

Diabetes and Me: **Taking Care of My Body** [a training for self-advocates]

Presented by:
Kepro SW PA Health Care Quality Unit
(Kepro HCQU)

Version Date (April 2020)

Disclaimer

Information or education provided by the Kepro HCQU is not intended to replace medical advice from an individual's personal care physician, existing facility policy, or federal, state, and local regulations/codes within the agency jurisdiction. The information provided is not all inclusive of the topic presented.

Objective

This training will help you to learn how to take care of your body when you have diabetes.

Food Gives the Body Energy

Our bodies need energy to move, just like a car needs gas to move.

Energy for your body comes from the food you eat.



Sugar from the food you eat goes into your blood.



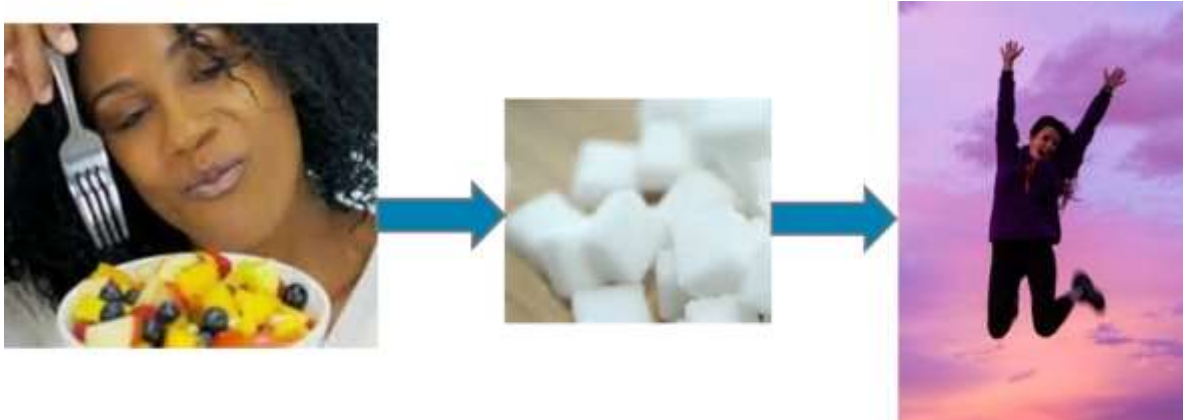
Blood takes the sugar to your body parts like the heart, brain, lungs and muscles.



Insulin helps the sugar get into the cells of your body parts.

Food Gives the Body Energy

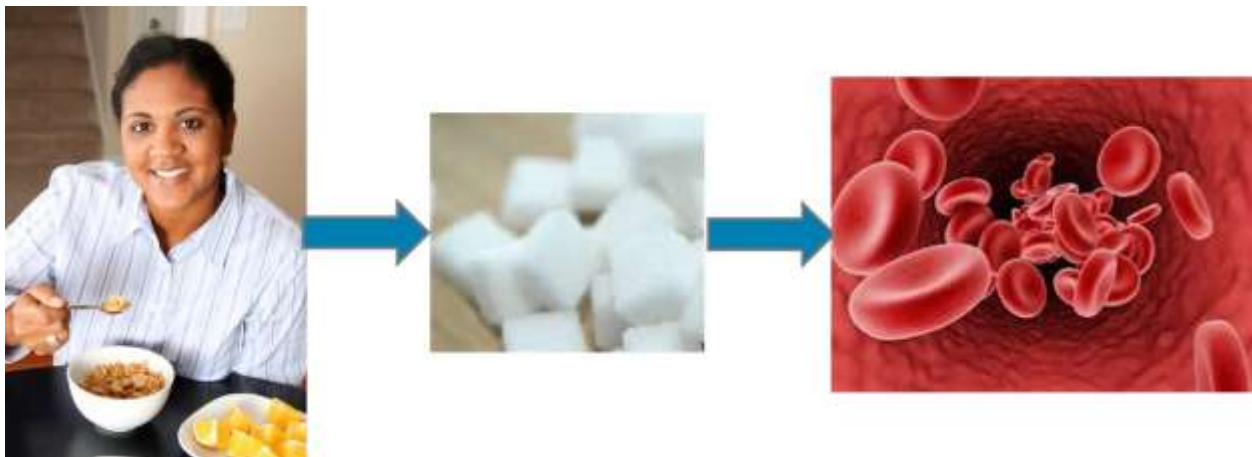
When each of your body parts has the **energy** it needs, you can *work, play, and move* throughout the day.



What is Diabetes?

The sugar from the food you eat has to get into the **cells** of your body parts (your muscles, heart, lungs, and brain) to give them energy.

Diabetes is a condition where that sugar stays in your **blood** instead of going to the cells of your body parts. Too much sugar in your blood can cause you to *feel tired*, and can affect how well your body works.



What is Diabetes? (continued)

It is important to remember:

1. You did **not** do anything to cause this to happen!
 2. Following the advice of your doctor can help you to stay healthy and happy, and have enough energy to do the things you like and need to do!
-

Special Care of My Body

People with diabetes need to take special care of their **eyes**, their **feet**, and their **teeth**. Let's talk about how to do that.



My Eyes

Too much sugar in your blood can damage or hurt the tiny blood vessels in your eyes and change the way your eyes see.

- ❖ Your vision may become blurry. Have you ever had blurry vision? What was it like?
- ❖ You might have patchy black areas or dark spots in one or both eyes.
- ❖ Some people may become blind in one or both eyes.



Taking Care of My Eyes

To prevent a problem with your eyes, it is important to keep the right amount of sugar in your blood. Three things affect how much sugar is in your blood:

1. The food you eat
2. How active you are
3. Your medication

Your doctor has developed a plan to keep you healthy. This plan tells you just how much food, exercise, and medicine you need. The best way to keep your eyes healthy is to follow the plan from your doctor every day.

Everyone with diabetes should see a special eye doctor once a year. The doctor will check your eyes to be sure they are healthy.



My Feet

Too much sugar in your blood can also affect your **toes** and **feet**. Diabetes can make it harder for your toes and feet to get enough blood to keep them healthy. If your feet and toes do not get enough blood, cuts on your feet can get infected and take a long time to get better.

Diabetes can make your feet feel **numb** or **tingling**. This might feel like prickles or shooting pains, or you might not be able to feel if something touches your feet, like a nail, a piece of glass, or your finger. Your feet might not be able to feel hot or cold either. If you cannot feel your feet, you might not know when they are injured.



My Feet (continued)

When your feet are affected by diabetes, sores on the feet can become **infected** and take a long time to get better. If you do not feel a sore on your foot, you would not know to clean the sore and the sore could become infected. When a sore is infected, it might look red, feel warm if you touch it, and have smelly liquid coming from it.



Taking Care of My Feet

To keep your feet healthy, it is important to keep the right amount of sugar in your blood. Remember, the three things that affect the amount of sugar in your blood are:

1. **The food you eat**
2. **How active you are**
3. **Your medication**

Your doctor has developed a plan to keep you healthy, telling you just how much food, exercise, and medicine you need. The best way to keep your feet healthy is to follow the plan from your doctor every day.

Taking Care of My Feet (continued)

Here are some other things you can do to take care of your feet:

- ❖ When you get **new shoes**, only wear them for a short time each day. Sometimes new shoes rub and cause blisters on the toes or heels. Wearing them for a short time each day will help your feet get used to them. Talk with your caregivers about when it is safe for you to wear the shoes for long periods of time.



Taking Care of My Feet (continued)

- ❖ Always wear shoes or slippers on your feet, even when you are at home. This protects your feet from injury if you would step on a nail or piece of glass or bump your foot into a wall or furniture.



Taking Care of My Feet (continued)

See a special doctor for nail care. **Never** try to cut your toenails yourself.



Taking Care of My Feet (continued)

- ❖ **Look** at your feet every day. Remember to look between your toes too. Tell someone if you see any cuts or red areas.



My Teeth and Gums

Have you ever had a **cavity**? Did it hurt? A cavity is a hole in a tooth. It develops in an area where the tooth is damaged. Teeth can be damaged by certain foods and drinks. People with diabetes might get more cavities in their teeth and infections in their gums than people without diabetes.



My Teeth and Gums (continued)

The part of your mouth around your teeth is called your **gums**. Healthy gums are pink and do not hurt or bleed. Healthy gums hold your teeth in place.

Sometimes you can get a gum infection. Unhealthy gums are red. They might hurt and bleed when you brush your teeth. If your gums are not healthy, your teeth can become loose.



Reprinted with permission from Aetna IntelliHealth (www.simplestepsdental.com)
Medical content reviewed by the faculty of the University of Pennsylvania
School of Medicine

Taking Care of My Teeth and Gums

Keeping the right amount of sugar in your blood can help keep your teeth and gums healthy. Do you remember the three things that affect the amount of sugar in your blood? They are:

1. The food you eat
2. How active you are
3. Your medication

Your doctor has developed a plan to keep you healthy, telling you just how much food, exercise and medicine you need. The best way to keep your teeth healthy is to follow the plan from your doctor every day.

Taking Care of My Teeth and Gums

(continued)

To take good care of your teeth and gums, you should:

- ❖ Brush your teeth **TWO** times each day.
- ❖ Floss your teeth **ONE** time each day.
- ❖ Visit a dentist at least **TWO** times every year. It is important to see the dentist when you have diabetes. The dentist can help you keep your teeth and gums healthy and strong!



Tell Someone

Do you remember which parts of your body need special attention when you have diabetes? Your eyes, feet and teeth!

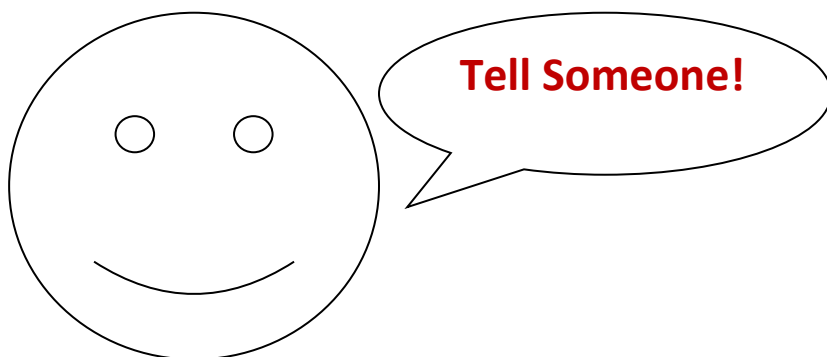
It is important to **tell someone** if you have any of the problems we just talked about. Who should you tell? You can tell your caregivers or your family!



Tell Someone (continued)

If you are having a problem, it is a good idea for a doctor or dentist to take a look at you to see if everything is healthy. Your caregivers or family can help you make an appointment. Remember ...

- ❖ If your vision is blurry or you have problems seeing ...
- ❖ If you have a red area, a sore or blister on your foot ...
- ❖ If your gums are bleeding or you have a toothache ...



Staying Healthy

When you have diabetes, it is important to keep the right amount of sugar in your blood - not too much and not too little. The doctor will help you plan how to do this.

The 3 best ways to keep healthy when you have diabetes is to:

❖ Eat healthy foods

❖ Be active

❖ Take medicine, if your doctor says you should



Healthy Foods

The doctor will tell you the best kind of foods to eat to keep the right amount of sugar in your blood. You will learn about foods that are healthy for you to eat; you may eat these foods often. **Healthy foods** include fruits and vegetables. Foods like blueberries, bananas and carrots are examples of healthy foods.

You will learn about foods that are not healthy for you to eat. You should eat these in small amounts and not every day. Foods that have a lot of sugar in them are not healthy for you; you should eat these in small amounts. Foods like bread and potatoes do not taste sugary, but the body changes those foods into sugar. These foods will put a lot of sugar into your blood. They are **not healthy** for you.

It is a good idea to eat at the same time every day to keep your blood sugar and your energy the same every day.

Healthy Foods (continued)

These are healthy foods. They are healthier to eat than cookies, candy, hot dogs or a large plate of spaghetti.



Can you think of other healthy foods?

Be Active

Moving your body helps to move sugar out of the blood and into the cells to give your body the energy it needs. Tell the doctor the kinds of **activities** you like to do. The doctor can help you learn what type of activity is best for you.

Being active almost every day helps keep your blood sugar at a healthy level. It helps keep your whole body strong and healthy.



Medicine

The doctor might tell you that you need to take **medicine** to control your diabetes. This kind of medicine helps move the sugar out of your blood and into the cells of your body. The medicine might be a pill or it might be a shot. Your doctor will know which medicine is best for you.



Diabetes and You

Remember, it is important to see your regular doctor and special doctors when you have diabetes. You and your doctors will work together to help you stay healthy. It is not your fault that you have diabetes. It is not your doctor's fault either.

Millions of people have diabetes; you are not alone.

Diabetes does not go away, but you can control diabetes ... **you are in charge.** If you follow your doctors' orders and do what you need to do to stay healthy, you can be well with diabetes.



Related Training Topics

- ❖ Diabetes and Me: What is Diabetes
- ❖ Diabetes and Me: Healthy Eating
- ❖ Diabetes and Me: Taking My Medications

References

Cavities/tooth decay - Symptoms and causes. (2017, July 19).

Retrieved on April 28, 2020 from

<https://www.mayoclinic.org/diseases-conditions/cavities/symptoms-causes/syc-20352892>

Dental Care and Diabetes. (August 11, 2019.). Retrieved on April 28, 2020 from

<https://www.webmd.com/diabetes/dental-health-dental-care-diabetes>

Nemours Foundation. (August, 2018). Type 2 Diabetes: What is It?

Retrieved on April 28, 2020 from

<https://kidshealth.org/en/parents/type2.html>

What Did I Learn?

You learned a lot about Diabetes today!



Let's practice what we learned...

Practice what you learned.



1. Circle the right answer. This is Maurice. Maurice has diabetes and is learning how important it is to take care of his eyes. He knows that he must be careful to eat and drink healthy items that do not have sugar in them. Maurice is thirsty. Which drink is healthier, the glass of water or soda pop?

a. Soda Pop



b. Water



Practice what you learned.

2. Circle the right answer. Maurice knows he needs to take special care of his feet. Should Maurice go barefoot in the sand or wear sandals?

a. Go barefoot in the sand.



b. Wear Sandals.



Practice what you learned.

3. Circle the right answer. Should Maurice cut his toenails or visit the foot doctor to have his toenails trimmed?

a. Cut his toenails.



b. Visit the foot doctor to trim his toenails.



Practice what you learned.

4. Circle the right answer. Maurice wants to take care of his teeth so he does not get cavities. How often should he brush his teeth - 1 time each day or 2 times each day?

a. 1 time each day



b. 2 times each day



You Are Done!

You have finished the training!