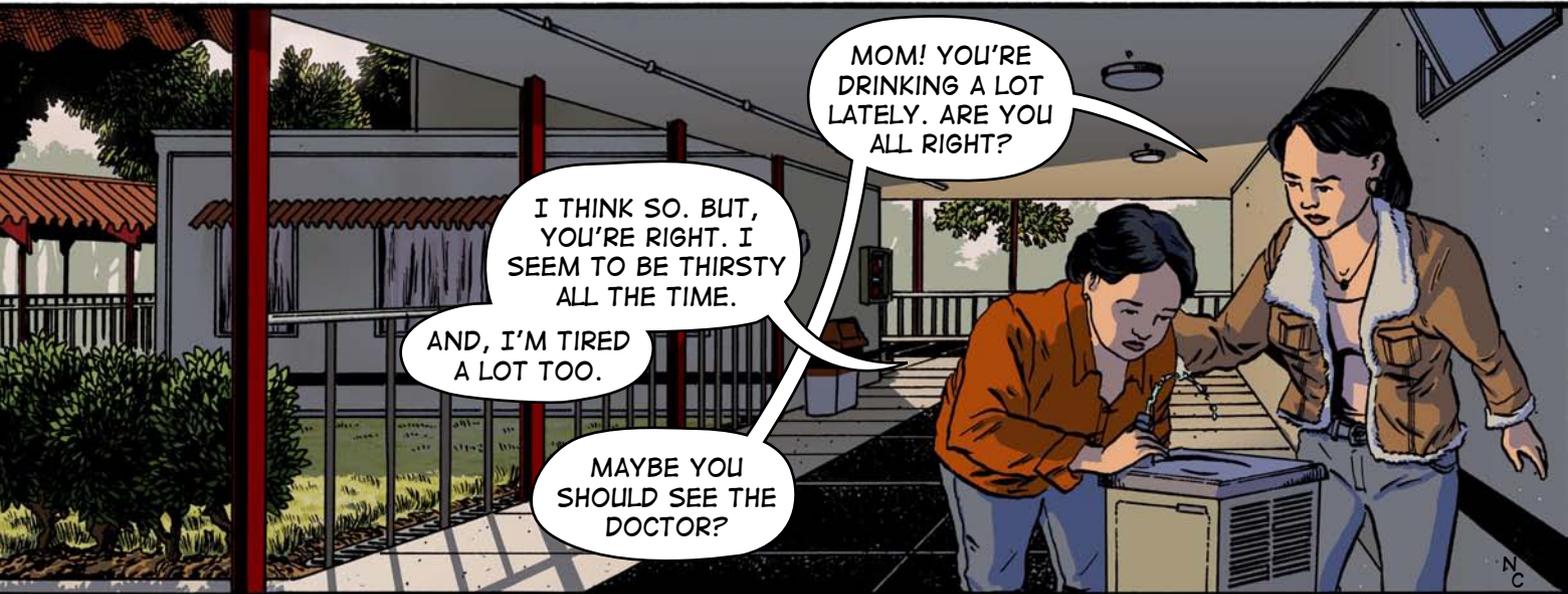


THE MYSTERIOUS SYMPTOMS

A STORY ABOUT TYPE 2 DIABETES



ALICIA WENT TO THE CLINIC FOR A CHECKUP WITH HER DAUGHTER SARINA SOON AFTER THEY TALKED. TESTS SHOWED THAT ALICIA HAD DIABETES.

DIABETES! MY GRANDMOTHER HAD DIABETES, BUT I DON'T KNOW MUCH ABOUT IT.

DIABETES MEANS YOU HAVE A HIGH BLOOD SUGAR PROBLEM. THE MEDICAL WORD FOR SUGAR IN THE BLOOD IS GLUCOSE.

WE ALL GET THIS TYPE OF SUGAR, FROM THE FOODS WE EAT.

YOUR BODY CELLS NEED SUGAR FROM FOOD TO GIVE YOU THE ENERGY YOU NEED TO BE HEALTHY.

SUGAR (Glucose)

BUT TOO MUCH SUGAR CAN MAKE YOU SICK.

BUT WHY ME, DOCTOR?

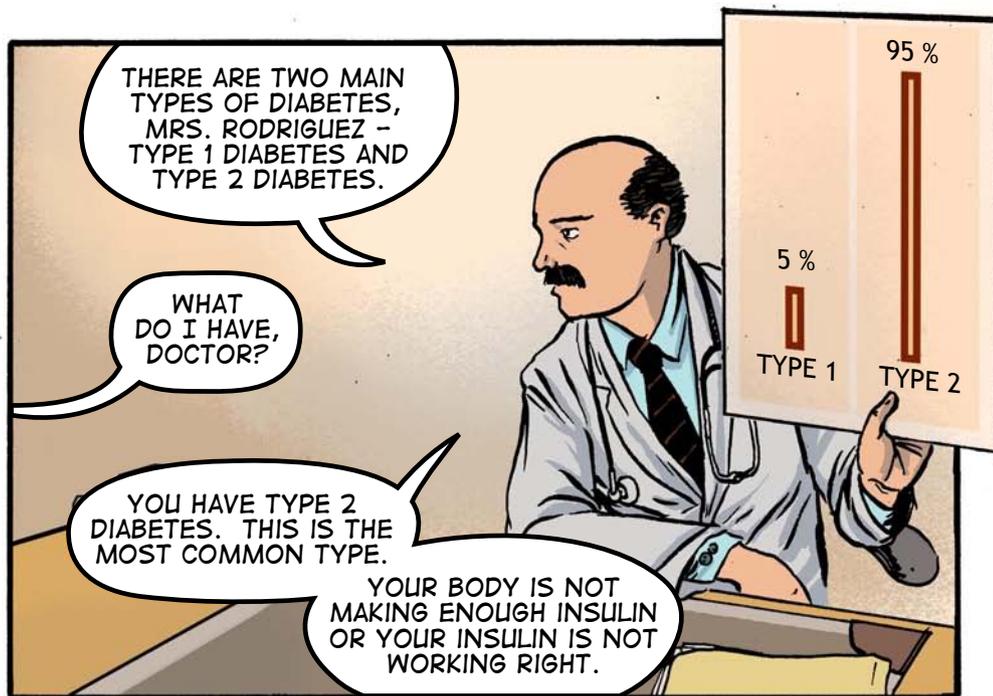
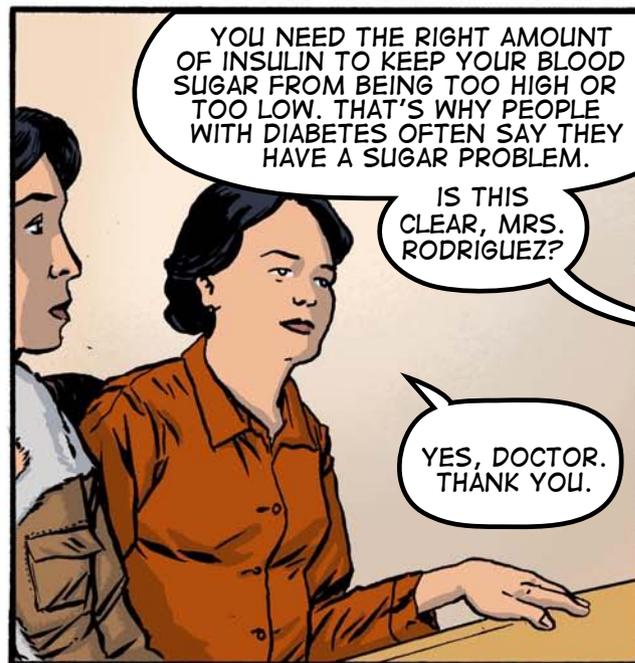
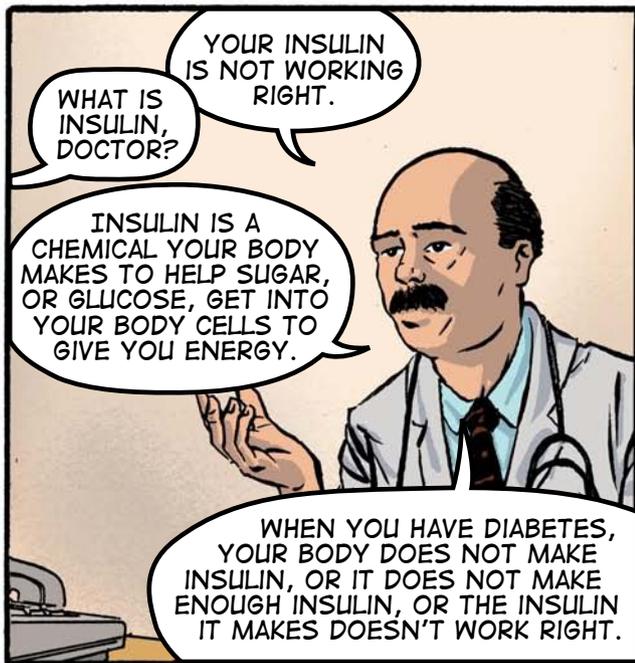
WE DON'T KNOW WHAT CAUSES DIABETES.

Glucose

Insulin

Cells

INSULIN HELPS LOWER SUGAR LEVELS BY MOVING IT FROM YOUR BLOOD INTO YOUR BODY CELLS.



THESE CHARTS DESCRIBE THE TWO DIFFERENT TYPES OF DIABETES.

TYPE 1 DIABETES

- Your body is not making any insulin
- Occurs more often in young people
- Your body cells are “starving” for sugar to give you energy

TYPE 2 DIABETES

- Your body does not make enough insulin or... it cannot properly use the insulin it does make
- Occurs more often in adults
- Your body cells don't have enough sugar to give you energy

SO HIGH BLOOD SUGAR IS WHAT IS MAKING ME FEEL SO BAD?

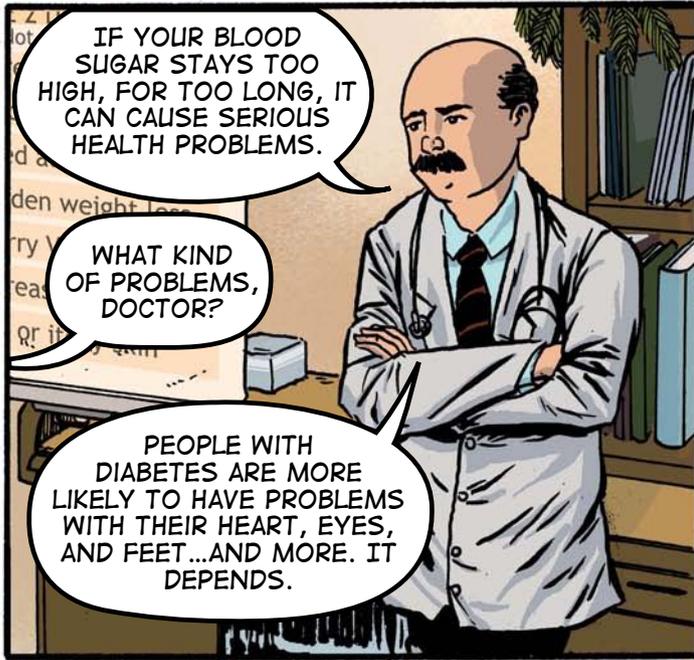
YES. HIGH BLOOD SUGAR LEVELS CAN CAUSE ALL OF THE PROBLEMS YOU ARE HAVING - AND MORE.

DIFFERENT PEOPLE MAY HAVE DIFFERENT SYMPTOMS, INCLUDING:

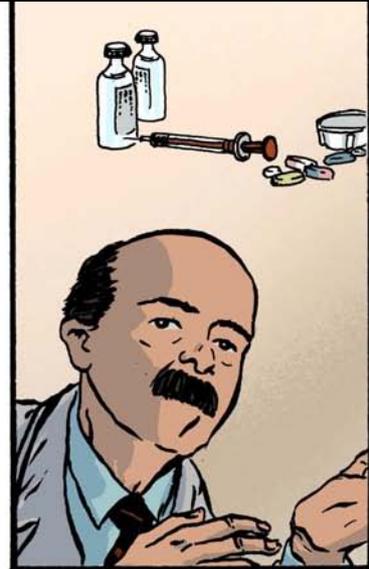
COMMON SYMPTOMS OF TYPE 2 DIABETES

(Note: Not all may occur.)

- Often thirsty
- Need to urinate often
- Tired all the time
- Weight loss
- Blurry vision
- Often hungry
- Dry or itchy skin



THE DOCTOR EXPLAINS THAT MANY PEOPLE CAN CONTROL THEIR DIABETES BY CHANGING THE WAY THEY EAT AND EXERCISING REGULARLY. OTHER PEOPLE NEED TO TAKE MEDICINE, SUCH AS DIABETES PILLS, INSULIN, OR BOTH.



MANAGING TYPE 2 DIABETES

- A healthy eating meal plan
- An exercise plan
- Weight loss (if necessary)
- Diabetes pills or insulin (if necessary)
- Check blood sugar often

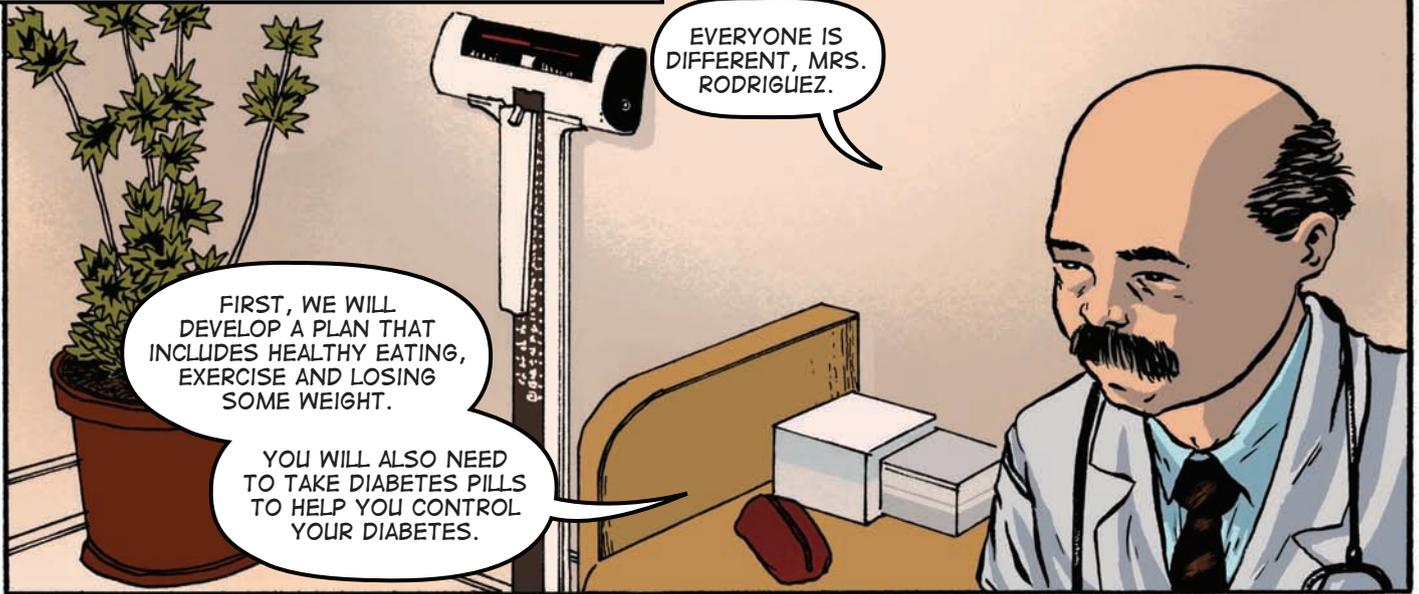
THESE ARE THE MAIN WAYS DIABETES IS CONTROLLED.

WE WILL WORK TOGETHER, MRS. RODRÍGUEZ, TO DEVELOP A PLAN THAT WILL HELP YOU CONTROL YOUR DIABETES.

UNFORTUNATELY, THERE IS NO CURE FOR DIABETES. BUT, YOU CAN USUALLY AVOID DIABETES PROBLEMS BY CONTROLLING YOUR BLOOD SUGAR.

AND, YOU WILL FEEL A LOT BETTER TOO!

THE DOCTOR WANTS ALICIA TO LOSE SOME WEIGHT. HIS NURSE WILL HELP ALICIA CHOOSE FOODS THAT SHE LIKES THAT WILL ALSO HELP CONTROL HER DIABETES.



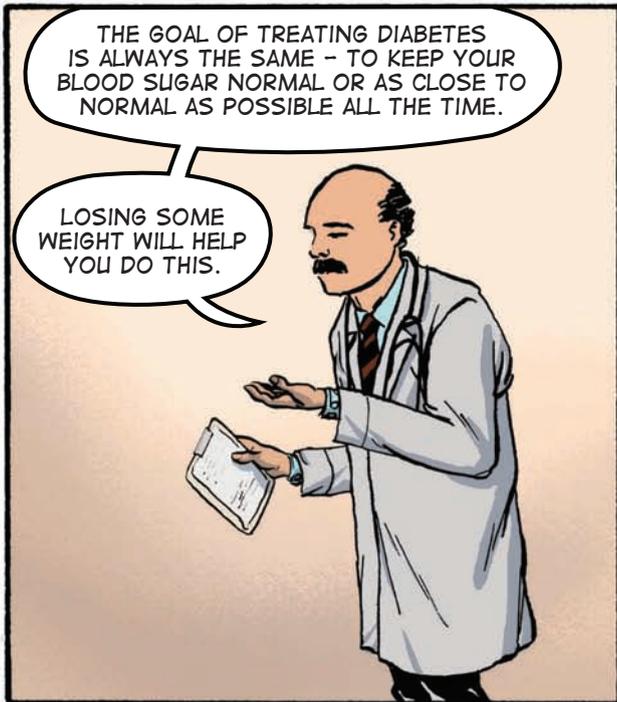
EVERYONE IS DIFFERENT, MRS. RODRIGUEZ.

FIRST, WE WILL DEVELOP A PLAN THAT INCLUDES HEALTHY EATING, EXERCISE AND LOSING SOME WEIGHT.

YOU WILL ALSO NEED TO TAKE DIABETES PILLS TO HELP YOU CONTROL YOUR DIABETES.

THE GOAL OF TREATING DIABETES IS ALWAYS THE SAME - TO KEEP YOUR BLOOD SUGAR NORMAL OR AS CLOSE TO NORMAL AS POSSIBLE ALL THE TIME.

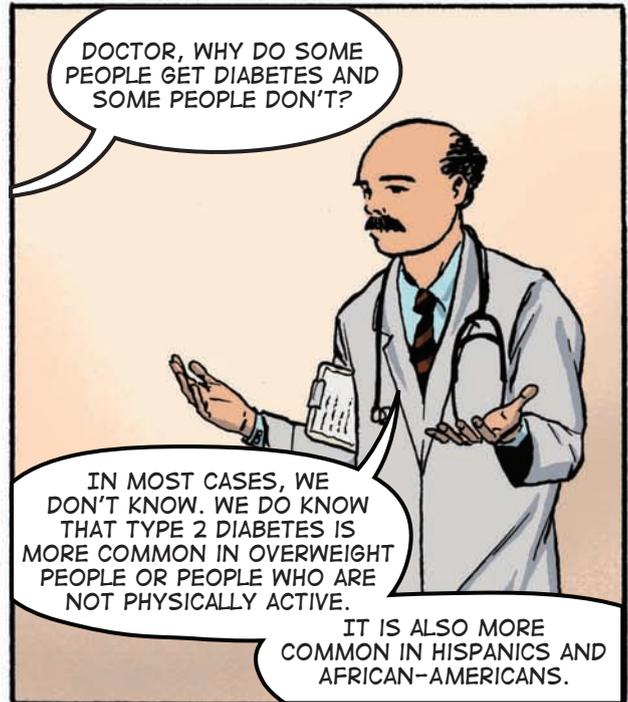
LOSING SOME WEIGHT WILL HELP YOU DO THIS.

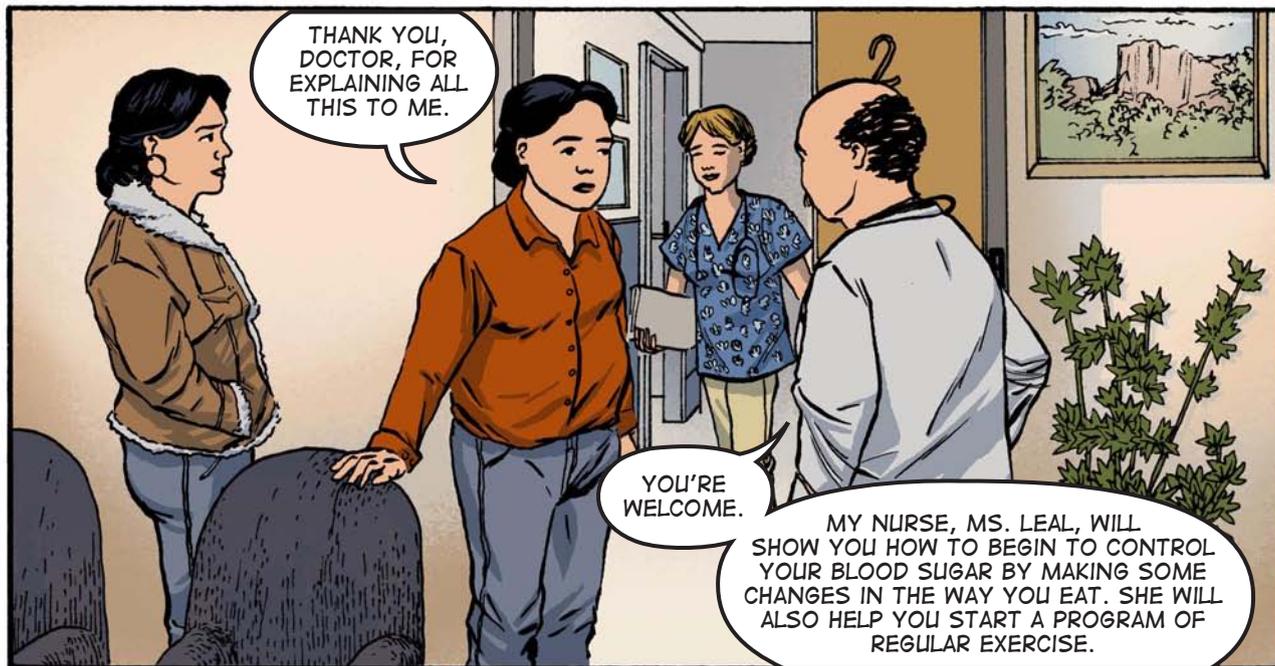


DOCTOR, WHY DO SOME PEOPLE GET DIABETES AND SOME PEOPLE DON'T?

IN MOST CASES, WE DON'T KNOW. WE DO KNOW THAT TYPE 2 DIABETES IS MORE COMMON IN OVERWEIGHT PEOPLE OR PEOPLE WHO ARE NOT PHYSICALLY ACTIVE.

IT IS ALSO MORE COMMON IN HISPANICS AND AFRICAN-AMERICANS.

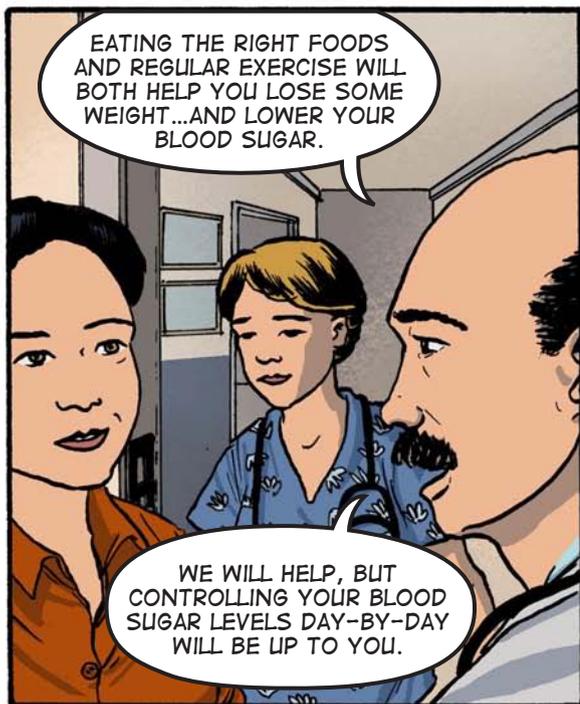




THANK YOU, DOCTOR, FOR EXPLAINING ALL THIS TO ME.

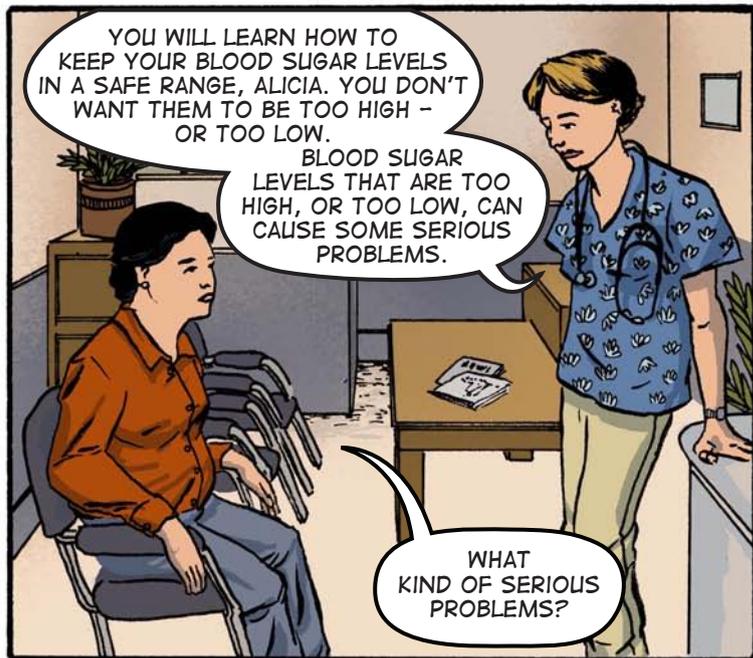
YOU'RE WELCOME.

MY NURSE, MS. LEAL, WILL SHOW YOU HOW TO BEGIN TO CONTROL YOUR BLOOD SUGAR BY MAKING SOME CHANGES IN THE WAY YOU EAT. SHE ALSO HELP YOU START A PROGRAM OF REGULAR EXERCISE.



EATING THE RIGHT FOODS AND REGULAR EXERCISE WILL BOTH HELP YOU LOSE SOME WEIGHT...AND LOWER YOUR BLOOD SUGAR.

WE WILL HELP, BUT CONTROLLING YOUR BLOOD SUGAR LEVELS DAY-BY-DAY WILL BE UP TO YOU.

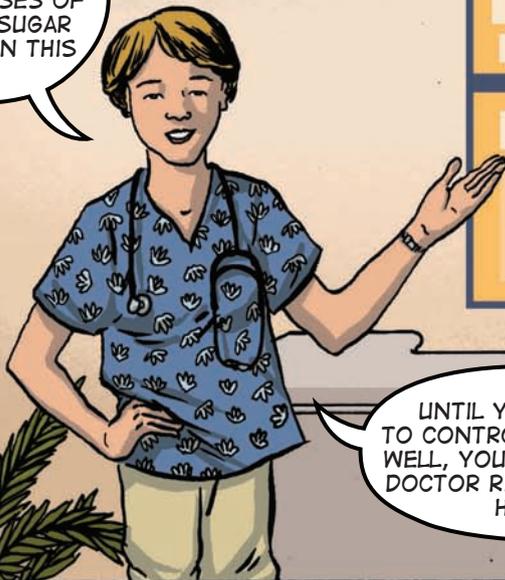


YOU WILL LEARN HOW TO KEEP YOUR BLOOD SUGAR LEVELS IN A SAFE RANGE, ALICIA. YOU DON'T WANT THEM TO BE TOO HIGH - OR TOO LOW.

BLOOD SUGAR LEVELS THAT ARE TOO HIGH, OR TOO LOW, CAN CAUSE SOME SERIOUS PROBLEMS.

WHAT KIND OF SERIOUS PROBLEMS?

ONE IS HIGH BLOOD SUGAR. THE COMMON CAUSES OF HIGH BLOOD SUGAR ARE LISTED ON THIS CHART.



HIGH BLOOD SUGAR (Medical Word - Hyperglycemia)

Blood sugar over 240 mg/dl.

Causes	Common Symptoms
Too much food; too little exercise; too little medicine; illness; stress.	Very thirsty; blurry vision; loss of appetite; nausea or vomiting.

UNTIL YOU LEARN HOW TO CONTROL YOUR DIABETES WELL, YOU SHOULD CALL THE DOCTOR RIGHT AWAY IF THIS HAPPENS.

A LOW BLOOD SUGAR PROBLEM IS CALLED HYPOGLYCEMIA.

IT'S IMPORTANT TO TREAT A LOW BLOOD SUGAR PROBLEM RIGHT AWAY BY EATING A FAST-ACTING FOOD HIGH IN SUGAR.

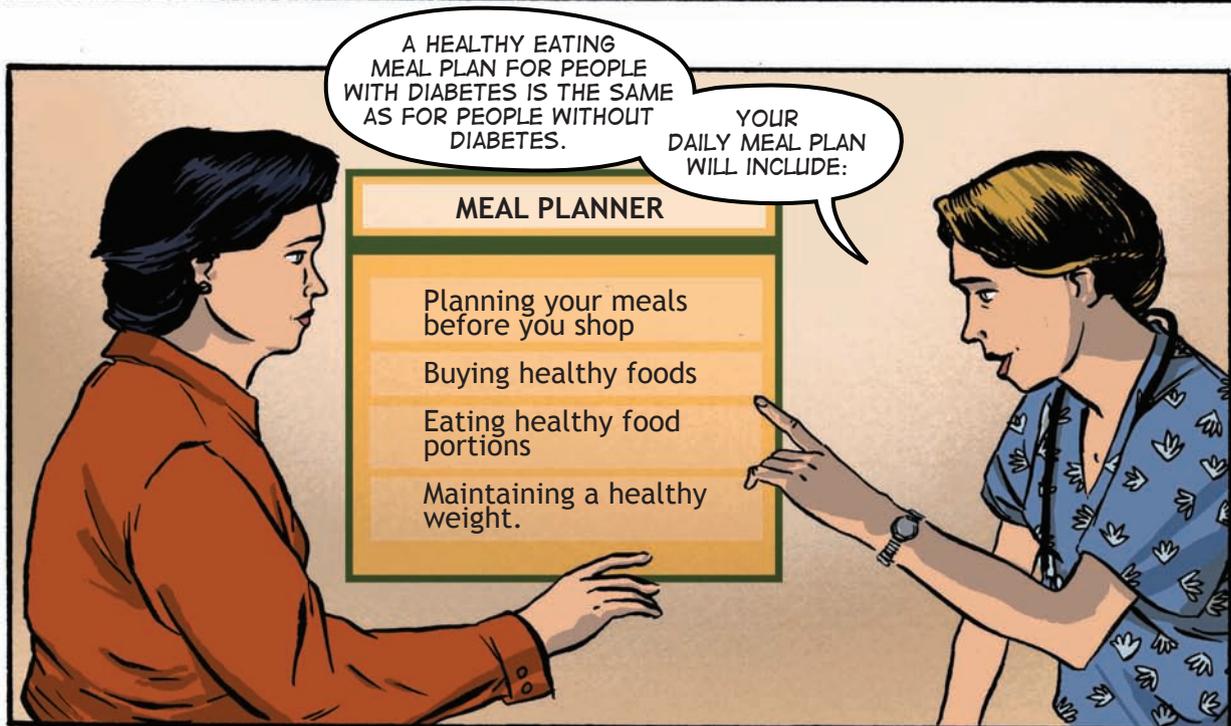
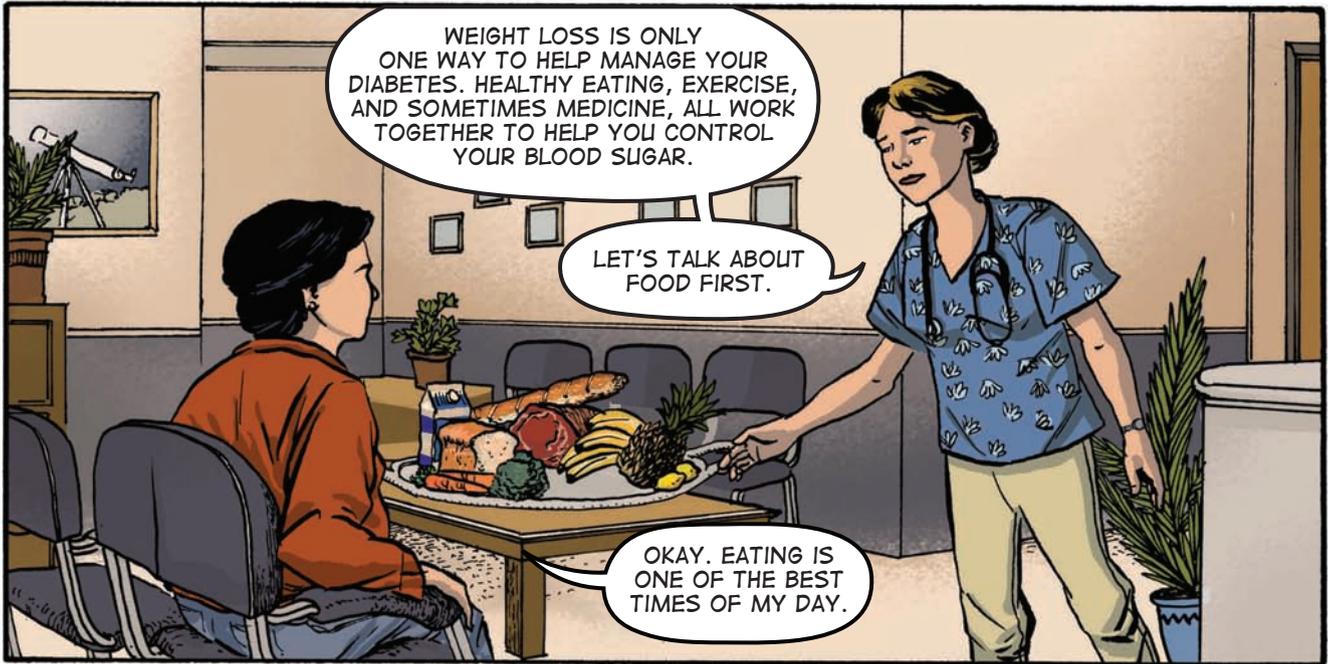
LOW BLOOD SUGAR (Medical Word - Hypoglycemia)

Blood sugar below 70 mg/dl.

Causes	Common Symptoms	Treatment
Not enough food (skipped meal); too much exercise or too much medicine	Coldness; shakiness; dizziness; weakness; sudden hunger; headache; nervous or irritated	Eat 3 packets of sugar or high-sugar foods.



GOOD HIGH-SUGAR FOODS TO EAT INCLUDE FOUR OUNCES (1/2 CUP) OF ORANGE JUICE OR THREE PIECES OF HARD CANDY, SUCH AS PEPPERMINTS, YOU CAN EAT QUICKLY.



WHAT TO EAT

- Vegetables (all kinds)
- Fruits (all kinds)
- Whole-grain breads, cereals, beans, tortillas, brown rice
- Lean chicken, fish, or meats (small portions)
- Fat-free or low-fat dairy products

YOUR GOAL IS TO EAT A BALANCED DIET OF CARBOHYDRATES, PROTEIN, AND FAT EVERY DAY. ABOUT HALF OF THE CALORIES YOU EAT EACH DAY SHOULD BE CARBOHYDRATES, SUCH AS WHOLE GRAINS.

IT'S ALSO IMPORTANT TO EAT MORE FRUITS AND VEGETABLES AND LOW-FAT OR NO-FAT DAIRY PRODUCTS.

FOODS TO AVOID OR EAT LESS OF

- Sugar and sugary foods
- High-fat and fatty foods
- Foods high in salt (over 20%)

THIS CHART SHOWS THE TYPES OF FOODS I SHOULD EAT LESS OF.

SHOULDN'T I BE EATING SUGAR IF MY BODY IS "STARVING" FOR SUGAR TO GIVE ME ENERGY?

MOST OF THE TIME, NO. EATING A LOT OF SWEET FOODS OR FOODS WITH A LOT OF SUGAR CAN QUICKLY GIVE YOU A HIGH BLOOD SUGAR PROBLEM.

OF COURSE, THAT'S NOT TRUE IF YOU HAVE A LOW BLOOD SUGAR PROBLEM. THEN YOU NEED SOME HIGH SUGAR FOODS RIGHT AWAY.

THE DOCTOR MENTIONED THIS, BUT I DON'T REMEMBER WHAT HE SAID.

EAT 3
Glucose tablets
or
Packets of sugar
or
Hard candies you
can chew quickly

THAT'S NORMAL, ALICIA. IT TAKES TIME TO LEARN ALL THE THINGS YOU NEED TO KNOW TO TAKE GOOD CARE OF YOUR DIABETES.

IF YOU HAVE A LOW BLOOD SUGAR YOU NEED TO EAT A FAST-ACTING SUGAR SNACK RIGHT AWAY SO YOUR BLOOD SUGAR QUICKLY RETURNS TO NORMAL.

NOW I REMEMBER. I WON'T FORGET THAT.

GOOD. HERE ARE SOME BOOKLETS THAT WILL HELP YOU WITH YOUR GOAL TO LOSE SOME WEIGHT.

KEEP A RECORD OF WHAT YOU EAT IN THE MEAL PLANNER I ALSO JUST GAVE YOU AND WE WILL REVIEW IT ON YOUR NEXT VISIT.

NOW. LET'S TALK ABOUT EXERCISE. EXERCISE WILL HELP YOU CONTROL YOUR BLOOD SUGAR AND HELP YOU LOSE WEIGHT.

HERE IS A GOOD EXERCISE PLAN TO GET YOU STARTED.

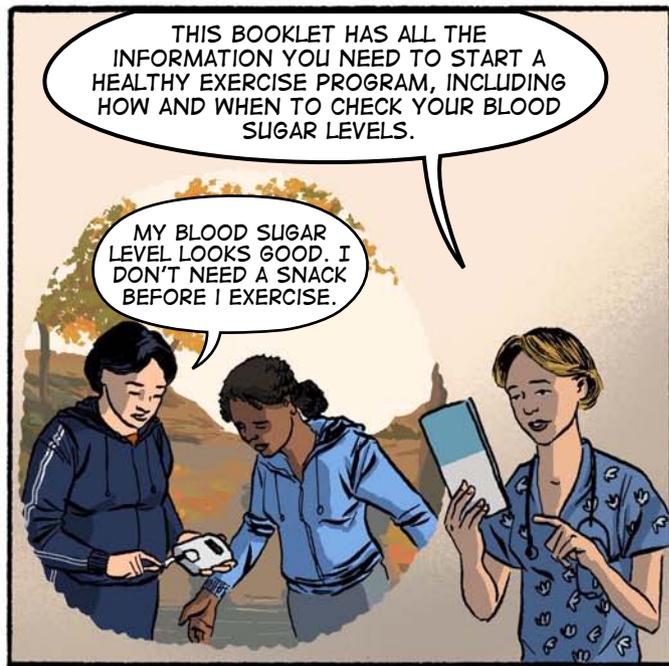
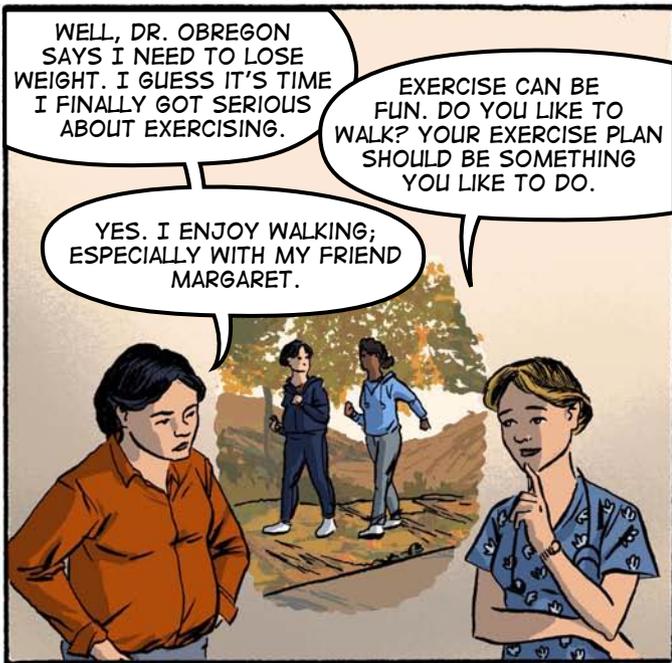
Exercise - Walking

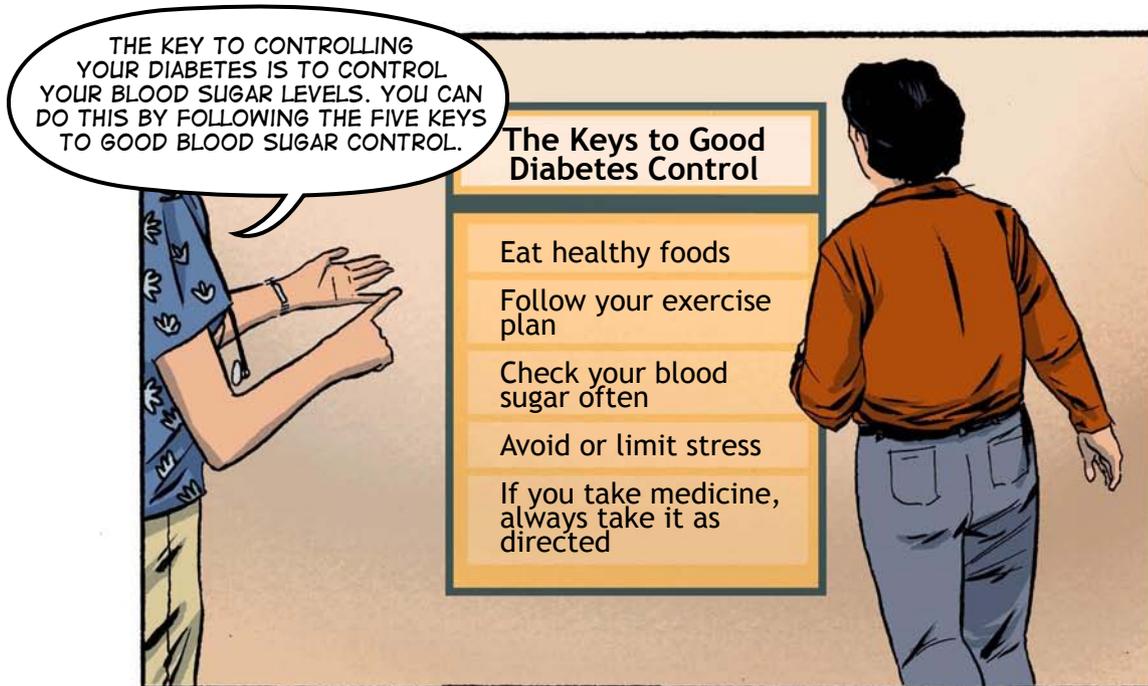
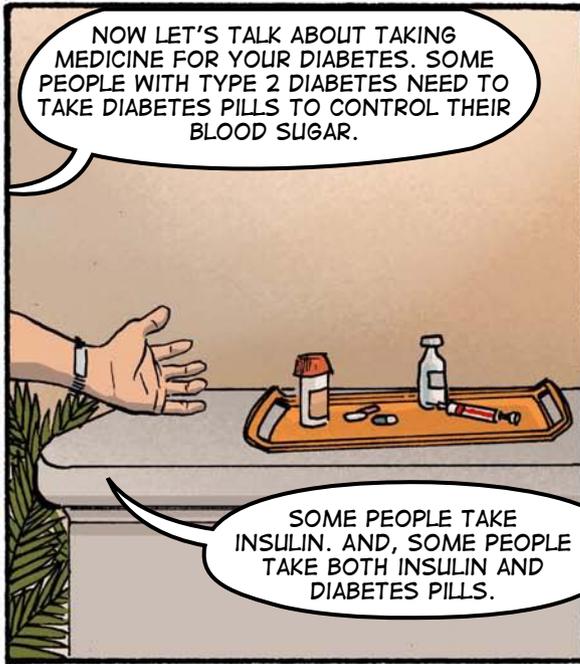
How often...
4-6 times a week

How much...
10 to 15 minutes a day...to start

When: same time every day (if possible) - but anytime is OK too.







STRESS.
IS THAT A NEW PROBLEM
FOR ME TO WORRY ABOUT?

NO, ALICIA, WE ALL HAVE
STRESS IN OUR LIVES.

STRESS OR STRONG EMOTIONS
DON'T CAUSE DIABETES, BUT TOO
MUCH STRESS CAN CAUSE HIGH
BLOOD SUGAR PROBLEMS.

Some Causes of Stress

Anger

Fear or worry

Working too much

Too little sleep

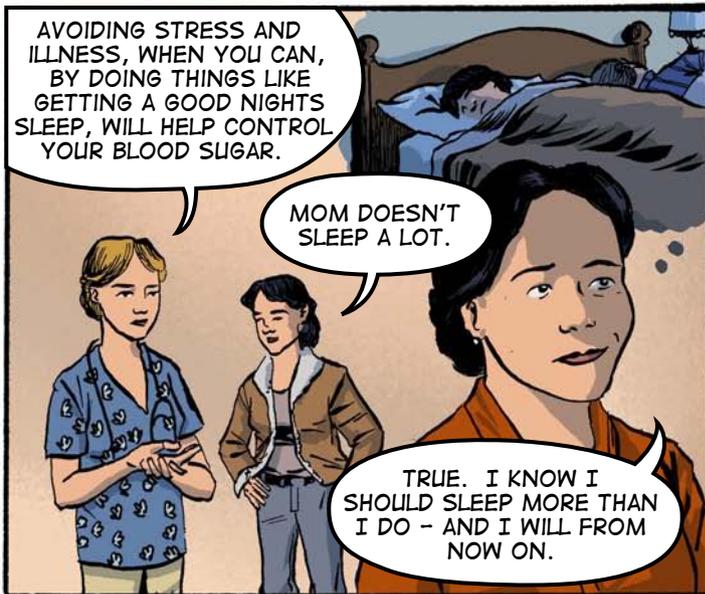
Being sick



AVOIDING STRESS AND
ILLNESS, WHEN YOU CAN,
BY DOING THINGS LIKE
GETTING A GOOD NIGHT'S
SLEEP, WILL HELP CONTROL
YOUR BLOOD SUGAR.

MOM DOESN'T
SLEEP A LOT.

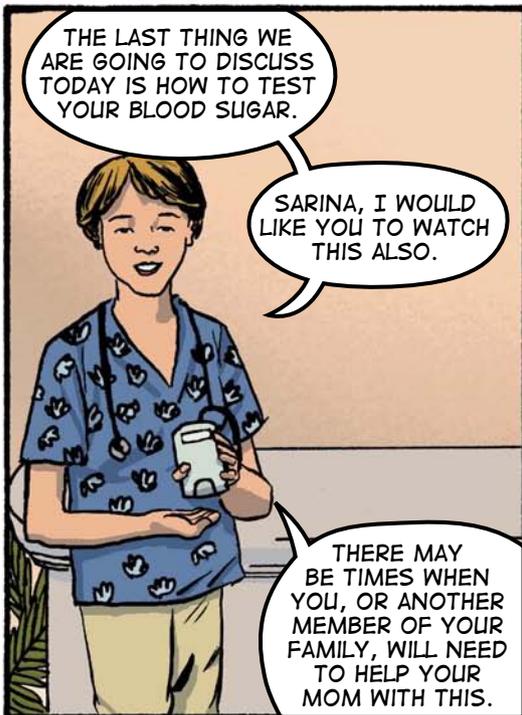
TRUE. I KNOW I
SHOULD SLEEP MORE THAN
I DO - AND I WILL FROM
NOW ON.



THE LAST THING WE
ARE GOING TO DISCUSS
TODAY IS HOW TO TEST
YOUR BLOOD SUGAR.

SARINA, I WOULD
LIKE YOU TO WATCH
THIS ALSO.

THERE MAY
BE TIMES WHEN
YOU, OR ANOTHER
MEMBER OF YOUR
FAMILY, WILL NEED
TO HELP YOUR
MOM WITH THIS.



MOST PEOPLE,
INCLUDING YOU NOW
ALICIA, TEST THEIR
BLOOD SUGAR BY USING
A METER THAT SHOWS
YOU YOUR BLOOD
SUGAR LEVEL.

HERE IS HOW
YOU DO IT.

FIRST YOU STICK
YOUR FINGER WITH A
SMALL NEEDLE TO GET A
DROP OF BLOOD.





THEN THE DROP OF BLOOD IS PUT ON A PIECE OF PAPER CALLED A TEST STRIP.

THEN THE STRIP IS PUT IN A METER AND THE METER SHOWS YOU YOUR BLOOD SUGAR LEVEL.

I DON'T LIKE NEEDLES.



NO ONE DOES, ALICIA. THIS DOESN'T REALLY HURT. HERE. NOW YOU TRY.

GOOD. THIS BOOKLET WILL TELL YOU MORE ABOUT WHEN AND HOW TO CHECK YOUR BLOOD SUGAR.

IT IS ALSO A DIARY SO YOU CAN KEEP A RECORD OF YOUR BLOOD SUGAR NUMBERS. WE WILL REVIEW YOUR DIARY TOGETHER EVERY TIME YOU COME TO THE OFFICE.

DO YOU OR SARINA HAVE ANY QUESTIONS ABOUT THIS OR ANY OF THE OTHER THINGS WE HAVE DISCUSSED?

NO. THANK YOU.

NO.

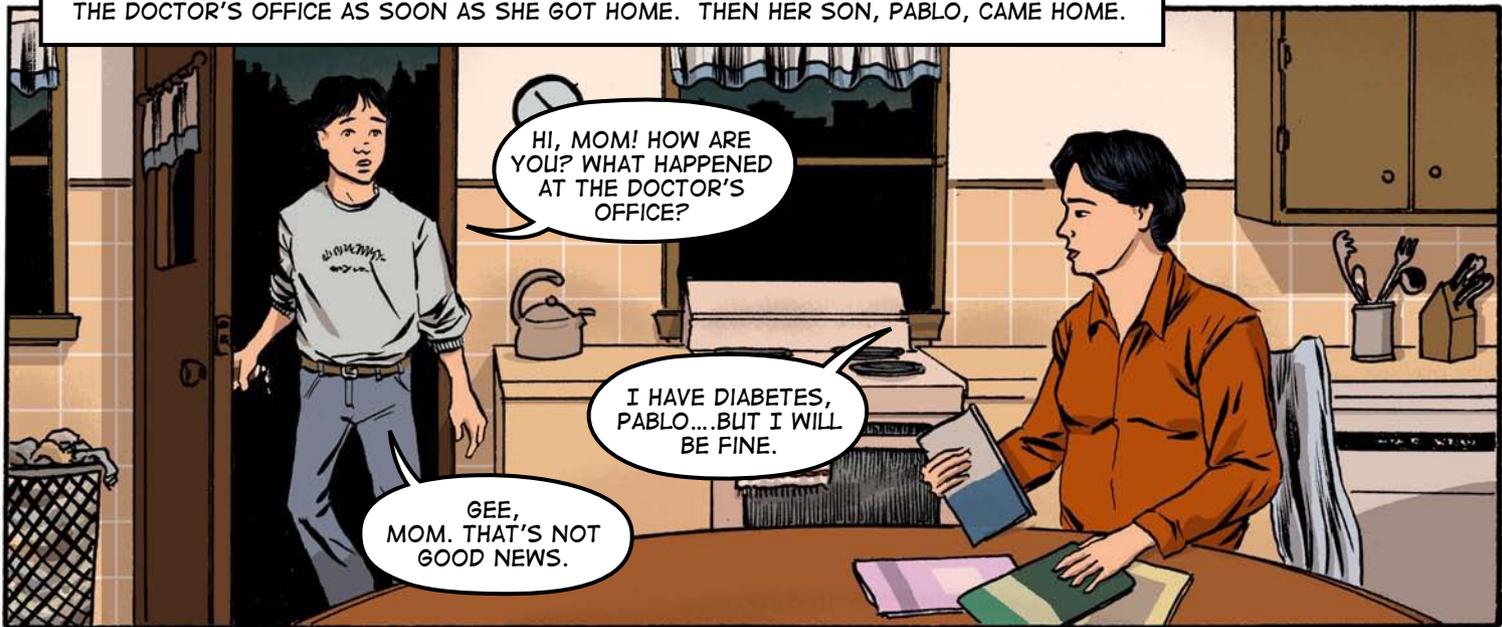


I KNOW THIS SEEMS LIKE A LOT TO LEARN, BUT YOU WILL LEARN HOW TO TAKE GOOD CARE OF YOURSELF VERY QUICKLY.

WE'RE HERE TO HELP YOU, SO CALL ME IF YOU HAVE ANY QUESTIONS OR PROBLEMS BEFORE YOUR NEXT APPOINTMENT.

THANK YOU FOR ALL YOUR HELP.

ALICIA KNEW SHE HAD A LOT TO LEARN. SHE STARTED TO READ THE BROCHURES SHE GOT AT THE DOCTOR'S OFFICE AS SOON AS SHE GOT HOME. THEN HER SON, PABLO, CAME HOME.



HI, MOM! HOW ARE YOU? WHAT HAPPENED AT THE DOCTOR'S OFFICE?

I HAVE DIABETES, PABLO...BUT I WILL BE FINE.

GEE, MOM. THAT'S NOT GOOD NEWS.

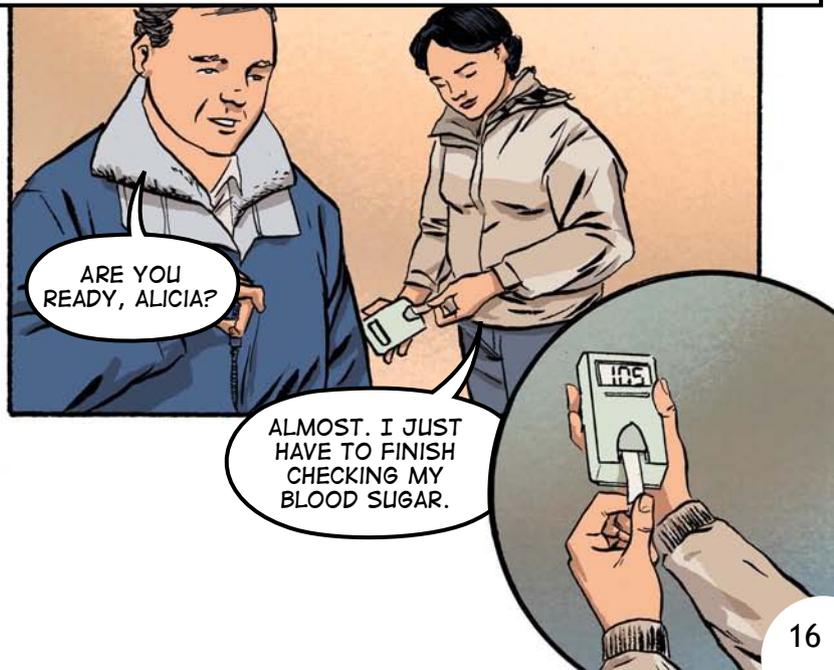
RICO'S MOM HAS DIABETES AND SHE SAYS IT'S FATE. THERE IS NOTHING ANYONE CAN DO ABOUT IT.

THAT'S NOT TRUE. THERE'S A LOT THAT I CAN DO.

MOM'S RIGHT, PABLO. AUNT MARGARET HAS HAD DIABETES FOR A LONG TIME.

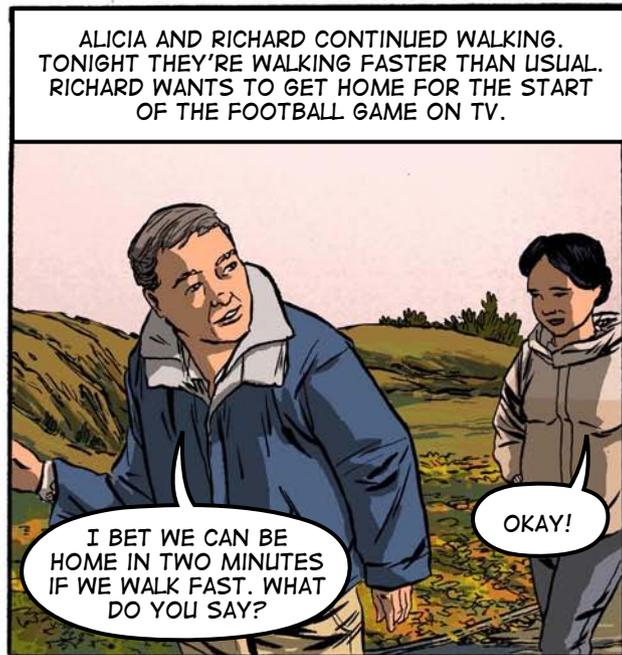
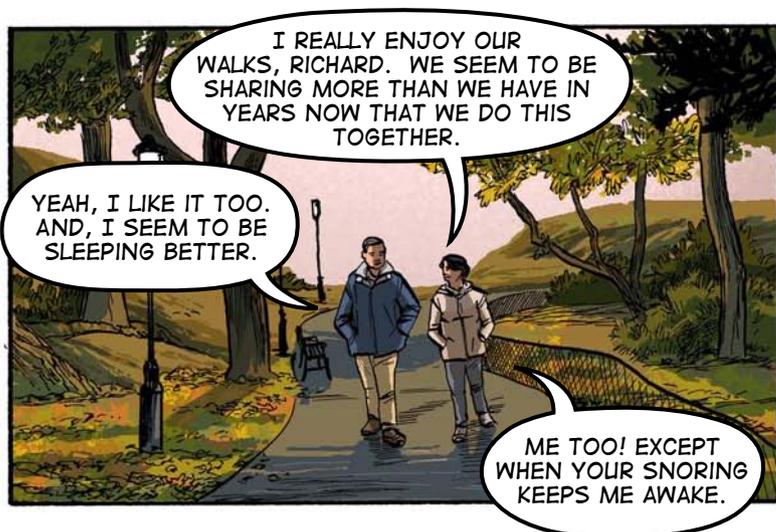
SHE TAKES DIABETES PILLS, TAKES GOOD CARE OF HERSELF, AND SHE'S 76 YEARS OLD!

SIX MONTHS LATER. ALICIA AND HER HUSBAND, RICHARD, ARE WALKING IN THE TOWN PARK. THEY HAVE BEEN WALKING ONCE OR TWICE A WEEK SINCE ALICIA FOUND OUT SHE HAD DIABETES. ON OTHER DAYS, ALICIA WALKS WITH HER GIRLFRIENDS OR SOMETIMES WITH SARINA.



ARE YOU READY, ALICIA?

ALMOST. I JUST HAVE TO FINISH CHECKING MY BLOOD SUGAR.



15 MINUTES LATER. ALICIA IS STILL SITTING ON THE BENCH. SHE'S SMILING AND LOOKS LIKE SHE IS FEELING BETTER.

I FEEL BETTER NOW, RICHARD. LET'S GO HOME.

LET'S WAIT A COUPLE OF MINUTES MORE, ALICIA. JUST TO BE SAFE.

THE GAME CAN WAIT. IT'S JUST ONE MORE GAME IN A MILLION GAMES. RIGHT?

HA.



BOY, I'M GLAD RICHARD HAD THAT CANDY. I WON'T FORGET MY SNACK AGAIN IF I GO FOR A LONG WALK ? THAT'S FOR SURE.

WHAT IF RICHARD HADN'T BEEN THERE!

MOM, YOU LOOK GREAT TONIGHT.

THANK YOU, SARINA. I FEEL GOOD TOO.

AND, I WANT TO THANK ALL OF YOU FOR HELPING ME WITH MY EXERCISES AND REMINDING ME TO CHECK MY BLOOD SUGAR WHEN I FORGET TO CHECK IT...WHICH I STILL DO AT TIMES.

NO PROBLEM, MOM. IT'S BEEN FUN REMINDING YOU WHAT TO DO FOR A CHANGE!

I'M PROUD OF YOU, ALICIA.

WE'RE ALL PROUD OF YOU. YOU ARE DOING A GREAT JOB CONTROLLING YOUR DIABETES.





Check your blood sugar levels often



Avoid stress and worry as much as you can



If you take medicine, always take it as directed (and don't stop taking it without speaking to your doctor or nurse)

REMEMBER, YOU CAN CONTROL YOUR DIABETES BY FOLLOWING THESE SIMPLE RULES:

YOU CAN LEAD A FULL AND HAPPY LIFE WITH DIABETES, JUST LIKE EVERYONE ELSE, BY TAKING GOOD CARE OF YOURSELF.



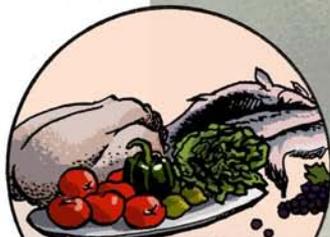
See your doctor for regular checkups



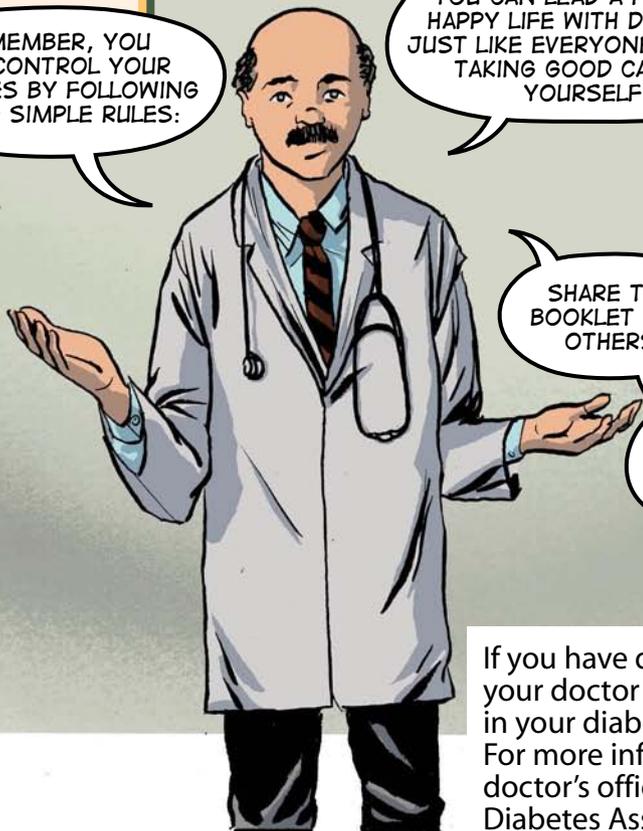
Stay active ...exercise, if you can, every day

SHARE THIS BOOKLET WITH OTHERS.

WE ALL NEED TO JOIN THE FIGHT AGAINST DIABETES!



Eat healthy foods ...every day



If you have diabetes, always check with your doctor before making any change in your diabetes treatment plan. For more information, contact your doctor's office or call the American Diabetes Association at 1-800-Diabetes or online at www.diabetes.org.