

# 7 STEPS FOR BETTER LIVING WITH DIABETES

## 1

### EAT HEALTHY



Eat lots of vegetables and fruit  
Reduce or eliminate sugary foods and drinks  
Watch or reduce carbs



Watch portion sizes



Eat regular meals



Lose 10–20 pounds if you are overweight

## 2

### BE ACTIVE



Exercise 5 days a week



Be active 30 minutes a day

## 3

### MONITOR



Check your blood sugar levels;  
know your A1C



Check your blood pressure,  
cholesterol, eyes, feet and teeth

## 4

### TAKE MEDICATION



Know your pills and insulins,  
understand how they work  
and take the right doses at  
the right times

## 5

### PROBLEM SOLVE



Recognize your high and low  
blood sugars, understand what  
caused them and learn to treat  
and prevent them

## 6

### REDUCE RISK



Quit smoking



Do regular health exams  
(eye, foot & dental)



See your doctor regularly  
for check-ups and tests

## 7

### COPE WELL



Get support from your family,  
friends and diabetes care team



Set realistic goals and  
work toward them



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Health**

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# Educating Diabetic Patients

**B Lingard**



## **Educating Diabetic Patients:**

**Educating Your Patient with Diabetes** Katie Weinger, Catherine A. Carver, 2008-10-22 Diabetes affects an estimated 20 million people in the United States with many people remaining unaware that they suffer from the disease While the number of diabetics continues to rise the number of caregivers who specialize in diabetes treatment does not In **Educating Your Patient with Diabetes** Katie Weinger and Catherine Carver assemble commentary from a panel of leading diabetes practitioners and researchers and put together a highly readable guide to supplying patients with diabetes with the information and ability to successfully cope with their disease The authors and editors provide substantive data on successful models of diabetes education and the process of educating diabetes sufferers Additional chapters discuss diabetes in pregnancy the challenge of weight and diabetes management in clinical practice and diabetes education in geriatric populations Timely and accessible **Educating Your Patient with Diabetes** is a must have for all diabetes educators physician assistants nurses and endocrinologists who endeavor to support their patients diabetes self care efforts and help them maximize the opportunities for patient learning

**Educating Diabetic Patients** George Steiner, Patricia A. Lawrence, 1981-01-01 **Embedding Education Into Diabetes Practice** M. Porta, 2005-01-01 This volume describes the

rationale history methodologies and current international recommendations that make education an integral part of modern diabetes care It also contains updated reports of results of clinical trials and or practical experiences in North America the Netherlands Germany and Italy **BOOK JACKET** **Managing the Patient with Type II Diabetes** Andrew L. Wilson, 1997

**Managing the Patient with Type II Diabetes** is made up of recent articles from Aspen's popular journal *Pharmacy Practice Management Quarterly* With diabetes ranking very high on the scale of diseases utilizing the most health care resources there is an increasing need to explore all avenues of managing the disease in a cost effective manner This book addresses medication use prescribing glucose monitoring patient compliance patient education nutrition and more

*Report of the National Commission on Diabetes to the Congress of the United States: Reports of committees, subcommittees, and workgroups. pt. 1-2. Scope and impact of diabetes. pt. 3. Etiology and pathology of diabetes. pt. 4. Treatment of diabetes. pt. 5. Diabetes education for health professionals, patients, and the public. pt. 6. Workgroup reports* United States. National Commission on Diabetes, 1976

*Report of the National Commission on Diabetes to the Congress of the United States* United States. National Commission on Diabetes, 1975 **Report of the National Commission on Diabetes to the Congress of the United States: Reports of committees, subcommittees, and workgroups** United States. National Commission on Diabetes, 1976

**Report of the National Commission on Diabetes to the Congress of the United States: Reports of committees, subcommittees, and workgroups; pt.1 Scope and impact of diabetes (1); pt.2 Scope and impact of diabetes (2); pt.3 Etiology and pathology of diabetes; pt.4 Treatment of diabetes; pt.5 Diabetes education for health professionals, patients, and the public; pt.6 Workgroup reports** United States.

National Commission on Diabetes,1975      **The Diabetes Textbook** Joel Rodriguez-Saldana,2023-07-04 The Diabetes Textbook Clinical Principles Patient Management and Public Health Issues 2nd Edition addresses diabetes from a comprehensive multidisciplinary perspective Its purpose is to integrate state of the art information on diabetes from specialists in various disciplines including epidemiology public health pathophysiology non pharmacologic and pharmacologic treatment patient support acute and chronic complications new and unproven therapies and prevention The main benefit of The Diabetes Textbook is its integrative approach The book is therefore intended for three main types of readers 1 physicians and health professionals seeking a comprehensive approach to diabetes 2 those with previous expertise in a specific professional area who want to expand their knowledge and 3 those interested in learning about topics not previously covered who will find the contents of The Diabetes Textbook both enriching and innovative The Diabetes Textbook is intended for a broad readership including professors of medicine and related disciplines nursing nutrition psychology general physicians internists and specialists e g in ophthalmology endocrinology cardiology obstetrics and gynecology pediatrics geriatrics epidemiology and public health To address these readers needs the second edition is divided into the following eleven sections 1 Magnitude of the Problem from an Individual and Social Context 2 Diagnosis Classification and Mechanisms of Disease 3 Global Experiences in Diabetes Care 4 Basic Components of Management Patient Centeredness Evidence Based Medicine and Outcomes 5 Resources of Support for Persons with Diabetes 6 Drug Therapy 7 Cardiovascular Risk Factors 8 Acute Complications 9 Chronic Complications 10 Diabetes in Special Populations and 11 Novel Therapeutic Approaches Evidence Based and Non Proven and Diabetes Prevention      The Practice of Patient Education Barbara Klug Redman,2006-06-30 With patients leaving the hospital sicker and more care being done in outpatient settings or at home patients need to become active informed participants on their health care team This one of a kind text provides unique advice to help nurses apply their knowledge and skills to teaching patients in the clinical setting with specific diseases including special populations The book is organized into two basic sections the first describes the theories and process of learning and teaching and the second focuses on the major fields of patient education practice in place today The new case study approach also makes it easy for students to understand how to apply teaching strategies to specific patient types resulting in better informed patients and a more positive teaching learning experience Covers a variety of learning theories and concepts as well as strategies for applying them in patient teaching Uses evidence based patient education practice with extensive citations to the research base Presents key issues in patient education such as literacy use of patient decision aids and multiple patient conditions for which organized patient education should be developed Includes study questions with suggested answers Teaching basics streamlined for use as the main text for a course or as a supplement to any clinically oriented course Includes multiple case examples at every stage of the teaching process which students can use as models to guide their own practice New case study approach provides multiple case examples enabling readers to understand how to

apply teaching strategies to specific patient types and settings Now includes significant content in patient self management of chronic conditions the largest growing area of patient education **RSSDI Textbook of Diabetes Mellitus** Hemraj B Chandalia,Bb Ed Tripathy,2012-01-15 The second edition was published in 2008 only two years after the first but went out of print before a third edition could be prepared so this revised version of the second edition is published to bridge the gap Under the auspices of the Research Society for the Study of Diabetes in India endocrinologists immunologists and other specialists present a broad reference on the disease of which India has more cases than any other country After a review of landmarks in the history of diabetes they cover physiology and metabolism diagnosis and classification epidemiology etiopathogenesis of diabetes mellitus genetics and immunology clinical profile management co morbid conditions complications diabetes through life and events living with diabetes health care delivery and prevention The two volumes are pagged continuously and both contain the combined index Annotation 2012 Book News Inc Portland OR booknews com

**Departments of Labor, Health, Education, and Welfare, and related agencies appropriations for 1981** United States. Congress. House. Committee on Appropriations. Subcommittee on the Departments of Labor and Health, Education, and Welfare,1980 *Measurement Tools in Patient Education* ,2003 **International Textbook of Diabetes Mellitus** R. A. De Fronzo,Ele Ferrannini,Harry Keen,Paul Zimmet,2004-06-25 This new edition is the most comprehensive reference on both the clinical and scientific aspects of diabetes and is truly global in perspective with the inclusion of epidemiology and the nature and care of diabetes in different parts of the world Following a similar format to the previous editions the primary philosophy of the book is to comprehensively cover the basic science of metabolism linking this closely to the pathophysiology and clinical aspects of the disease A valuable resource for the whole diabetes community the new edition offers Fully revised updated and expanded chapters Comprehensive coverage of all aspects of diabetes 116 extensively referenced chapters Full colour throughout Available in print and online The International Textbook of Diabetes Mellitus Third Edition is also available online via Wiley InterScience With the flexibility afforded by the powerful search and navigation capabilities of Wiley InterScience you can search the Textbook by subject article and keyword New and revised articles added regularly ensure that both professionals and students working within diabetes are kept abreast of rapidly developing areas such as genetics treatment and epidemiology This excellent work is an essential reference tool for all members of diabetes and endocrine teams medical students medical schools and libraries and provides a valuable resource for pharmaceutical companies and industries which have an interest in this important field FROM REVIEWS OF THE SECOND EDITION The scope is extraordinarily wide and truly international a must for all libraries and any individuals who are seriously interested in the diabetes epidemic Diabetologia a cornerstone in the field of diabetes The European Journal of Medicine This multi authored textbook provides a wealth of information spanning virtually all aspects of diabetes Trends in Endocrinology and Metabolism *The Diabetic Patient Agent* Raman Paranjape,Zhanle (Gerald) Wang,Simerjit

Gill,2017-12-30 This book provides a pioneering approach to modeling the human diabetic patient using a software agent It is based on two MASc Master of Applied Science theses one looking at the evolution of the patient agent in time and another looking the interaction of the patient agent with the healthcare system It shows that the software agent evolves in a manner analogous to the human patient and exhibits typical attributes of the illness such as reacting to food consumption medications and activity This agent model can be used in a number of different ways including as a prototype for a specific human patient with the purpose of helping to identify when that patient s condition deviates from normal variations The software agent can also be used to study the interaction between the human patient and the health care system This book is of interest to anyone involved in the management of diabetic patients or in societal research into the management of diabetes The diabetic patient agent was developed using the Ackerman model for diabetes but this model can be easily adapted for any other model subject with the necessary physiological data to support that model

**Departments of Labor, Health, Education, and Welfare, and Related Agencies Appropriations for 1981** United States. Congress. House. Committee on Appropriations. Subcommittee on Departments of Labor, and Health, Education, and Welfare, and Related Agencies,1980

Departments of Labor, Health and Human Services, Education, and related agencies appropriations for fiscal year 1990 United States. Congress. Senate. Committee on Appropriations. Subcommittee on Departments of Labor, Health and Human Services, Education, and Related Agencies,1990

*Current Awareness in Patient Education* ,1982 Contains abstracts entered into the National database on health education from Oct 1980 through Aug 1981

*Diabetes in America* Ronald Aubert,1996-07 Five general areas are addressed in the 36 chapters descriptive epidemiology of diabetes in the U S including prevalence incidence sociodemographic medical care for diabetes economic aspects including health insurance diabetes in special populations including Blacks Hispanics Asian Pacific Islanders Native Americans pregnant women Index

*Patient Education Workshop* Jeannette Simmons,1976

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