**Type 2 Diabetic Patient Information**

You have been diagnosed with Type 2 Diabetes, which happens when your pancreas does not function properly. We understand that this diagnosis may feel overwhelming to you at first and we want to help you. We care about your health and hope to help you access the resources you need to manage your diabetes. You may feel like you are learning a new language, but we are here to answer any questions you may have.

Diabetes is a chronic disease that will have to be managed on a continuing basis. Uncontrolled diabetes can cause problems with your kidneys, vision, and circulation. Our providers’ expectations are outlined in the enclosed document under “Standards of Care”.

There is also a section on the enclosed document titled “Diabetic Goals”. These are ideas to get you started and you will likely set your own specific goals. You do not have to make all these changes at once. Take small steps. Set a manageable goal and work to achieve it each day. Celebrate every improvement you make, no matter how small. Feel good about your efforts to manage your diabetes.

We refer many patients to our diabetes care management team and/or to the diabetic education classes at Holland Hospital. If you have any questions or need advice, please call our diabetes care management team. Please check with your insurance customer service for policy coverage.

**Diabetes Care Team**

Cindy Guzman, Care Coordinator 616-796-3460

Casondra Stille, Care Coordinator 616- 796-3439

Beth Tyler, RN Care Manager 616-796-3466

Michelle McArthur, BSN, CDCES, RN Care Manager 616-796-3457

*\*\*Read this before filling any prescription\*\**

You may be given a prescription for a glucose (blood sugar) monitor and test strips. If your pharmacy tells you that these supplies are not covered by your insurance, or if your copay is quite high, please call our care management team *before paying cash*. Your insurance may require a different brand of glucose monitor or you may need to use a different pharmacy or durable medical equipment (DME) provider, such as Airway Oxygen.

The same is true for any medication prescribed for your diabetes. Your insurance may have a contract with a particular pharmacy, and we can help you navigate this and get your medications/supplies at the most affordable cost for you.

**Phone Nurse (616) 396-6771**

Monday-Thursday 8am-8pm, Friday 8am-5pm, Saturday 8am-11am

In an emergency, call 911 or proceed to the nearest emergency room.

Thank you for allowing us to partner with you as you learn to manage your diabetes.

Lakewood Family Medicine

**Type 2 Diabetes Standards of Care**

Test **blood sugar** as directed by your doctor.

 Fasting blood sugar should be 80-130

 2 hours after the start of a meal your blood sugar should be less than 180

Schedule a **diabetes check-up** with your doctor at least 2 times per year if your diabetes is controlled, more often if uncontrolled.

**Hemoglobin A1c** measures a 3 month average of your blood sugar. This should be done at least twice per year, more often if uncontrolled.

 A1c goal will be determined by your provider; for most patients less than 8% is acceptable.

Schedule an annual **diabetic eye exam** with an eye doctor (ophthalmologist or optometrist) to check for weakening of blood vessels in your eyes

**Annual labs**:

 Lipid panel checks for fatty substances in blood

 Total cholesterol less than 200

 LDL (bad cholesterol) less than 100

 Triglycerides (non-cholesterol fat) less than 150

 Basic Chemistry panel - includes blood sugar and kidney function tests

 ALT - check liver function

 Urine Micro albumin - check urine for kidney damage

Maintain a healthy **blood pressure**

 Goal is less than 140/90

**Foot exam** to check circulation and skin conditions

 Daily self-foot exam

 Yearly foot exam by your doctor or a foot doctor (podiatrist)

Vaccines should be up to date

Annual dental exams

Medications should be taken as prescribed, or call your doctor if you are unable to do so for any reason.

**Set Reachable Diabetic Goals**

Blood sugar testing - as directed by your provider

Exercise - Goal is to exercise a minimum of 150 minutes per week consistently. For example 30 minutes a day on 5 days/week or 20 minutes a day on 7 days/week.

Meal planning

 Balanced, low-carbohydrate meals

 Controlled portion sizes

Weight loss - Goal Body Mass Index (BMI) is less than 25

Smoking cessation

Personal commitments - Complete a diabetes education program