# DIABETES OVERVIEW

TYPE 2 DIABETES SYMPTOMS, TREATMENT, AND CARE AT CODMAN

Codman Square Health Center

## WHAT IS TYPE 2 DIABETES?

A chronic condition where the levels of sugar are too high inside your body. In Type 2 Diabetes, this happens because your body has trouble processing sugar.

## LONG-TERM COMPLICATIONS

Over time, Type 2 Diabetes can lead to complications including:

- Kidney Disease
- Nerve Damage
- Heart Disease
- Foot Problems
- Vision Loss

## WHAT IS THE 'A1C'?

**The A1c (Hemoglobin A1c)** is the blood test we use to measure how well your diabetes is controlled. This test gives us an estimate of your sugar levels over the past three months.

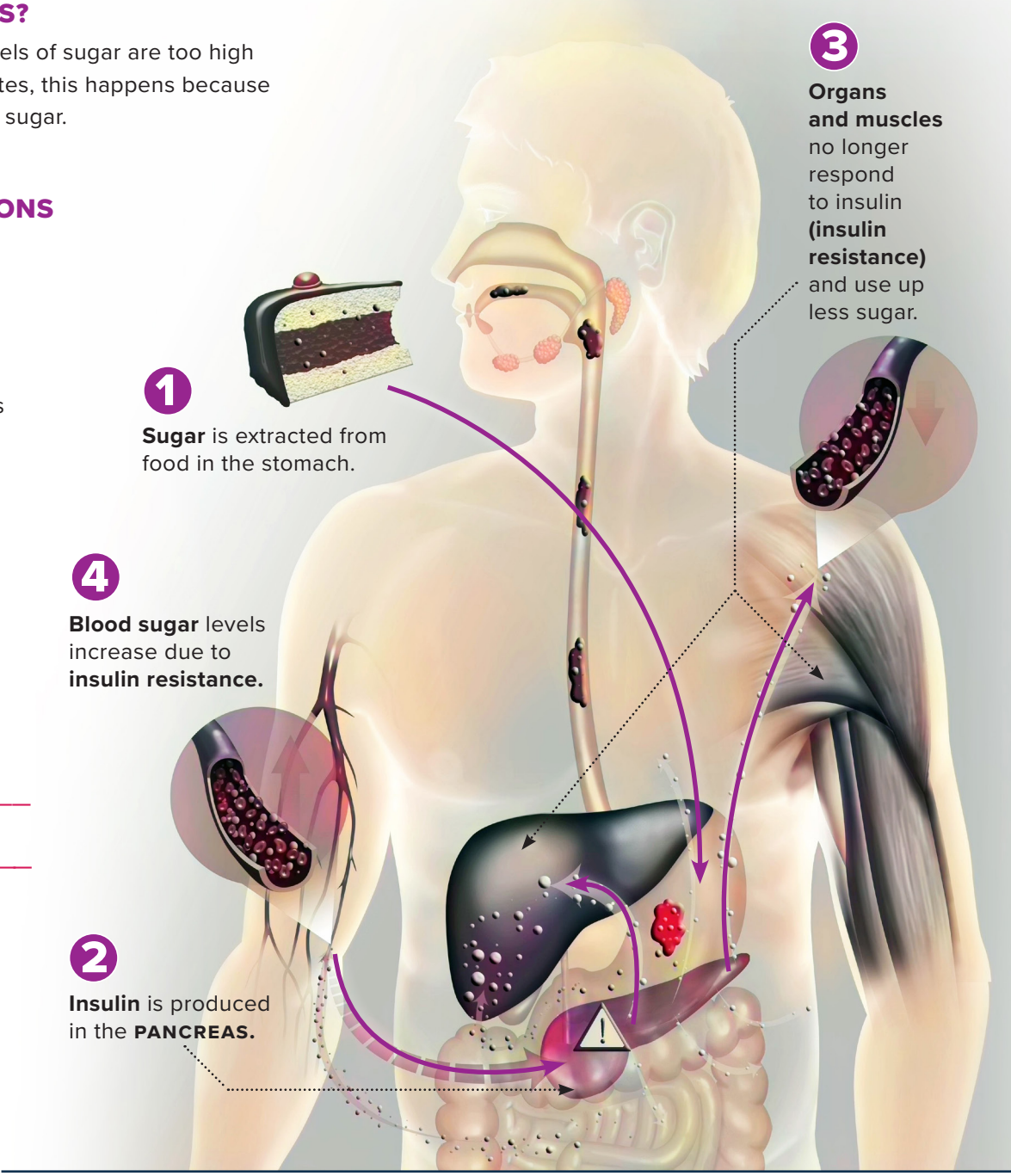
**MY A1c GOAL: _____**

**MY LAST A1c: _____**

## WHAT IS A NORMAL BLOOD SUGAR?

**80 – 130**

**Before meals,** your blood sugar should be between 80 and 130.




## SYMPTOMS OF HIGH BLOOD SUGAR

- Feeling thirsty
- Feeling tired
- Needing to pee frequently
- Blurry vision

## SYMPTOMS OF LOW BLOOD SUGAR

- Shaking and/or sweating
- Feeling nervous or anxious
- Confusion
- Increased appetite

## TREATMENT OPTIONS

### LIFESTYLE CHANGES:

- Healthy diet
- Exercise

### MEDICATION:

- Daily pills
- Weekly injections
- Insulin replacement therapy

# DIABETES CARE AT CODMAN

Codman Square Health Center

## WHAT CAN I EXPECT?

| | | | | |
|---|---|---|---|---|
| **EVERY DAY** | **Eat Healthy** | **Exercise** (150 minutes per week of moderate activity) | **Check your blood sugar** (if recommended by your provider) | **Take medications** (as recommended by your provider) |
| **EVERY 3 MONTHS** | **A1c Test** (When your diabetes is uncontrolled) | | **Provider Visit** (When your diabetes is uncontrolled) | |
| **EVERY 6 MONTHS** | **A1c Test** (once your diabetes is well controlled) | **Provider Visit** | **Dentist Visit** | |
| **EVERY YEAR** | **Kidney Tests** | **Cholesterol Test** | **Diabetic Eye Exam** | **Foot Test** |
| **ONE TIME** | **Pneumonia Vaccine** | | **Hepatitis B Vaccine** | |

## OTHER SUPPORTS FOR TYPE 2 DIABETES AT CODMAN

### MEET WITH A NUTRITION COACH

Call **(617) 822-8271** or visit **www.codman.org/medical-service/nutrition** to learn more about nutrition care at Codman.

### MENTAL HEALTH CHECK

Ask your provider about a referral. Visit **www.codman.org/medical-service/behavioral-health** to learn more about behavioral health care at Codman.

### SCHEDULE A NURSE VISIT

- **Learn more** about diabetes from a nurse
- Get your **blood work** up to date
- Learn how to use a **glucometer,** review your blood sugar