

# SUCCESS

## With Diabetes

What to ask of your doctor.

What to do for yourself.



A participant in the Robert Wood Johnson Foundation's *Aligning Forces for Quality* initiative to improve health and health care in Maine.



### ASK

what your  
doctor can do  
for you

### LEARN

what you  
can do  
for yourself

### ACT

now to take  
charge of your  
diabetes

YOU CAN DO IT!

# KNOWLEDGE Is Power

If you have diabetes, here are a few simple steps you can take, starting now, to get on the pathway to good health and do all you can for a healthier future.

This information is presented by the Maine Aligning Forces for Quality. The goal is to help you get good care. "Good care" means both the care you get from your doctor and the care you give yourself.

And it all starts with knowledge!

## Maine diabetes PATHWAY

ask. learn. act.

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#### Be Sure to Learn

There are proven guidelines for quality care and treatment of diabetes recommended by experts.

- Action Steps for your doctor to follow at regular office visits
- Know your numbers. Use the checklist inside to help make sure that you are successfully managing your health and your diabetes.
- Self-Care Action Steps for you to follow in your day-to-day self-care at home. Remember, living with diabetes is a journey. "It takes a team" - your personal doctor, your diabetes educator, and you - working together to achieve your healthiest future.

#### Success Is Possible. Start Here.

Success with diabetes is possible, but it's up to you to take charge of your condition. **YOU CAN DO IT.** Start here with our easy-to-follow **CHECKLIST FOR YOUR DOCTOR VISIT** and **CHECKLIST FOR YOU.** Put yourself on the pathway to a healthier tomorrow!

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## YOUR STEPS IN THE PATHWAY TO GOOD HEALTH

### A Checklist For You

Here are self-care steps recommended by the experts. Make a promise to yourself to do the following – choose where you want to start on your path.

#### I WILL...

- Make healthy food choices daily
- Be active every day
- Find ways to manage my stress
- Take my medicine as prescribed by my doctor and talk with my doctor about taking aspirin
- Check my blood sugar regularly and record results to help me track my progress
- Attend a diabetes self-management education program
- Quit smoking (call Maine Tobacco Helpline at 800-207-1230)
- Visit Pathways to Excellence at [www.mhmc.info](http://www.mhmc.info), a Maine program that works with doctors to report on the quality of diabetes care.

### It's Okay to Ask

It's okay to ask your doctor about problems caused by your diabetes – it can help to talk about them. These might include...

- Physical problems, such as numbness or tingling in your feet
- Feelings of guilt, stress, depression, or being out of control

Don't pass off these concerns as being "just your diabetes." Be honest about what's on your mind. It's OKAY TO ASK your doctor and diabetes educator questions, and share what's worrying you. You can be your own champion to achieve success with diabetes!

### Start With Small Steps

Managing diabetes is not easy. But, spending a few minutes every day doing the right things can make a lifelong difference in your health.

**TIP:** Start with small steps, and as these become easier and part of a daily routine, add another one. You don't have to change everything at once. And remember to reach out to family and friends if you need extra support. YOU CAN DO IT!

### Learn More About Taking Charge of Your Diabetes

For more information, please visit the following websites:

[www.maine.gov/dhhs/bohdcfh/dcp/](http://www.maine.gov/dhhs/bohdcfh/dcp/)

[www.ndep.nih.gov](http://www.ndep.nih.gov)

[www.healthymainepartnerships.org/](http://www.healthymainepartnerships.org/)

[www.mydiabetespartner.org/](http://www.mydiabetespartner.org/)

[www.mhmc.info](http://www.mhmc.info)

[www.diabetes.org](http://www.diabetes.org)

## A Checklist For Your Doctor Visit

Know your numbers. The following chart lists the medical tests and exams that should be part of your regular office visits. Use this checklist as a tool to talk with your doctor and to make sure you get the care for your diabetes that the experts recommend.

Medical Test / Examination	Why	What Result Should Be	Your Results	How Often Test is Typically Needed
<input type="checkbox"/> A1C	To see how well your diabetes treatment plan is working, as it measures the average of all blood sugars over 2-3 months	Below 7		Every 3–6 months
<input type="checkbox"/> Blood Pressure	Checks if medicine is needed to control blood pressure and reduce risks of high blood pressure to the heart, eyes, kidneys and nerves	Less than 130/80mmHg		Every doctor visit
<input type="checkbox"/> Cholesterol Control (LDL-Bad Cholesterol)	Checks if medicine is needed to lower cholesterol and reduce the risk of heart attack and stroke	LDL less than 100 mg/dL		Once a year
<input type="checkbox"/> Kidney Function Testing <ul style="list-style-type: none"> <li><input type="checkbox"/> Urine test (microalbumin/creat ratio)</li> <li><input type="checkbox"/> Blood test (serum creatinine, to check GFR)</li> </ul>	Checks if medicine is needed to prevent kidney damage or kidney failure that, untreated, could lead to dialysis (treatment to replace kidney function)	<ul style="list-style-type: none"> <li>• Urine microalb/creat less than 30 mcg/mg creat</li> <li>• GFR of 60 or greater</li> </ul>		Once a year
<input type="checkbox"/> Referral to Certified Diabetes Educator	Working with a diabetes educator can help you better understand and manage your diabetes	Complete diabetes self-management and training course		At least once
<input type="checkbox"/> Referral for a Comprehensive Dilated Eye Exam	Checks if there is diabetes-related damage to the eyes	Normal eye exam with no evidence of diabetic retinopathy		Once a year
<input type="checkbox"/> Foot Exam	Identifies high-risk foot conditions and checks if loss of feeling exists in the feet that may lead to injury or infection	Normal protective sensation or feeling		Yearly, or at every doctor visit if high risk
<input type="checkbox"/> Smoking Status and Stop Smoking Advice	Because smoking increases the rate at which complications from diabetes occur	Stop smoking		Review at every doctor visit

As new treatments and research become available, the best way to treat diabetes may change. It's important for you and your doctor to know the current best practices for diabetes, to be sure that you get the right care at the right time. Ask your doctor what the experts currently recommend!