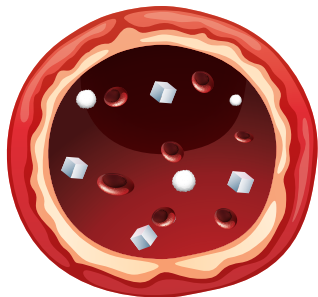


What is diabetes?

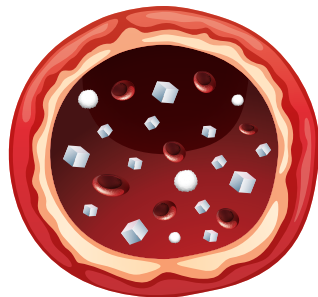
When you have diabetes, your body is not able to turn food into energy. This results in high blood sugar levels in your bloodstream.

Inside your body, food is broken down into sugar (glucose) and transported to cells in your body for energy, with the help of insulin. Insulin is a substance that helps move sugar into your body's cells.

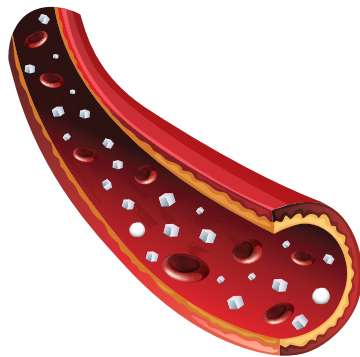
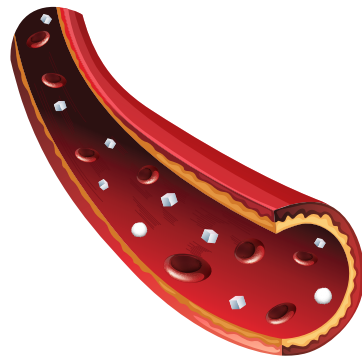
If you have too much sugar in your body and not enough insulin, the sugar in your body stays in your bloodstream.



Normal Bloodstream



High Sugar in Bloodstream



Managing diabetes

Diabetes self-management are the actions you take to control your blood sugar levels and treat diabetes. These include taking the medication your doctor recommends, exercising and keeping track of the sugar levels and food you eat.

Preventative care is also a part of managing your diabetes. These are tests, screenings, and vaccines you get every 3 months or once a year to detect and prevent other serious medical conditions that may be caused by diabetes. It is important to stay up to date with your vaccines and annual screenings.

At the end of this booklet you will find helpful tools for setting goals, and for tracking your medicines, medical tests, and daily blood sugar levels.

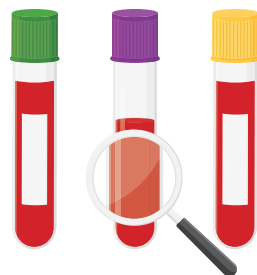


Understanding preventative care tests

What is hemoglobin (Hgb) A1C?

It is a blood test that measures the average amount of blood sugar in your body over the last 3 months. Your healthcare provider orders this test to see how well you are managing your diabetes.

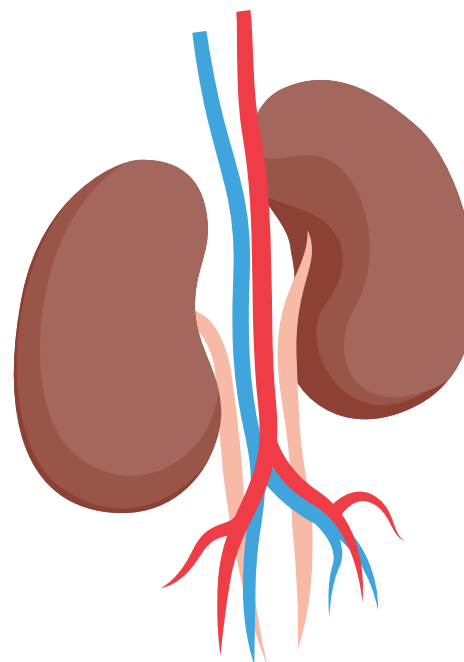
The Hgb A1C test is different from your daily blood sugar levels checked at home using a glucometer. This test is done at your healthcare provider's office.



A1C Level Range

Aim to keep your A1C less than 7% if you have diabetes.

Normal	Below 5.6%	Keep up with your healthy lifestyle.
Prediabetes	5.6–6.4%	Make lifestyle changes. Consider diabetes prevention medications.
Diabetes	6.5–7%	To treat diabetes: Make lifestyle changes. Consider medications for diabetes.
Diabetes	7–10%	Must take medications for diabetes.
Diabetes	10% or above	Insulin may be recommended.



What is glomerular filtration (eGFR)?

It is a blood test that measures how well your kidneys filter blood. Diabetes can damage your kidneys' ability to filter blood. This test is one way to check how well your kidneys are working.

eGFR Levels

A normal level of adult eGFR is 90 or higher.

Age Range	20-29	30-39	40-49	50-59	60-69	70+
eGFR Level	116	107	99	93	85	75

What is albumin-to-creatinine ratio (ACR)?

It is a urine test used to test for albumin, a type of protein, that should be in blood and not in urine. Protein in your urine can mean your kidneys are not filtering your blood well and can be a sign of early kidney disease.

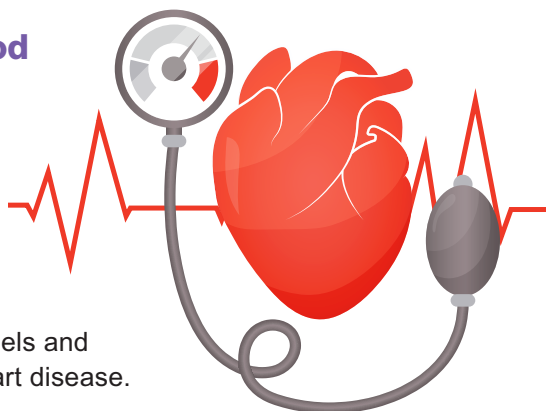
Microalbumin of less than 30 is ideal.



Schedule an appointment with an Erie Health Educator at 312-432-2763 or email healthpromo@eriefamilyhealth.org to get help understanding how these tests are used to monitor your health condition.

What is high blood pressure?

It is the increase in pressure of blood against your arteries that can eventually damage the artery walls. Diabetes can damage blood vessels and increase the risk for heart disease.



A blood pressure reading less than 120/80 is normal. Patients with diabetes and high blood pressure should aim for a blood pressure less than 130/80.

What is cholesterol?

Cholesterol is a waxy substance found in your blood. A lipid panel blood test can give you an idea if your levels are in normal range. If you have diabetes, it is important to keep your cholesterol levels in normal range to avoid health complications. High cholesterol levels can increase the chances of heart attack, stroke, and serious problems.

LDL “Bad” Cholesterol

Less than 100 mg/dL	130–159 mg/dL	160–189 mg/dL	190 mg/dL or more
Ideal for people who have a heart problem	Borderline high	High	Very high

HDL “Good” Cholesterol

MEN

Less than 40 mg/dL	40–49 mg/dL	60 mg/dL or more
Bad	Good	Very Good

WOMEN

Less than 50 mg/dL	50–59 mg/dL	60 mg/dL or more
Bad	Good	Very Good

What other screenings should I do regularly to take care of my health?

In addition to blood tests to track kidney function or blood sugar levels, be sure to get your regular preventative care.



- **Vaccinations**, such as pneumonia, Td/Tdap, flu, shingles, and/or hepatitis B

- **Annual health screenings**, such as colonoscopy, mammography, and cervical screenings



- **Annual dental, vision, and foot exams**
These screenings are important for staying healthy while living with diabetes. You can track these check-ups at the end of this booklet.



Lifestyle changes

Schedule an appointment with an Erie Health Educator at 312-432-2763 or email healthpromo@eriefamilyhealth.org if you would like help understanding your health condition and making lifestyle changes to live a healthier life.

Erie recommends the following changes to manage diabetes.

Nutrition

- Learn about polyunsaturated and monounsaturated fats
- Learn about trans fats and limiting saturated fats
- Schedule an appointment with a health educator
- Attend a health education group class



Physical Activity

- Stay active for at least 150 minutes per week with moderate activity (walking, stair climbing)
- Attend group exercise classes (yoga, Zumba)
- Talk to your doctor if unable to exercise due to a condition



Sleep

- Get 6–8 hours of rest every night
- Talk to your doctor if you are having sleeping problems



Behavioral Support

- Reduce alcohol use
- Participate in a community to learn about your condition



Smoking Cessation

- Consider quitting smoking
- Ask your doctor about nicotine patches or medicine



TRACK YOUR CARE Lifestyle changes

What do I need to do to achieve my nutritional goals?

- 1.
- 2.
- 3.

What do I need to do to achieve my physical activity goals?

- 1.
- 2.
- 3.

Helpful tips for staying on track

- Attend all follow up appointments with your provider.
- Ask your doctor how often you should schedule appointments and get blood work done.
- Monitor your blood sugar and weight at home.
- Are you a CountyCare health plan member? Contact your care coordinator for additional support.
- Learn more about diabetes. Schedule an appointment with a health educator at 312-432-2763 or healthpromo@eriefamilyhealth.org.

TRACK YOUR CARE

Diabetes screenings

My Health Progress

	RESULTADOS DEL PROVEEDOR				
Date of Visit					
Weight					
Blood Pressure (Goal: ____)					
A1C (Goal: ____)					
ACR Urine					
eGFR					
Notes					

Using the scale below, rate how you are doing with exercise, nutrition, and stress management at each visit.



4 = I'm doing great all of the time



3 = I'm doing good most of the time



2 = I'm doing good less than half the time



1 = I'm not doing good

	MY ANSWERS				
Date of Visit					
Exercise					
Nutrition					
Managing Stress					
Heart Health					

TRACK YOUR CARE

Preventative Medical Care

Vaccinations

	Date Received
<input type="checkbox"/> Pneumonia	
<input type="checkbox"/> Td/Tdap	
<input type="checkbox"/> Influenza	
<input type="checkbox"/> Shingles	
<input type="checkbox"/> Hepatitis B	

Regular Cancer Screenings

	Date Received
<input type="checkbox"/> Colonoscopy	
<input type="checkbox"/> Mammogram	
<input type="checkbox"/> Cervical Screening	

Annual Diabetes Wellness Exams

	Fecha de la prueba
<input type="checkbox"/> Foot Exam check daily at home and yearly with doctor	
<input type="checkbox"/> Dental Exam	
<input type="checkbox"/> Vision Exam	

Heart Wellness

	Date Received
<input type="checkbox"/> Heart Risk Exam	

Follow-up Appointments

Appointment Date	Reason

Blood sugar log

Track your blood sugar and the carbohydrates you eat to learn what foods keep your blood sugar in check and what foods to avoid. Food that contains 15 grams of carbohydrates is called “1 carb serving.”

	Date			
Fasting	Blood sugar level			
1 hour after breakfast	Blood sugar level			
	Food eaten			
	Total carbs (grams)			
1 hour after lunch	Blood sugar level			
	Food eaten			
	Total carbs (grams)			
1 hour after dinner	Blood sugar level			
	Food eaten			
	Total carbs (grams)			

Blood Sugar Level Goals

- **Fasting:** 80–130
- **After meals:** Less than 180

Erie Family Health Centers



eriefamilyhealth.org/locations

Erie Division Street Health Center

2418 W. Division St.
Chicago, IL, 60672

Erie Evanston/Skokie Health Center

1285 Hartrey Ave.
Evanston, IL, 60202

Erie Foster Avenue Health Center

5215 N. California Ave.
7th Floor
Chicago, IL, 60625

Erie HealthReach Waukegan Health Center

2323 Grand Ave.
Waukegan, IL, 60085

Erie Helping Hands Health Center

4747 N. Kedzie Ave.
Chicago, IL, 60625

Erie Humboldt Park Health Center

2750 W. North Ave.
Chicago, IL, 60647

Erie Teen Center

2418 W. Division St.
Chicago, IL, 60622

Erie West Town Health Center

1701 W. Superior St.
Chicago, IL, 60622

Erie Johnson School-Based Health Center

1504 S. Albany Ave.
Chicago, IL, 60623

Erie Westside Health Center at Laura S. Ward Elementary

646 N. Lawndale Ave.
Chicago, IL, 60624

High School-Based Health Centers

These centers only treat current students of these schools.

Erie Amundsen School-Based Health Center

5110 N. Damen Ave.
Chicago, IL 60625

Erie Clemente Wildcats School-Based Health Center

1147 N. Western Ave.
Chicago, IL, 60672

Erie Lake View School-Based Health Center

4015 N. Ashland Ave.
Chicago, IL, 60613

High school sites are closed during the summer. Students can go to any other Erie health center for services. Erie Teen Center is recommended for ages 12–24.

Erie is here to help.

**For more information about diabetes,
please call Erie Health Promotions at
312-432-2763 or visit erie.health/diabetes.**

eriefamilyhealth.org • 312-666-3494