



Diabetes

...Finding the Balance

Caring for Your Body, Mind, Heart and Spirit

Dedication

This book is dedicated to all the Plains Indian Nations of North Dakota and those people who have been fighting the good fight against a relatively new threat – diabetes. Our hope is that this handbook helps each person on his or her journey to wellness. Our prayer is that the Creator will provide those who are living with diabetes, the strength and determination needed to walk the path of wellness.

Acknowledgments

Many people worked together to develop this wellness guide.

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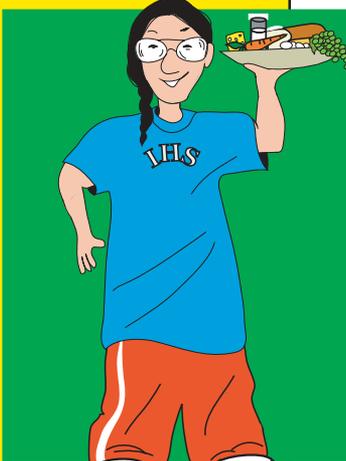
Standing Rock Diabetes Program
Spirit Lake Diabetes Program

Finding the Balance is a joint project between representatives from: Standing Rock Nation, Spirit Lake Nation, Turtle Mountain Band of Chippewa, and the Mandan, Hidatsa and Arikara Nation, KAT Productions, the North Dakota Department of Health Diabetes Prevention and Control Program, and the American Diabetes Association – North Dakota Affiliate. This publication was supported by Cooperative Agreement U32/CCU813559-06 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention.

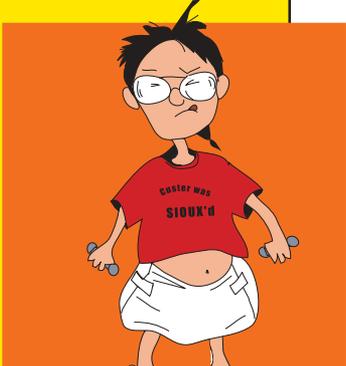
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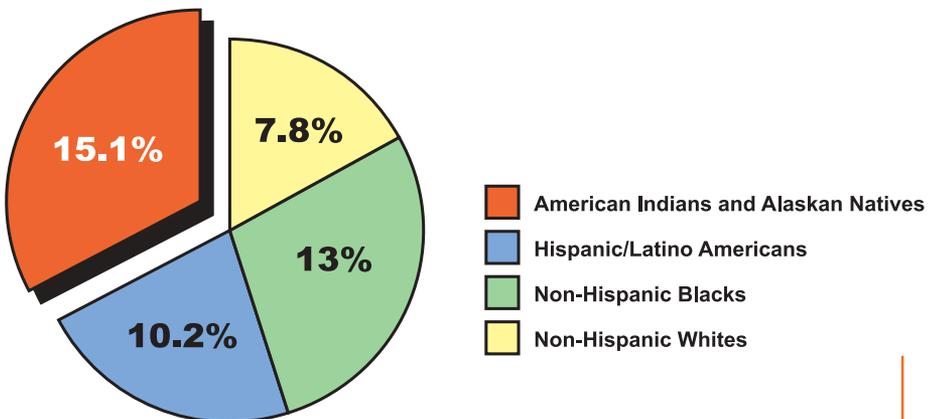
Appendix 40

For many generations, our people found wellness within the circle of life. This handbook will provide an understanding of the relationship between a walk in wellness and the circle of life. We will look at total wellness as it relates to body, mind, heart (or emotions) and spirit. We will address those issues that can help someone with diabetes maintain a healthy walk. There is hope. You can help yourself, your family, and your community. It all starts with a few simple steps.

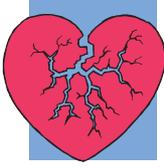
Diabetes is a serious health problem among our people. It is so widespread that many fear they will get it and die early deaths from the complications. Too many of our people think there is no way to prevent diabetes or its complications. These mistaken beliefs are life threatening and must stop!

It is true that more and more of our people are getting diabetes. In fact, we as a people have more diabetes than any other race within the United States.

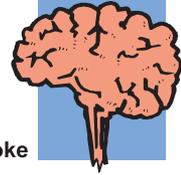
Prevalence of diabetes by race/ethnicity in people 20 years or older



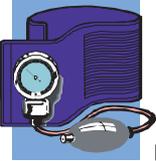
Complications such as kidney disease, blindness and amputations are on the rise. These complications remain a serious concern.



Heart Disease



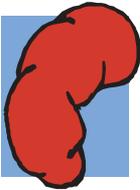
Stroke



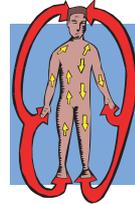
High blood pressure



Blindness



Kidney disease



Neuropathy



Amputations



Dental disease



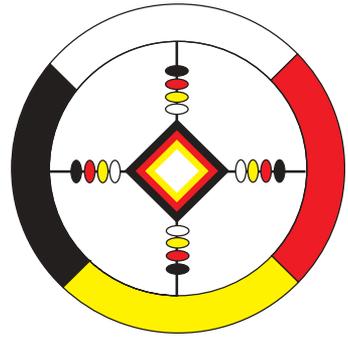
Complications of pregnancy



Other complications

Diabetes however, doesn't need to devastate our lives. There is hope and wellness is possible. With a healthy walk we can avoid these complications and possibly avoid diabetes altogether.

The circle of life has been important to our people for generations. Understanding the circle is a sacred gift that can be used to guide us through life. Within the circle, healing is found.



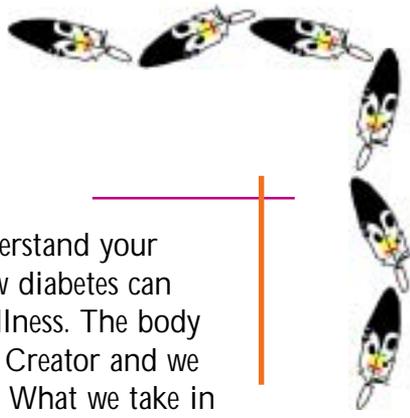
Much is found within the circle:

- directions** – east, south, west and north,
- seasons** – spring, summer, autumn and winter,
- elements** – fire, water, earth and air,
- stages of life** – childhood, youth, adulthood and elderly,
- body** – body, mind, heart (or emotions) and spirit.

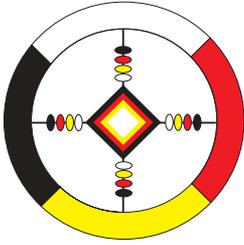
Life is a journey of self-discovery and growth toward wholeness.



Striving for balance within the circle by attending to your body, mind, heart (or emotions) and spirit will result in wellness.



The Body

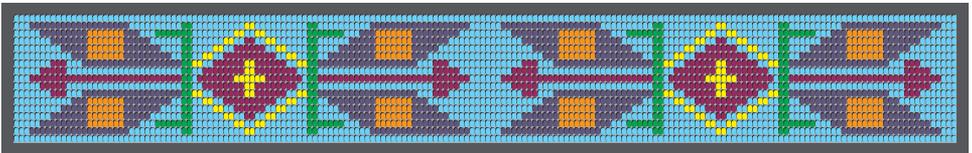
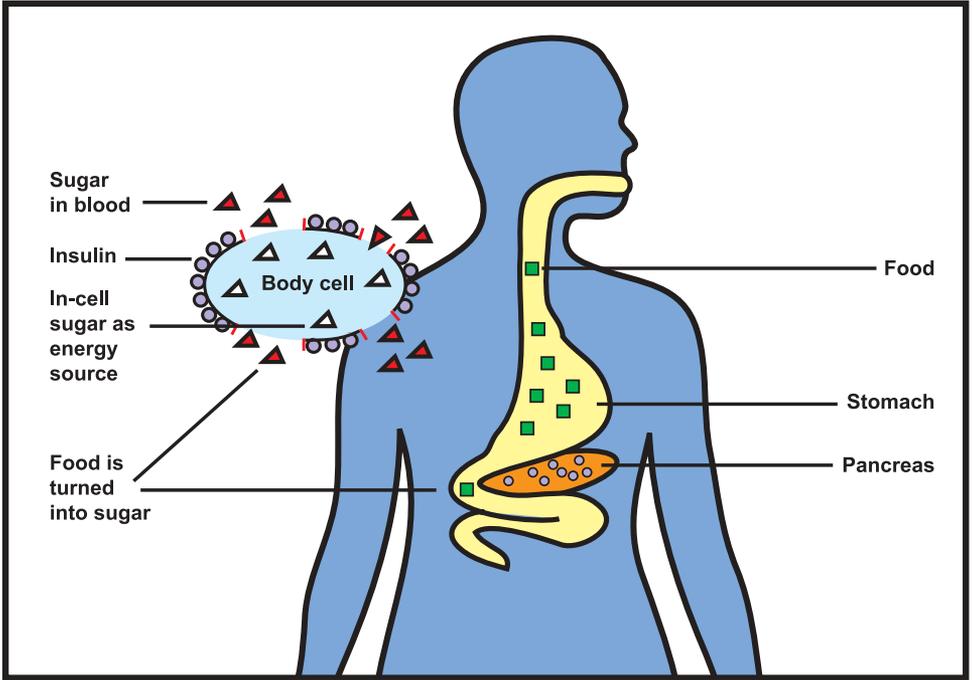


It is important to understand your physical body and how diabetes can affect your walk in wellness. The body was given to us by the Creator and we need to take care of it. What we take in can strengthen or weaken the body. A healthy physical body is needed to achieve a balanced walk within the circle of life. Remember... physical health is a process taken one step at a time throughout each stage of life. Recognize your successes today and build on continued wellness tomorrow.



What is Diabetes?

In a healthy body, the food we eat is broken down into sugar. Our body uses this sugar for energy. Insulin (a hormone made in the pancreas) helps move the sugar into our cells. Diabetes results when a body doesn't make enough insulin or cannot use it well, causing sugar to build up in the blood. As a result, the body does not function well.



There are two main types of diabetes.

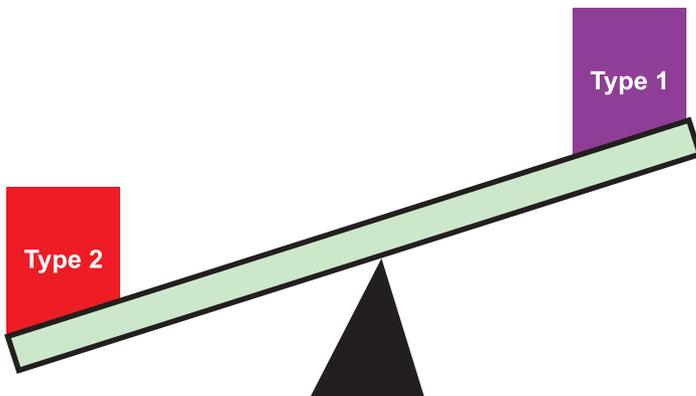
Type 1 diabetes 🤔

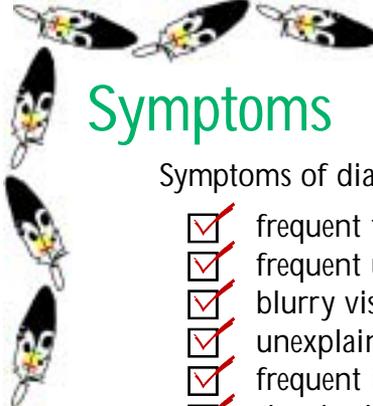
- once called “juvenile diabetes”
- usually found in children and young adults
- pancreas no longer produces insulin
- requires insulin shots every day
- affects an estimated 5-10 percent of those with diabetes

Type 2 diabetes 🤔

- once called “adult onset diabetes”
- usually begins in adulthood
- healthy diet plus exercise can sometimes control it
- some insulin is produced, but the body cannot use it well
- usually treated with pills or oral insulin, sometimes insulin shots
- affects an estimated 90-95 percent of those with diabetes
- is delayed or prevented with proper diet and exercise

Ask your doctor or health care provider if you do not know what type of diabetes you have.





Symptoms

Symptoms of diabetes: 

- frequent thirst
- frequent urination
- blurry vision
- unexplained weight loss
- frequent infections
- slow healing wounds
- very dry skin
- frequently feeling tired
- vomiting
- loss of feeling or tingling in the feet

You are more likely to get diabetes if you 

- have a family history of it,
- don't exercise,
- are overweight,
- abuse alcohol,
- are American Indian.

If diagnosed with diabetes, you can prevent and delay complications. Keep your blood sugar levels as near to normal as possible. If you have good control of your blood sugar levels, you can live a long and healthy life. Appendix A, "Managing Blood Sugar" describes the steps to monitor your blood sugar levels.

An **A1C test** is the best way to find out if your blood sugar is under control. You should have an A1C test at least twice a year. See your doctor for this test.

Pay close attention to your body. A healthy walk starts with special care of your eyes, mouth, heart, and kidneys. Pay special attention to your body when illness strikes.

Eyes

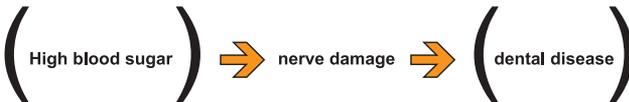
Regular visits to the eye doctor can identify any potential problems.



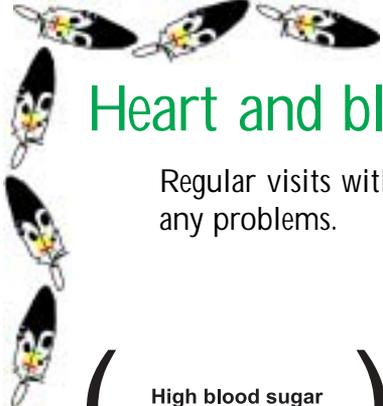
If you notice a change in vision or see rings, spots or flashing lights, see your doctor right away. Don't delay.

Dental

Brush and floss twice a day. Regular checkups can identify and treat problems with your teeth and gums.



If you notice that your gums are red, sore, swollen, shrinking or bleeding, see your dentist right away.



Heart and blood vessels

Regular visits with your doctor can identify any problems.



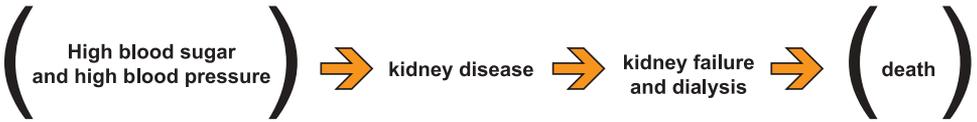
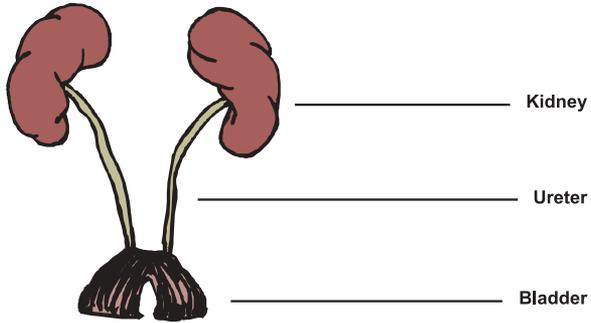
Do not ignore these warning signs. Contact your health care provider immediately.

- dizziness
- sudden sight loss
- slurred speech
- chest pain
- swollen ankles
- shortness of breath
- numbness or weakness in one arm or leg
- cramping in buttocks, thighs or calves during physical activity



Kidneys

Good blood sugar and blood pressure can prevent or delay kidney disease.



Do not ignore these warning signs. Contact your health care provider immediately.

- cloudy or bloody urine
- burning or pain with urination
- frequent or urgent urination
- back pain
- chills or fever

Illness

Your body was created to work together in balance. With diabetes it is important to take special steps to keep that balance. When you are sick with a cold, flu, or other illness, take special care of your body. Appendix B provides sick day guidelines to help you when you are sick.

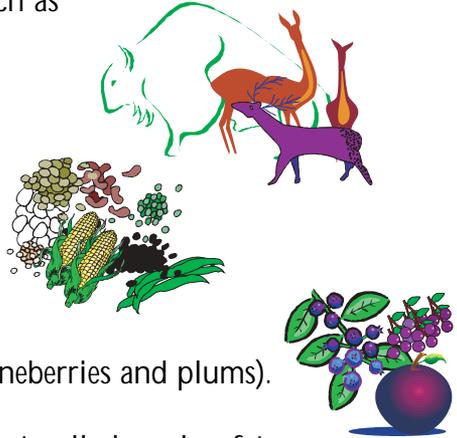


Foods from the Past

Our ancestors ate a healthy diet and consumed large amounts of water.

The traditional diet consisted of the natural foods from the land such as

- lean meats (buffalo, elk, and deer),
- vegetables (corn, breadroot, and beans),
- fruits (chokecherries, Juneberries and plums).

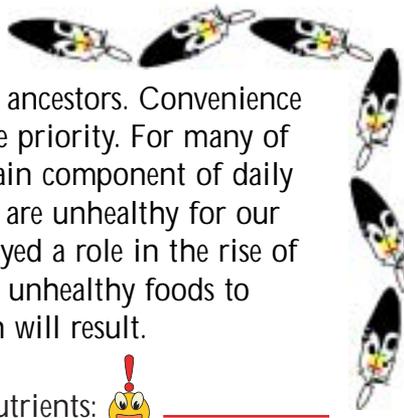


Foods were prepared to create naturally lean, low-fat items. For example, pemmican was made by pounding dried meat into slivers, then adding fat and berries to create a tasty, high-energy food.

We can learn much from our ancestors. Our people were healthy and there was no diabetes.



Our Foods Today _____



Today's diet has changed from that of our ancestors. Convenience rather than good nutrition has become the priority. For many of our people, fast foods have become the main component of daily diets. Unfortunately, many of these foods are unhealthy for our bodies. Many believe these foods have played a role in the rise of diabetes in our people. By changing from unhealthy foods to nutritious, good-tasting foods, good health will result.

Remember our bodies need six essential nutrients:  _____

carbohydrates

fats

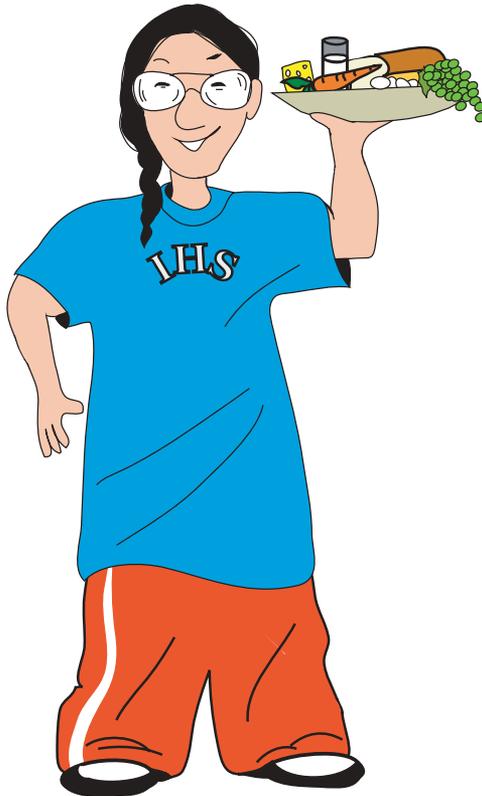
protein

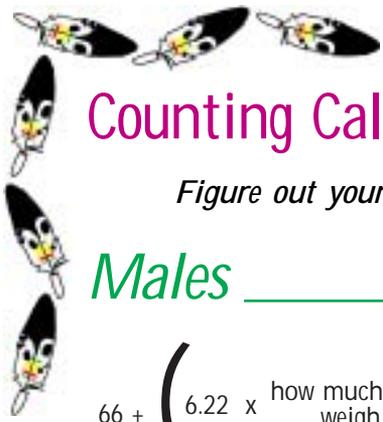
water

vitamins

minerals

The amount of food you need every day depends on your age, body size, activity level, and whether you are male or female.





Counting Calories

Figure out your daily calorie needs at resting state*

Males

$$66 + \left(6.22 \times \text{how much you weigh} \right) + \left(12.7 \times \text{height in inches} \right) - \left(6.8 \times \text{age} \right)$$

Females

$$66 + \left(4.36 \times \text{how much you weigh} \right) + \left(4.32 \times \text{height in inches} \right) - \left(4.7 \times \text{age} \right)$$

For example: Weight: 220 lbs. Height: 74" Age: 55 yrs Male

Daily calories at resting = $66 + (6.22 \times 220) + (12.7 \times 74) - (6.8 \times 55) = 2000$ calories

Divide your daily calories between

- Carbohydrates 55-60% Protein 12 - 15% Fats 30%

For example:

2000 calories x 55% = 1100 calories
 2000 calories x 15% = 300 calories
 2000 calories x 30% = 600 calories

*The Harris-Benedict Equation

Healthy Food Choices

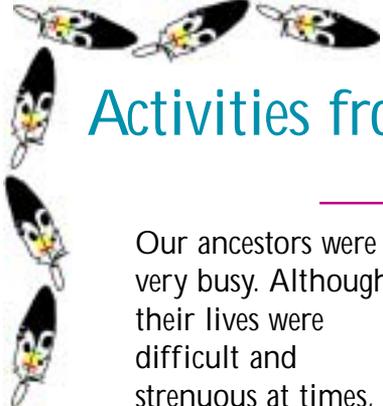
- ✓ Varieties of fresh fruits and vegetables (five or more servings per day) 
- ✓ Varieties of grain products, including whole grains 
- ✓ Lean meats 
- ✓ Fish (twice a week), such as salmon 
- ✓ Low fat foods 
- ✓ Few high calorie foods such as sweets, soda, and gizzards 
- ✓ 10 eight-ounce glasses of water per day 

Avoid unhealthy convenience foods

- | | | |
|---|---|---|
|  fried hamburgers |  French fries |  soda pop |
|  breaded chicken burgers |  milk shakes |  chips |
|  candy |  gizzards |  cheese sticks |
|  hot dogs |  sports drinks |  potato wedges |

As we change our eating habits, we balance our nutrition and make progress toward the goal of physical wellness.





Activities from the Past

Our ancestors were very busy. Although their lives were difficult and strenuous at times, activity kept them fit. Securing shelter and food consumed most of their days.



When the chores were completed, our ancestors celebrated with dancing, competitions, and games that expended lots of energy and motion. All activities, both leisure and work, helped the tribes not only to survive, but also to keep members healthy and fit.

Activities Today

The new generations have kept very little of the traditional healthy lifestyle that their ancestors followed. Life no longer requires strenuous activity to secure shelter or food.

Changing our inactive lifestyle and adding exercise is important to finding physical wellness.



Physical activity is anything you do that requires exertion and maintains or develops fitness. Take it slowly at first, increasing activity as you go along.

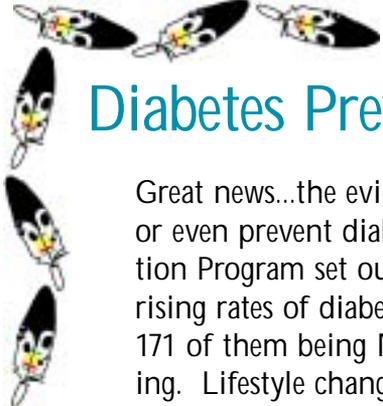
Fun Activities

- | | | |
|--|---|---|
| <input checked="" type="checkbox"/> walk | <input checked="" type="checkbox"/> jog | <input checked="" type="checkbox"/> traditional dance |
| <input checked="" type="checkbox"/> garden | <input checked="" type="checkbox"/> play sports | <input checked="" type="checkbox"/> bike |
| <input checked="" type="checkbox"/> hike | <input checked="" type="checkbox"/> swim | <input checked="" type="checkbox"/> aerobic exercise |

Everyone should aim to build at least 30 minutes of moderate activity into each day, at least five days a week, to ensure a healthy walk.



Remember that the life goal is physical wellness...and the path to wellness is a journey. Take it slowly. Take the stairs instead of the elevator. Remember to park far from the door instead of choosing the closest spot.



Diabetes Prevention Program

Great news...the evidence is mounting! You can do a lot to delay or even prevent diabetes in your future. The Diabetes Prevention Program set out to see if lifestyle changes could affect the rising rates of diabetes. They studied more than 3,000 adults, 171 of them being Native Americans. The results are encouraging. Lifestyle changes can definitely prevent or delay diabetes, even if you have a family history of it.

The people in the study found exercise and healthy food had a positive impact in their lives. Losing a small amount of weight (seven to ten pounds) and increasing activity levels prevented diabetes from developing in many of the participants. Further studies are needed to determine how long diabetes can be delayed, but every disease-free year is one more year of not dealing with complications.

Take this encouraging news!! Make changes in what you eat. Get motivated. Start with small steps...eat less fry bread...take a walk....stop drinking pop...you can do it.

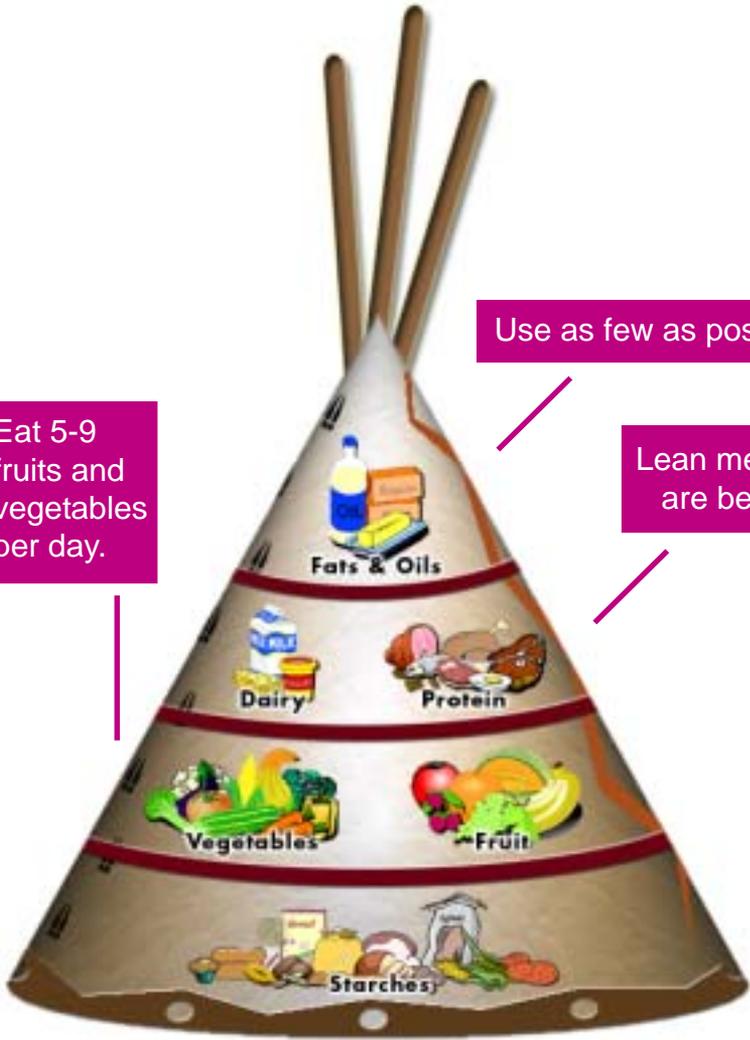




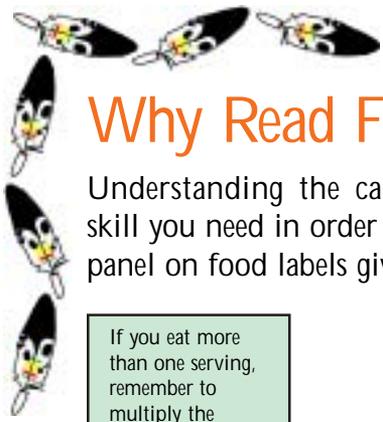
Eat 5-9 fruits and vegetables per day.

Use as few as possible

Lean meats are best



Eat more of these



Why Read Food Labels?

Understanding the carbohydrate and fat content of foods is a skill you need in order to eat healthier meals. The nutrition facts panel on food labels gives useful information.

If you eat more than one serving, remember to multiply the number of grams by the number of servings.

This number tells how many grams of fat there are in one serving. Ask your doctor and dietitian how many grams of fat you should have in a day.

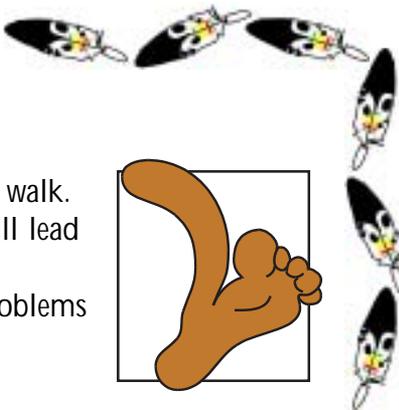
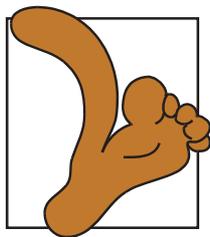
This number tells how many grams of carbohydrates there are in one serving. Ask your doctor and dietitian how many grams of carbohydrates you should have in a day.

Discuss calorie needs with your doctor and dietitian to have an individualized meal plan developed just for you.

Nutrition Facts	
Serving Size (887g)	
Servings Per Container	
Amount Per Serving	
Calories 1230 Calories from Fat 210	
	% Daily Value*
Total Fat 24g	37%
Saturated Fat 6g	29%
Cholesterol 65mg	21%
Sodium 1690mg	71%
Total Carbohydrate 202g	67%
Dietary Fiber 12g	49%
Sugars 31g	
Protein 52g	
Vitamin A 60%	Vitamin C 220%
Calcium 50%	Iron 70%
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg

Caring for your Feet

Good foot care is needed for a healthy walk. Loss of feeling and poor circulation will lead to foot injuries, infections, ulcers and, ultimately, amputation. Avoid these problems with control of blood sugar levels.



A daily foot check will prevent complications. Check both feet entirely. (Use a mirror if necessary.) Have someone help you if you can't check your feet yourself.

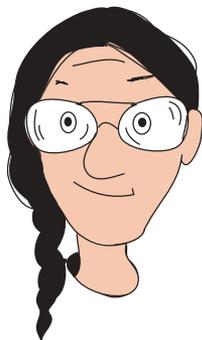
Watch closely for these warning signs:

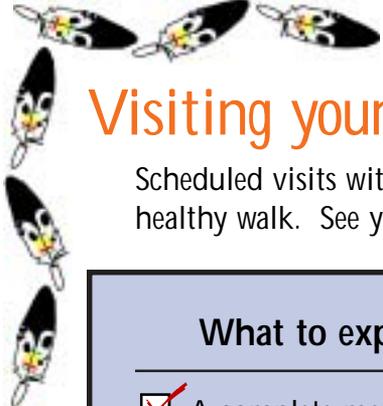
- ingrown toenails
- flaking or dry skin
- cuts or calluses
- hot or cold feet (skin should be warm)
- red spots

Do's and Don'ts of Foot care

- Do** keep your feet clean and dry.
- Do** wear shoes that fit well with good support, low heels and room to wiggle your toes.
- Do** wear clean cotton or wool socks, changed daily.
- Do** have your feet examined every time you visit your doctor.
- Do** check your shoes for gravel or loose objects before wearing them.
-  **Don't** use lotion between your toes; use it only on the tops and bottoms of your feet to keep them soft
-  **Don't** soak your feet in water.
-  **Don't** go barefoot.

Take off your shoes and socks, and don't hesitate to ask for a foot check.





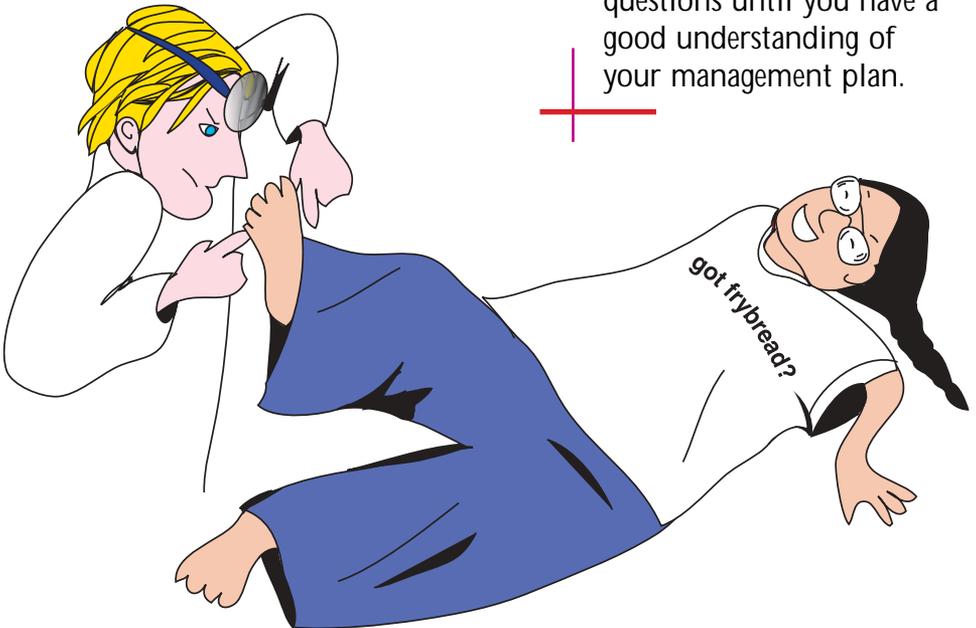
Visiting your Doctor

Scheduled visits with your health care team are important to a healthy walk. See your physician at the first signs of diabetes.

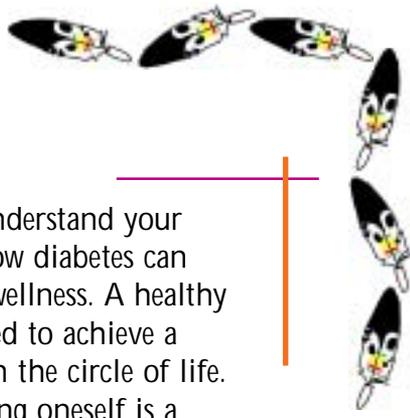
What to expect on your first visit

- A complete medical history
- A thorough medical examination
- Appropriate laboratory tests
- An initial plan to manage your diabetes

Appendix C provides an Annual Wellness Checklist. Remember to ask questions until you have a good understanding of your management plan.



The Mind



It is important to understand your mental being and how diabetes can affect your walk in wellness. A healthy mental state is needed to achieve a balanced walk within the circle of life. Remember... educating oneself is a process. Take one step at a time throughout each stage of life. As you grow and succeed, you can tell your story to others and share your wisdom.

Mental wellness replaces despair with hope and wisdom.



Learning to manage diabetes is a continuous process. Remember, YOU are the most important member of your diabetes team. Many others will work with you, support you, and participate in your education. When developing your diabetes management team, consider the following people:

- your family and friends,
- primary care doctor,
- nurse educator or certified diabetes educator,
- registered dietitian,
- eye doctor,
- mental health worker,
- podiatrist (foot doctor),
- dentist,
- exercise expert.

You are the team leader. Involve all members as much as possible. Ask questions, share information, seek help, and live well.

We must destroy the common myths that are found with diabetes.

Myth: ?

I can wash away the extra sugar in my blood by drinking more water.

You cannot “wash away” extra sugar from your blood.

Insulin is a cure for diabetes.

There is no cure for diabetes. Insulin controls your blood sugar levels, allowing for a healthy life.

I can no longer eat sugar now that I have diabetes.

With careful planning, small amounts of sugar can replace some of the carbohydrates that are usually eaten at a meal.

I won't get diabetes because no one has it in my family.

Diabetes can occur in people with no family history of diabetes.

I will get diabetes because someone in my family has diabetes.

Although you are at greater risk for diabetes, healthy lifestyle habits will decrease your chances of getting the disease.

I will die from diabetes complications.

Studies show complications can be prevented.

I am borderline diabetic.

There is no such thing as a person with borderline diabetes. You either have it or you don't.

Knowledge will awaken the power within you.





Calming the Stress Storm

Meditation relaxes your body. Daily meditation relieves stress. Studies indicate that stress can actually cause the onset of diabetes.

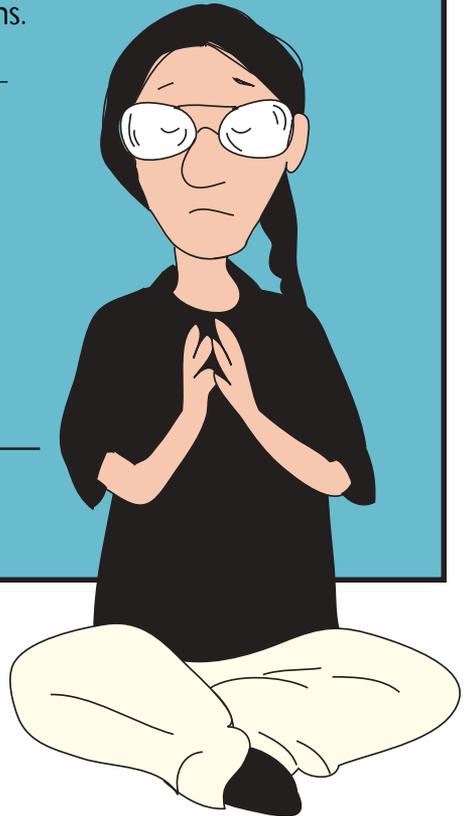
The goal of meditation is a peaceful and calm state of mind.

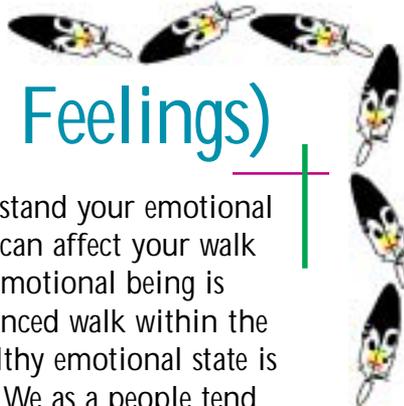
Simple steps to follow:



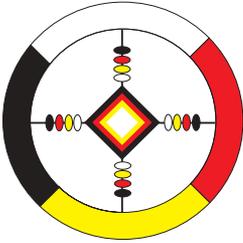
- Find a calm, peaceful, or joyful place to meditate.
- Sit in a comfortable position using good posture.
- Close your eyes.
- Take several deep cleansing breaths.
- Clear your mind of distractions – be patient, this takes time.
- Focus on a positive word or phrase, visualize a peaceful spot, or concentrate on a time you felt happy or hopeful.
- Start slowly – two or three minutes and work your way up.

Remember...the goal is to relax your mind and body.





Emotions (or Your Feelings)



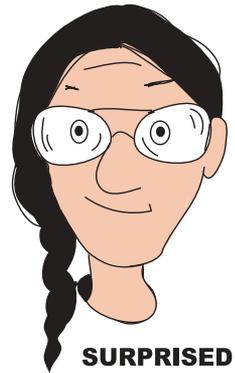
It is important to understand your emotional being and how diabetes can affect your walk in wellness. A peaceful emotional being is needed to achieve a balanced walk within the circle of life. An unhealthy emotional state is a roadblock to wellness. We as a people tend to hold our feelings inside. This is dangerous and can make us sick. We need to learn to deal with emotions and let them out. We must take charge of those emotions that are out of control in our lives. Then peace and emotional wellness will prevail.



TIRED



SICK



SURPRISED



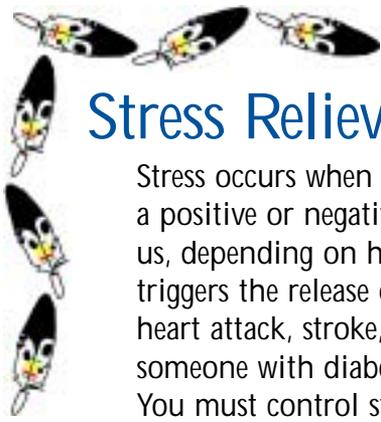
HAPPY



SAD



MAD



Stress Relievers

Stress occurs when the body adjusts to an event. Stress can have a positive or negative effect in our lives, helping or hindering us, depending on how we react to it. When stress is negative, it triggers the release of certain body hormones, which can cause heart attack, stroke, high blood pressure, and infections. In someone with diabetes, stress also increases blood sugar levels. You must control stress if you want to live a healthy life.

Healthy ways to relieve stress: 😊_____

- Finding the source of the stress.
- When experiencing stress, breathing slowly and deeply.
- Taking brief walks – fresh air is cleansing.
- Singing – in your car...in the shower...or at home.
- Playing with your pets.
- Starting a hobby.
- Laughing with friends.
- Sharing your feelings with someone.

Unhealthy ways to relieve stress: 😡_____

- Drinking alcohol
- Taking drugs
- Smoking and/or using smokeless tobacco
- Overeating
- Excessive sleeping
- Neglecting personal needs.



Chemical Stress

Tobacco, alcohol, and drugs are harmful to your body.

Smoking puts people who have diabetes at greater risk of health complications, such as

- kidney disease,
- liver damage,
- heart disease.

Drinking alcohol puts you in immediate danger. Heavy drinking damages your liver. It also causes nerve damage, leading to blindness and loss of feeling in your arms or legs. Do not drink alcohol.

A person using illegal drugs is four times more likely to have a heart attack; in addition, drugs affect your blood pressure and heart rate, resulting in complications. Illegal drugs used by someone with diabetes can be fatal.





Remember

-  Don't use tobacco, alcohol, or drugs.
- Find replacement activities such as meditation and relaxation.
- Rally friends and family for support.



Avoid the Depression Trap

Depression for those with diabetes is not well understood. Diabetes is a difficult disease to live with 24 hours every day. If proper support and treatment are not available, depression can result.

The good news – depression is very treatable. With the proper medication, support, and/or counseling, you will soon feel better.

Twenty percent to thirty percent of people who have diabetes also have depression.



Contact a physician or counselor for depression screening if any of the following occur regularly over a period of two or more weeks:

- a loss of interest or pleasure in things you normally like,
- less sexual interest or desire,
- weight gain or loss,
- sleeping a lot more or a good deal less,
- energy loss, feeling tired all the time,
- feeling worthless or more guilty than usual,
- less able to concentrate or make decisions,
- more irritable or anxious than usual,
- many thoughts of death, not just the fear of death,
- frequent thoughts of suicide.

If you are depressed and having thoughts of suicide, ask for help immediately.

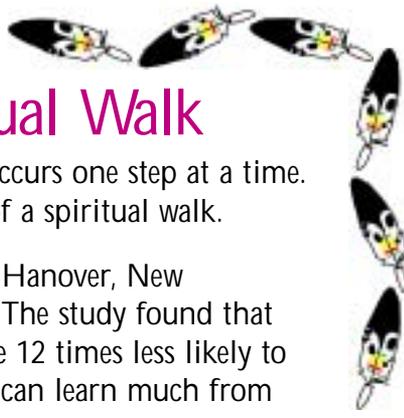


The Spirit



It is important to understand the spiritual part of life and how diabetes can affect your walk in wellness. The circle of life teaches that harmony within your spirit is needed to achieve a balanced walk. Seeking a connection to the Creator is central to achieving total harmony in your walk. Prayer is important. The spiritual journey will reveal the wisdom, courage and determination that our Creator offers for a walk in wellness.





Developing Your Spiritual Walk

A spiritual journey is like every other; it occurs one step at a time. Do not underestimate the healing power of a spiritual walk.

A 1995 study from Dartmouth College in Hanover, New Hampshire, revealed the power of prayer. The study found that people undergoing open-heart surgery were 12 times less likely to die if they had a spiritual connection. We can learn much from their experience.

A faith journey

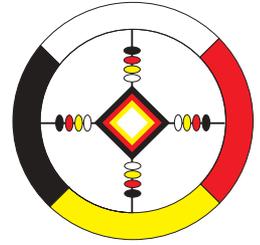
- lowers your blood pressure, heart rate, and breathing rate,
- improves healing,
- decreases heart attacks, headaches, and anxiety,
- provides calm in times of stress.

Simple steps to spiritual wellness

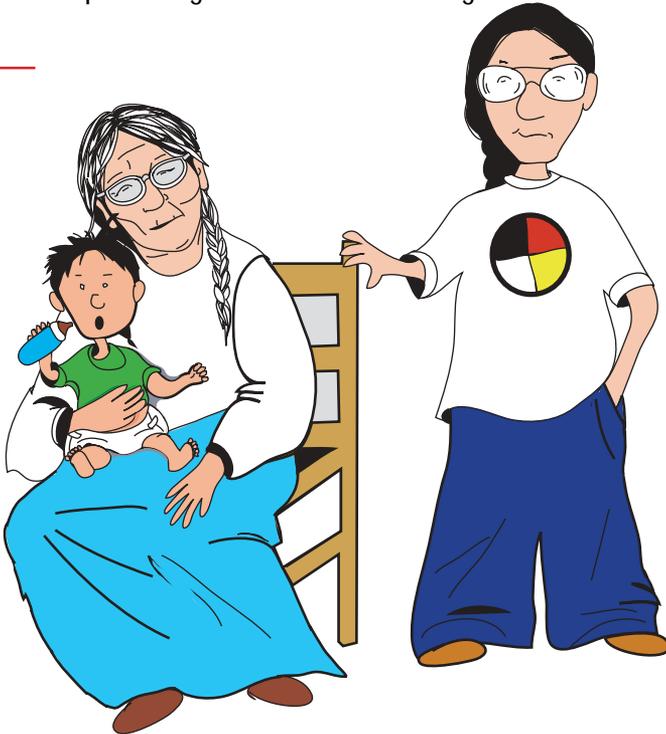
- Start each day in prayer.
- Find a quiet place with few distractions.
- Focus on your connection with the Creator.
- As you grow in your faith journey, increase the amount of time you spend in prayer and reflection.

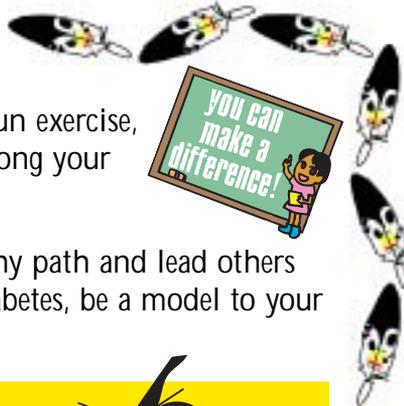
The Family

The circle of life shows us our walk is not alone. It teaches that each person is unique, but also connected to others – our families, friends, and community members. This connection provides support and guidance during life's journey.



Family, friends, and community provide wisdom and support which strengthens you when you are weak, uplifts you when you are sad, and challenges you when you make unhealthy choices. Seek guidance from your elders and the Creator. It is important to teach the youth to be well in body, mind, heart and spirit. Together we stand strong.



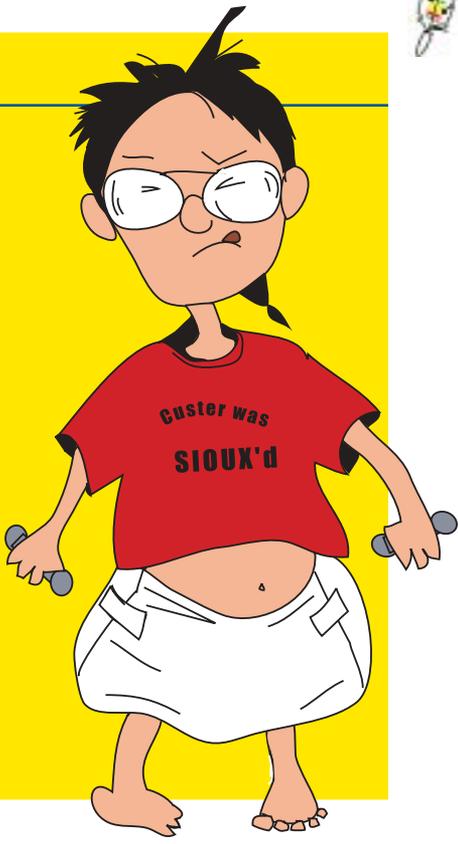


With healthy foods and, lots of fun exercise, you can become a role model among your family and friends.

If you have diabetes, walk a healthy path and lead others to wellness. If you don't have diabetes, be a model to your family and friends.

Kids In Action

- Let people ask you questions about diabetes.
- Invite family to your school to talk about their diabetes.
- Get your school involved in diabetes prevention.
- Tell friends to eat nutritious foods and to get active for good health.
- Get others to join you in exercise activities.
- Run, walk, jump, dance, bike, and swim.



The circle of life has been important to our people for generations. Within the circle we find guidance for the whole person – body, mind, feelings, and spirit. Start your life journey on the road to good health. Learn the message of the circle from your elders and begin a healthy journey.

You have the power within you.

Reward Someone You Love

Give these coupons as a gift to your parent, grandparent, brother, sister, or friend. You can have fun together and be healthy.

Cut on
dotted lines



Good for a
10-minute walk

Good for 1 trip
to the playground

Good for 1 game
of basketball

Good for a
20-minute bike ride

Good for 1 trip to
the swimming pool

Good for a
30-minute exercise
of my choice



Our journey to wellness is better when we walk together. You can lead your family into health by supporting their health walk.



Families in action 🧑🏻

- ✓ Plan nutritious meals together.
- ✓ Grocery shop together.
- ✓ Agree to get rid of unhealthy food at family gatherings.
- ✓ Cook together.
- ✓ Exercise together.
- ✓ Give up smoking and drinking together.
- ✓ Share feelings and the challenges of the day.
- ✓ Be accountable to each other.
- ✓ Pray together.



Managing Blood Sugar

If you have diabetes, you should check your blood sugar regularly. It's easy. Get into the habit of regular checks.

- Make sure your testing instrument is clean and working properly.
- Wash your hands with warm water and dry them well.
- Massage your hands and fingers to get the blood flowing into your finger.
- Prick your finger with a lancet device. Work from the base of the finger to squeeze a small amount of blood onto the test strip.
- Place the strip into your testing instrument.
- After three to five seconds, your blood sugar level will appear.
- You should record your blood sugar value. Many types of diabetes record books are available.
- Dispose of the strip and lancet properly.



The American Diabetes Association guidelines for blood sugars are as follows: 

- 80-120 pre-meal whole blood range goal,
- 100-140 bedtime goal,
- Less than 70 – low blood sugar.



Speak to your health care professional about how often you should test your sugar levels and about the proper medication dose needed to manage your diabetes.

Note: There are many different kinds of glucose monitors, and your doctor will advise you regarding testing goals. The testing instructions and blood glucose values are not intended to override your doctor's or instrument manufacturer's instructions.



Sick Day Reference

These guidelines can be used for a minor illness. They can also be used when you have a dental procedure and cannot chew.

Be sure to talk to your diabetes care team about sick days – they may have other guidelines for you.

Before you become ill: _____

1. Train family members or friends in blood sugar monitoring or other support you will need when you are sick.
2. Make a sick day box containing the following:

- pain reliever,
- antacids,
- medication to relieve vomiting (see your physician),
- medicine to control diarrhea,
- thermometer.



While you are sick: 🐥

1. Keep eating – even if you can't eat solid food, you must still have the same number of carbohydrates (whether liquid or solid). (See *Carbohydrate Content of Liquids and Soft Foods.*) Discuss with your doctor the best way to do this.
2. Keep taking your diabetes medicine. You may need to change the dose – consult with your doctor. Blood sugar levels may shift due to the stress of the illness and change in diet.
3. Drink plenty of liquids to prevent dehydration – try to drink one-half to one cup of non-caloric liquid every hour. Diet pop, water or teas (without sugar) are good choices.
4. Keep a record of your illness. Use the "Sick Day Record" on the following page.



Call your doctor if

- your urine ketone levels rise,
- ketones are in your urine for more than 12 hours,
- your blood sugar levels are greater than 200 mg/dl,
- you are vomiting or have other unusual symptoms,
- your temperature is more than 101.5 degrees Fahrenheit or you have a fever for more than 24 hours.

Sick Day Record

Area to address	How often to check	Results	
Weight	Daily	Date _____ _____ _____	Pounds _____ _____ _____
Temperature	Every morning and night	A.M. _____ _____ _____	P.M. _____ _____ _____
Blood sugar	Every 4 hours	Time _____ _____ _____	Level _____ _____ _____
Medicine	As directed by your health care provider	Time _____ _____ _____	Dose _____ _____ _____
Liquid intake	Every evening	Date _____ _____ _____	Ounces _____ _____ _____
Ketones	Every 4 hours or each time you pass urine	Time _____ _____ _____	Ketones _____ _____ _____

CARBOHYDRATE CONTENT OF LIQUIDS AND SOFT FOODS

Food Item	Amount	Grams of Carbohydrates
Non-diet soft drink	½ cup	15
Orange juice	½ cup	15
Apple or pineapple juice	½ cup	15
Grape or prune juice	a cup	15
Milk	1 cup	12
Ice cream, vanilla	½ cup	15
Cereal, cooked	½ cup	15
Gelatin, regular	½ cup	20
Sherbet	½ cup	30
Popsicle	1 cup	24
Sugar	1 tsp.	4
Coffee, tea, bouillon, broth	1 cup	0
Soup, thin creamy	1 cup	15
Soup, thick chunky	1 cup	20
Cream soup, made with water	1 cup	15
Cream soup, made with milk	1 cup	27
Pudding, regular	½ cup	30
Pudding, sugar-free	½ cup	15
Yogurt, plain or artificially sweetened	1 cup	12
Yogurt, fruit flavored	1 cup	40
Broth	1 cup	0
Jell-O, regular	½ cup	20
7-Up, regular	1 cup (8 oz)	30
Ice cream	½ cup	10
Tea	1 cup	0

Annual Wellness Checklist

Have your health care provider do these tests and services for you at least one time per year.

Tests and services	Dates and Results						
Flu shot (every year)							
Pneumonia shot (once or twice in life)							
Urine protein							
HDL cholesterol							
LDL cholesterol							
Total cholesterol							
Blood creatinine							
Triglycerides							
Foot exam (complete)							
Eye exam (dilated)							

Have your health care provider do these tests and services for you each visit.

Tests and services	Dates and Results						
Blood glucose							
Blood pressure							
A1C							
Weight							
Foot check							

Resources for further reading

American Association of Diabetes Educators

Web site: www.aadenet.org
1-800-TEAM-UP-4

American Diabetes Association

Web site: www.diabetes.org
1-800-DIABETES

American Diabetes Association

315 North 4th Street
Grand Forks, ND 58203
1-888-DIABETES

American Podiatric Medical Association

Web site: www.apma.org
1-800-FOOTCARE

Centers for Disease Control and Prevention

Division of Diabetes Translation
Web site: www.cdc.gov/diabetes
1-877-232-3422

Juvenile Diabetes Research Foundation International

Web site: www.jdrf.org
1-800-533-CURE

National Diabetes Education Program

Web site: www.ndep.nih.gov
1-800-438-5383

National Institute of Diabetes and Digestive and Kidney Diseases

National Diabetes Information Clearinghouse (NDIC)
Web site: www.niddk.nih.gov
1-800-860-8747

A Gender Beliefs & Diabetes Self-Care

Standing Rock Diabetes Program

Diabetes is a disease that impacts the spiritual, mental, physical, and emotional dimensions of an individual's life. Coping with this disease is difficult for the person with diabetes and their family support system. Many of the beliefs and opinions that people have about wellness and diabetes will affect how they manage their diabetes. It is well to look at it as "management" because there is no cure for diabetes. This might be further affected by their beliefs about what it means to be male or a female. These are called gender beliefs.

Gender beliefs are important because they help you understand how to act or be in social situations. They are a part of our self-image, self-esteem, and self-concept. Some gender beliefs are outdated and do not work in today's society because the reasons they existed are not relevant today.

An example is the way some people believe men are supposed to be strong, don't cry, are in charge, tough, successful, active, and dominant over women. Some people think women are supposed to be polite, emotional, nurturing, pretty, submissive, dependent, sexy, take care of the kids and be available to men. Many females discount their own feelings if they need to care for loved ones, cannot take the time to, or do not think they deserve this right.

It is hard for those without diabetes to understand, but a person with diabetes might not accept medical help if they cannot accept their disease. The loss of health is more difficult than it sounds because of the old beliefs about men can take it, are strong, and don't have any feelings. Many females discount their own feelings if they need to care for loved ones, cannot take the time, or do not think they deserve this right. They may never get to work their way through the loss of good health.

For those who think they are supposed to be strong, when you are diagnosed with diabetes, they think they are weak and not much of a man. It may be why medical care is not sought until it is a crisis. Many females are also taught to be responsible for their families. This means they sometimes put their health care needs last. For a person with diabetes, waiting until it seems right to get medical care, can cause complications that can be prevented.

Both males and females can have a hard time managing their diabetes and appear as if they don't care to their families. This might be a cause of misunderstanding with their family support systems and the medical staff.

We all know it is easier to look at someone else's issues rather than our own, it is easier to be too busy for self-care, and it is easier to avoid pain rather than to seek pleasure. This is why exercise and proper nutrition is not popular. It is easier to look for an easier, softer way.

These are broad generalizations and life is not that simple. To make a point though, it is helpful to see them in the extreme form. These unhelpful beliefs exist in our society and can influence how we approach our own personal health. Gender beliefs can get in the way of wellness if they are taken to the extreme. Remember before we are male or female, we are all spiritual beings and have spiritual teachings about being human beings first. Remember only you can take care of yourself!