loss
- Lethargy
- Slow wound healing
- Numbness of hands and feet
- Blurred vision

Important notes

When blood sugar stays high, it is known as hyperglycemia. Uncontrolled diabetes can lead to heart problem, blindness, amputation, kidney failure and stroke. Many of the people with Type 2 diabetes do not have any symptoms.

Treatment

People with type 2 diabetes are advised to control their body weight, usually by adjusting diet and exercise. The preferred diet choice is food that can help lower blood sugar, cholesterol, blood pressure to reduce risk of heart diseases. Most people with type 2 diabetes can take oral pills to control their blood sugar. However, you may require insulin injection over time. In some occasion, you may need insulin right away. When you control the blood sugar within the target range, you will have a better chance of a good quality of life and less chances of facing complications of diabetes.

My SMBG Plan

People I can call or talk to for help:

- _____
- _____
- _____



My fasting blood glucose is telling me...

My after meal (post-prandial) blood glucose is telling me...

Blood glucose monitoring is important to me because...

01

02

03

What has helped me in the past:

Advice I would give a friend:



Know your oral medicine

Your doctor will usually start you on oral pills at first to control the blood sugar. They work differently in the body to help reducing blood sugar. Some of them may also cause side effects. Always discuss with your doctor, diabetes educator or pharmacist in managing your medications for diabetes.

Group	Medicine name	How it works?	Side effects
Biguanide	Metformin (Glucophage)	Lowers the amount of sugar produced by liver and helps the body to use insulin better	Nausea & diarrhea (less likely if take with a meal)
Alpha-glucosidase inhibitors	Acarbose	Delays the absorption of sugar from the intestine	Extreme gas and bloating
Sulfonylureas	Gliclazide Glibenclamide Glipizide Glimepiride	Increases the amount of insulin released by the pancreas	Weight gain and risk of low blood sugar (hypoglycaemia)
Meglitinides	Repaglinide Nateglinide	Increases the amount of insulin released by the pancreas	Weight gain and risk of low blood sugar (hypoglycaemia)
Thiazolidinediones	Rosiglitazone Pioglitazone	Helps the body to use insulin better and reduce hepatic glucose output	Weight gain, oedema, cannot be taken by people with heart failure or at risk of heart failure.

Carbohydrate Counting

Carbohydrate counting involves keeping track of the amount of carbohydrates you eat and drink each day. They turn into glucose in your body. By counting carbohydrate, it can help you to know how much insulin to take. To count carbohydrates, look at three things:

- Serving size
- Number of Servings per Container
- Grams of Total Carbohydrate per serving

Nutrition Facts

Serving Size oz. Serving Per Container	
Amount Per Serving:	
Calories	Calories From Fat
% Daily value*	
Total Fat	%
Saturated Fat	%
Trans Fat	%
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Sugars	%
Protein	

*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Rice



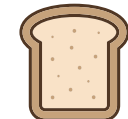
Noodles



Starchy Vegetables



Bread



Dessert



Fruits



Milk



Cereal

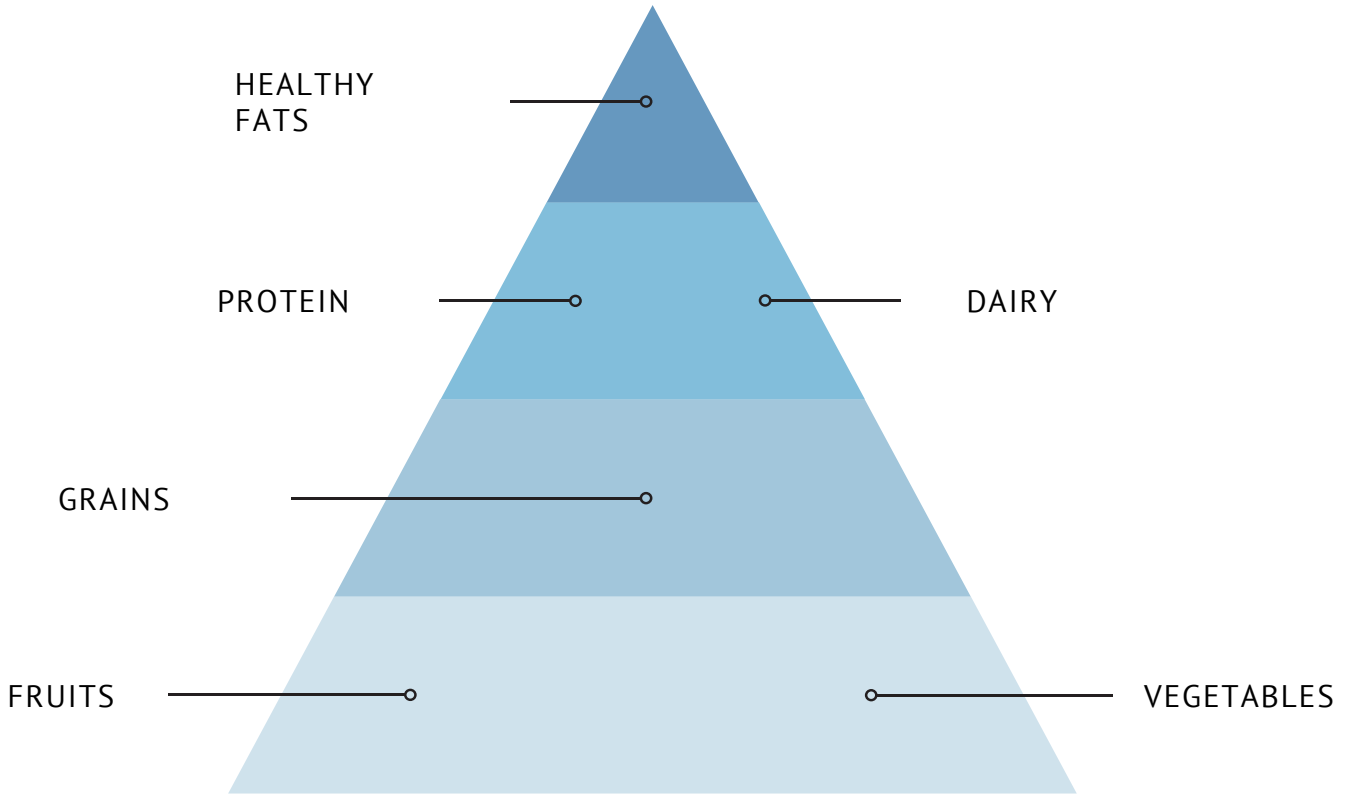


Legumes



Educate on food pyramid

Draw examples of each food category in the sections below:



I can make healthier choice by

>>	
>>	
>>	
>>	
>>	
>>	
>>	

Tips to Increase Fiber Intake

- Whole grains products:
Brown rice, whole meal bread, oats
- Take whole fruit instead of fruit juices
- Include vegetables in every meal

My Diabetes Diary

DAY	ORAL PILL/INSULIN DOSE	HYPOGLYCEMIA	✓
MONDAY	Breakfast 12U, Lunch 6U, Dinner 12U Before sleep 24U	Yes, hypo x 1 at 2.30pm No, no hypoglycemia today	<input type="radio"/>
MONDAY			<input type="radio"/>
TUESDAY			<input type="radio"/>
WEDNESDAY			<input type="radio"/>
THURSDAY			<input type="radio"/>
FRIDAY			<input type="radio"/>
SATURDAY			<input type="radio"/>
SUNDAY			<input type="radio"/>
MONDAY			<input type="radio"/>
TUESDAY			<input type="radio"/>
WEDNESDAY			<input type="radio"/>
THURSDAY			<input type="radio"/>
FRIDAY			<input type="radio"/>
SATURDAY			<input type="radio"/>
SUNDAY			<input type="radio"/>

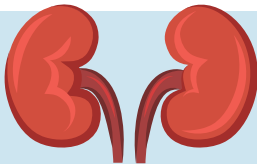
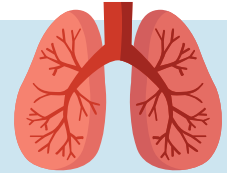
My Diabetes Diary

DAY	ORAL PILL/INSULIN DOSE	HYPERGLYCEMIA	✓
MONDAY	Breakfast 12U, Lunch 6U, Dinner 12U Before sleep 24U	Yes, my blood sugar was too high today at 18 > went to see doctor	<input type="radio"/>
MONDAY			<input type="radio"/>
TUESDAY			<input type="radio"/>
WEDNESDAY			<input type="radio"/>
THURSDAY			<input type="radio"/>
FRIDAY			<input type="radio"/>
SATURDAY			<input type="radio"/>
SUNDAY			<input type="radio"/>
MONDAY			<input type="radio"/>
TUESDAY			<input type="radio"/>
WEDNESDAY			<input type="radio"/>
THURSDAY			<input type="radio"/>
FRIDAY			<input type="radio"/>
SATURDAY			<input type="radio"/>
SUNDAY			<input type="radio"/>

Learn about your organ functions

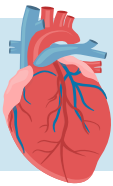
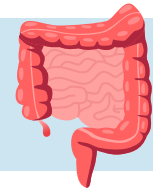
Learn about the functions of each organ.

Helps us breathe by taking oxygen in, and sending carbon dioxide out.



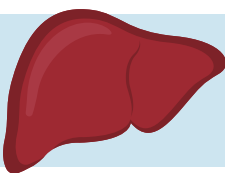
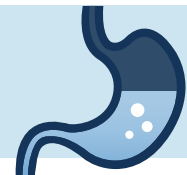
Takes waste out of the blood and makes urine.

A small and large part that absorbs food and water, and excretes waste.



Pumps blood around the body to keep us alive.

Digests food.



Cleans our blood, produces bile, and stores sugar.

The control centre for speech, coordination, memory, thoughts and emotions.



Stores and releases urine.

Understand why blood sugar testing

Testing your blood sugar level is safer than guessing what the blood sugar level is. Blood sugar testing is important even if :


- You are diagnosed with diabetes
- Your blood sugar only fluctuates within a moderate range
- You don't experience any symptoms of high or low blood sugar level

When blood sugar is high, it can cause long-term health problems. This includes:

- Eye disease/loss of vision
- Heart disease
- Kidney disease
- Nerve disease
- Stroke
- Gum disease

When you do a blood sugar test, it can help you to understand if the changes you make in diet, exercise, activity level or medicine are working. It can also tell you if you are having low blood sugar before symptoms kick in. Symptoms of low blood sugar (also known as hypoglycaemia) include:

- Blurred vision
- Coma
- Confusion
- Dizziness
- Fast heart beat
- Hunger
- Sweating



When blood sugar level is low, eat or drink something that contains sugar to prevent it from getting lower as things can get worse very fast. If you don't take action, confusion, loss of consciousness or coma can happen.

Observe your blood sugar trends

If you are newly diagnosed with diabetes, start a month-long schedule of blood sugar monitoring. This will help you and your healthcare provider evaluate trends of your blood sugar. Record your blood sugar level in a logbook and bring it to each appointment.

Avoid Low & High Blood Sugar

- 01 Testing is better than guessing your blood sugar level
- 02 Keep a blood sugar logbook to help your doctor or healthcare team to assist you in managing diabetes
- 03 Observe your blood sugar trend to learn about whether adjustment to your diet, exercise or medicine is needed
- 04 Practice a routine schedule for exercise and meal & avoid drastic changes to keep blood sugar level stable
- 05 Know the symptoms of low and high blood sugar so you can monitor yourself and get back on track quickly

Talk to your doctor or healthcare team to learn about how to keep your blood sugar level within range



Diabetes Record

Record your blood sugar at meal and bedtime

Date: _____

	BreakFast		Lunch		Dinner		Bedtime	Other	Comments(e.g, Medication Dose)
	Before	After	Before	After	Before	After			
MON									
TUES									
WED									
THURS									
FRI									
SAT									
SUN									

Date: _____

	BreakFast		Lunch		Dinner		Bedtime	Other	Comments(e.g, Medication Dose)
	Before	After	Before	After	Before	After			
MON									
TUES									
WED									
THURS									
FRI									
SAT									
SUN									

Personal Behaviour Contract

Based on an awareness of my health status,

I, _____ have decided to set the following health goals and behaviour-related goal, which will contribute to improve my personal well-being.

My SMART health behavior goal is

It is important to be because

The possible challenges are

The behaviour I will adopt to accomplish my goals are

I'll reinforce my actions by

and reward my goal achievement by

This reward will be forfeited if I fail to achieve my health improvement goal.

NAME: _____

DATE: _____

SIGN

My Medicines

Diabetes pills are not for everyone with Diabetes. Many type 2 diabetes take insulin, pills or pills and insulin to treat their diabetes. However, people with type 1 diabetes must use insulin. Always remember that diabetes medicines work best when combined with diet and exercise plan.

Here is my medicine record

Medicine Name:	Dosage & Frequency:
Medicine Name:	Dosage & Frequency:
Medicine Name:	Dosage & Frequency:
Medicine Name:	Dosage & Frequency:
Medicine Name:	Dosage & Frequency:
Medicine Name:	Dosage & Frequency:
Medicine Name:	Dosage & Frequency:
Medicine Name:	Dosage & Frequency:
Medicine Name:	Dosage & Frequency:
Medicine Name:	Dosage & Frequency:
Medicine Name:	Dosage & Frequency:

Tips to Manage Your Medicines

- Keep a list of your medicines and keep it up to date
- Take your pills at the right time every day
- Check your medicine list with your doctor/pharmacist at every visit
- Do not share medicines with family members/friends

Sick Day Guidelines

When you are sick, the blood sugar level may become very high and this can lead to serious problems. This is because the body react by releasing hormones to fight the illness. Conditions such as common cold or flu (including COVID-19), infections, heart diseases (such as heart attack), diarrhoea can trigger these hormones. Have a plan for what to do when you are sick is important to prevent such problems.

Discuss with your doctor to make an illness plan

- Target blood sugar during an illness
- How to adjust medicine
- When to contact healthcare team
- How often to check blood sugar and ketone levels

Prepare sick day supplies so you can get to them quickly

Keep a phone list of people you may need to call

Hospital:

Diabetes Educator:

Doctor:

Pharmacy:

Friend/Family member who can help you:

Keep extra supplies

- Oral medicine or insulin and needles if you take insulin
- Blood sugar testing supplies
- Urine ketone testing strip (for people who has type 1 diabetes)

Always have with you

- Glucose tablets
- Fruit juice
- Regular soda drinks (not diet)

Tips to Take Care of Yourself When You Are Sick

- Check your blood sugar more often & record it down
- Don't stop taking medicines without consulting doctor/diabetes educator/pharmacist
- Eat small/frequent meals and drink plenty of water if you can
- You should call your healthcare provider if you can't keep food or drink down for more than 4 hours / have diarrhea more than 4 times / have a fever more than 24 hours



**MALAYSIAN DIABETES EDUCATORS SOCIETY
(PERSATUAN PENDIDIK DIABETES MALAYSIA)**