

Your Guide to Managing Diabetes



Diabetes is a debilitating 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 avoid complications and enjoy an improved quality of life.

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. Diabetes needs to be treated to improve or normalize blood sugar (glucose) levels, thereby preventing long-term complications like eye and 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

Aim for <140 mg/dl for tight control

- Before meals: 80 – 120 mg/dl
- One or two hours after the start of a meal: <180 mg/dl
- Before bedtime snack: 100 – 140 mg/dl

TREATMENT

People with type 1 diabetes must use insulin to control blood sugar. The primary treatments for type 2 diabetes are diet and exercise. When these measures are not sufficient to maintain normal blood sugar, you may need to take medications that help the body regulate insulin. If you have poor blood sugar control despite lifestyle changes and medication, you may need to take insulin.



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 1 ½ 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.

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.

GET STARTED BY:

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

HOW CAN I AVOID LONG-TERM PROBLEMS ASSOCIATED WITH DIABETES?

The best ways to prevent or delay long-term problems related to diabetes are to control your blood sugar and to take good care of yourself.

1 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.

2 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.

3 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.

4 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.

5 TEETH — Gum disease and infection are more common in people with 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. They offer education in all aspects of diabetes management, including insulin instruction and blood glucose monitoring, as well as personal consultation and problem solving.

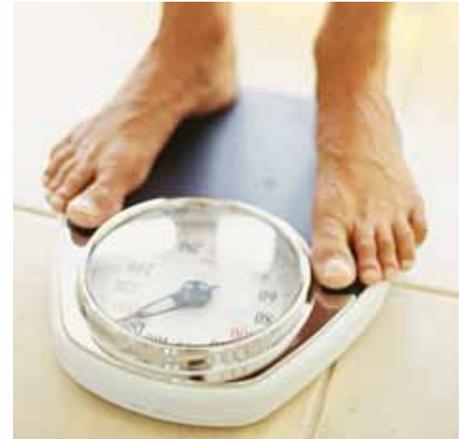
THE CLEVELAND CLINIC TEAM CONSISTS OF:

- Board-certified endocrinologists and primary care physicians
- 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 www.ClevelandClinicWeightLoss.com or call 216.445.2224.

CLEVELAND CLINIC DIABETES CARE AND EDUCATION LOCATIONS

FAMILY HEALTH CENTERS

Beachwood Family Health and Surgery Center

26900 Cedar Road
Beachwood, OH 44122

216.839.3000

Brunswick Family Health Center

3574 Center Road
Brunswick, OH 44212

330.225.8886

Chagrin Falls Family Health Center

551 East Washington Street
Chagrin Falls, OH 44022

440.893.9393

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

Lakewood Family Health Center

16215 Madison Ave.
Lakewood, OH 44107

216.521.4400

Lorain Family Health and Surgery Center

5700 Cooper Foster Park Road
Lorain, OH 44053

440.204.7400

Solon Family Health Center

29800 Bainbridge Road
Solon, OH 44139

440.519.6800

Strongsville Family Health and Surgery Center

16761 SouthPark Center
Strongsville, OH 44136

440.878.2500

Twinsburg Medical Offices

2365 Edison Blvd., Suite 100
Twinsburg, OH 44087

330.888.4000

Westlake Family Health Center

30033 Clemens Road
Westlake, OH 44145

440.899.5555

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

COMING SOON

The Diabetes Center

10685 Carnegie Ave.
Cleveland, OH 44106

CLEVELAND CLINIC HOSPITALS

Cleveland Clinic

9500 Euclid Ave.
Cleveland, OH 44195

216.444.6568

Euclid Hospital

18901 Lakeshore Blvd.
Euclid, OH 44119

216.692.8711

Fairview Hospital

18101 Lorain Ave.
Cleveland, OH 44111

216.476.4077

Hillcrest Hospital

6780 Mayfield Road
Mayfield Heights, OH 44124

440.312.4399

Huron Hospital

13951 Terrace Road
East Cleveland, OH 44112

216.761.4286

Lakewood Hospital

14601 Detroit Ave., Suite 540
Lakewood, OH 44107

216.529.5300

Lutheran Hospital

1730 West 25th Street
Cleveland, OH 44113

216.696.4300

Marymount Hospital

12300 McCracken Road
Garfield Heights, OH 44125

216.587.8246

Medina Hospital

1000 E. Washington Street
Medina, OH 44256

330.721.5144

South Pointe Hospital

20000 Harvard Road
Warrensville Heights, OH 44122

216.491.7385



9500 Euclid Avenue, Cleveland, OH 44195

The Medicine Institute, one of 26 institutes at Cleveland Clinic, creates a medical home for comprehensive, coordinated personal healthcare. Primary care physicians on our main campus and in more than a dozen family health centers coordinate patient care, from physical exams to the treatment of complex and chronic conditions. Cleveland Clinic is a nonprofit, multispecialty academic medical center, consistently ranked among the top hospitals in America by *U.S. News & World Report*. Founded in 1921, it is dedicated to providing quality specialized care and includes an outpatient clinic, a hospital with more than 1,300 staffed beds, an education institute and a research institute.