



CLAY PLATTE FAMILY MEDICINE
SUMMIT FAMILY AND SPORTS MEDICINE
COBBLESTONE FAMILY MEDICINE CLINIC

Navigating Your Journey with Type 2 Diabetes: A Guide for the Newly Diagnosed

Welcome to a journey of empowerment and better health! Being diagnosed with diabetes might feel overwhelming, but with the right knowledge and support, you can lead a healthy and fulfilling life. This guide aims to provide you with essential information about diabetes and practical tips for managing it effectively.

Understanding Type 2 Diabetes: *Definition:* Type 2 diabetes is a chronic condition characterized by insulin resistance, where your body doesn't use insulin effectively. This leads to elevated blood sugar levels.

Risk Factors:

- Family history
- Sedentary lifestyle
- Unhealthy eating habits
- Age over 45
- Ethnic background

The Role of Lifestyle: *Lifestyle Modifications:*

1. Healthy Eating:

- Focus on balanced meals with lean proteins, high fiber starches, vegetables, and healthy fats. Use the diabetes plate method as a guide for helping to put balanced meals together.
- Begin reducing or eliminating processed foods (made with white flour, added sugar), sugary drinks, and fried foods.

2. Regular Exercise:

- Aim for at least 150 minutes of moderate-intensity exercise per week, such as brisk walking or riding a bike.
- Choose activities you enjoy to make exercise a regular part of your routine.

3. Weight Management:

- Losing even a small amount of weight can improve blood sugar control.
- Work with dietitian to set realistic weight loss goals.

Medications and Monitoring

Successfully managing Type 2 diabetes involves a combination of monitoring blood sugars and taking prescribed medications.

A1C and Monitoring Blood Sugars:

The A1C test gives the big picture when it comes to your blood glucose. It shows how well you're controlling your blood glucose over time by measuring the average blood glucose over the past 2 to 3 months. It's like a "memory" of your blood glucose levels. This is a test you'll have done at your doctor's office.

How do A1C levels relate to average blood glucose levels?

When you get your A1C result, you may see a blood glucose reading next to it. This is another way of showing your average blood glucose levels using the same measurement that you see on your meter, mg/dL (milligrams per deciliter).

A1C = Average Blood Sugar Levels for the Past 2-3 Months	
A1C (%)	Estimated Average Glucose (mg/dL)
12	298
11	269
10	240
9	212
8	183
7	154
6	126

Setting your blood glucose goals

These are the goals that the American Diabetes Association (ADA) recommends for adults with diabetes who are not pregnant. However, your doctor will personalize your plan and set goals that are right for you.

Blood Sugar and A1C Goals	
Time	Goals for adults living with diabetes (nonpregnant)
Before meals	80-130 mg/dL
1-2 hours after starting a meal	Less than 180 mg/dL
A1C	Less than 7%

Keep a Log: Record your blood sugar readings consistently. Note the time, food intake, medications, and any relevant activities. You can use the log sheet in this packet to begin recording blood sugars.

Share with Healthcare Provider: Regularly share your blood sugar log with your healthcare team during check-ups. This information helps in making informed adjustments to your diabetes management plan.

Commonly Prescribed Diabetes Medications:

Several medications are commonly prescribed for the management of Type 2 diabetes. It's important to note that the choice of medication depends on individual health factors, and healthcare providers may tailor the treatment plan accordingly. Here are some commonly prescribed diabetes medications:

1. **Metformin:**

- **How It Works:** Improves insulin sensitivity and reduces glucose production by the liver.
- **Usage:** Often a first-line medication for Type 2 diabetes.
- **Considerations:** Generally well-tolerated; may cause mild gastrointestinal side effects.

2. **Sulfonylureas:**

- **How They Work:** Stimulate the pancreas to release more insulin.
- **Usage:** Usually taken before meals.
- **Considerations:** May cause hypoglycemia (low blood sugar) and weight gain.

3. **DPP-4 Inhibitors:**

- **How They Work:** Increase insulin release and decrease glucose production.
- **Usage:** Typically taken once daily.
- **Considerations:** Generally well-tolerated with a lower risk of hypoglycemia.

4. **SGLT2 Inhibitors:**

- **How They Work:** Lower blood sugar by promoting the excretion of glucose in the urine.
- **Usage:** Once-daily oral medication.
- **Considerations:** May have benefits for heart and kidney health; can increase the risk of urinary tract infections.

5. **GLP-1 Receptor Agonists:**

- **How They Work:** Stimulate insulin release and reduce glucagon secretion after meals.
- **Usage:** Injected once a week or daily.
- **Considerations:** May aid in weight loss; some people may experience nausea.

6. Insulin:

- **How It Works:** Replaces or supplements the body's insulin.
- **Usage:** Different types with varying onset and duration; injections or insulin pens.
- **Considerations:** Requires careful monitoring; may cause hypoglycemia.

These medications may be prescribed alone or in combination, and the specific regimen depends on factors such as blood sugar levels, overall health, and individual preferences. It's crucial to take medications as prescribed, communicate any side effects or concerns with healthcare providers, and attend regular check-ups for adjustments to the treatment plan as needed.

Healthy Coping Strategies:

1. Education and Support:

- Meet with our dietitian and diabetes educator to help create a personalized diet and lifestyle plan for you. *Note: all visits with the diabetes educator are complimentary and unlimited- this is a benefit we provide to all of our patients because we believe this invaluable education should not be restricted based on insurance.*
- Join support groups to connect with others facing similar challenges.

2. Stress Management:

- Practice stress-reducing activities such as deep breathing, meditation, or hobbies.
- Chronic stress can impact blood sugar levels.

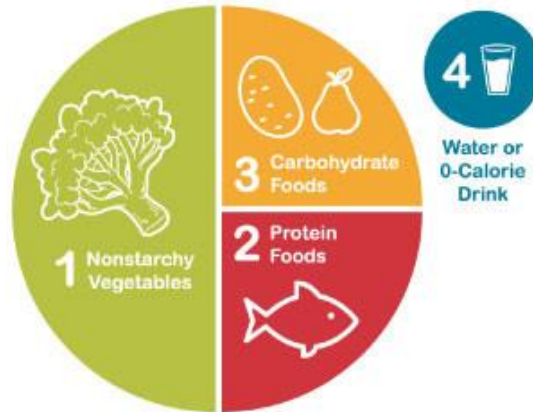
Regular Check-ups and Screenings:

- Schedule regular check-ups with your healthcare team.
- Screenings for complications like eye, kidney, and nerve problems are vital for early detection and prevention.

Remember, managing Type 2 diabetes is a journey that involves making positive lifestyle choices, staying informed, and seeking support when needed. Your healthcare team is here to guide you every step of the way. Embrace the opportunity to take control of your health and lead a fulfilling life with effective diabetes management.

The Diabetes Plate Method:

The Diabetes Plate Method is a simple and effective way to manage your carbohydrate intake, control portion sizes, and maintain stable blood sugar levels.



Components of the Plate:

1. **Half the Plate for Non-Starchy Vegetables:**

- Examples: Spinach, broccoli, cauliflower, peppers.
- Benefits: Low in carbohydrates and high in fiber, helping to control blood sugar levels.

2. **Quarter of the Plate for Lean Proteins:**

- Examples: Chicken, fish, tofu, legumes.
- Benefits: Protein helps with satiety, muscle health, and stabilizes blood sugar.

3. **Quarter of the Plate for Whole Grains or Starchy Vegetables:**

- Examples: Brown rice, quinoa, sweet potatoes.
- Benefits: Provides energy, fiber, and essential nutrients.

Incorporating Healthy Fats:

- Include a small serving of healthy fats, such as olive oil, avocado, or nuts, for added flavor and satiety with meals and snacks.

Drink Choices:

- Opt for water, herbal tea, or other sugar-free beverages to stay hydrated without affecting blood sugar levels.

Balanced Breakfast: *Example:*

- **Half Plate:** Spinach and tomato omelet.
- **Quarter Plate:** Whole grain toast.
- **Quarter Plate:** Greek yogurt with berries.
- **Add:** A sprinkle of chia seeds for healthy fats.

Balanced Lunch: *Example:*

- **Half Plate:** Mixed greens salad with colorful vegetables.
- **Quarter Plate:** Grilled chicken or tofu
- **Quarter Plate:** Quinoa or brown rice.
- **Add:** A drizzle of olive oil for healthy fats.

Balanced Dinner: *Example:*

- **Half Plate:** Roasted broccoli, cauliflower, and carrots.
- **Quarter Plate:** Baked fish or lentils
- **Quarter Plate:** Sweet potato or wild rice.
- **Add:** Sliced avocado for healthy fats.

Balanced Snack: *Example:*

- **Half Plate:** Sliced cucumber and bell peppers.
- **Quarter Plate:** Hummus or a small handful of almonds.
- **Quarter Plate:** Whole grain or almond flour crackers.
- **Add:** A teaspoon of olive tapenade for flavor.

Personalizing Your Plate:

- **Cultural Preferences:** Adapt the Diabetes Plate Method to your cultural or culinary preferences.
- **Consult with a Dietitian:** For personalized advice and meal planning.

Dietitian contact information for *complimentary* diabetes education and nutrition counseling:

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BLOOD GLUCOSE LOG SHEET

Patient Name: _____

Telephone Number: _____

Date of Birth: _____

DATE	BREAKFAST		LUNCH		DINNER		BEDTIME
	BEFORE	AFTER	BEFORE	AFTER	BEFORE	AFTER	



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