

Instructions	Diabetes Tips Playing Cards (Prototype)	Joker 😊 Lemonade	Joker 😊 One liners
<p>Print the cards on cardstock. Cut them out using a straight edge and a safety razor.</p> <p>Lay the paper out flat on a cutting surface such as old newspaper. Line the straight edge with the guidelines. Press hard enough to cut all the way through the first time.</p>	<p>Mike Turco is not a doctor and these cards do not provide medical advice.</p> <p>(c) Mike Turco, 2016 Online: <a href="http://miketurco.com">miketurco.com</a> Email: <a href="mailto:mike@miketurco.com">mike@miketurco.com</a></p>	<p>If life gives you lemons, make lemonade. If life gives you diabetes, do not make lemonade. Throw the lemons at people who annoy you.</p> <p>Two diabetics walk into a bar. First one says, "Shots are on me." Second one says, "I'm on the pump."</p>	<p>I'm holding out for a BG meter that plays iTunes.</p> <p>When it comes to diabetes, my pancreas refuses to "glucooperate."</p> <p>And remember folks, change your lancet when you change the batteries on your smoke detector.</p>
A ♠ Highs and Lows	2 ♠ HbA1c (also called A1c)	3 ♠ Diabetic Peripheral Neuropathy	4 ♠ Tendon pain now a type 2 complication
<p>Both too much and too little sugar in the bloodstream can cause serious, even life threatening diabetic complications.</p> <p>Too little sugar in the blood is referred to as "hypoglycemia." Too much is called "Hyperglycemia."</p>	<p>A blood test that estimates average blood glucose level (BG) over the past 2 to 3 months.</p> <p>Diagnosis (ADA criteria)</p> <ul style="list-style-type: none"> <li>- Normal: under 5.7%</li> <li>- Pre-Diabetes: 5.7 to 6.5%</li> <li>- Diabetes: 6.5% and up</li> </ul>	<p>Nerve damage caused by long-term high blood sugar levels. It affects the legs, feet, hands and arms.</p> <p>Symptoms: a tingling or a burning sensation, shooting pains, loss of balance and wounds that don't heal.</p>	<p>People with type 2 are more than three times as likely to have tendon pain, known as tendinopathy. Also, those diagnosed with tendinopathy should be tested for diabetes.</p>

<p><b>5 ♠</b></p> <p><b>What to do when a diabetic passes out?</b></p> <p>When a diabetic passes out, call 911. It's either because their blood sugar is too high or too low. Do NOT give them insulin!</p> <p>Be a hero: buy and learn how to use these tools: glucose tabs, a BG meter, a glucagon gun and keto strips.</p>	<p><b>6 ♠</b></p> <p><b>Hyperinsulinemia</b></p> <p>In T2, the pancreas sends out more and more insulin to cover high BG's. This condition is called Hyperinsulinemia and it's bad for your heart.</p> <p>Taking insulin shots does not cause this problem, and in fact may help prevent the problem.</p>	<p><b>7 ♠</b></p> <p><b>Diabetic Nephropathy</b></p> <p>Kidney disease or kidney damage often occurs over time in people with diabetes. This type of kidney disease is called diabetic nephropathy.</p> <p>High blood sugar, high blood pressure and smoking are common causes.</p>	<p><b>8 ♠</b></p> <p><b>What is retinopathy?</b></p> <p>Diabetic retinopathy is a sight-threatening diabetic complication.</p> <p>Over time, high blood sugars damages the blood vessels in the retina. This causes cloudy or blurred vision, or even blindness, in both eyes.</p>
<p><b>9 ♠</b></p> <p><b>Basal vs. Bolus</b></p> <p>Long acting insulin, such as Lantus, is referred to as Basal Insulin. The purpose is to set a consistent baseline of insulin in your system.</p> <p>Quick acting (meal time) insulin such as Novolog is referred to as Bolus Insulin. It's used to manage blood sugar spikes and meals.</p>	<p><b>10 ♠</b></p> <p><b>Don't order scrambled eggs</b></p> <p>A lot of restaurants, possibly most of them, use pre-scrambled eggs from cartons. These have additives and may include additional carbs.</p> <p>If you want to get the real thing, order another style. Fried, poached, etc.</p>	<p><b>J ♠</b></p> <p><b>Post Workout Spike</b></p> <p>High blood sugars are common after workouts, especially when you're just getting into the swing of things.</p> <p>Try eating a low-carb protein bar before you work out and see if that helps.</p>	<p><b>Q ♠</b></p> <p><b>What is Neuropathy</b></p> <p>An estimated 20 million people in the US. Have neuropathy, which is defined as nerve disease or damage.</p> <p>Strict control of BG levels reduces neuropathic symptoms and can prevent further nerve damage.</p>

<b>K ♠</b> <b>Why Exercise?</b>	<b>A ♣</b> <b>How to "eat to your meter"</b>	<b>2 ♣</b> <b>High fasting BG? (DP)</b>	<b>3 ♣</b> <b>High fasting BG? (Somogyi)</b>
<p>Regular exercise improves your body's ability to process and use glucose (sugar) by decreasing insulin resistance. Muscles use glucose too. Bigger, stronger muscles absorb more glucose. Especially while you work out.</p>	<p>See how specific foods and meals affect your BG. Measure right before you start to eat. Then measure again at one and two hours.</p> <p>Note that some foods may take longer to affect Your blood sugar levels.</p>	<p>High morning readings happen when the liver dumps "extra" sugar into our bloods to "help" us start our day :/</p> <p>A late night snack or shot of alcohol before bed can help.</p>	<p>This could be the "somogyi effect" which is a rebound from a low. Possibly from too much basal insulin.</p> <p>Nighttime lows can be very dangerous. Ask your doctor or educator how to "Basal Test."</p>
<b>4 ♣</b> <b>Preventing Lows</b>	<b>5 ♣</b> <b>Type 2 doesn't have to be a "progressive disease"</b>	<b>6 ♣</b> <b>Eat low-carb to prevent mosquito bites</b>	<b>7 ♣</b> <b>Read syringes the easy way</b>
<p>Carb and insulin calculations can be a little off in the "real world."</p> <p>Stick to the safe side. Let your BG run a little high when it comes to meals of unknown carb content. You can correct later if need be.</p>	<p>Your doctor may have told you that even with good control, your condition will deteriorate over time. Things don't have to be this way.</p> <p>Maintaining good, solid control over your blood sugar can slow down, stop and even prevent diabetic complications.</p>	<p>Researchers have found that mosquitoes are repelled by the smell of ketones.</p> <p>Those who eat low-carb produce a lot of ketones are less likely to get stung.</p>	<p>Use a lighted magnifying glass so that the small numbers are easier to see.</p> <p>Get the right syringes: 30 unit syringes have half-unit markings; 50 unit syringes go by ones and 100 unit syringes go by twos.</p>

<p><b>8 ♣</b></p> <p><b>Get the right size lancets for you</b></p> <p>Try different size lancets. The thinnest are 32 gauge and the thickest are 28.</p> <p>Thicker lancets sound like they would hurt more, but you may not have to poke as deep to draw the same amount of blood.</p>	<p><b>9 ♣</b></p> <p><b>Candy tip (for lows)</b></p> <p>When your sugar drops, your hands can get shaky and sometimes the mind clouds.</p> <p>This is not the time to deal with a hard to open package. Keep your candy in a bowl or loosely closed jar.</p>	<p><b>10 ♣</b></p> <p><b>Small improvements in blood sugar reduce risk</b></p> <p>The closer your blood sugar is to normal, the better your chance of avoiding serious complications. Modest, sustained improvements to BG levels can prevent kidney failure, amputations and heart failure.</p>	<p><b>J ♣</b></p> <p><b>Fingertip Testing: First Drop?</b></p> <p>First or second drop? If you wash your hands before testing, use the first. If your hands are soiled or have food on them, wipe off the first drop use the second one.</p>
<p><b>Q ♣</b></p> <p><b>Drip, don't squeeze</b></p> <p>Squeezing the blood out of your finger can mix fluid from between your skin cells into the sample.</p> <p>Bringing this "interstitial fluid" into the mix can raise your BG reading by a few points.</p>	<p><b>K ♣</b></p> <p><b>Wash hands before testing</b></p> <p>Washing your hands before testing does make a difference.</p> <p>Studies have shown that oils and food residue on your hands can raise your readings by two to three points.</p>	<p><b>A ♥</b></p> <p><b>Convenience store snacks</b></p> <p>Protein bars and other snacks labeled "diabetes friendly" can be high in carbs and calories.</p> <p>Here are some good, low-carb, easy to find treats: beef jerky, cheese sticks, sunflower seeds and nuts.</p>	<p><b>2 ♥</b></p> <p><b>Low-carb fruits</b></p> <p>Strawberries, blackberries, blueberries and raspberries are great low-carb selections.</p> <p>Melons such as cantaloupe and honeydew are a little higher in carbs but may be OK for you too.</p>

<p><b>3 ♥</b></p> <p><b>Eat Low Carb, Save on Meds</b></p> <p>Losing weight based on high or low-carb diets does improve your health.</p> <p>Low-carb diets, however, often reduce your need for T2 medications as well.</p>	<p><b>4 ♥</b></p> <p><b>Travel Tip</b></p> <p>"Diabetic" airline meals are often high in carbs. Bring your own cheese, jerky, nuts.</p> <p>You can only carry-on certain types of foods. There are also packaging requirements. Be sure to ask in advance.</p>	<p><b>5 ♥</b></p> <p><b>Tips for daily foot care</b></p> <p>With diabetes, you may not have much feeling in your feet. You should look at them, dialy, to make sure they're OK.</p> <p>Here's the easy way: Sit in a chair. Use a mirror, footstool, and a small lamp on a stand.</p>	<p><b>6 ♥</b></p> <p><b>Get insulin on the cheap</b></p> <p>Humilin N and R are "old school" versions of insulin but they do work well. Get them for \$25/bottle at Walmart.</p> <p>You can also ask your doctor for samples. They often have them on-hand.</p>
<p><b>7 ♥</b></p> <p><b>Correlation of A1c to Cardiovascular Disease</b></p> <p>CVD refers to heart conditions such as diseased vessels, structural problems and blood clots.</p> <p>An A1c level of &gt;5% puts you at an increased level of risk for CVD.</p>	<p><b>8 ♥</b></p> <p><b>The only way to scramble</b></p> <p>The easiest way to fry great scrambles eggs:</p> <p>Always use an extra yolk.</p> <p>Scramble in a milk product like softened cream cheese.</p> <p>Medium heat. Chop up as you cook to make them fluffy.</p>	<p><b>9 ♥</b></p> <p><b>Best Size for Needles?</b></p> <p>Longer needles may hurt less, and the same goes for thicker needles.</p> <p>The best size for needle is the one that works best for you. It's a good idea to experiment with different gauges and lengths.</p>	<p><b>10 ♥</b></p> <p><b>Grapefruit may be deadly mix with some meds</b></p> <p>Grapefruit can block enzymes that slow down the body's absorption of medications. This can spell bad news.</p> <p>Best advice: don't eat grapefruit, find another source of vitamin C.</p>

<b>J ♥</b> <b>Minimize the Burn from Injections</b>	<b>Q ♥</b> <b>Waste less insulin with pens</b>	<b>K ♥</b> <b>Just because it's labeled "diabetes friendly..."</b>	<b>A ♦</b> <b>Pharmacokinetics</b>
<p>A small drop of insulin at the tip of the needle can create a burning sensation when the skin is first punctured.</p> <p>Flick the drip off the tip before you inject. It may not eliminate the sensation, but it does help.</p>	<p>Do you use pens? You already know the "wait 10 seconds before removing" rule. Here's another one:</p> <p>Remove the needle in three steps. This may reduce the amount of lost insulin.</p>	<p>Protein bars and snacks often claim to be "low in "net carbs" or "diabetes friendly."</p> <p>This is often just a deceptive marketing practice. Look at the ingredients before you buy.</p>	<p>Describes how a drug moves into, through and out of the body.</p> <p>This branch of science also describes how a medication is absorbed and distributed as it makes its way through your system.</p>
<b>3 ♦</b> <b>What is diabetes?</b>	<b>4 ♦</b> <b>Ketosis</b>	<b>5 ♦</b> <b>Ketoacidosis (it's bad news)</b>	<b>6 ♦</b> <b>Hypoglycemia</b>
<p>Diabetes is a condition in which the body doesn't properly process sugar for use as energy.</p> <p>Either the body does not produce insulin at all, or not enough for the body to use sugar for energy as it should.</p>	<p>When the body burns fat for energy instead of carbohydrates, it creates "ketones." When it does so, your body is in "ketosis."</p> <p>This may mean you're doing a good job eating low-carb and losing weight. It can also be a sign of ketoacidosis (which is very bad).</p>	<p>When the body can't process carbohydrates, it starts using fat for fuel. This builds up a high level of "ketones" in the blood. Ketones are acidic.</p> <p>This is a potentially deadly situation and may require immediate hospitalization.</p>	<p>A condition in which there's not enough sugar in the blood for the body to function normally.</p> <p>When a person with diabetes passes out, it's often due to low blood sugar. Dial 911. DO NOT GIVE INSULIN.</p>

<p><b>7 ♦</b></p> <p><b>Hyperglycemia</b></p> <p>Hypers, or Highs, refer to high blood sugar levels. Very high BG's may be a symptom of ketoacidosis.</p> <p>Highs can be caused by a missed or a miscalculated insulin dose, or eating too many carbs.</p>	<p><b>8 ♦</b></p> <p><b>How to prevent (and treat) toenail fungus</b></p> <p>Toenail fungus loves high blood sugar, which is why it's such a common problem for diabetics.</p> <p>Both prevention and cure depend on good blood sugar control and hygiene. Medications can help as well.</p>	<p><b>9 ♦</b></p> <p><b>Hypo Unawareness</b></p> <p>Most people can feel a low blood sugar event coming on. Others are hypo unaware, which means their body may not feel the symptoms.</p> <p>Not knowing when you're low can be dangerous.</p>	<p><b>10 ♦</b></p> <p><b>Diabetic Complications</b></p> <p>Diseases caused by ongoing high BG levels. Including as blindness, kidney disease and loss of limb.</p> <p>Maintaining normal blood sugar levels can prevent, slow down and possibly reverse complications.</p>
<p><b>J ♦</b></p> <p><b>Type 1 vs. Type 2</b></p> <p>In T1, the pancreas doesn't produce insulin. Insulin must be injected.</p> <p>T2 begins with "insulin resistance." The body can produce insulin but does a poor job of using it. Many T2's take insulin too.</p>	<p><b>Q ♦</b></p> <p><b>Ketoacidosis, symptoms</b></p> <p>Direct, specific symptoms include high blood sugar (300+) and high ketone levels in your urine.</p> <p>If you can't reach your doctor, seek immediate emergency help.</p>	<p><b>K ♦</b></p> <p><b>Chronic vs. Acute</b></p> <p>A "chronic" condition is long lasting or reoccurring. For instance, heart disease is often a chronic condition.</p> <p>An "acute" condition is short lasting. The common cold, for example, is an acute condition.</p>	