
My Diabetes Journey

A Guide to Living Well

An information book for people with Prediabetes or Type 2 Diabetes



HALTON DIABETES PROGRAM OCTOBER 2019

Introduction

Welcome to My Diabetes Handbook

This handbook is your personal diabetes reference guide. It builds on the information that you already know, and provides new information that you gather working alongside your diabetes healthcare team.



Finding out that you have diabetes can come as a shock. It is natural to feel angry or be frightened. You can live well with diabetes – learn as much as you can, seek help from your healthcare team and find support from your friends, family, and community.

If you take care of your diabetes, it will help to prevent health problems in the future. Everyone learns differently and it is important to get all the details that you need. Some people like a lot of detail, while others prefer to know less.

Your diabetes health care team may include:

	Name	Phone Number
Family physician		
Nurse Educator		
Dietitian Educator		
Endocrinologist/Diabetes Specialist		
Social Worker		
Optometrist/Ophthalmologist		
Chiropodist/Podiatrist		
Kinesiologist/Exercise Specialist		

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Each person's experience with their diabetes diagnosis will be different.

If you feel sad for a long period of time, you may be at risk for depression.

Watch for these warning signs:*

- Loss of interest or pleasure in things you usually like to do
- Feeling sad, down or hopeless
- Loss of energy
- A change in your sleep pattern
- Change in appetite
- Trouble concentrating
- Nervousness and/or worry

*** If you have 2 or more of the symptoms listed or wonder whether you may have depression, talk to your doctor or diabetes health care team about how you are feeling.**

Getting help early can help you feel better and make it easier to take care of your health.



What is Diabetes?

Diabetes is a disease in which the body does not make enough insulin, the insulin does not work properly, or both.

This can cause the amount of glucose (sugar) in the blood to be higher than normal.

What are the types of diabetes?

Type 1 Diabetes:

- The pancreas does not make insulin
- People with Type 1 must take insulin
- This most often occurs in people 30 years and younger

Prediabetes:

- Blood glucose is higher than normal but not yet high enough to be diagnosed with Type 2 diabetes
- People with prediabetes are at risk of developing Type 2 diabetes

Type 2 Diabetes:

- The body cells cannot use insulin properly. This is called insulin resistance
- The pancreas does not make enough insulin
- The liver sends out too much glucose
- This is the most common form of diabetes

Gestational Diabetes:

- Blood glucose levels rise during pregnancy creating diabetes during pregnancy
- Blood glucose levels usually return to normal after giving birth
- Mother and baby are at higher risk of developing Type 2 diabetes in the future

What are the risk factors for developing diabetes?

- Being 40 years of age or older
- Having a close relative (parent or sibling) who has type 2 diabetes
- Being a member of a high-risk population, such as those of African, Arab, Asian, Hispanic, Indigenous or South Asian descent
- Having a history of prediabetes
- Having some evidence of the complications of diabetes, such as eye, nerve or kidney problems
- Having heart disease
- Having a history of gestational diabetes
- Having high blood pressure
- Having high cholesterol
- Being overweight, especially around your abdomen
- Having a history of giving birth to a baby that weighed over 4kg (9lb) at birth
- Having obstructive sleep apnea

How was I diagnosed?

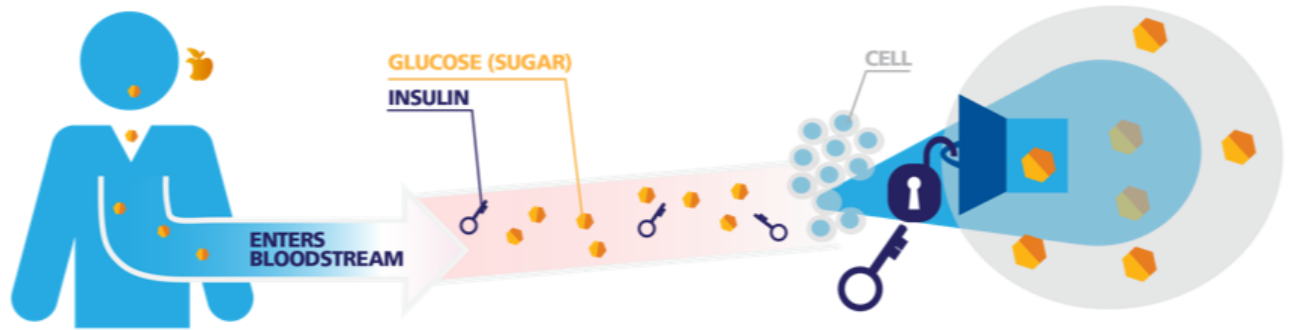
	Prediabetes	Diabetes**	Definitions
Fasting Blood Glucose	6.1 – 6.9 mmol/L	7.0 mmol/L or greater	Fasting: Nothing to eat or drink (except water) for at least 8 hours
Random Blood Glucose		11.1 mmol/L or greater + symptoms of diabetes	Random: Any time of the day
2 hour Glucose Level in a 75 gram Oral Glucose Tolerance Test	7.8 – 11.0 mmol/L	11.1 mmol/L or greater	Classic symptoms of diabetes: Increased urination / thirst / hunger, and unexplained weight loss
A1C	6 – 6.4%	6.5% or higher	** A second lab blood test must be done on another day to confirm the diagnosis. If there are symptoms of high blood glucose, then a second blood test is not required.



What happens in my body when I have diabetes?

- Much of the food you eat is broken down into glucose
- The glucose moves from your stomach into your bloodstream
- Your body makes a hormone called insulin (which is produced in the pancreas)
- Insulin moves the glucose from the blood into your body's cells, where the cells can use glucose for energy or stored for later use

How food, sugar, and insulin impact your body



Food gives your body's cells the energy they need.

Foods are broken down into sugar (glucose), which enters your bloodstream and travels to different cells in your body.

Insulin helps move sugar out of your blood and into your cells so your blood sugar goes down.

- When you have diabetes, your body does not make enough insulin or the insulin does not work properly
- In type 2 diabetes, your body does not use insulin properly. This is called insulin resistance
- At first, the pancreas makes extra insulin to make up for it, but, over time your pancreas isn't able to keep up, and can't make enough insulin to keep your blood glucose levels normal
- When glucose builds up in the blood instead of going into cells, it can cause two problems:
 - Right away, your cells may be starved for energy
 - Over time, high blood glucose levels may damage your eyes, kidneys, nerves or heart

Why should I manage my diabetes?

Over time high amounts of glucose can damage your blood vessels and your body.

When you manage your diabetes, you will have more energy, improve your health and avoid or delay long term complications of diabetes.

What types of long term complications can occur?

Diseases of the Large Blood Vessels

- Affect the blood vessels supplying the heart, brain, legs and feet
- Risk of heart attack, stroke and complications related to poor circulation

Kidney Disease

- Affect the small blood vessels in the kidneys
- Kidneys cannot work properly and can leak protein into the urine

Eye Complications

- Affect the small blood vessels in the eye
- May lead to loss of sight

Nerve Damage

- Damaged nerves can cause pain and loss of feeling in the hands and feet, problems with stomach and problems with sexual relations

Foot Complications

- Foot problems can happen when there is nerve damage in the feet and/or when blood circulation is poor

What can I do to check for complications?

Regular checks for these complications help monitor your health. Speak to your diabetes health care team to help determine what is best for you

Preventing Complications

To help keep your blood glucose, blood pressure, and blood cholesterol level(s) at target, and help prevent complications, manage your diabetes ABCs:

A: A1C (3 month average of your blood glucose)

Less than or equal to 7%

B: Blood Pressure

Less than 130/80

C: LDL Cholesterol*

Less than 2.0 mmol/L

Total cholesterol/HDL – Less than 4.0 mmol/L

*LDL is known as the bad cholesterol in your blood. HDL is known as the good cholesterol in your blood.

High levels of A1C, blood pressure and LDL cholesterol can damage blood vessels. The vessels get blocked and are less flexible. Blood flow is reduced to your heart and other locations in your body such as your brain, kidney, eyes, and feet.

Testing Blood Glucose Levels

Should I test my blood glucose?

Testing your blood glucose helps you know what is happening in your body. You can track your blood glucose patterns. This information will help you to manage your diabetes. Remember to discard your used lancets in a special sharps container obtained from the pharmacy.

Note: If you have prediabetes, it is not necessary to test your blood glucose levels.

What are my target blood glucose levels?

The target levels listed below are for most people with diabetes.

Talk to your diabetes healthcare team about the target that is right for you.

Target Blood Glucose Fasting or Before Meals	Target Blood Glucose Two Hours After Meals	Target A1C
4.0 – 7.0 mmol/L	5.0 – 10.0 mmol/L	7% or less

You might want to check your blood glucose:

- When you first wake up
- Before any meal
- 2 hours after you eat
- Bedtime

What is the A1C (Glycated Hemoglobin)?

The A1C:

- Is a blood test done at the laboratory
- Measures how much glucose is attached to a red blood cell
- Gives an indication of your blood glucose levels for the past three months
- Target level for most people is 7% or less. Higher A1C levels put you at risk for developing health problems caused by high blood glucose levels

A1C and Estimated Average Blood Glucose

A1C %	Average Blood Glucose (mmol/L)
14	19.7
13	18.1
12	16.5
11	14.9
10	13.4
9	11.8
8	10.2
7	8.6
6	7.0
5	5.4

Your A1C test result corresponds to your average glucose level before and after meals over the previous 3 months.

What is a high blood glucose (hyperglycemia)?

If your blood glucose is above your target range, this is called hyperglycemia.

Causes of hyperglycemia:

- Eating/drinking too much food
- Increased stress or being sick
- Forgetting to take diabetes medication or requiring a change in amount of diabetes medication

You may feel:

- Hungry
- Extreme thirst
- Fatigue
- Weak

You may have:

- Frequent urination
- Blurred vision

Some people who have hyperglycemia have no symptoms.

You may only know you are having hyperglycemia from your blood glucose testing. Speak to your healthcare team if you are experiencing hyperglycemia.



What is a low blood glucose (hypoglycemia)?

Low blood glucose is when your blood glucose is less than 4 mmol/L.

Causes of hypoglycemia:

You may be at risk for hypoglycemia when you take certain diabetes medications (e.g. Gliclazide, Glyburide, Glimeperide or Repaglinide) and/or insulin, and if you:

- Do not eat at regular times or miss meals or snacks
- Eat less carbohydrate than usual
- Do more exercise or activity than usual
- Take more diabetes medication or insulin than you need
- Drink alcohol

You may feel:

- Headache
- Blurry eyesight
- Hunger
- Irritability
- Sweating
- Dizziness
- Fast heartbeat
- Shaky
- Anxiety
- Weakness, feeling tired

If you feel you are experiencing hypoglycemia, speak to your healthcare team for more information.



How do I eat well to help manage my diabetes?

① Eating Well

Do I have to be on a special diet because I have diabetes?

No. Like anyone, it is important to ensure you are eating a healthy diet that includes:

- vegetables
- fruit
- whole grains
- low fat milk and milk alternatives
- lean meats, poultry, fish or vegetarian protein
- small amounts of healthy fats such as oils, nuts and seeds



Choose a variety of foods for good health

Do I have to eat three meals and three snacks every day?

No. A strict eating schedule is not needed. Eating regularly can help you get all the nutrients your body needs to stay healthy. Eating at regular times can also help control blood glucose levels and may help control your appetite.

Try to:

- **Eat 3 meals/day**
- **Space meals 4-6 hours apart**
- **Snack (if needed) 2-3 hours after meals**



What do I eat?

A balanced healthy diet contains foods with carbohydrates, protein and healthy fats.



What food groups provide carbohydrate?

The food groups that provide carbohydrates:

- Grains and starches
- Fruits
- Vegetables
- Milk and alternatives
- Other choices (sweets, jam, sugary drinks, honey)

The food groups that do not have carbohydrates:

- Non-starchy vegetables

What food groups provide protein?

- Meat and alternatives

What food groups provide fat?

- Fats and oils

Do I need to avoid carbohydrates?

No. Carbohydrates provide your body with energy. Many carbohydrate containing foods also give you vitamins, minerals, and fibre.

You can choose carbohydrates in moderation to help manage your blood glucose.

Increases Blood Glucose

Carbohydrate Foods

Breads, Crackers, Roti, Tortilla, Chapatti, Cereal, Grain (Rice, Barley, Corn), Pasta, Noodles, Potatoes, Corn, Yams, Fruits, Juices, Milk, Yogurt, Soy Beverage (Unsweetened), Sweet Foods, Snacks (Potato Chips, Pretzels)



Little or no increase in blood glucose

Protein



Fish, Poultry, Meat, Eggs, Cheese, Cottage Cheese, Plain Greek Yogurt, Beans & Lentils, Tofu, Nuts, Seeds, Peanut Butter, Nut Butters, Paneer

Vegetables**



*Beans and lentils contain carbohydrate, but raise blood glucose less than most other carbohydrate foods.

** Parsnips, peas and winter squash can increase blood glucose if eaten in large amounts

Fats



Oils, Salad Dressing, Margarine, Butter, Avocado, Ghee

Extra



Water, Coffee, Tea, Sugar-Free Pop

Remember to watch portions. Consuming more energy than your body needs from foods that provide carbohydrate, protein or fat will contribute to weight gain.

How much carbohydrate do I need?

These are three methods that can help you determine how much carbohydrate you need.

1. Healthy Plate

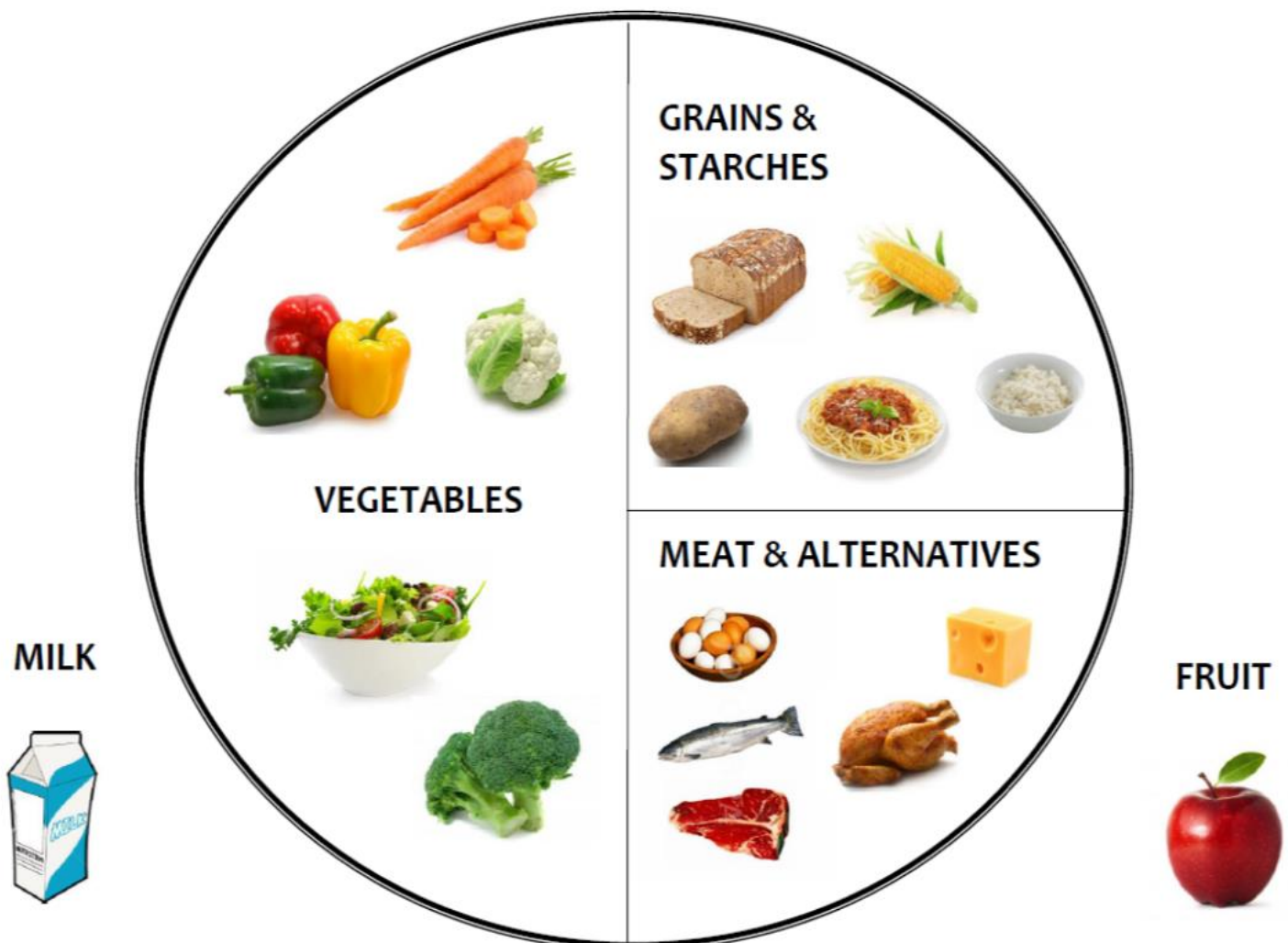
Dividing your plate into food groups can help you plan a balanced meal.

Use this picture as a guideline to help you keep healthy servings on your plate.

Include:

- $\frac{1}{2}$ plate vegetables
- $\frac{1}{4}$ plate grains and starches
- $\frac{1}{4}$ plate meat and alternatives

Complete your meal with a serving of low-fat milk or milk alternative and a piece of fruit. Milk or milk alternative and fruit can be used as a snack.



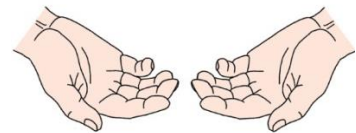
2. Portion Method

A simple way to track carbohydrates is to:

- limit grains and starches to the size of your fist and $\frac{1}{4}$ of your plate
- limit fruit serving to the size of your fist
- limit milk to 250 mL or 1 cup
- select diet pop (sugar-free beverage) rather than regular pop

Use these pictures to help you choose healthy servings from each of the food groups.

Vegetables – Choose as much as you can hold in both hands
(Provides 1 to 2 cups)



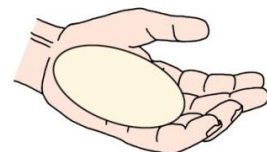
Grains and starches – Choose an amount up to the size of a small fist or a tennis ball
(Provides $\frac{1}{2}$ to 1 cup)



Fruit – Choose an amount up to the size of a small fist or a tennis ball
(Provides $\frac{1}{2}$ cup to 1 cup)



Meat and Alternatives – Choose an amount up to the size of the palm of your hand and the thickness of your little finger
(Provides 2 to 3 ounces)



Fats – Limit fat to an amount the size of the tip of your thumb
(Provides 1 teaspoon)



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If the portions method or plate method does not keep your blood glucose within target levels, carbohydrate counting may help.

3. Carbohydrate Counting

This method provides flexibility with your food choices. You and your dietitian determine how much carbohydrate is best for you at each meal and snack. This may be the same from meal to meal or may be different depending on your needs.

Note: Individuals with prediabetes do not need to count carbohydrates.

What resources will help me with carbohydrate counting?

- Food charts that indicate carbohydrate amounts
- Food labels
- Nutrition information available from the internet, phone apps

NOTES:

Carbohydrate Portions

1 cup = 250 mL

½ cup = 125 mL

The following portion sizes each give 15 grams of carbohydrate which is 1 carbohydrate choice:

Grains & Starches	Fruits	Milk & Alternatives	Other Choices
1 slice bread or small roll	1 medium apple, pear	1 cup milk	1 tbsp (3 tsp sugar)
¼ of a 4 ½ inch bagel	1 small banana	1 cup soy beverage	½ small muffin
½ English muffin	1 cup blueberries	¾ cup plain yogurt	3 plain cookies
½ cup dry cereal	1 cup melon	½ cup ice cream	1 tbsp jam, jelly or honey
¾ cup hot cereal	2 cups strawberries, raspberries	½ cup milk pudding (no sugar added)	
½ cup cooked rice	1 cup or 1 large peach	¾ cup artificially sweetened yogurt	
½ cup cooked pasta	2 medium kiwis	½ cup frozen yogurt	
½ cup corn, 1 small cob	15 cherries, grapes		
½ cup cooked quinoa	½ medium mango		
7 soda crackers	¾ cup pineapple		
1 – 6" Roti, chapatti	2 medium apricots		
1 – 6" tortilla	2 tablespoons raisins		
2 small cookies	2 medium clementines		
½ cup mashed potato	2 medium mandarins		
½ medium potato	1 medium orange		
½ cup sweet potato	½ cup applesauce		
3 cups popcorn	2 medium plums		
½ cup beans, (kidney, white), <i>cooked</i>	2 medium prunes		
½ cup lentils (dhal), <i>cooked, thick</i>	½ cup apple or orange juice		
1 cup lentils (dhal), <i>cooked, thin</i>			
½ medium naan			
1 medium dosa			
1 medium idli			

Balance each meal with Protein and Vegetables

Non-Carbohydrate Foods

Meat & Alternatives	Vegetables	Notes
Cheese, <i>low fat</i> (< 20% M.F.)	Asparagus	
Cottage cheese (1-2% M.F.)	Beans, <i>green or yellow</i>	
Greek yogurt, <i>plain or artificially sweetened</i>	Beets	
Egg	Broccoli, Cauliflower	
Fish, <i>canned or drained</i>	Celery	
Fresh fish	Cabbage	
Meat, <i>lean cut</i>	Carrots	
Meat, <i>game</i>	Cucumber	
Meat, poultry, <i>lean ground</i>	Eggplant	
Meat, <i>organ & tripe</i>	Lettuce, greens (spinach, kale)	
Meat, <i>prepared low fat</i>	Onion	
Peameal / back bacon	Mushrooms	
Peanut butter	Okra	
Poultry, <i>skinless</i>	*Parsnips	
Shellfish	*Peas, snow peas	
Tofu, <i>firm</i>	Peppers	
Vegetarian meat alternatives	*Winter squash	
	Tomatoes	
	Turnip	
	Zucchini	

*Parsnips, peas and winter squash can increase blood glucose levels if eaten in large amounts.

How to count grams of carbohydrate on a food label:

1. Look at the Nutrition Facts on the food label

2. Look for serving size at the top of the Nutrition Facts table

- The information in the table is based on this serving size

3. Look for the carbohydrate grams

- Carbohydrate grams include fibre, sugar and starch
- Starch is not always listed
- Fibre does not raise your blood sugar

4. Subtract the fibre grams from the carbohydrate grams.

This equals the amount of carbohydrate that will affect your blood glucose

Nutrition Facts	
Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Calories 110	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 26 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 450 mg	10 %
Calcium 30 mg	2 %
Iron / Fer 0 mg	0 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

How many carbohydrate choices are in the serving size?

(1 carbohydrate choice is about 15 grams carbohydrate)

Wonder White Bread



Nutrition Facts

Per 2 slices (75 g)

Amount	% Daily Value*
Calories 190	
Fat 2.5 g	4%
Saturated 0.5 g	
+ Trans 0 g	3%
Carbohydrate 38 g	13%
Fibre 2 g	8%
Sugars 3 g	3%
Protein 6 g	
Cholesterol 0 mg	0%
Sodium 320 mg	13%

*5% or less is a little, 15% or more is a lot

Country Harvest Grains + Fibre with Chia



Nutrition Facts

Per 1 slice (38 g)

Amount	% Daily Value*
Calories 80	
Fat 1 g	2%
Saturated 0.4 g	
+ Trans 0 g	2%
Carbohydrate 17 g	6%
Fibre 7 g	28%
Sugars 3 g	3%
Protein 4 g	
Cholesterol 0 mg	0%
Sodium 115 mg	5%
Potassium 65mg	2%

*5% or less is a little, 15% or more is a lot

Dempster's 100% Whole Grains Ancient Grains with Quinoa



Nutrition Facts

Per 1 slice (38 g)

Amount	% Daily Value*
Calories 100	
Fat 1.5 g	2%
Saturated 0.4 g	
+ Trans 0 g	2%
Carbohydrate 17 g	6%
Fibre 2 g	8%
Sugars 1 g	1%
Protein 4 g	
Cholesterol 0 mg	0%
Sodium 150 mg	6%
Potassium 95mg	3%

*5% or less is a little, 15% or more is a lot

1. Serving size = 2 slices

2. Carbohydrate 38 g —
Fibre 2 g = 36 g of
available carbohydrate

3. Number of carbohydrate
choices is about 2

1. Serving size = _____

2. Carbohydrate _____ —
Fibre _____ = _____ of
available carbohydrate

3. Number of carbohydrate
choices is about _____

1. Serving size = _____

2. Carbohydrate _____ —
Fibre _____ = _____ of
available carbohydrate

3. Number of carbohydrate
choices is about _____

Notes:

Keeping Your Heart Healthy

Remember, healthy eating is a way to manage your blood glucose, blood pressure and blood cholesterol levels. Following healthy heart guidelines can help manage your weight, cholesterol and blood pressure, which can help you lower your risk of heart disease.

Healthy Weight

If you're at a healthy weight, try to stay there. If you have extra weight, losing even 5-10% of your weight may help to lower your risk for heart disease and other diseases.

For example, a person who weighs 200lbs would aim to lose 10-20lbs.

Fibre

Eating more fibre helps you manage your blood glucose levels. Fibre slows the digestion of food and slows the movement of glucose into your blood. This helps to keep blood glucose from rising too high after a meal.

Eating more fibre may also help lower your blood cholesterol.

Tips to increase your fibre intake:

- Look at the Nutrition Facts label to find foods higher in fibre
- Choose whole grain breads, cereals and pasta
- Try quinoa, barley, bulgur and brown rice more often
- Eat high fibre cereal – by itself or mixed with another cereal. High fibre foods have 4 or more grams of fibre in one serving)
- Eat legumes such as peas, beans and lentils more often. Add them to soups, salads, casseroles and spaghetti sauce. Try baked beans, refried beans, hummus or falafels
- Choose vegetables or fruit at every meal. Choose at least 4 servings of vegetables and 3 servings of fruit daily
- Eat more plant-based foods – consider meatless meals 1-2 times/week
- Drink more fluid when you increase the amount of fibre you eat

Fat

Fat is needed by your body for many important functions. A balanced diet includes sources of healthy types of fat. Choosing healthy fats and limiting unhealthy fats can help reduce your risk of heart attack and stroke by lowering the level of LDL “bad” cholesterol in your blood while maintaining the level of HDL “good” cholesterol in your blood

Use heart healthy fats every day

- Replace solid fats with oils that are liquid at room temperature
- Choose up to 5 teaspoons of healthy fats per day
- Good choices include olive oil, canola oil, soy bean oil, safflower oil, peanut oil and non-hydrogenated soft margarines
- Fatty fish, peanuts, nuts, seeds and avocado are also sources of healthy fats
- Eat more fish. Include 2-3 servings of fresh, frozen and low-sodium canned fish every week
- Good choices include salmon, mackerel, trout, herring, sardines, tuna and Arctic char
- Try unsalted nuts or seeds as a snack
- Sprinkle ground flaxseed, chia, pumpkin or hemp seeds on cereal, yogurt or salads

Limit unhealthy fats

- Limit processed meats such as deli meats, sausages, wieners and bacon
- Choose lean meats (1-2 servings/week), skinless poultry and fish more often
- Limit egg yolks to 2-3 per week
- Use less meat: replace meat with beans, peas, lentils and tofu more often
- Avoid trans fat if possible. Trans fat can be found in foods that contain partially hydrogenated vegetable oils or shortening. Check the labels on foods such as processed baked goods, snack foods, frozen entrees, fast foods, cookies and crackers
- Limit high fat dairy products such as butter, full fat cheese, cream, ice cream and whole milk

NOTES:

Sodium

- Read labels and compare packages to find foods lower in sodium. Look for foods that have a % Daily Value (DV) of 5% or less for sodium
- Limit salty foods, processed and packaged foods such as restaurant foods, pickles, crackers, snack foods, deli meats, canned and dry soup, sauces and condiments
- Avoid shaking salt on food, and use little or no salt in cooking
- Choose fresh, unprocessed and homemade meals and snacks with little or no added salt
- Flavour foods with spices, herbs, garlic, lemon juice and vinegar instead of salt

Alcohol

Talk to your doctor and your diabetes educator about whether alcohol is safe for you. If you choose to drink alcohol, moderation is the key!

Canada's Guidelines for Low Risk Alcohol intake suggest the following:

- **Women:** 2 or less drinks per day and less than 10 drinks per week
- **Men:** 3 or less drinks per day and less than 15 drinks per week

One drink of alcohol is:

- 12 ounces (341mL) of beer or cider
- 5 ounces (142mL) of wine
- 1 ½ ounces (43mL) of liquor

Remember that alcohol is high in calories. Mixes such as juice or regular pop add sugar and more calories to alcohol. Limit higher sugar drinks like coolers, liqueurs, dessert wines and mixed drinks.



READ FOOD LABELS FOR SODIUM AND FAT

The Nutrition Facts table on the food label has information to help you make healthy choices.

The Daily Value tells you whether a food has a little or a lot of a nutrient in one serving. The Daily Value is on the right hand side of the Nutrition Facts table.

Check the Daily Value

5% or less is a little

- Choose foods with less saturated fat, trans fat, and sodium

15% or more is a lot

- Choose foods with more fibre, vitamins, calcium, and iron



NOTES:

② Keeping Active

Why should I be active?

- Helps control your blood glucose, blood pressure and cholesterol
- Helps control your weight
- Helps make your own insulin work better
- Improves your circulation
- Helps you feel better

How much activity?

Diabetes Canada recommends:

- 150 minutes of aerobic activity each week
- At least two resistance sessions a week

Start slowly and increase gradually. Try to be physically active a minimum of 30 minutes a day, and this can be done in 10 minute increments.

What are examples of aerobic activity?

Aerobic activity is any activity that increases your heart rate such as:

- Walking, mall walking, pole walking
- Running
- Swimming
- Gardening
- Housework such as vacuuming or washing floors
- Biking
- Dancing
- Golfing
- Skiing, skating
- Chair exercises



What are examples of resistance activities?

Resistance activity is any activity where you are using your muscles to push or pull such as:

- Yoga
- Push-ups, planking, crunches
- Using weights or resistance bands (Do 2-4 sets at light to moderate intensity with 10-15 repetitions per set. Leave 2 days between when exercising the same muscle group)



Stop exercising immediately if you:

- Have chest pain, shortness of breath or irregular (abnormal) heart beat
- Feel faint, dizzy, nauseated or sick to your stomach
- Have any signs of low blood glucose (see page 13)
- Have any unusual pain

What should I think about before starting a new activity?

- Talk to your healthcare provider if you have not been active or you plan to increase the intensity of your activity. You and your healthcare provider can create an activity plan that is safe for you.

③ Diabetes Medication

Type 2 Diabetes Medications

There are many kinds of medications and each type has a different action. Sometimes more than one medication is needed to help reach your target blood glucose levels.

Diabetes medications are always changing. Speak to your diabetes health care team if you do not see your medication listed below:

Diabetes Medication	Action
Glucophage [®] , Glumetza [®] (metformin)	Decreases the release of stored glucose from the liver and helps insulin work better
Invokana [®] (canagliflozin) Forxiga [®] (dapagliflozin) Jardiance [®] (empagliflozin)	Helps your body get rid of more glucose through your urine
Januvia [®] (sitagliptin) Onglyza [®] (saxagliptin) Trajenta [®] (linagliptin) Nesina [®] (alogliptin)	Helps your pancreas release more insulin when you eat and decreases the release of stored glucose from the liver
Byetta [®] (exenatide) Victoza [®] (liraglutide) Eperzan [®] (albuglutide) Bydureon [®] (exenatide for extended release) Trulicity [®] (dulaglutide) Ozempic [®] (semaglutide) Adlyxine [®] (lixisenatide)	Injectable medication that helps your pancreas release more insulin and the liver release less glucose
Diamicron/Diamicron MR [®] (gliclazide, gliclazide mr) Amaryl [®] (glimepiride) Diabeta [®] (glyburide) Gluconorm [®] (repaglinide)	Helps your pancreas release more insulin When you take these pills, you need to carry fast acting carbohydrate in case you need to treat hypoglycemia suddenly Caution: These pills increase your risk of hypoglycemia (low blood glucose)
Insulin	Works like a key to open cells to let glucose in Caution: This medication increases your risk of hypoglycemia (low blood glucose)

What about insulin?

If you have Type 2 diabetes, you may need to take insulin to help you keep your blood glucose at target. It is common to use insulin at any time along your diabetes journey.

You may need insulin:

- With other diabetes medication
- Instead of other diabetes medications
- Temporarily while you are sick, stressed, pregnant or having medical problems or surgery

There are many other types of medications that help to manage diabetes. Talk to your diabetes health care team if you have questions about your medications.

What should I remember about my medications?

- Carry a list of all medications you are taking with you at all times. Include the name of the medication, how often you take it, and the amount you take each time
- Take your medication as prescribed by your healthcare provider
- Talk to your healthcare provider to know the time to take your medications
- Tell your healthcare provider what other medications/alternative medications you are taking because certain medications may affect the way other medications work

MedsCheck is a program offered by the Ministry of Health and Long Term Care for people taking three or more medications or who have diabetes. A pharmacist will review your medications to make sure everything is correct.

**Talk to your pharmacist
about getting a MedsCheck**



MEDICATION SHOULDN'T BE CONFUSING **MedsCheck**

What should I do to keep my feet healthy?

DO

- » Check your feet every day:
 - Check for breaks in the skin, blisters, bruises, infections, dry skin, and hard areas
 - Look at the top and bottom of each foot and between the toes
 - Look for changes in colour
 - Feel for changes in temperature



Use a mirror to help you see and if you have trouble seeing, have a family member, friend or care helper look at your feet once a week.

- » Check your shoes before wearing. Check inside your shoes for sharp or hidden objects
- » Buy shoes late in the day when your feet are most swollen
- » Check the temperature of bath water before you get in to make sure it will not burn your feet
- » Cut your toe nails straight across to avoid ingrown toe nails and cuts to the skin
- » Use cream for dry skin on the top and bottom of your feet. Avoid cream between the toes
- » Change your socks daily
- » Wear clean, supportive shoes with heels less than 5cm (2 inches) high
- » Wear shoes or slippers to prevent injuries from sharp objects

DO NOT

- » Walk barefoot
- » Treat your own ingrown toenails
- » Wear tight fitting socks or shoes that can further restrict circulation
- » Apply heat to your feet
 - Poor circulation may prevent you recognizing a dangerous temperature
- » Cut your own corns or calluses
 - This may cause an open area and lead to an infection

Diabetes Identification

Healthcare providers need to know immediately if you have diabetes.

In case you are unable to speak or get confused in an emergency situation, it is important that you wear a medical ID such as a bracelet or necklace at all times.

- MedicAlert® is one of the best known emergency health information providers
- When you register with MedicAlert®, they will send you an ID bracelet or necklace that tells others that you have diabetes
- Your health information will also be available by phone to emergency healthcare providers 24 hours a day from anywhere in the world

Call 1-866-679-3295 (toll free) OR
register online at
www.medicalert.ca



④ My Action Plan



Goal: Name something **YOU** want to do about your health in the next week or two

Describe your idea in detail and be specific:

What is it?

Where?

How often / long / much?

When?

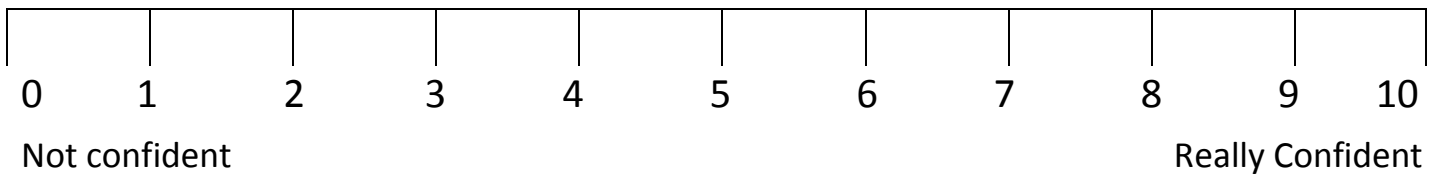
Start date?

What are some of the barriers that may come in the way of my plan?

What is my plan to overcome these barriers?

What is my confidence level in carrying out my plan?

(Please circle the grid below)



How will I check up on my Action Plan?

Who will I follow up with?

When and how often would I like to follow up?

How will I follow up?
(in person, phone)

Adapted from the Stanford Patient Education and from the Centre for Collaboration, Motivation and Innovation

Where can I get more information and support?



General Information:

www.diabetes.ca

Diabetes Canada

www.health.gov.on.ca

Stand Up to Diabetes

www.hc-sc.gc.ca

Health Canada

www.peelregion.ca

Peel Public Health

www.halton.ca

Halton Public Health

www.health.gov.on.ca/en/public

Health Care Connect

Healthy Eating:

www.unlockfood.ca

Unlock Food

www.dietitians.ca

Dietitians of Canada

Reducing Risks of Complications:

www.heartandstroke.ca

Heart and Stroke Foundation

www.kidney.ca

The Kidney Foundation

www.cnib.ca

Canadian National Institute for the Blind

Additional Health Websites:

www.maximizeyourhealth.ca

Self-Management Support

Maximize Your Health

www.ontario.ca/page/get-medical-advice-telehealth-ontario

Toll Free: 1-866-797-0000

Telehealth Ontario