

Where Do I



Begin?

Living With
Type 2
Diabetes



Join Today

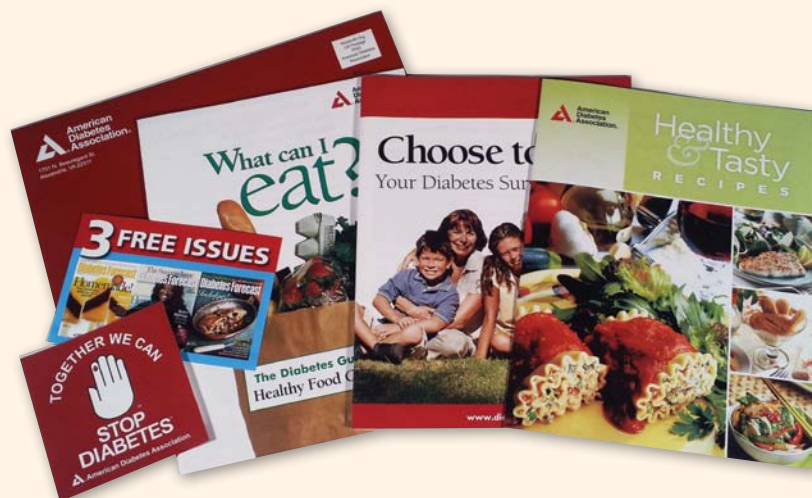
Diabetes is a journey. There's a lot to learn, but you don't have to do it alone. The American Diabetes Association® is ready to help you every step of the way.

This booklet will help you get started but to get more information, join the ***Living With Type 2 Diabetes*** program.

Living With Type 2 Diabetes is a free, year-long program that offers information and support as you learn to live with diabetes. Enrollees receive:

- Delicious and healthy recipes for you and your family
- Tools and information to help you take care of your diabetes
- Opportunities for support online and in your community

Your first month's packet will be on Food and Nutrition. Future packets include topics on Stress and Emotions, Physical Activity, and Preventing Complications.



Join the ***Living With Type 2 Diabetes*** program today!

- Fill out the card on the back of this booklet and mail it back to us (no postage needed), or
- Call 1-800-DIABETES (1-800-342-2383), or
- Visit diabetes.org/living



Snap a photo of this QR code* to go to the *Living With Type 2 Diabetes* program enrollment page!

*Download a free code reader app for your smartphone at your phone's marketplace

The American Diabetes Association is leading the movement to Stop Diabetes®. By joining the ***Living With Type 2 Diabetes*** program, you can help Stop Diabetes and change the future of this disease. To learn more about the movement, visit stopdiabetes.com or call 1-800-DIABETES.



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Start Here: Living With Type 2 Diabetes

First, take a deep breath.

You have type 2 diabetes. And yes, it's a big deal. But you know what? It's also something you can deal with. And the American Diabetes Association is here to help.

When people first find out that they have diabetes, they sometimes find it really scary, or sad, or even hard to believe. After all, you probably don't feel sick, or any different than you felt before you were told you have diabetes. And yet it is very important to take this disease seriously.

Some people who learn they have diabetes worry that it means their life is over, or that they won't be able to do everything they used to do. Neither of those things is true. What is true is that you may need to change some things about your daily routine. It's not your fault that you got diabetes, but it is your job to take care of yourself.

Luckily, there's a lot that you can do to keep yourself healthy. This booklet will give you the first steps for taking control of your diabetes.



Getting With Diabetes

What Is Type 2 Diabetes?

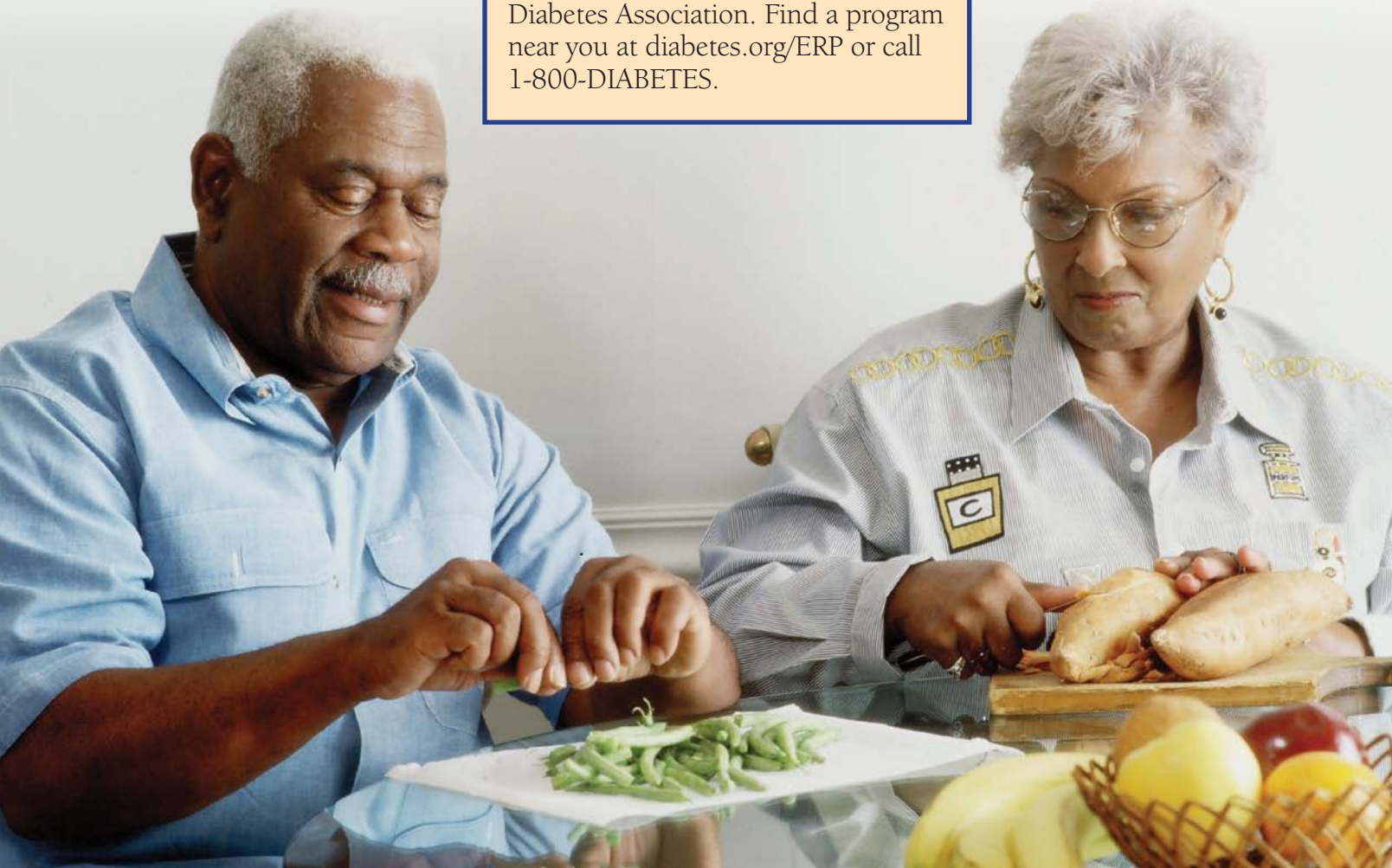
When you eat, your food is broken down into a sugar called glucose. Glucose gives your body the energy it needs to work. But to use glucose as energy, your body needs insulin.

When you have type 2 diabetes, your body does not make enough insulin or use it well. Since your body's cells can't use the glucose from your food as energy, the glucose stays in your blood, where it can cause serious problems.

There is no cure for diabetes, but it can be managed. Balancing the food you eat with exercise and medicine (if prescribed) can keep your blood glucose in a healthy range. Many people with diabetes live long and healthful lives.

TIP

You can ask your doctor for a referral to a diabetes education program recognized by the American Diabetes Association. Find a program near you at diabetes.org/ERP or call 1-800-DIABETES.



Taking Care of Your Diabetes

Your diabetes care team will help you, but day-to-day diabetes care is up to you. That care includes:

- Choosing what, how much, and when to eat
- Getting physically active
- Checking your blood glucose (if your doctor prescribes it)
- Taking medicine (if your doctor prescribes it)
- Going to your appointments
- Learning all you can about diabetes

Enroll today! Complete the postcard in this booklet, call 1-800-DIABETES (342-2383) or visit diabetes.org/living.

Who's on My Diabetes Care Team?

Your diabetes care team may include your doctor, nurse, dietitian, pharmacist, diabetes educator and any other health care provider working to help you care for your diabetes. Other specialists, such as an endocrinologist, ophthalmologist or podiatrist, may become involved as needed, too. And remember, you and your family and friends are the most important members of your diabetes care team.

Choosing What, How Much, and When to Eat

In the past, diets for people with diabetes were very restrictive. Things are different now. There isn't a one-size-fits-all diabetes diet.

While you may need to make some changes in what and how much you eat, you have flexibility in deciding what's on the menu. With a little planning, you can still include your favorite foods.

Create Your Plate

Trying to figure out how you're supposed to eat now that you have diabetes? A good place to begin is the "Plate Method." You don't need any special tools and don't need to do any counting. You just need to focus on filling your plate with more non-starchy vegetables and less starchy foods and meats. It's simple and it works. Find out how to use the Plate Method on the next page!

TIP What does "healthy eating" really mean?

- Eating a variety of foods, including vegetables, whole grains, fruits, non-fat dairy foods, healthy fats, and lean meats or meat substitutes
- Trying not to eat too much food
- Trying not to eat too much of one type of food
- Spacing your meals evenly throughout the day
- Not skipping meals



Weight Loss

If you are overweight or obese, your doctor or diabetes care team may suggest you try to lose some weight.

Losing weight can improve your blood glucose, blood pressure and cholesterol. You don't have to lose a lot of weight to start seeing results. Just losing 10–15 pounds can make a difference. The key to losing weight in a healthy way is to do so gradually. Avoid crash diets, and above all, follow the guidance of your doctor or dietitian to create a diet that will work for you.

There are many types of weight loss plans to choose from. Even using the Plate Method for meal planning can help with weight loss. If you're having trouble losing weight, talk with your doctor or a registered dietitian.

Future mailings of the American Diabetes Association *Living With Type 2 Diabetes* program include more information about weight loss.

Create Your Plate!

- 1** Imagine drawing a line down the middle of your dinner plate. Then on one side, cut it again so you will have 3 sections on your plate like the picture on your right.
- 2** Fill the largest section with non-starchy vegetables like salad, green beans, broccoli, cauliflower, cabbage, carrots, and tomatoes.
- 3** Now in one of the smaller sections, put starchy foods such as noodles, rice, corn, or potatoes.
- 4** The other small section is for meat, fish, chicken, eggs, or tofu.
- 5** Add an 8 oz glass of milk and one small piece of fruit or 1/2 cup of fruit salad and you've got a great meal. (If you don't drink milk, you can add an extra piece of fruit, light yogurt, or a small roll.)

Grains and Starchy Vegetables

- whole grain breads, such as whole wheat or rye
- whole grain, high-fiber cereal
- cooked cereal such as oatmeal, grits, hominy, or cream of wheat
- rice, pasta, barley, tortillas
- cooked beans and peas, such as pinto beans or black-eyed peas
- potatoes, green peas, corn, lima beans, sweet potatoes, winter squash
- low-fat crackers and snack chips, pretzels, and fat-free popcorn



Once you have changed how much you are eating, you can work on making healthier choices of each type of food.

Protein

- chicken or turkey (without the skin)
- fish such as tuna, salmon, cod, or catfish
- other seafood such as shrimp, clams, oysters, crab, or mussels
- lean cuts of beef and pork such as sirloin or pork loin
- tofu, eggs, low-fat cheese





Milk

- skim, 1/2%, or 1% milk
- low-fat or fat-free yogurt
- plain soy milk

Fruit

- fresh, frozen, or canned in juice or light syrup
- peach, pineapple, banana, apple, pear, mango, grapes, berries, melon, papaya, apricot, orange, grapefruit




Non-Starchy Vegetables

- fresh, frozen, or canned
- spinach, carrots, lettuce, greens, cabbage, bok choy, green beans, broccoli, cauliflower, tomatoes, vegetable juice, salsa, onion, cucumber, beets, okra, mushrooms, peppers, turnip



How Deep?

 For the plate method, your food can be piled about the thickness of a deck of cards or the palm of your hand.

“I’ve met others who are also living with diabetes and it’s a great way for me to get exercise. I love being a Red Rider.”

Learn more at diabetes.org/redrider



Getting Active

Being active is another part of living healthy and managing diabetes. Any type of physical activity you do helps lower your blood glucose.

Other benefits of physical activity include:

- Having more energy
- Relieving stress
- Keeping your joints flexible
- Lowering your risk for heart disease and stroke
- Feeling great

Talk to your doctor if you have questions about which activities are right for you.

Examples of different types of physical activity include:

- Aerobic activity (walking, biking, swimming)
- Being active throughout the day (taking the stairs instead of an elevator)
- Strength training (lifting weights or using resistance bands)
- Flexibility exercises (stretching and yoga)

Aerobic Activity

Aerobic activity makes your heart and bones strong, relieves stress, helps your insulin work better and improves blood flow. For most people, it’s best to aim for a total of 30 minutes of exercise a day, at least 5 days a week. If you are trying to lose weight, you may want to exercise more than 30 minutes a day.

Here are some examples of aerobic activity:

- Take a brisk walk
- Go dancing
- Take an aerobics class
- Swim or do water aerobics
- Go for a bike ride or use a stationary bike indoors

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If you haven't been very active recently, you can start out with 5 or 10 minutes a day and work up to more time each week. You can also split up your activity for the day: For example, take a quick 10-minute walk before or after each meal instead of 30 minutes all at once.

Being Active Throughout the Day

In addition to aerobic activity or other planned exercise, there are many ways to be more active during your day. This can help you burn calories and lower your blood glucose. Here are some examples:

- Walk instead of drive
- Get off the bus a stop early and walk the rest of the way
- Work in the garden, rake leaves or wash the car
- Play actively with kids
- Walk around while talking on the phone
- Park at the far end of the lot and walk

"I don't feel so alone when I'm walking with fellow Red Striders. There's a feeling of unity when we walk together."

**Learn more at
diabetes.org/redstrider**



Checking Blood Glucose

Your doctor may want you to start checking your blood glucose at home. If this is the case, you will need to get a small machine called a blood glucose meter. Meters are available in drug stores. Ask your doctor or diabetes educator to help you select a meter that works best for you and is covered by your insurance.

How does a meter work?

Meters work by testing a small drop of your blood for glucose. Most people prick their fingertip to get the blood drop, but you can ask your diabetes educator or doctor about other methods.

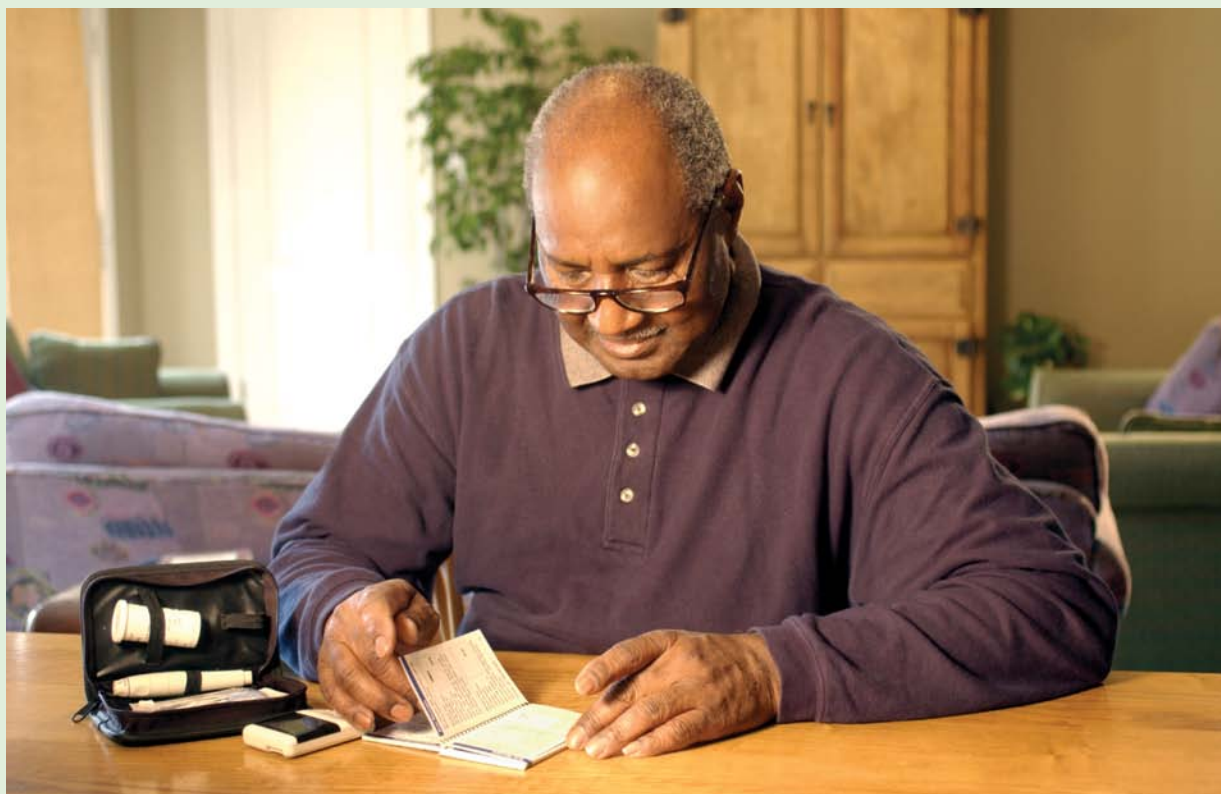
Why is it important?

Before you had diabetes, no matter what you ate or how active you were, your blood glucose automatically stayed within a normal range. With diabetes, this is no longer true.

Checking your blood glucose is one way you can know how food, activity and medicine affect your blood glucose. It can help you make sure your blood glucose isn't going too high or too low.

Write the date, time and blood glucose number in a logbook so you can share it with your diabetes care team. Together with the team, you can use your logbook to make decisions about food, physical activity and medicine.

Talk with your doctor or your diabetes care team about how often and when you should check your blood glucose. Before a meal or two hours after a meal are common times to check blood glucose. Also talk with your doctor about what your target numbers should be.



Medicines

Your doctor may prescribe medicine to help get and keep your blood glucose in your target range. There are different types of diabetes medicines that work in different ways to lower blood glucose. Your doctor may prescribe more than one to help you get to your target range. Some people with type 2 diabetes take both pills and insulin or insulin by itself.

If you are starting new medicines, ask your doctor, pharmacist or diabetes educator the following questions:

- How many pills do I take?
- How often should I take them, and when?
- Should I take my medicine on an empty stomach or with food?
- What if I forget to take my medicine and remember later?
- What side effects could I have?
- What should I do if I have side effects?
- Will my diabetes medicine cause a problem with any of my other medicines?

If you think you are having side effects from your medicine, or have questions, call your doctor or pharmacist. Don't stop taking it unless the doctor tells you to. Remember, your medicine will work best if you also make healthy changes to how you eat and if you are active.



How Do You Feel?

Different people have different feelings about getting type 2 diabetes. Some of the usual reactions are:

- A sense of loss
- Anger
- Disbelief and not wanting to think about it
- Fear
- Shock
- Stress
- Guilt

The thing to remember is that all of these feelings are completely normal. Finding out that you have diabetes is a big deal. And even if you're doing great with it now, there may be moments where you feel bad about what has happened to you.

It's a great idea to talk to family, friends, or your doctor about how you're feeling. Sometimes just putting your thoughts into words makes dealing with them easier.

Other people may be able to help you see the positive side of things, or figure out ways to reduce the stress.

TIP

Ask your diabetes care team to help if your feelings are overwhelming you or affecting the way you take care of yourself. Your health care provider can suggest ways to help you cope with difficult feelings.



Getting Support

Your family and friends can be a great source of support because they care about you. But they can't help you with diabetes unless they understand it. You can help them by telling them what you need from them. Try some of these ideas:

- Ask them to learn about how diabetes affects your body and emotions.
- Invite them to attend your appointments or diabetes classes.
- Include them in your new healthy lifestyle.
- Share this booklet with them.
- Ask for help when you need it.

You want the people around you to know how to help, but it's also okay to tell them if you don't want their help.



Get to Know your American Diabetes Association

Our mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

In Your Community

Through programs like *Living With Type 2 Diabetes*, *Live Empowered* and *Por tu Familia*, we offer information, education and resources to people living with diabetes.

Through events such as *EXPO*, *Step Out: Walk to Stop Diabetes* and *Tour de Cure*, we raise funds and awareness about diabetes.

There are 3 easy ways to join the FREE *Living With Type 2 Diabetes* program to get more information, new recipes and connect with others living with diabetes. You can

- Call 1-800-DIABETES
- Go to diabetes.org/living, or
- Return the postcard found in this booklet

Find us in your community at diabetes.org/community or call 1-888-DIABETES (342-2383).

The Latest Information on Diabetes

We offer free information and resources online at diabetes.org and through our Center for Information and Community Support. Trained representatives are available to help you find answers to your questions about diabetes. Call us at 1-800-DIABETES (342-2383), chat with us at diabetes.org/chat, or email us at AskADA@diabetes.org.

Legal Advocacy

Through the Americans with Disabilities Act, people with diabetes have rights that protect them against discrimination because of diabetes. If you have questions about discrimination, visit diabetes.org/discrimination or call 1-800-DIABETES (342-2383).

Research

We invest millions of dollars in research aimed at preventing, treating and curing diabetes. Learn more about current research in diabetes at diabetes.org/research.

We are leading the movement to Stop Diabetes.
Join the MillionsSM at stopdiabetes.com.



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