

Questions and Answers about Diabetes Treatment

What type of diabetes do I have?

- Type 1: Must use insulin to control “sugar” in the blood.
- Type 2 (most common): Blood “sugar” control can happen with diet, exercise, medicines, insulin, or a combination of these.

How can I stay healthy even though I have diabetes?

- Test your sugar regularly.
- Always take your medicine bottles in to your appointments.
- Take your medicines.
- Keep your medical appointments. Ask questions about things that are confusing or that you don't understand.
- Cut down on unhealthy foods, especially those with lots of sugar, salt, or fat like soda, fast food.
- Eat more healthy foods. Some examples are fresh fruits, steamed vegetables, whole grain bread, lentils or bean soup.
- Control the amount of food you eat.
- Do some walking or other exercise every day. Dancing is also a good kind of exercise.

What should my sugar level be?

Before eating it should be as close to 100 as possible. Two hours after eating it should be 140 or lower.

What will I feel if my sugar is high?

You may feel like going to the bathroom a lot, tired, thirsty, or have blurry vision. Sometimes you might not feel anything at all.

What will I feel if my sugar is low?

You may feel shaky, sleepy, tired, sweaty, upset, confused, hungry, and/or dizzy.

How low can my sugar go? What can I do to treat low sugar?

70. If it is lower than this, you should try one of these (each one is a serving):

- 1/2 cup of juice or regular soda (not sugar-free)
- 1 tablespoon of sugar or 5 small sugar cubes
- 8 ounces of skim (nonfat) milk

Wait 15 minutes, and then recheck your blood sugar level. If your blood sugar is still low eat another serving and recheck 15 minutes later. Keep doing this until you are back to normal.

How do my medicines work?

People who have diabetes sometimes have one or all of these problems:

- They do not make enough insulin
- Their liver makes too much sugar
- They have insulin resistance

Because of these problems, it often takes a combination of medications and/or insulin to get a sugar to normal level.

How do I know if my treatment is working?

Ask to have your A1C checked. It is a blood test that lets you know if your sugar is the right level: **6.5% or less is the goal**. An A1C of 6.5% is like having sugar readings of 140 or less at home.