TAKE CHARGE OF YOUR DIABETES
BAYER HEALTH FACTS

TAKE-CHARGE DIABETES MANAGEMENT
Do you want to feel better? Have more energy? Enjoy life to the fullest? Get more done? Think more clearly? Be healthy for years to come? If your answer is “yes” to any of these questions, then Taking Charge of Your Diabetes is for you.

The goal of Taking Charge of Your Diabetes is to get your blood sugar as close to normal as possible, and to keep it there as much as possible. Chances are you’ll need to do this for the rest of your life, because diabetes still cannot be cured. The good news is, keeping tight control of your blood sugar will help you live a long and healthy life with diabetes. It is not easy, but it’s worth it.

At times, getting your diabetes under good control will seem like a lonely job. Just remember, you have a whole team to help you with your goals. They can help you keep the promise you make to yourself to live a healthy life with diabetes. You have to be the most active person on your diabetes care team, but you are not alone.

WHAT WILL MY HEALTHCARE PLAN INVOLVE?

Meal Plan: Your meal plan will be made to fit you. It can help you get to a healthy weight and stay there. It can also help manage high blood fat levels.

Exercise: Regular exercise is a big part of Taking Charge of Your Diabetes.

Medication: Many people need to take diabetes medicine to keep their blood sugar near normal. Some people take one kind of pill; others take more than one. Insulin may be part of the plan too.

Self-testing: Testing your blood sugar often is a big part of Taking Charge of Your Diabetes. Many people think they can tell what their blood sugar is by how they feel. Some people can feel “high” when their blood sugar is low, and some can feel “low” when their blood sugar is normal or high. The only way to know for sure is to check your blood sugar. Checking your blood sugar lets you see the effect of “behavior” on blood sugar as well. How much did exercise lower your sugar level? How did “that extra piece of pizza” change your blood sugar level? Check your blood sugar to learn more about you and your diabetes.

Monitoring means more than just testing your own blood sugar. It also includes A1C, watching your weight, blood pressure and lipids, going over your blood sugar records, and taking tests that check for early complications.

Education: Education is a must for anyone with diabetes and will help take-charge management work better for you.

Stress Management: Stress can have different effects on different people. Most of the time, stress can raise your blood sugar, but sometimes it can lower it. Many things can cause stress, like family illness, moving, loss, job change – even happy times, like a birthday or wedding. Learn more about stress management from your healthcare team.

Goals: Set goals you think you can reach. You can have goals for your meal planning, testing, exercise and weight loss.

WHO CAN BE PART OF MY HEALTHCARE TEAM?
A healthcare team is a group of people that will help you learn about diabetes and how to take care of yourself. The team needs you to tell them how things are working and when you need help. You are the key member of the team. If there is not already a team in place for you, you can build one for yourself. Look for healthcare team members at your local hospital, diabetes clinic, or call the American Diabetes Association for information. Here is a list of people that could be on your team:

Diabetes Educator – a healthcare professional who can teach you about the day-to-day care of your diabetes.

It is a good idea to ask your diabetes educator about classes you can take. Diabetes care is changing for the better all the time.

Dietitian – an expert in food and nutrition. The dietitian will help you find a meal plan that works for you.

It is a good idea to see a dietitian every 6 months, or when you have problems or questions.

Doctor, Physician’s Assistant (PA) or Nurse Practitioner (NP) – along with you, this professional will lead the healthcare team. In addition to their primary care doctor, some people work with a diabetes expert called an endocrinologist or diabetologist.

Your doctor will talk to you about:
• your treatment plan and goals
• the need for education
• lab tests and results
• other healthcare team members

It is a good idea to ask your diabetes educator about classes you can take. You should take some kind of diabetes class every year, because diabetes care is changing for the better all the time.

Pharmacist – an expert in drugs and how they affect your body.

Pediatrician – trained to take care of foot and lower-leg problems. Your foot doctor can help you learn about caring for your feet, and is the best person to treat any problems with your feet.

Support Groups – sometimes you just need to talk to someone who knows what it’s like to live with diabetes. Ask your healthcare team about local support groups.

Your family and friends – anyone who will support you is part of your team. Allow these people to help you take good care of yourself. It is a good idea to have a family member attend diabetes education classes with you. This will not only give you a second set of eyes and ears, but there will be someone to help you that understands the challenges of Taking Charge of Your Diabetes.

HOW OFTEN SHOULD I SEE MY TEAM?
Of course, you will see your family and friends every day. They will give you lots of support and help you take care of yourself in many ways. You will see your pharmacist almost as often as you visit the pharmacy, and you can ask many questions while you are there. You will likely need an appointment to see the other members of your team.

The team approach is the key to making take-charge management work for you. How often you see your doctor will depend on your health and your treatment plan. With type 2 diabetes, 2 to 4 visits a year are best. If you are having problems or making changes in your treatment plan, more visits may be needed.

Web sites: www.diabeteseducator.org

**UPC Code from a 50- or 100- count size of CONTOUR or BREEZE 2 Test Strips and the original store cash register receipt dated between 10/1/08 – 12/31/08 with product and purchase price circled, in an expert in drugs and how they affect your body. The pharmacists can teach you about:
• how often to take your medicine
• how much medicine to take
• possible side effects

Your doctor will talk to you about:
• your medication and how it works
• how to take your medicine

• Dietitian
• Podiatrist
• Diabetes Educator
• Pharmacist
• Support Groups
• Your family and friends

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WHAT WILL MY TEAM AND I LOOK FOR, AND WHEN?
There are many things you and your health care team need to check to make sure your diabetes is in good control. Some things need to be checked every day; others only once or twice a year. Your healthcare team will help you set your goals. As a guideline, here are some take-charge items you and your team may check:

<table>
<thead>
<tr>
<th>Take-charge item</th>
<th>Best result</th>
<th>How often</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood sugar*</td>
<td>90–130 mg/dL (ADA)</td>
<td>Every visit</td>
</tr>
<tr>
<td>Fasting</td>
<td>90–130 mg/dL (ADA)</td>
<td></td>
</tr>
<tr>
<td>Pre-meal (1–2 hours)</td>
<td>Less than 180 mg/dL</td>
<td></td>
</tr>
<tr>
<td>A1C (3-month test)</td>
<td>Less than 7%</td>
<td>Every 3 mos</td>
</tr>
<tr>
<td>Tests for lipids (blood fats)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Cholesterol</td>
<td>Less than 200 mg/dL</td>
<td>Every year</td>
</tr>
<tr>
<td>LDL Cholesterol</td>
<td>Less than 100 mg/dL</td>
<td>Every year</td>
</tr>
<tr>
<td>HDL (good cholesterol)</td>
<td>More than 40 mg/dL</td>
<td>Every year</td>
</tr>
<tr>
<td>Triglycerides</td>
<td>Less than 150 mg/dL</td>
<td>Every year</td>
</tr>
<tr>
<td>Blood Pressure</td>
<td>Less than 130/80 mmHg</td>
<td>Every visit</td>
</tr>
<tr>
<td>Weight</td>
<td></td>
<td>Every visit</td>
</tr>
<tr>
<td>Foot exam</td>
<td></td>
<td>Every visit</td>
</tr>
<tr>
<td>Microalbumin (urine kidney test)</td>
<td></td>
<td>Every year</td>
</tr>
<tr>
<td>Dilated eye exam</td>
<td></td>
<td>Every year</td>
</tr>
<tr>
<td>EKG</td>
<td></td>
<td>As needed</td>
</tr>
</tbody>
</table>

HELPFUL CONTACTS:
American Diabetes Association
Telephone: 1-800-342-2383
Web site: www.diabetes.org

Juvenile Diabetes Research Foundation
Telephone: 1-800-533-2873
Web site: www.jdrf.org

American Association of Diabetes Educators
Telephone: 1-800-338-3633
Educator referral line: 1-800-832-6874
Web sites: www.diabeteseducator.org www.aadenet.org

Maybe type 2 diabetes has changed your life. Taking Charge of Your Diabetes may change your life with diabetes for the better. As soon as you decide you want to control your disease to live a healthy life, you begin to take charge. It takes some practice and hard work, but the rewards of take-charge management are well worth the effort. Just remember — the power to manage your diabetes is in your hands.

For more information about Diabetes Care Systems and support from Bayer, or help with your diabetes testing supplies, call our toll-free Customer Service Help Line at 1-800-348-8100 (24 hours, 7 days a week).

For more help in managing your diabetes, see a diabetes educator. To find an educator: www.diabeteseducator.org

* American Diabetes Association: Clinical Practice Recommendations, 2007 Supplement 1, January 2007, Page S10, Table 6

WHAT ELSE SHOULD I TALK TO MY HEALTHCARE TEAM ABOUT?
- Flu shot (is it a good idea for me, and when?)
- Pneumonia vaccine (is it a good idea for me?)
- Smoking (how do I quit?)
- Nutrition (how do I make the right food choices?)
- Medications (which ones should I take, and how do I take them?)
- Exercise (how do I make it part of my day?)
- Weight (how do I maintain a healthy weight?)
- Complications (how do I prevent them?)
- Cardiovascular risk reduction (what are the risk factors?)
- High and low blood sugars (how do I prevent them and how do I treat them?)
- Sick day action plan (what do I do when I am sick?)
- Diabetes education (what else can I learn?)
- Foot Care (how do I practice daily foot care?)
- Skin Care (what types of lotions are effective in treating dry skin?)

THE BAYER SIMPLE SAVER PROGRAM MAKES TESTING MORE AFFORDABLE