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Diabetes Education Tools

Patient Education Tools

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## New Diagnosis of Diabetes - English

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## New Diagnosis of Diabetes - English

### Description

An illustrated handout that simply explains need-to-know information for a newly diagnosed diabetes patient.

### Keywords

Diabetes, Patient Education

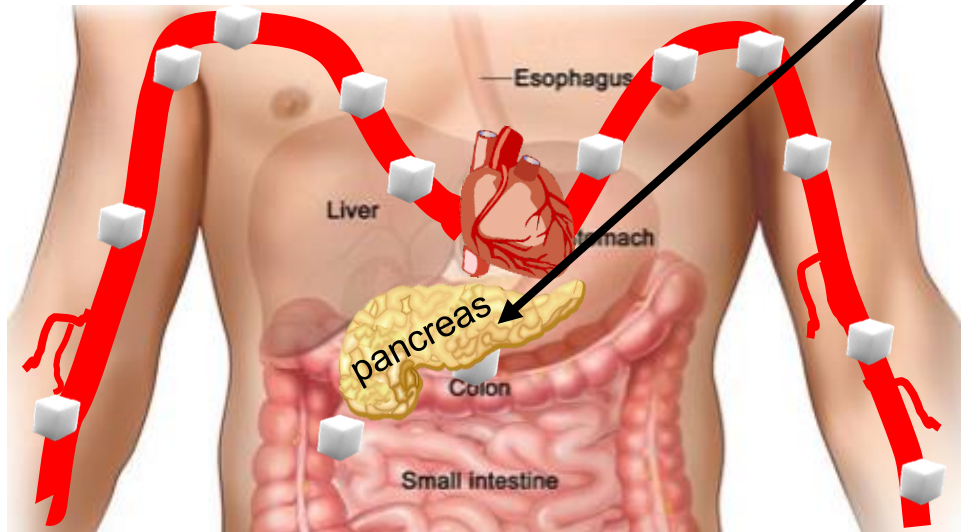
### Disciplines

Endocrine System Diseases | Medicine and Health Sciences | Nutritional and Metabolic Diseases

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# What is Diabetes?

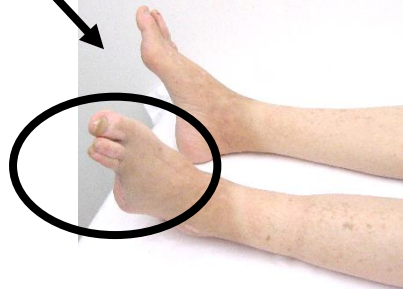
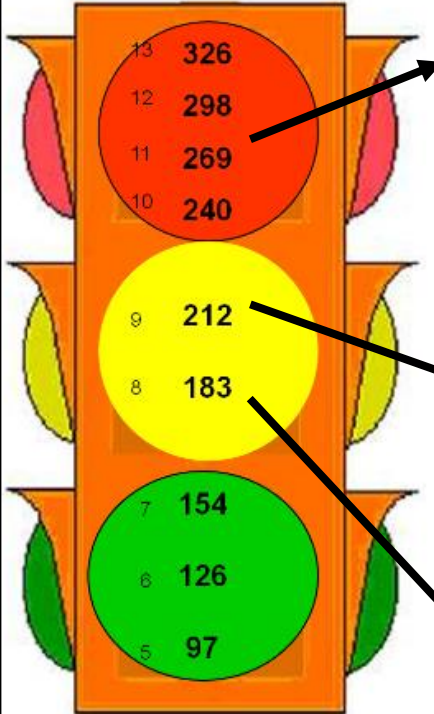


Diabetes is a disease of the pancreas.

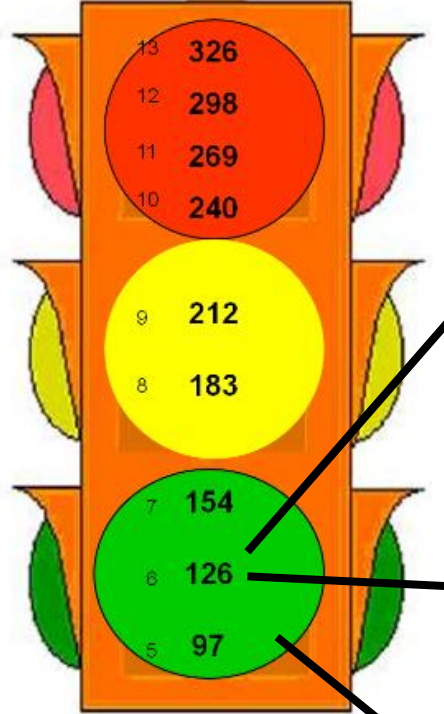
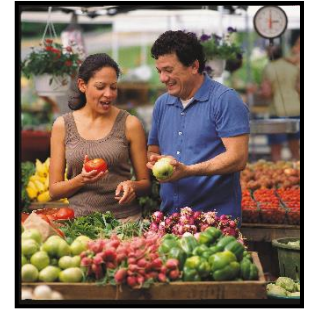
A healthy pancreas keeps the amount of sugar in the blood normal.

- When you have diabetes, your pancreas doesn't work well.
- When you have diabetes, too much sugar stays in your blood.
- When you have too much sugar in your blood you may feel tired all the time and be very thirsty. You may have to go to the bathroom many times a day.
- **But many people don't feel sick even when they have too much sugar in their blood.**

Even if you feel fine, too much sugar in your blood will hurt your body.



Most people with diabetes don't have any health problems because they learn how to keep their blood sugar in the green zone.



## What should a healthy blood sugar be?



In the morning before eating  
**80 - 130**



1 hour after eating  
**less than 180**

To keep your blood sugar in the healthy zone, make a few small changes:

- Eat less sweets and other carbohydrates.
- If you are given diabetes pills, take them every day.
- Do not stop taking your pills unless your doctor tells you to.
- See your doctor every three months.



It is important to get the amount of sugar in your blood down as soon as possible.

Many foods and drinks turn into sugar in your blood.

- **If you stop** eating sweet foods or drinking sweet drinks, the amount of sugar in your blood will come down right away.
- **If you eat less carbohydrate like** bread, rice and pasta it will also lower your blood sugar level a lot.

