

# Working With Your Diabetes Team

Managing your diabetes is a team effort. Your diabetes management team consists of, at one time or another, your physician, nurse educator, dietitian, pharmacist, dentist, ophthalmologist (eye doctor), podiatrist (foot doctor), exercise physiologist and, most importantly, you.

Your physician is responsible for your routine diabetes care. You should have a routine follow-up visit with your doctor every 3 to 6 months. Visits should be scheduled more frequently if you are having trouble keeping your blood glucose under control or if you have some complications from diabetes.

## When should you call the doctor?

Call your doctor if you have:

- stomach or chest pain
- difficulty breathing
- blood glucose levels over 350 mg/dL
- vomiting or diarrhea for more than 6 hours
- moderate to large amounts of ketones in your urine
- any sickness that lasts more than two days without improvement (flu, cold, fever)
- blood glucose levels that stay over 240 mg/dl even when you take your insulin or diabetes pills as prescribed and follow your diet and exercise plan
- vision changes
- blisters, cuts, swelling or redness on your feet
- numbness, tingling, pain, deep aching in arms, legs or feet



## Information to have handy when you call your healthcare team:

- your blood glucose levels
- your ketone levels
- the amount and type of insulin and/or oral diabetes medication you take
- medications you are taking, including over the counter medicine like aspirin or Tylenol®

- how long you have been sick
- your temperature
- what you have had to eat and drink for the past 2-3 days
- any weight loss
- other symptoms
- your pharmacy phone number



### What to do when you're not feeling well

When you are sick, your blood glucose may be higher, lower or not affected. You should keep taking your insulin or oral medication even when you are unable to eat. If it is difficult for you to keep things down because of nausea or vomiting, try to take small sips of water, diet soda, or herbal tea to keep hydrated. It is best if you can follow your regular meal plan. If not, try to eat three to four carbohydrate servings every three to four hours. Some suggestions for 1 carbohydrate choice are:

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|---|------------------------------------|
| • ½ cup apple or orange juice           | • ½ cup cooked cereal              |
| • ½ cup regular soda pop                | • 1 slice bread or toast           |
| • 1 twin Popsicle                       | • 3 graham cracker squares         |
| • 1 cup clear soup with noodles or rice | • ½ cup applesauce or canned fruit |

### Where to learn more?

Visit our website: [www.dagc.org](http://www.dagc.org) and our Aronoff Library and Resource Center, from 10:00 a.m. to 4:00 p.m. Monday through Friday.

 <p><b>DIABETES ASSOCIATION OF GREATER CLEVELAND</b> <i>Fighting the diabetes epidemic right here at home</i></p>	<p>3601 S. Green Road, #100 Cleveland, Ohio 44122</p>
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