



# My Diabetes Toolkit

This toolkit is a brief overview of diabetes.  
More education is available from your diabetes centre/support team.

## *What would you like to know more about?*

- Types of Diabetes
- Healthy Eating
- Physical Activity
- Blood Sugar Targets
- Hypoglycemia (Low Blood Sugar)
- Medicines
- My Diabetes Care Team
- Community Resources



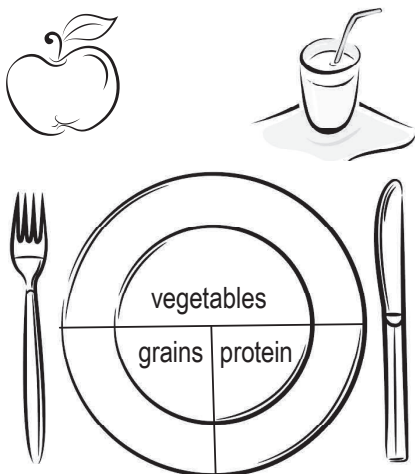
# Healthy Eating

Healthy eating is an important part of managing diabetes. Here are some general rules for eating healthy:

- Eat 3 meals per day
- Eat your first meal within 1 to 2 hours of waking up
- Eat your meals every 4 to 6 hours
- Have a healthy snack between meals if needed
- Drink plenty of water

## Plate Method

- **Fruit:** fresh apples, bananas, berries, mangos, oranges
- **Milk & Alternatives:** low fat milk, yogurt, soy milk
- **Vegetables:** broccoli, cucumbers, tomatoes, lettuce, carrots, greens
- **Grains & Starches:** potato, brown rice, whole wheat pasta, whole wheat
- **Protein:** lean beef, pork, chicken, fish, lentils, cheese, etc.



## How Food Affects Blood Sugars

### Sugar Raising

Breads and crackers  
Cereals  
Grains (e.g., rice, barley)  
Pasta  
Soups  
Potatoes, corn & yams  
Fruits and juices  
Milk & yogurt  
Sweet foods & snacks

### Sugar Stabilizing or Slow Raising

Fish (baked or poached)  
Poultry (skinless)  
Meat (lean)  
Eggs (poached, boiled)  
Cheese (light, low fat)  
Beans & lentils  
Tofu  
Nut butters (natural)  
Nuts (plain or dry roasted)

### Minimal or No Effect

Most vegetables \*  
Water  
Tea  
Coffee  
Sugar-free pop  
Most condiments  
Oils, margarine, butter (limit quantity)

\* parsnips, peas and winter squash can increase blood sugar if 1 cup or more is eaten.

# Physical Activity

These are general suggestions about physical activity. Talk to your doctor or diabetes health-care team to create an activity plan that is safe for you. For most people, simply going for a walk is a good way to safely increase physical activity.

## Stop activity immediately if you:

Have chest pain, shortness of breath or rapid heart beat, feel faint, dizzy, nauseated or sick to your stomach, have any signs of hypoglycemia, or have any unusual pain.

Physical activity is an important part of staying healthy with diabetes

Regular physical activity provides many benefits for people with diabetes. When you are more physically active you can:

- lower blood glucose
- improve how insulin works
- improve circulation
- increase physical strength
- strengthen your immune system
- reduce risk of falls and injuries
- reduce risk of heart disease
- improve heart health
- improve sleep
- improve mood and brain function reduce tension and stress
- lose weight

## Activity ideas to discuss with your doctor or diabetes health-care team include:

- walking
- running
- mall walking
- joining a fitness centre
- cycling
- swimming
- dancing
- aquasize
- chair exercises
- resistance exercises (weights, bands etc.)



# Blood Glucose Levels

Blood glucose level is the amount of sugar (glucose) in your blood stream. The levels can change throughout the day and night depending on what you eat, your activity, and medications. Long periods of high blood sugar can damage your body. It's important to keep blood sugar close to target.

## Blood Sugar Targets

Targets listed are general and your health-care provider may suggest different targets.

Fasting or before meals	<b>4–7 mmol/L</b>
Two hours after meals	<b>5–10 mmol/L</b>
Target A1C (3 month blood sugar average)	<b>7% or less</b>
<b><i>If blood sugar drops below 4 mmol/L, treat for low blood sugar (hypoglycemia)</i></b>	

## Things that LOWER blood sugar

- balanced meals and snacks
- exercise
- diabetes medications
- relaxation

## Things that RAISE blood sugar

- too much food
- lack of exercise
- weight gain
- stress

***If your blood sugar is high and you are concerned, please contact your health-care provider and/or dial 811***

Notes

---

---

---

---

---

---

---

---

---

---

# Hypoglycemia (Low Blood Sugar)

Hypoglycemia is when blood sugar drops **BELOW 4 mmol/L.**

## You may feel:

- shaky & weak
- sweaty
- anxious
- hungry
- nauseous
- tired
- dizzy or confused

## You may have:

- tingling
- a headache
- a fast heartbeat
- a hard time:
  - seeing
  - focusing
  - speaking

## Treatment of Hypoglycemia: Take 15 – Wait 15

If blood sugar is less than 4 mmol/L:  
**TAKE 15 grams FAST ACTING SUGAR**



OR



OR



OR



OR



15 g of glucose  
3–5 tablets  
(check label)  
**Best Choice**

$\frac{3}{4}$  cup (175 mL)  
of juice **OR**  
Regular soft drink

3 teaspoons  
(15 mL) or  
3 packets of sugar

1 tablespoon  
(15 mL) of honey

6 LifeSavers®

## WAIT 15 Minutes: Test blood sugar again

- If still less than 4 mmol/L (or you still have symptoms): **Repeat (Take 15, Wait 15)**
- Once blood sugar is above 4 mmol/L, eat a snack if your meal is more than 1 hour away.

**Note:** If you take insulin or pills that cause hypoglycemia, do not drive if blood sugar is less than 5 mmol/L



OR



OR



OR



$\frac{1}{2}$  nut butter sandwich  
**Best Choice**

$\frac{3}{4}$  cup (175 mL) yogurt

1 cup (250 mL) milk

6 soda crackers  
and cheese

# Sick Day Management

A bad cold, the flu or serious injury can affect your blood sugar. Speak with your health care team about how to prepare for sick days.

## Diabetes medications

If you are taking insulin and become ill continue to take your insulin and test more often. Your insulin dose may need to be adjusted based on your blood sugar results.

When you are sick, some of your medications may need to be stopped or changed especially if you become dehydrated (vomiting, diarrhea or fever). Contact your healthcare team member (on page 8) for advice about how to take your medications when you are sick.

## See your doctor today or go to Emergency for help if:

- You take pills or insulin and are unable to eat or drink due to vomiting or have vomited twice or more in 12 hours
- You have had diarrhea lasting longer than 24 hours
- **Type 1 Diabetes:** your blood sugar is greater than 14 mmol/L before meals or bedtime on 2 tests in a row and your urine ketones are moderate to large
- **Type 2 Diabetes:** your blood sugar is greater than 20 mmol/L for more than 8 hours

## Blood sugar testing

**Type 1 Diabetes:** Test your blood sugar and ketones every 4 hours.

**Type 2 Diabetes:** Test your blood sugar 4 times per day (before meals and at bedtime).

## Foods and drinks for sick days

If you're NOT able to eat, drink 8–10 cups of sugar-free fluids such as water, caffeine-free tea, sugar-free soda or broth.

If you ARE able to eat have one of the following every 1–2 hours.

- 1/2 cup (125 mL) regular juice or pop
- 1/2 cup (125 mL) regular Jell-O
- 1 Twin popsicle
- 1 cup (250 mL) milk or yogurt
- 6 soda crackers
- 1/2 cup (125 mL) ice cream or pudding
- 1 cup (250 mL) cream soup
- 1 slice toast
- 1/2 cup (250 mL) cup applesauce
- 1/2 cup (125 mL) milk shake or liquid meal replacement

# Medicines

## Types of diabetes medicines

There are many different kinds of diabetes medicines and each one works in a different way to control blood sugar. Diabetes medicines are available as either tablets or injectables and some people may need insulin and/or pills to manage diabetes.

## Why are medicines important?

Diabetes can greatly affect your health and well-being. Medicines are an important part of diabetes management and can help you:

- feel better
- improve your quality of life
- control your blood sugars
- spend less time in hospital
- get fewer infections
- protect your organs (such as heart, kidneys and eyes)

## How long will I need to take medications?

Currently, there is no “cure” for diabetes. Most people will need lifelong medicines to manage diabetes.

## Costs

The cost you pay for your medicines depends on:

- if you are registered with BC Fair Pharmacare (call 1-800-663-7100)
- If you have third-party insurance
- the amount of medicine and test strips you need every month
- if you have certification for your blood sugar monitor
- whether you use generic or brand-name medicines

Notes

---

---

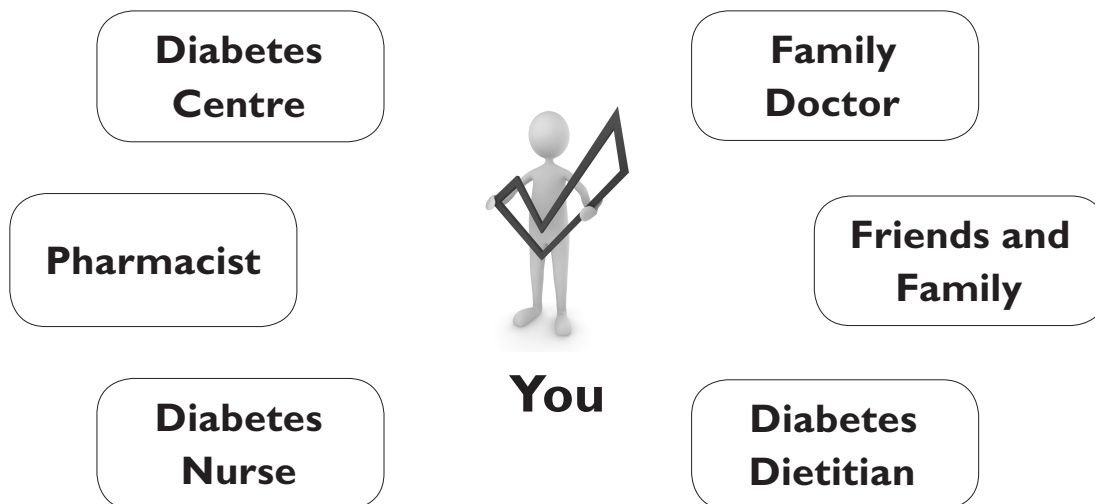
---

---

---



# Members of Your Diabetes Care Team



## You May Also See:



# Community Resources in My Area

Have questions about what diabetes resources are available locally? Contact your local **Diabetes Education Centre** to find what resources your community has available. Make sure to check out the websites listed below for more diabetes related information.

## Canadian Diabetes Association

[www.diabetes.ca](http://www.diabetes.ca)  
General diabetes information and educational resources

## Dial-A-Dietitian

Call: 8-1-1  
Diet and nutrition advice & information

## HealthLink BC

Call: 8-1-1  
Or visit [www.healthlinkbc.ca](http://www.healthlinkbc.ca)  
Diabetes and general health information

## Hypertension Canada

[www.hypertension.ca](http://www.hypertension.ca)  
Information about managing blood pressure

## BC Renal Agency

[www.bcrenalagency.ca](http://www.bcrenalagency.ca)  
Information about kidney health

# Interior Health Diabetes Programs

Interior Health – <b>Central</b> (Okanagan and Area)	Phone
Kelowna <i>(services in Kelowna, West Kelowna)</i>	250-980-1405
Penticton <i>(services in Penticton, Oliver, Osoyoos, Keremeos, Princeton, Summerland)</i>	1-800-707-8550
Revelstoke	250-837-2131 ext 276
Salmon Arm <i>(services in Salmon Arm, Sicamous)</i>	250-833-3636 ext 2359
Vernon <i>(services in Vernon, Enderby, Armstrong, Lumby)</i>	250-558-1210
Interior Health – <b>East</b> (Kootenays and Area)	Phone
Castlegar	250-365-7711
Cranbrook	250-489-6414
Creston	250-428-2286
Golden	250-344-3043
Grand Forks	250-443-2100
Invermere	250-342-9201
Kimberley	250-427-2215
Nelson <i>(services in Nelson, Nakusp)</i>	250-352-3111
Sparwood	250-425-6212
Trail	250-364-6219
Interior Health – <b>West</b> (Thompson Cariboo and Area)	Phone
100 Mile House	250-395-7676
Aschroft	250-265-4435
Barriere	250-672-9731
Chase	250-679-1400
Clearwater	250-674-2244
Kamloops	250-314-2457
Lillooet	250-256-1308
Logan Lake	250-523-6869
Merritt	250-378-3236
Williams Lake	250-305-4076