

Diabetes Control



Objectives

- Mention correctly the normal value of blood sugar.
- Identify at least two strategies to control diabetes.
- Recognize at least two complications of diabetes.
- Indicate correctly the value of the glycosylated hemoglobin test.

Pretest

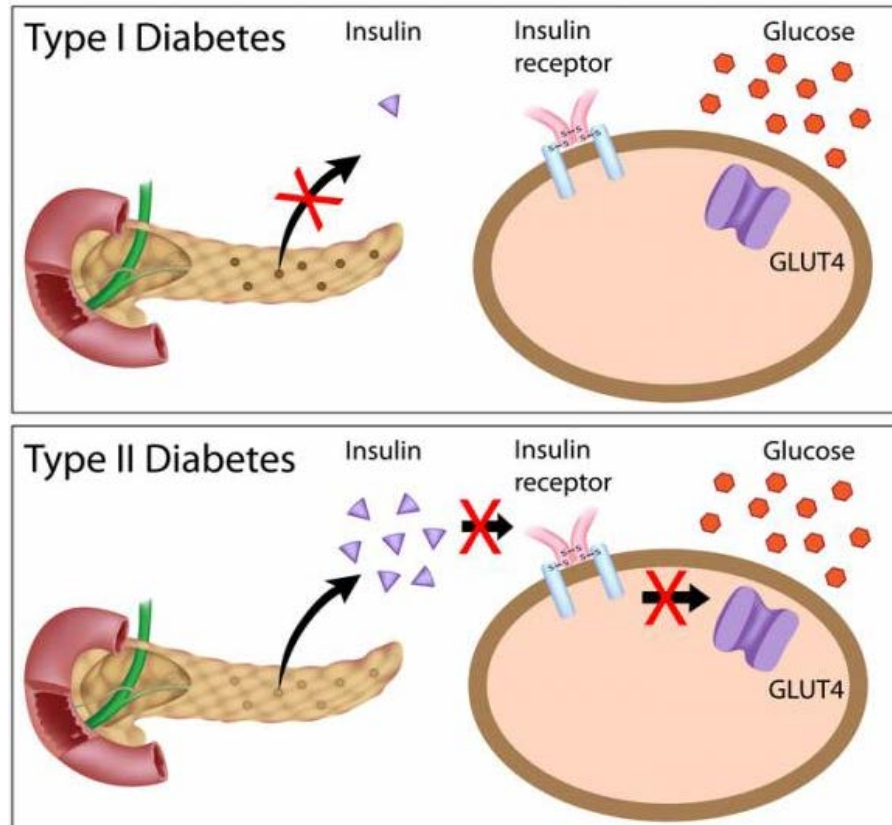
1. Some of the complications caused by diabetes are:
 - a. Damage to the lungs and headache
 - b. Vascular disease, Nephropathy and Neuropathy
2. The glucose registry helps to:
 - a. Know if the level of sugar in the blood is adequate
 - b. Determine if cholesterol is under control

Pretest

3. It is recommended that the result of the glycosylated hemoglobin test (A1C) be:
 - a. 9.5% or more
 - b. 6.5% or less
4. For diabetes control is recommended to:
 - a. Do physical activity and comply with medical treatment
 - b. Take the medications when I remember and do not monitor blood sugar levels

Diabetes

Chronic condition that affects the body's ability to use and store glucose (sugar).



Alert!

¿Tiene Diabetes?

Niveles de A1c

MAYOR DE
10%

**¡DETENTE!
NIVEL ELEVADO**

**8%
o
9%**

¡PRECAUCIÓN!

MENOR DE
7%

**¡CONTINÚA ASÍ!
DIABETES
CONTROLADA**

Before meal “Fasting” “Preprandial”	After meal “Postprandial” (2 hours after)
>130	>181
129	180
80	<179

Diabetes complications

- **Heart and vascular disease**— Having clogged blood vessels can cause a heart attack or stroke.
- **Gum disease**— gingivitis/periodontitis
- **Eyes** – Glaucoma/Cataracts / Diabetic retinopathy damage to the retina of the eye that can cause blindness.
- **Nephropaty** – kidney damage
- **Neuropathy** - damage to the nerves and circulation (loss of sensitivity, the skin does not heal easily)

Monitoring





Al despertar en ayuna (Preprandial)	Menos de 70-130mg/dL
2 después de comidas (Postprandial)	Menos de 180mg/dL
Antes de acostarse a dormir	De 100 a 140mg/dL

Registro diario del nivel de azúcar en sangre

[illegible]

Treatment Adherence



Medications

- Orals
 - **Metformina** (biguanida) – helps the body to better use the insulin it produces.
 - **Sulfonilureas** – they help the pancreas to make insulin.
 - **Tiazolidinedionas** – help the body respond better to insulin.

* These medications can be taken alone or in combination with other medications for diabetes.



Medications

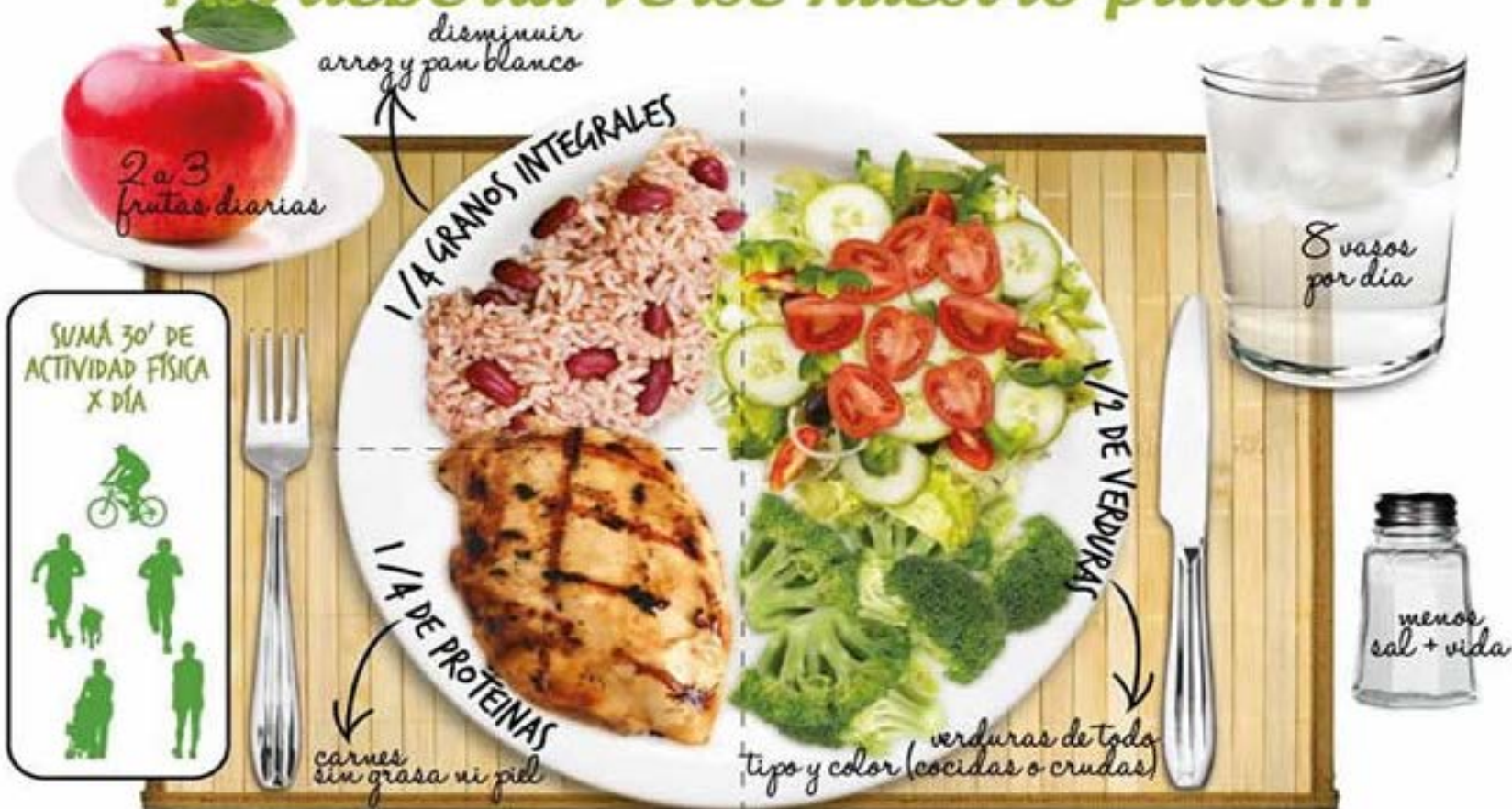
- Insulins
 - **Bolus Insulin:** Quick-acting, it is used before meals (prepares the body for glucose from food).
 - **Basal insulin:** it does not have a peak, keeps secreting insulin slightly during the day (between meals and during the night).
 - **Premixed or mixed insulin:** includes of the two types of insulin (bolus and basal) 50/50, 75/25

Medications Compliance

- Take the prescription to the pharmacy of your choice or tell the doctor which one is closest to you.
- Collect and take your medications as recommended by the doctor.
- Prepare a list of your medications and know what they are for.
- Write down when you have the repetition so you do not run out of the recommended dose.
- Check with your doctor if it is possible for you to make a supply of medication for 90 days.

Alimentation

Así debería verse nuestro plato!!!



Suggested portions

Escoja 1 almidón = 1 taza



Escoja 2 o más vegetales = 2 tazas



Escoja 1 proteína = 4 onzas



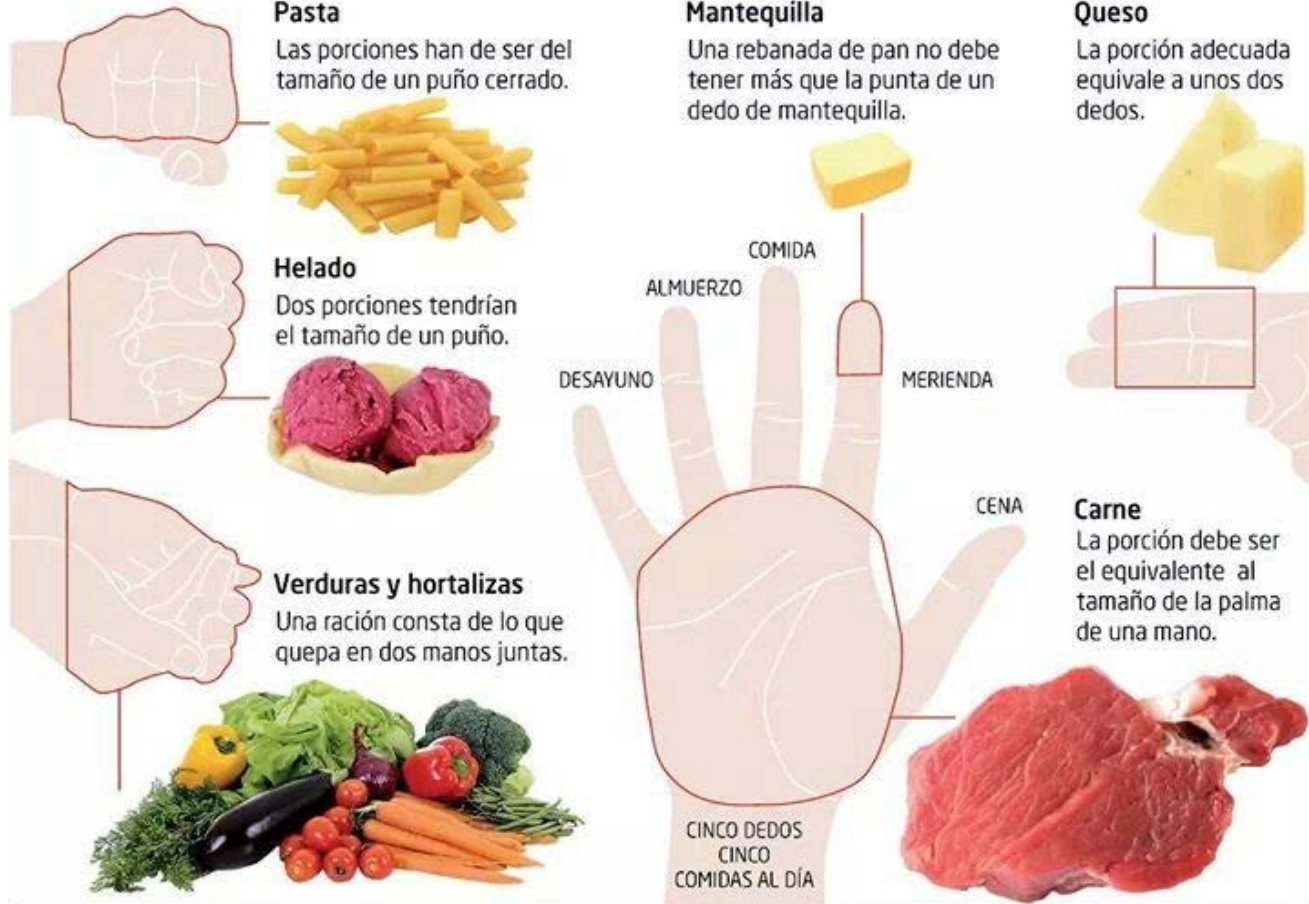
Opcional: Escoja 1 fruta o 1 producto lácteo = 1 pedazo pequeño o 1 taza



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Use your hand to calculate the size of the portions

■ Las manos nos dicen cuánto



Label reading

Nutrition Facts	
Serving Size 1 cup (4 oz)	
Serving Per Container 3	
Amount Per Serving	
Calories 75 Calories from Fat 27	
	% Daily Value*
Total Fat 3 g	5%
Saturated Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 300 mg	4%
Total Carbohydrate 10 g	3%
Dietary Fiber 5 g	20%
Sugars 3 g	
Protein 2 g	
Vitamin A 80% - Vitamin C 60% - Calcium 4% - Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

El tamaño de ración para el alimento es 1 taza.

Hay 3 porciones o 3 tazas en este envase.

El total de carbohidratos indica cuántos gramos de carbohidratos hay en una porción.

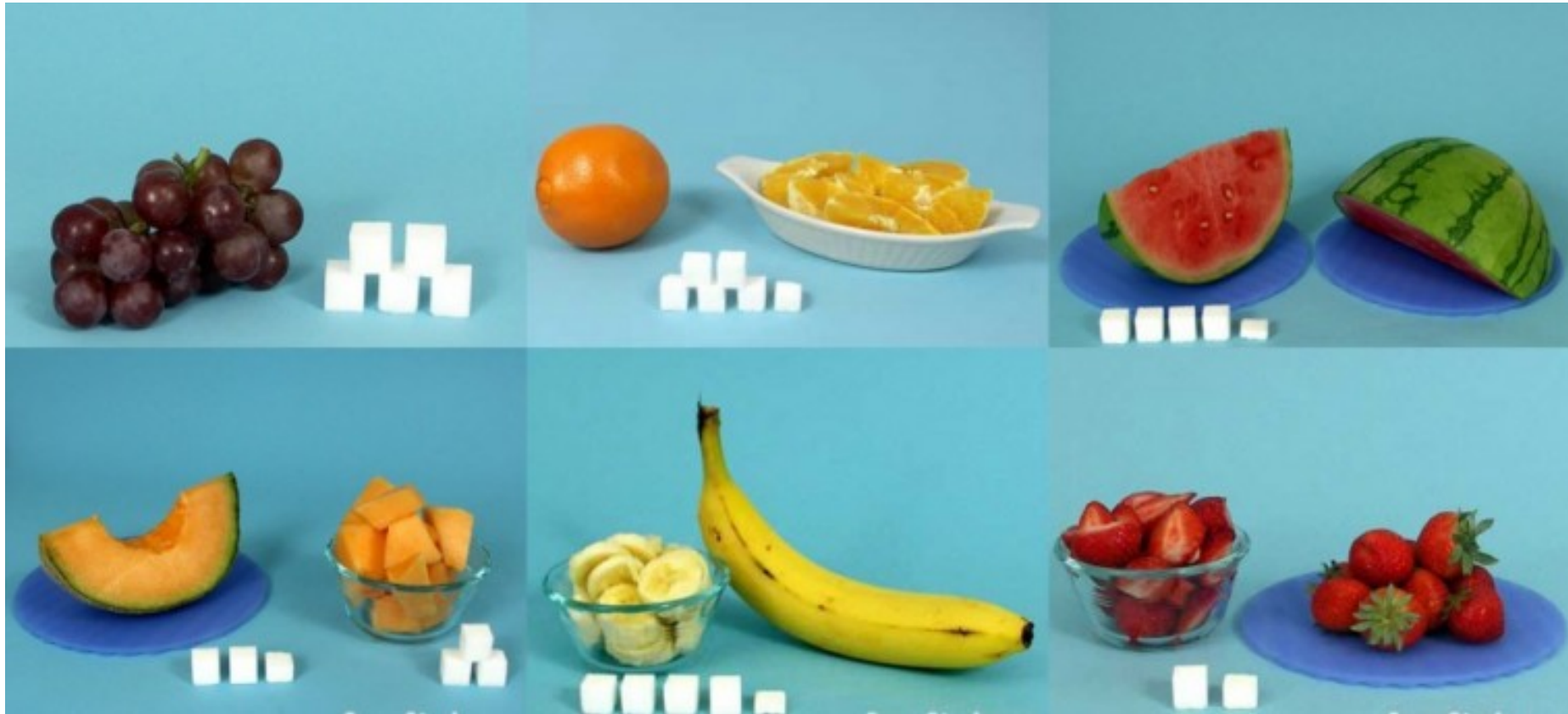
El azúcar ya está incluida en la cantidad de carbohidratos totales. Este valor muestra la cantidad de azúcar natural o agregada.

Consume entre 45-60 gramos de carbohidratos por comida.

Exact measurements



Fruits and sugar



*** The white squares represents the sugar contained.**

When shopping



- Avoid going when you are hungry.
- Plan your menus in advance.
- Make a list of the foods you need? Before going to the supermarket.
- Do not "fall in love" with brands (select those products that feed the most).
- Make the best choice by reading the labels.

Physical activity

- Ask your doctor what activities you can do.
- Stretch before and after performing the activity.
- Wear proper shoes and clothing.
- Select a safe area. Stay hydrated.
- Establish a plan; You can start little by little (15 minutes) a day and increase the time and intensity.



Join Patitas Calientes: 787-622-7511



Diabetic care



Feeling good is priceless



To attract what we want to our life, we must take into consideration how we feel with our...

- Health**
- Relations**
- Belongings**
- Life**
- Ourselves**

Remember, feeling good is a reflection of good decisions in all areas of our lives.

Posttest

1. Some of the complications caused by diabetes are:
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Posttest

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Correct answers

1. Some of the complications caused by diabetes are:
 - b. **Vascular disease, Nephropathy and Neuropathy**
2. The glucose registry helps to:
 - a. **Know if the level of sugar in the blood is adequate**
3. It is recommended that the result of the glycosylated hemoglobin test (A1C) be:
 - b. **6.5% or less**
4. For diabetes control is recommended to:
 - a. **Do physical activity and comply with medical treatment**

Where to look for help?

**Departamento de Salud
Mental Integrada**

Línea de Acceso al Afiliado

7 días a la semana, 24 horas al día

1-877-721-7722



MMM | PMC
Haciendo Contacto

For an immediate health consultation,
call

MMM: 1-866-677-7779 (free of charge)

PMC: 1-866-516-7704 (free of charge)

1-866-690-7771 TTY (audio-impaired)

References

- American Heart Association. ¿Qué es la insuficiencia cardiaca? 2015. <http://es.heart.org>
- Guidelines for a Low Sodium Diet. http://www.ucsfhealth.org/education/guidelines_for_a_low_sodium_diet/
- Tendencias de Salud PR: BRFSS <http://www.estadisticas.pr>
- ¿Por qué debo limitar el sodio? 2016. <http://es.heart.org>