
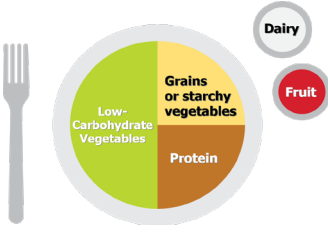









MY DIABETES SUPPORT PLAN

NAME: _____

DATE: _____

Support Plan	Action Plan	Resource Programs
<p>Diabetes Education</p> <p><u>CORPUS CHRISTI</u> 361-561-8584</p> <p><u>VICTORIA</u> 361-703-5441</p> <p><u>MCALLEN</u> 956-668-6300</p>	<p>Your next 3-month follow up appointment with the Diabetes Team is scheduled for:</p> <p>Date: _____</p> <p>Time: _____</p> <p>Location: _____</p>	<p>Diabetes Basics https://www.cdc.gov/diabetes/basics/index.html</p> <p>ADA: Understanding Diabetes https://www.diabetes.org/diabetes</p> <p>Diabetes Self-Management https://www.diabetesselfmanagement.com/</p> <p>Diabetes Health https://www.diabeteshealth.com/</p>
<p>Healthy Eating</p> <p><u>Carbohydrate Budget</u> Starch, fruits, milk, and sweets</p>  <p>Plate Method</p> 	<p>Carbohydrate Choices</p> <ul style="list-style-type: none"> • 3-4 carb choices at breakfast, lunch & dinner • 1-2 carb choices at snacks if needed • Consistent carb choices makes for consistent blood sugars! • Eat the same amount of carbs at each meal. • Practice carbohydrate counting • Remember 15 grams of carbohydrates = 1 carb choice • 3-4 carb choices = 45-60 grams of carbohydrates 	<p>Step Up Scale Down https://stepupscaldown.org/</p> <p>Cooking Well with Diabetes https://healthytexas.tamu.edu/</p> <p>Expanded Food and Nutrition Education Program https://hidalgo.agrilife.org/expanded-nutrition-program/</p> <p>Dinner Tonight https://dinnertonight.tamu.edu/</p> <p>Cooking Well in the RGV https://hidalgo.agrilife.org</p> <p>ADA Nutrition https://www.diabetes.org/nutrition</p> <p>Diabetes Food Hub https://www.diabetesfoodhub.org/</p> <p>CalorieKing https://www.calorieking.com/us/en/</p>
<p>Being Active Exercise</p> 	<p>Exercise Safety</p> <ul style="list-style-type: none"> • Carry a carbohydrate (sugar) • Wear well-fitting athletic shoes • Wear medical identification • Carry a cell phone • Keep hydrated 	<p>Texercise https://healthytexas.tamu.edu/</p> <p>Step Up Scale Down https://stepupscaldown.org/</p> <p>Walk Across Texas https://walkacrosstexas.org/</p> <p>ADA Fitness https://www.diabetes.org/fitness</p> <p>Make Your Workout Work for You http://cdc.gov/features/diabetes-physical-activity/index.html</p>
<p>Healthy Coping</p> 	<p>Tips</p> <ul style="list-style-type: none"> • Exercise • Talk about your problem • Healthy Eating • Relaxation Techniques • Seek Professional Help • Problem Solving Techniques 	<p>Rio Grande Valley Diabetes Association Support Group http://www.rgvdiabetesassociation.info/</p> <p>ADA Mental Health Provider Directory Listing https://professional.diabetes.org/mhp_listing</p> <p>Diabetes and Mental Health https://www.cdc.gov/diabetes/managing/mental-health.html</p>

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<p>Diabetes Medication</p>  <p>DIABETES</p>	<p>Take As Directed</p> <ul style="list-style-type: none"> • Always read the label on new medications • Keep a list of each medication you take • Keep MD up to date on your meds • Never add vitamins, herbs, or supplement without MD approval • Do not share medications <p>DO NOT STOP MEDS WITHOUT ASKING MD</p>	<p>Medication Assistance Program https://healthytexas.tamu.edu/</p>																											
<p>Low Blood Sugar</p>  <p>BG = 70 mg or less</p> <p>Sweating, Shakiness, Confusion, irritability? TEST your blood.</p>	<p>Treatment</p> <ol style="list-style-type: none"> 1. Take 15 grams of a fast-acting carbohydrate. 2. Wait 15 minutes and test your blood sugar again. 3. If your blood sugar is still under 70, repeat treatment. 4. Eat a meal within an hour to prevent the return of low blood sugar. 	<p>Fast Acting carbohydrates</p> <p>(15 gram choices)</p> <ul style="list-style-type: none"> 1/2 cup fruit juice 1 Tablespoon honey 1 Tablespoon sugar 1/2 cup soft drink (not diet) 3 sugar packets 3 glucose tablets 																											
<p>Sick Days</p> 	<p>Treatment</p> <ul style="list-style-type: none"> • The stress of illness can cause higher blood sugars. • Keep taking your insulin and diabetes medications per your doctor's advice! • Drink plenty of fluids. • Test your blood sugar every 4 hours. If you have DM1, test urine ketones too. • If you are unable to eat your regular diet, have 15 grams of soft or liquid carbohydrate every 1-2 hours. 	<p>Liquid and soft carbs *<u>NOT</u> sugar free*</p> <table border="0"> <tr> <td>Soda</td> <td>1/2 cup</td> <td>15g</td> </tr> <tr> <td>Fruit Juice</td> <td>1/2 cup</td> <td>15g</td> </tr> <tr> <td>Milk</td> <td>1/2 cup</td> <td>12g</td> </tr> <tr> <td>Hot cereal</td> <td>1/2 cup</td> <td>15g</td> </tr> <tr> <td>Ice cream</td> <td>1/2 cup</td> <td>15g</td> </tr> <tr> <td>Gelatin</td> <td>1/2 cup</td> <td>20g</td> </tr> <tr> <td>Soup</td> <td>1/2 cup</td> <td>15g</td> </tr> <tr> <td>Pudding</td> <td>1/2 cup</td> <td>30g</td> </tr> <tr> <td>Yogurt, fruited</td> <td>1/2 cup</td> <td>20g</td> </tr> </table>	Soda	1/2 cup	15g	Fruit Juice	1/2 cup	15g	Milk	1/2 cup	12g	Hot cereal	1/2 cup	15g	Ice cream	1/2 cup	15g	Gelatin	1/2 cup	20g	Soup	1/2 cup	15g	Pudding	1/2 cup	30g	Yogurt, fruited	1/2 cup	20g
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