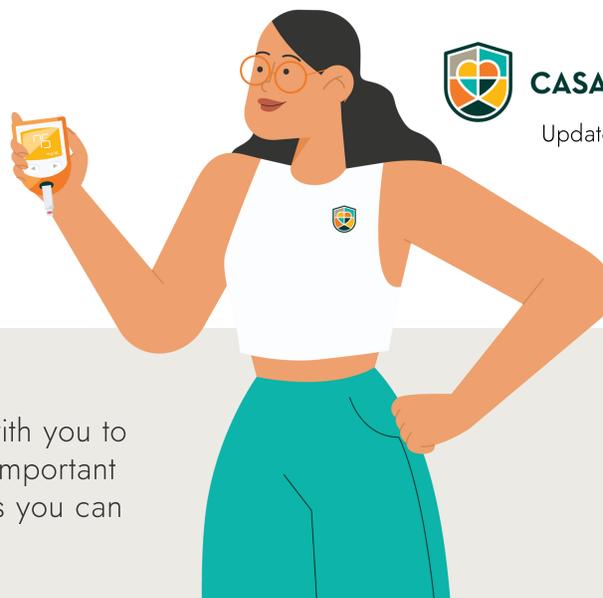


# How can I control my diabetes?



While there's no cure for diabetes, we will work with you to control and treat your diabetes. You are the most important member of your health team! There are many ways you can control diabetes and stay as healthy as possible.

## Track your blood sugar

Tracking your blood sugar (glucose) helps you and your health care provider understand what makes your blood sugar go high, such as eating certain foods, and what helps it go down, such as taking your medicine or actively moving your body.

There are 2 ways to test and track your blood sugar:

### Every day: Use a blood sugar meter at home



A blood sugar meter shows your blood sugar level at that moment in time — like taking a picture. Ask your health team how to use your blood sugar meter, how often you should check your blood sugar, and what your blood sugar levels should be.

Usually, your blood sugar goals should be:

Time of check	Blood sugar level
Before eating breakfast or if fasting	60-90 mg/dl
Before eating an afternoon or evening meal	60-90 mg/dl
1 hour after eating a meal	100-120 mg/dl

If your blood sugar is often higher or lower than the goals below, tell your doctor right away.

### Every 3 to 6 months: Get an A1C test



An A1C test shows your average blood sugar level over the past 2 to 3 months — like making a movie of the past 3 months. When you have diabetes, the goal is to keep your A1C **below 7%**. Ask your health care provider what your A1C number should be.

## Take your prescription medicines as your provider tells you

Your provider may prescribe medicines to lower your blood sugar, such as insulin, metformin, or a sulfonylurea. To make sure your medicine works as it should:

- Take your medicine every day exactly as your provider tells you to, even on the days your blood sugar readings are normal
- Tell your provider if you have any side effects that bother you, so they can adjust your medicine



## Follow a diabetes-friendly, healthy meal plan

Your health team will help you create a meal plan that helps control your blood sugar and includes healthy, nutritious foods like fruits, vegetables, and lean meats (such as chicken and fish). You will need to limit junk foods that have high amounts of sugar and fat, such as cookies and chips. For tips and recipes, visit:

### American Diabetes Association

English | [diabetes.org/healthy-living/recipes-nutrition](https://diabetes.org/healthy-living/recipes-nutrition)

### Centers for Disease Control

English | [cdc.gov/diabetes/managing/eat-well.html](https://cdc.gov/diabetes/managing/eat-well.html)

Español | [cdc.gov/diabetes/spanish/living/eatright.html](https://cdc.gov/diabetes/spanish/living/eatright.html)



Ask a Casa team member to schedule you with a diabetes educator or dietitian so you can create a meal plan to help control your blood sugar.

## Move your body

Just 30 minutes of active movement each day can help you:

- Keep a healthy weight and use the insulin in your body
- Lower stress and sleep better

You don't have to go to a gym – there are many ways to add movement to your day:

- Take a brisk walk or ride a bike
- Work in the garden
- Play outside with your kids or grandkids



## Find ways to lower stress

Stress can cause your body to make hormones that raise blood sugar. It's normal to feel stressed sometimes. But feeling stressed often, over long periods of time, can make your diabetes worse. It can also cause you to crave sweets or eat more than your body needs.

Try these tips to lower stress:

- Do breathing exercises before you sleep or whenever you feel stressed
- Try yoga or meditation



## How can Casa de Salud help?



Casa offers in-person or telehealth appointments on weekdays, evenings, and weekends.

- To schedule an appointment, call Casa de Salud at 314-977-1250.



Casa can also give you resources to learn more.

- To learn about diabetes, visit: [casadesaludstl.org/resources](https://casadesaludstl.org/resources)

- To learn more about diabetes, visit:

- American Heart Association – [heart.org](https://heart.org)
- Mayo Clinic – [mayoclinic.org](https://mayoclinic.org)



CASA de SALUD