

Diabetes Management Guide: Symptoms, Precautions & Daily Care

Understanding Diabetes Symptoms

Early Warning Signs:

- Excessive thirst (Polydipsia)
- Frequent urination (Polyuria)
- Extreme hunger (Polyphagia)
- Unexplained weight loss
- Fatigue and weakness
- Blurred vision
- Slow-healing cuts or sores
- Frequent infections
- Tingling or numbness in hands/feet
- Dry skin
- Irritability

Hyperglycemia (High Blood Sugar) Symptoms:

- Blood sugar above 180 mg/dL
- Increased thirst
- Headaches
- Difficulty concentrating
- Blurred vision
- Frequent urination
- Fatigue
- Weight loss

Hypoglycemia (Low Blood Sugar) Symptoms:

- Blood sugar below 70 mg/dL
- Shakiness or trembling
- Sweating
- Palpitations
- Anxiety
- Dizziness
- Hunger
- Confusion
- Weakness
- Slurred speech

Essential Precautions

Daily Precautions:

1. **Regular Monitoring:** Check blood sugar levels as recommended
2. **Medication Adherence:** Take all prescribed medications on time
3. **Foot Care:** Inspect feet daily for cuts, blisters, or sores
4. **Oral Hygiene:** Maintain excellent dental care
5. **Skin Care:** Keep skin clean and moisturized

Emergency Preparedness:

- Always carry fast-acting glucose (tablets, juice)
- Wear medical identification jewelry
- Keep emergency contact information accessible
- Inform family/friends about your condition
- Have a sick-day management plan

Lifestyle Precautions:

- Avoid smoking and limit alcohol
- Manage stress through relaxation techniques
- Get adequate sleep (7-9 hours nightly)
- Stay hydrated with water
- Regular health check-ups

Target Blood Sugar Ranges:

Time of Measurement	Target Range (mg/dL)
Fasting (before meals)	80-130
2 hours after meals	Below 180
Bedtime	100-140
HbA1c (3-month average)	Below 7.0%

Monitoring Schedule:

- **Daily:** Blood glucose checks, foot inspection, medication
- **Quarterly:** HbA1c test (if not at target), doctor visit, foot exam
- **Annually:** Comprehensive foot exam, dilated eye exam, kidney function tests, cholesterol panel, dental exam

Dietary Guidelines

Foods to Include:

- **Non-starchy vegetables:** Leafy greens, broccoli, cauliflower, peppers
- **Lean proteins:** Chicken, fish, tofu, legumes, eggs
- **Whole grains:** Brown rice, quinoa, whole wheat, oats
- **Healthy fats:** Avocado, nuts, seeds, olive oil
- **High-fiber foods:** Berries, apples, chia seeds, flaxseeds

Foods to Limit:

- Sugar-sweetened beverages
- Refined carbohydrates (white bread, pasta)
- Processed foods
- Fried foods
- High-sugar fruits (in excess)
- Sweetened dairy products

Plate Method for Portion Control:

- **½ plate:** Non-starchy vegetables
- **¼ plate:** Lean protein
- **¼ plate:** Quality carbohydrates

Exercise Recommendations

Aerobic Exercise:

- **Frequency:** 5 days per week
- **Duration:** 30 minutes per session
- **Examples:** Brisk walking, swimming, cycling, dancing

Strength Training:

- **Frequency:** 2-3 days per week
- **Duration:** 20-30 minutes per session
- **Examples:** Resistance bands, light weights, bodyweight exercises

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Emergency Situations & Sick Day Management

When to Seek Immediate Medical Help:

For Hypoglycemia:

- If unconscious or having seizures
- If unable to swallow safely
- If blood sugar doesn't rise after treatment

For Hyperglycemia:

- Blood sugar persistently very high (>300 mg/dL)
- Signs of ketoacidosis (fruity breath, confusion, nausea)
- Severe dehydration
- Difficulty breathing

General Emergencies:

- Chest pain or pressure
- Severe headache with vision changes
- Sudden weakness or numbness
- High fever with other symptoms

Sick Day Management:

General Rules:

- Continue taking diabetes medications
- Check blood sugar every 2-4 hours
- Test for ketones if blood sugar >240 mg/dL
- Stay hydrated with sugar-free fluids
- Rest and monitor symptoms

When to Call Your Doctor:

- Illness lasting more than 24 hours
- Vomiting or diarrhea for more than 6 hours
- Blood sugar consistently above 240 mg/dL
- Moderate to large ketones
- Signs of dehydration
- Inability to keep food or fluids down

Foot Care Protocol

Daily Inspection:

- Check tops, sides, soles, and between toes
- Look for cuts, blisters, redness, swelling
- Use a mirror for hard-to-see areas

Proper Footwear:

- Wear comfortable, well-fitting shoes
- Always wear socks with shoes
- Avoid walking barefoot
- Break in new shoes gradually

Professional Care:

- Regular podiatrist visits
- Professional nail trimming if needed
- Immediate attention for any foot problems

Medication Management

Oral Medications:

- Take exactly as prescribed
- Never skip doses
- Understand potential side effects
- Report any issues to your doctor

Insulin Therapy:

- Proper injection technique
- Rotation of injection sites
- Correct storage of insulin
- Timing of doses relative to meals