

# Living In Balance

Fall 2011

## Fond du Lac Human Services Diabetes Newsletter



### Life With Diabetes Workshops

*This workshop covers the basics of diabetes. If you attended in the past, the information will be a review.*

Topics: What is Diabetes · Healthy Habits  
Complications · Medications · Monitoring  
Sick Days · Meal Planning · Stress & Coping  
Activity · Goal Setting

**Thursday, October 20th 8:30—4:00 MNAW**

*Space is limited to 50 people*

*Register by 10/14/2011*

**Thursday, October 27th 8:30—4:00 CAIR**

*Space is limited to 15 people*

*Register by 10/21/2011*

**To register call Amanda at 878-3731 OR  
Jenn at 878-2146**

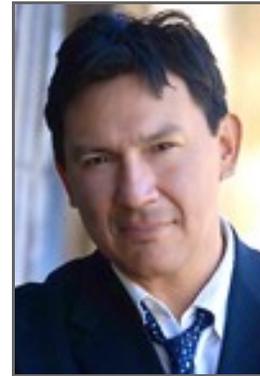
Breakfast, Lunch & Incentives\* included



*\*Incentives will not be given unless the whole workshop is completed. Must have a diagnosis of diabetes & be eligible for services at FDL.*

### Beyond the Basics Workshop

*Featuring guest speaker Darryl Tonemah*



**Thursday, November 3rd 8:30—12 MNAW**

*Space is limited to 60 people*

*Register by 10/31/2011*

**To register call Amanda at 878-3731 OR  
Jenn at 878-2146**

Breakfast & Incentives\* included



*\*Incentives will not be given unless the whole workshop is completed. Must have a diagnosis of diabetes OR prediabetes & be eligible for services at FDL.*

## You Are In Control...but We Are Here To Help

With diabetes, you and your provider should work together, but **you** are in charge of your day-to-day care. How you live your life is the treatment. What you eat. How often you check your blood sugar. How you take your medicine. How you handle stress. Your provider and healthcare team can help, but you are in charge.

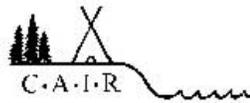
The more you know about diabetes and act upon that knowledge, the healthier you can be. Learning to deal with diabetes can be difficult. Talk about how you are feeling with family, friends and your healthcare team. Fear, anger, and confusion can stop you from taking care of yourself. If those emotions are gaining control, get help. Continue to do the things that you love. Diabetes doesn't have to stop you from getting satisfaction and pleasure out of your life.

Never forget that nobody is perfect. Diabetes is challenging. Keep track of your successes, and try to repeat them. When things don't turn out the way you planned, ask yourself, "What can I learn from this?" One day instead of simply coping with your diabetes, you'll find that you truly are managing you diabetes.

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## Fond du Lac Human Services

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[www.fdlrez.com/HumanServices/medical/diabetes/main.htm](http://www.fdlrez.com/HumanServices/medical/diabetes/main.htm)



## Diabetes Checklist

Here are some key things you need to do to manage your diabetes:

- Test your blood sugar as directed by your health-care team, and write it down in your log book.
- Take your medicines as directed.
- Check your feet.
- Follow your plan for meals and exercise.
- Take care of teeth and skin.

Things to do at each provider visit:

- Bring your blood sugar monitor and log book with you.
- Ask about your A1C level and determine your goal for your next visit.
- Have your provider check your feet. Taking off your shoes and socks will help you remember.
- Have your blood pressure checked.

Things to do at least once a year:

- Have your cholesterol and triglycerides checked.
- Have your urine checked for protein (microalbumin screen) and a blood test for serum creatinine.
- Visit an eye doctor for a comprehensive dilated eye exam.
- Visit your doctor for a foot exam.

