

Managing Your Diabetes®

patient education program

With diabetes, knowledge is good medicine.
The more you learn, the better you can manage
your diabetes – and the better you'll feel.

This brochure is only part of Lilly's
comprehensive diabetes patient education
program. It's available to patients at every
level of learning. Ask your healthcare
provider for more information.

www.LillyDiabetes.com
www.DiabetesEnEspañol.com

Managing Your Diabetes® is a registered
trademark of Eli Lilly and Company.

HI-22569 PRINTED IN USA. 3000002148 0102150
COPYRIGHT ©2002, ELI LILLY AND COMPANY.
ALL RIGHTS RESERVED.



Staying Healthy With Diabetes

A guide to foot, skin, dental and eye care

Lilly

Answers That Matter.

Lilly

Answers That Matter.

When it comes to diabetes, you are in control. That is why taking care of yourself will help you stay healthy. The information in this brochure will help you care for your feet, skin, teeth and eyes.

Foot Care

It is important to take special care of your feet when you have diabetes. High blood sugar and high blood pressure can cause foot problems such as poor blood circulation and damage to the nerves.

Nerve damage can:

- Cause your feet to lose feeling. If this happens, a simple cut or sore can go unnoticed and lead to problems.
- Change the shape of your feet, causing pressure points. Blisters, sores and ulcers may form in these areas.

Inadequate blood flow to the feet can cause injuries to heal more slowly.

Keep your blood sugar in control

One of the most important things you can do is keep your blood sugar as close to normal (70 to 110 mg/dL) as possible. The American College of Endocrinology (ACE) recommends a blood sugar level of less than 110 mg/dL before meals and less than 140 mg/dL 2 hours after meals.¹ (These guidelines apply to many people, but not to everyone. Your goals may be higher or lower than these guidelines. Talk with your healthcare team. They will help you set the blood sugar target that's right for you.)

The Diabetes Control and Complications Trial (DCCT); a 10-year study of 1,441 insulin-dependent patients, showed that keeping blood sugar as close to normal as possible can reduce the risk of nerve damage by up to 60%.²

1 ACE Consensus Conference on Guidelines for Glycemic Control. August 20-21, 2001. Washington, D.C. The American College of Endocrinology (ACE). Available at <http://www.aace.com/pub/press/releases/diabetesconsensus/whitepaper.php>. Accessed August 21, 2001.

2 In the DCCT, the incidence of severe hypoglycemia and weight gain was higher in the intensive therapy group than in the conventional group. Intensive therapy should be implemented cautiously with regard to age, capabilities, coexisting diseases, and history of repeated severe hypoglycemia or unawareness of hypoglycemia.



How to care for your feet

1. Check your feet every day

- Look at the top and bottom of your feet. If you cannot see the bottom of your feet, use a mirror or ask someone to check for you. Look for scratches, cracks, cuts or blisters – especially between the toes and around the heel.
- Check for ingrown toenails, corns, calluses, and sores. Also look for changes in color, shape or temperature. For example, does the foot feel warm or cool to the touch? If you notice any of

these problems, your doctor may want you to see a podiatrist (a foot doctor).

2. Wash your feet every day with mild soap and lukewarm water

- Test the water temperature with a bath thermometer. It should be at 90° to 95° F.
- Do not soak your feet. Soaking can cause your skin to dry and crack.
- Gently dry your feet especially between the toes. Keeping your feet dry can prevent fungus growth.
- Keep your skin soft by rubbing a thin coat of oil, lotion, or moisturizing cream on the tops and bottoms of your feet. Do not apply between your toes.

3. Take care of your toenails

- Cut your toenails after bathing, when they are soft and easy to trim. (If you cannot see well or if your toenails are too thick, have them cut by a podiatrist.)
- Cut toenails straight across and smooth with an emery board.

4. Take care of corns and calluses

- Gently rub calluses with a pumice stone after you have washed your feet. This will take away extra skin that has built up.
- Do not use commercial corn removers, commercial callus removers, razor blades, or knives on your corns or calluses. Always see your doctor if you have any problems with your feet.



5. Protect your feet

- Do not walk barefoot, even indoors.
- Use sunscreen on the tops of your feet and legs in summer
- Break in new shoes slowly. Wear new shoes for only 1 or 2 hours at a time.
- Avoid shoes with pointed toes or high heels, or shoes that are the wrong size.
- Don't wear shoes that feel tight.
- Always wear socks or stockings with your shoes. Socks made of a cotton acrylic blend or wool feel the best. Wool socks, or others made of new

materials that remove moisture, are good for keeping your feet warm and dry.

6. Keep your blood flowing well

- If you smoke, try to quit. Smoking decreases blood flow to the feet.
- Keep blood sugar, cholesterol and other lipid levels normal.
- Be physically active every day.
- Keep your feet warm, but do not use heating pads or hot water bottles on your feet.
- Do not wear tight garters or socks.

7. Work with your healthcare team

- Meet with them regularly.
- Take off your shoes and socks every time you see your doctor or diabetes educator. This will remind them to check your feet.
- Tell them immediately if you have any foot sores or wounds.



Skin care

With diabetes, your skin needs extra care, too. Skin problems related to diabetes range from bothersome itching to painful infections. Basic skin care should include the following:

- Bathe every day with mild soap and lukewarm water, using a small amount of lotion afterward to keep skin soft.
- Take extra care to avoid scratches and cuts. Wash cuts with soap and water and cover with sterile bandages.
- Treat a skin injury immediately as directed by your healthcare team and call your doctor if it doesn't heal.
- Dress warmly in cold weather.





Dental care

Just as your feet and skin need special care, so do your mouth and teeth. High blood sugar increases your risk for tooth and gum problems. To help prevent these problems, you should:

- Brush at least twice a day. To clean between the gums and teeth, use a soft bristled brush in a gentle circular vibrating motion. Gently brush your tongue, which can trap germs.
- Floss every day or as directed by your dentist or hygienist.
- See your dentist at least every 6 months to have your teeth cleaned. Make sure to tell your dentist you have diabetes and which medications you take.



Eye care

Diabetes can affect your vision, too. Early vision damage related to diabetes tends to occur on the retina (inside surface of the back of the eyeball). Because of where the damage is located, it cannot be seen in a routine eye exam. A special eye exam, called a dilated eye exam, allows your doctor to better examine your retina for early warning signs of vision loss.

The dilated eye exam is a totally different test from the eye exam you have to determine your eyeglass prescription. During a dilated eye exam, your doctor will use drops to dilate your pupils. He or she will then shine a bright light so that your retina can be examined. Without the drops, only a small part of the retina can be seen.



Why do I need a dilated eye exam?

Early damage to the retina can begin even before you notice anything wrong with your vision. The earliest changes in the blood vessels of the eye cause no symptoms. In fact, most of the eye damage due to diabetes is not detectable by you until damage is very serious. Damage to the retina is one of the most common causes of blindness in diabetes. And blindness due to retinopathy (damage to the retina) is nearly always avoidable when changes are found at an early, treatable stage.

What can I do to protect my vision?

- Have a dilated eye exam done once a year.
- Control your blood sugar and blood pressure. High blood sugars and high blood pressure both damage the blood vessels of the eyes. Together, they can cause more damage than either one alone. The American Diabetes Association recommends a goal blood pressure of less than 130/80.
- Avoid smoking.
- Immediately notify your doctor of any change in vision.

With diabetes, you should take care and pay close attention to keeping your feet, skin, teeth and eyes in good condition. The extra effort will bring you a lifetime of benefits.



Managing Your Diabetes® Checklist

Here are some key things you need to do to protect your health. Keep this list handy and refer to it often.

Things to do every day:

- Test your blood sugar and write it down in your logbook.
- Check your feet.
- Follow your meal plan.
- Take care of teeth and skin.
- Take your medicines as directed.

Things to do at each doctor's visit:

- Take your blood sugar logbook with you so you and your doctor can review the results together.
- Ask about your A1C level and determine your goal for your next visit.
- Have your doctor check your feet. Taking off your shoes and socks will help you remember.
- Have your blood pressure checked.



Things to do once a year:

- Visit an eye doctor for a complete dilated eye exam.
- Have your cholesterol checked
- Have your urine checked for protein (called a microalbumin test).
- Get a flu vaccination.