



What is diabetes?

Diabetes is a disease that prevents the body from properly using energy from the food we eat. People with diabetes either don't have enough insulin, or the insulin they have doesn't work as it should to get sugar into the body's cells for energy. Type 1 diabetes occurs because the insulin-producing cells of the pancreas are damaged. People with type 2 diabetes produce insulin, but it's either too little or doesn't work properly. Type 2 diabetes is most common in those over 40 who are overweight. Controlling blood sugar (glucose) levels is the best way to reduce risks for long-term complications like eye disease, kidney disease, and damage to nerves and blood vessels.

What should my blood sugar level be?

People with diabetes have to be vigilant about monitoring blood sugar to avoid complications associated with the disease.

RECOMMENDED BLOOD GLUCOSE RANGE FOR PEOPLE WITH DIABETES

- Before meals: 80–130 mg/dL
- One or two hours after the start of a meal: less than 180 mg/dL
- Before bedtime snack: 100–150 mg/dL

USING THIS GUIDE

Diabetes is a disease that is exceedingly prevalent in our community. One in 14 people in Northeast Ohio has diabetes, and the numbers continue to rise. But by taking a proactive approach to managing the disease, you can reduce your risk for complications and enjoy an improved quality of life.

Please use this guide as a resource as you begin to learn about managing diabetes and examine your options. Remember, it is your right as a patient to ask questions and to seek a second opinion.



DIABETES AND ALCOHOL

With your doctor's permission, you may enjoy alcohol in moderation. That's one drink per day for women and no more than two drinks per day for men. A drink is equal to 5 ounces of wine, 12 ounces of beer or 1½ ounces of distilled spirits. If you are taking medication, talk to your doctor about the safety and possible side effects of mixing alcohol and your medication.

Treatment

HOW IS DIABETES MANAGED?

Diabetes is managed through proper meal planning, exercise and, if needed, medication. Your healthcare provider will monitor your level of blood sugar, cholesterol, A1C, and triglycerides. It is important to keep these values as normal as possible.

Type 1 diabetes is controlled with:

- Insulin
- Meal planning
- Exercise (physical activity)

Type 2 diabetes is controlled with:

- Meal planning and exercise (physical activity)
- Medicine taken by the mouth
- Insulin or other injectable medications

Managing Your Weight

If you are overweight, losing as little as 10 to 20 pounds can help lower your blood sugar, cholesterol, triglycerides and blood pressure. You will lessen the strain on your bones and joints and will feel better all the way around.

TO GET STARTED:

- Make a plan
- Set realistic goals. A one- to two-pound weight loss per week is a reasonable goal
- Keeping track of what, when, where and how you eat now
- Follow a healthy eating plan that includes a variety of foods, smaller portions and less fat
- Exercise at least 30 minutes a day
- Assess your willingness to change

How can I avoid long-term problems associated with diabetes?

The best ways to reduce your risk for long-term problems related to diabetes are to control your blood sugar and to take good care of yourself.

Eyes — See an eye doctor at least once a year for an eye exam that includes dilation to check for cataracts, glaucoma or retinopathy. If you notice changes in your vision or eye discomfort, call your healthcare provider.

Kidneys — Have your urine checked for protein at least once a year. Protein in the urine is a sign of kidney disease. Other symptoms of kidney problems include swelling of the hands, feet and face; weight gain from water retention; and itching and/or drowsiness. Prompt treatment may slow the progression of kidney disease.

Heart and Brain — All people with diabetes have an increased chance for developing heart disease and strokes. It's important to control additional risk factors such as high blood pressure, cholesterol and triglycerides. Go to the nearest emergency room if you experience signs of heart attack or stroke.

Feet — High blood sugar can lead to poor blood flow and nerve damage. You may notice the change by feeling severe pain, or by losing feeling altogether. Unfortunately, you may not notice injuries that can lead to serious infections. Check your feet regularly for cracked skin, sores, blisters and toenail problems and report them promptly to your doctor.

Teeth — Gum disease and infection are more common in people with uncontrolled diabetes. See your dentist every six months, and report any bleeding in your gums, loose teeth, sores or ulcers in your mouth immediately.

Cleveland Clinic's Comprehensive Approach to Diabetes

Cleveland Clinic experts create an individualized plan that fits each person's lifestyle and helps him or her achieve the recommended diabetes management goals. We offer education in all aspects of diabetes management, including insulin instruction and blood glucose monitoring, as well as personal consultation and problem solving.



THE CLEVELAND CLINIC TEAM CONSISTS OF:

- Board-certified endocrinologists, primary care physicians and nurse practitioners
- Certified diabetes nurse educators
- Registered dietitians certified in diabetes education

A collaborative effort between the patient, primary care physicians and our experienced medical staff, combined with appropriate specialty services, ensures that each patient receives the best personalized care possible. Cleveland Clinic has been recognized by Better Health Greater Cleveland for measuring, monitoring and managing diabetes better than the national average as reported by the National Council on Quality Assurance (NCQA). More than 100 of our primary care physicians have earned recognition for exemplary care of their diabetic patients through the NCQA Diabetes Recognition Program.

CLEVELAND CLINIC PATIENTS LEARN:

- How to monitor blood glucose levels
- Strategies to control weight
- How to plan meals
- How to read food labels
- The latest information on nutrition
- How to take care of feet
- Exercise tips and setting goals
- How to avoid complications
- Current research findings
- Travel tips
- Community resources



WEIGHT LOSS SURGERY

Cleveland Clinic offers surgically-induced weight loss for patients who are unable to control blood glucose with lifestyle modifications and medication alone. In the Bariatric and Metabolic Institute, surgeons offer several minimally invasive techniques, some of which were pioneered at Cleveland Clinic, to provide a lasting solution. Most patients lose between 50 percent and 80 percent of their excess body weight during the 18 to 24 months following surgery. Better control or remission of diabetes tends to occur even before significant weight loss. For more information about the Cleveland Clinic Bariatric and Metabolic Institute, visit clevelandclinic.org/weightloss or call 216.445.2224.

Cleveland Clinic Diabetes Care Locations

FAMILY HEALTH CENTERS

Beachwood Family Health and Surgery Center

26900 Cedar Road
Beachwood, OH 44122
216.839.3000

Chagrin Falls Family Health Center

551 East Washington St.
Chagrin Falls, Ohio 44022
440.893.9393

Diabetes and Endocrinology (Park East)

3733 Park East Drive, Suite 105
Beachwood, OH 44122
216.504.0001

Elyria Family Health and Surgery Center

303 Chestnut Commons Drive
Elyria, OH 44035
440.366.9444

Independence Family Health Center

5001 Rockside Road
Crown Centre II
Independence, OH 44131
216.986.4000

Lorain Family Health and Surgery Center

5700 Cooper Foster Park Road
Lorain, OH 44053
440.204.7400

Medina Medical Office Building - South

Entrance D, Suite 5A
970 East Washington St.
Medina, OH 44256
330.721.5700

Solon Family Health Center

29800 Bainbridge Road
Solon, OH 44139
440.519.6800

Stephanie Tubbs Jones Health Center

13944 Euclid Ave.
East Cleveland, OH 44112
216.767.HCHC (4242)

Strongsville Family Health and Surgery Center

16761 SouthPark Center
Strongsville, OH 44136
440.878.2500

Twinsburg Family Health & Surgery Center

8701 Darrow Road
Twinsburg, OH 44087
330.888.4000

Willoughby Hills Family Health Center

2570 SOM Center Road
Willoughby Hills, OH 44094
440.943.2500

Wooster Family Health Center

1740 Cleveland Road
Wooster, OH 44691
330.287.4500

ADDITIONAL LOCATIONS

Diabetes Center (at main campus)

10685 Carnegie Ave.
Cleveland, OH 44106
216.444.6568

Ashtabula County Medical Center

2420 Lake Ave.
Ashtabula, OH 44004
440.997.6910

Cleveland Clinic Lakewood

14519 Detroit Ave., Suite 300
216.529.5300



Every life deserves world class care.

9500 Euclid Ave., Cleveland, OH 44195

The Endocrinology & Metabolism Institute offers specialized centers of care for diabetes and thyroid, pituitary, calcium and weight disorders. Our surgeons perform the largest number of endocrine surgeries in the region, and specialize in robotic "scarless" thyroid and parathyroid surgery, complex cases, reoperative procedures, robotic and laparoscopic pancreas and solid organ surgery, difficult-to-treat thyroid cancers, and endocrine malignancies. *U.S. News & World Report* ranks our diabetes and endocrinology services No. 3 in the nation. The Endocrinology & Metabolism Institute is one of 27 clinical and special expertise institutes at Cleveland Clinic, a nonprofit academic medical center ranked among the nation's top hospitals, where more than 3,400 staff physicians and researchers in 140 specialties collaborate to give every patient the best outcome and experience.
clevelandclinic.org

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Cleveland Clinic

Comprehensive Diabetes

Self-Management Education

Cleveland Clinic offers comprehensive diabetes self-management education to help you or your loved one succeed in managing all aspects of diabetes care. Group classes and individual visits are available, and both are taught by certified diabetes educators (CDEs). Register now to take one of the following courses close to home or work. **A physician referral is required.**

PRE-DIABETES (GROUP CLASS)

Pre-diabetes is caused by insulin resistance. This means that your body is not using its tools correctly to manage your blood sugar. This class covers lifestyle changes that are helpful in improving insulin resistance and preventing or slowing the development of diabetes.

Location: The Diabetes Center at main campus

COMPREHENSIVE DIABETES EDUCATION

Class topics include eating healthfully, being physically active, monitoring blood sugars and interpreting results, taking medications safely, reducing risks of complications, and setting personal goals for managing diabetes.

Group Class Locations: The Diabetes Center at main campus, South Pointe Hospital, Stephanie Tubbs Jones Health Center, Richard E. Jacobs Health Center, Euclid Hospital, Hillcrest Hospital, Twinsburg Family Health & Surgery Center, Marymount Hospital, and Strongsville Family Health & Surgery Center

Individual Visit Locations: Ashtabula County Medical Center, Mentor Medical Office Building, Willoughby Hills Family Health Center, Cleveland Clinic Lakewood, Independence Family Health Center, and Solon Family Health Center

INTRODUCTION TO INSULIN PUMPS (GROUP CLASS)

This course provides education about insulin pumps, and will cover topics such as benefits of pumping, insulin pump limitations, and types of pumps and infusion sets. Attendees will get hands-on time learning about the different pumps. This class is also for those who are considering other pump options or who need to refresh their basic knowledge of pump management.

Location: The Diabetes Center at main campus

INSULIN CLINIC (GROUP CLASS)

The Insulin Clinic helps those patients requiring frequent insulin changes in order to achieve better control. All dosage adjustments are under the direction of the referring practitioner.

Location: Stephanie Tubbs Jones Health Center

GESTATIONAL DIABETES CLINIC (INDIVIDUAL VISIT)

This Clinic helps pregnant women learn ways to control blood sugars for safe and healthy outcomes for mother and baby.

Locations: Hillcrest Hospital, Stephanie Tubbs Jones Health Center and Cleveland Clinic Lakewood

WEIGHT MANAGEMENT PROGRAM (GROUP CLASS)

Offered once a month, this course teaches healthy eating in a group atmosphere and covers topics including: balancing diets, dining out, shopping tips, recipes and menus, weight plateaus, emotional and social eating, fiber, time savers, and exercise.

Location(s): The Diabetes Center at main campus



CLEVELAND CLINIC DIABETES EDUCATION LOCATIONS

Classes, days and times may vary. Please call for the most current information and how to register.

Ashtabula County Medical Center

2420 Lake Ave.
Cleveland, OH 44104
440.994.7598

Cleveland Clinic Lakewood

14519 Detroit Ave., Suite 300
Lakewood, OH 44107
216.529.5300

The Diabetes Center at main campus

10685 Carnegie Ave.
Cleveland, OH 44106
216.444.3672

Euclid Hospital

18901 Lakeshore Blvd.
Euclid, OH 44119
216.692.8679

Hillcrest Hospital

6780 Mayfield Road
Mayfield Heights, OH 44124
440.312.7760

Independence Family Health Center

5001 Rockside Road
Crown Centre II
Independence, OH 44131
216.444.3672

Mentor Medical Office Building

7060 Wayside Drive
Mentor, OH 44060
440.357.2770

Richard E. Jacobs Health Center

33100 Cleveland Clinic Blvd.
Avon, OH 44011
216.529.5300

Solon Family Health Center

29800 Bainbridge Road
Solon, OH 44139
216.491.7385

South Pointe Hospital

4180 Warrensville Center Road
Building A, 6th Floor
Warrensville Heights, OH 44122
216.491.7385

Stephanie Tubbs Jones Health Center

13944 Euclid Ave.
East Cleveland, OH 44112
216.767.4242

Twinsburg Family Health & Surgery Center

8701 Darrow Road
Twinsburg, Ohio 44087
216.491.7385

Willoughby Hills Family Health Center

2570 SOM Center Road
Willoughby Hills, OH 44094
440.943.2500