



Who's on my Diabetes Health Team?

"You expect me to do WHAT NOW?"



Take a tour with Pete the Pancreas and learn who you can put on your team.

The one to:

- Do the exercises
- Make and eat the foods
- Take the medications as ordered
- Check your blood sugar and keep track of the results
- The first to notice any problems
- The one responsible for your diabetes self management program



This is you!

You are a big deal!
You are in charge
of making sure
You have the tools
You need to do
your very
important job:
Managing your diabetes.

Let's move on! →

Think of your diabetes team as a circle of friends!

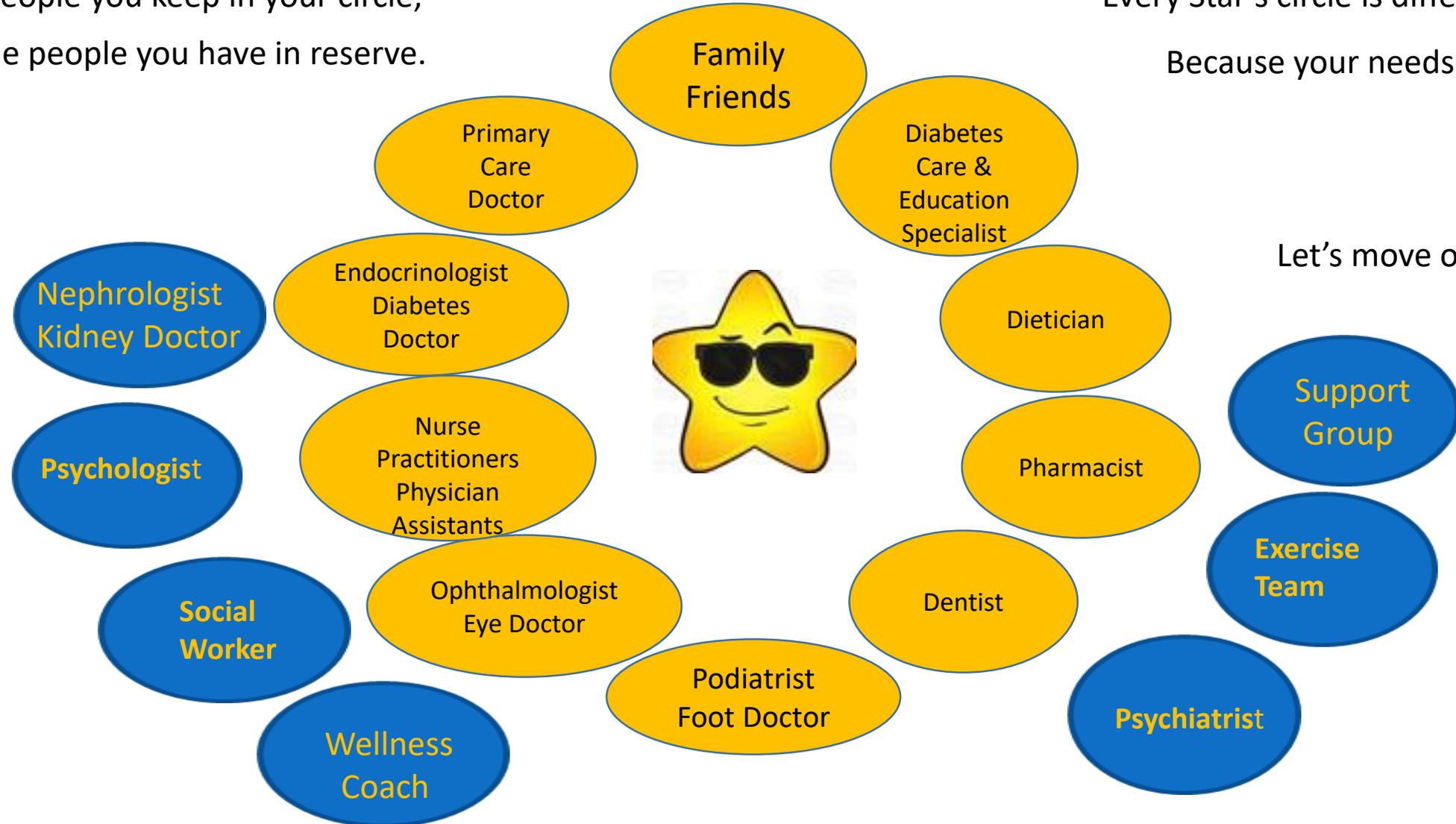


How many can you name before looking ahead? —————>

Other Players

Some people you keep in your circle;
Some people you have in reserve.

Every Star's circle is different!
Because your needs are different!

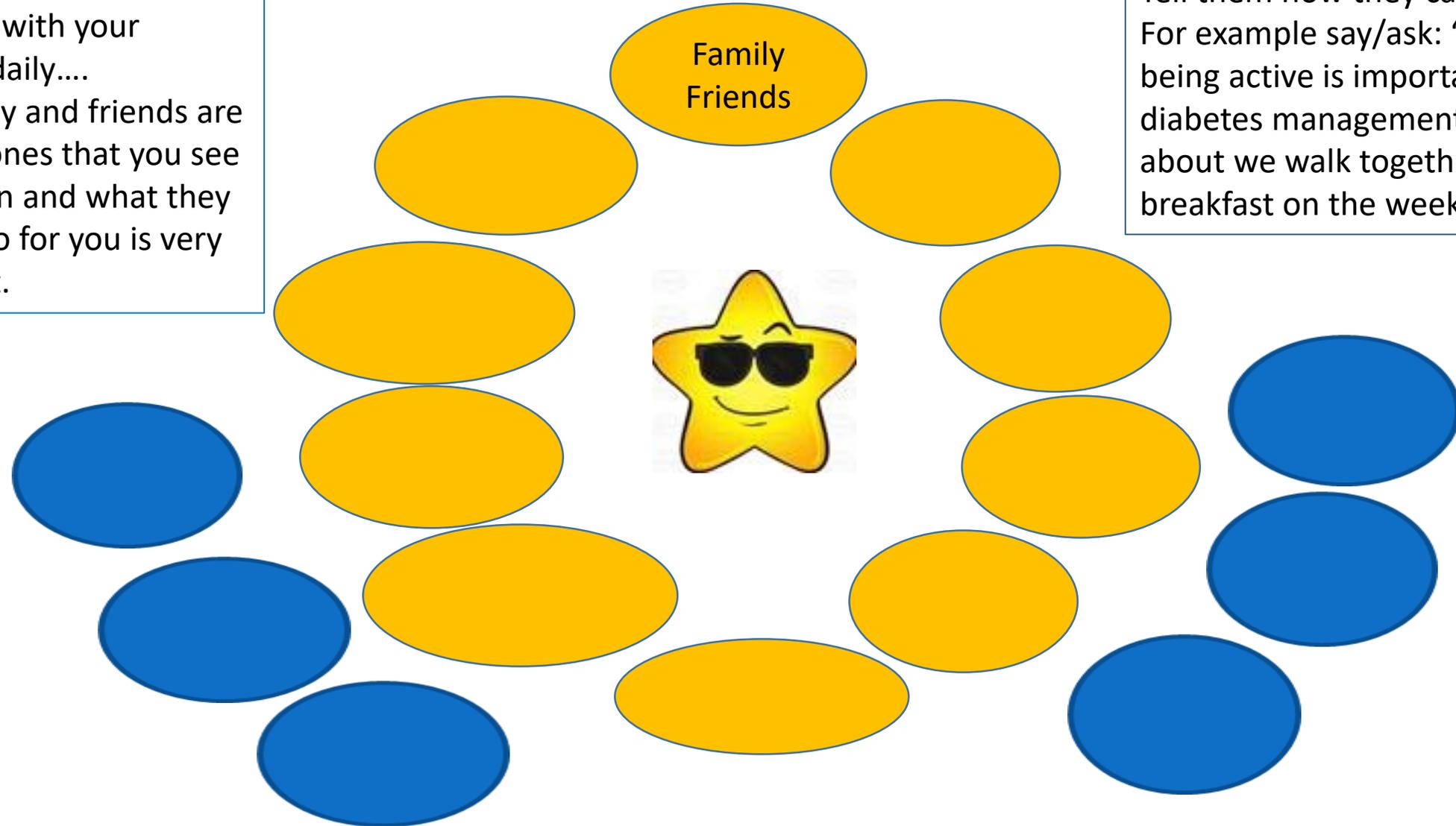


Let's move on →

A blessing or a curse?
Let's face it – other than
you living with your
diabetes daily....
Your family and friends are
the next ones that you see
most often and what they
say and do for you is very
important.

Tell me more about each one

So how can they help you?
Tell them how they can.
For example say/ask: "You know
being active is important for my
diabetes management; how
about we walk together after
breakfast on the weekends?"



Health Care Professional who has diabetes knowledge in physiology, medications, blood glucose, testing, complications, mental health, & teaching/learning principles

- must pass a national test
- recertifies every 5 years
- Also called Certified Diabetes Educator (CDE)

Tell me more

How can they help you?

Diabetes programs like the one at Finger lakes Rural Health Network which prides itself on:

- Equipping you with knowledge
- Explaining your options
- Centering care around your needs
- Developing a logical plan with you that works for you!

Diabetes
Care &
Education
Specialist



Can you name the 4 key times to see a Diabetes Educator? Ask your Diabetes Care & Education Specialist!

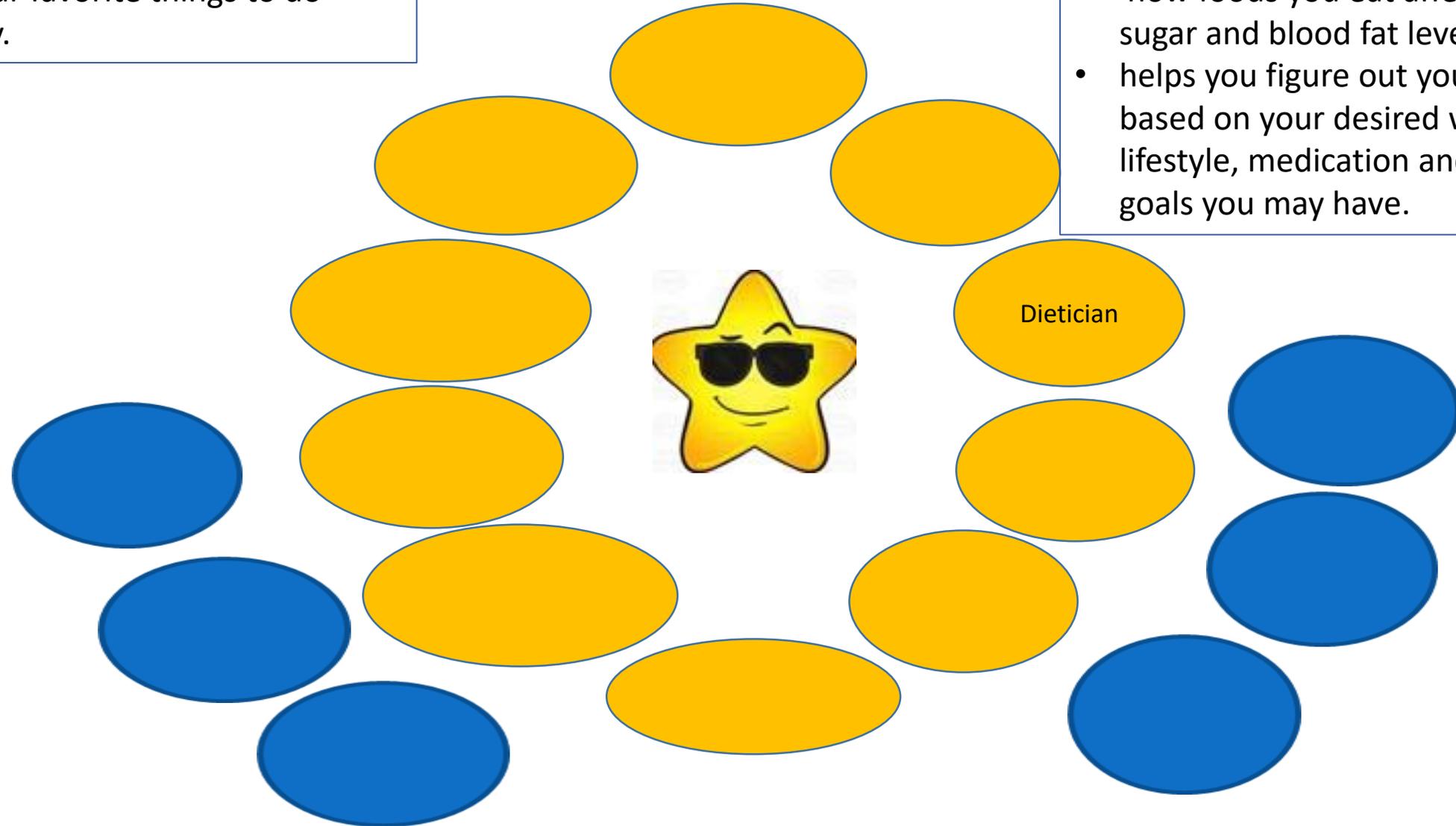
Health Care Professional who has studied and specializes in Nutrition.
Food!

One of your favorite things to do most likely.

Tell me more

Food guidelines for people with diabetes change from time to time. A registered dietician will help you learn:

- how foods you eat affect your blood sugar and blood fat levels
- helps you figure out your food needs based on your desired weight, lifestyle, medication and other health goals you may have.

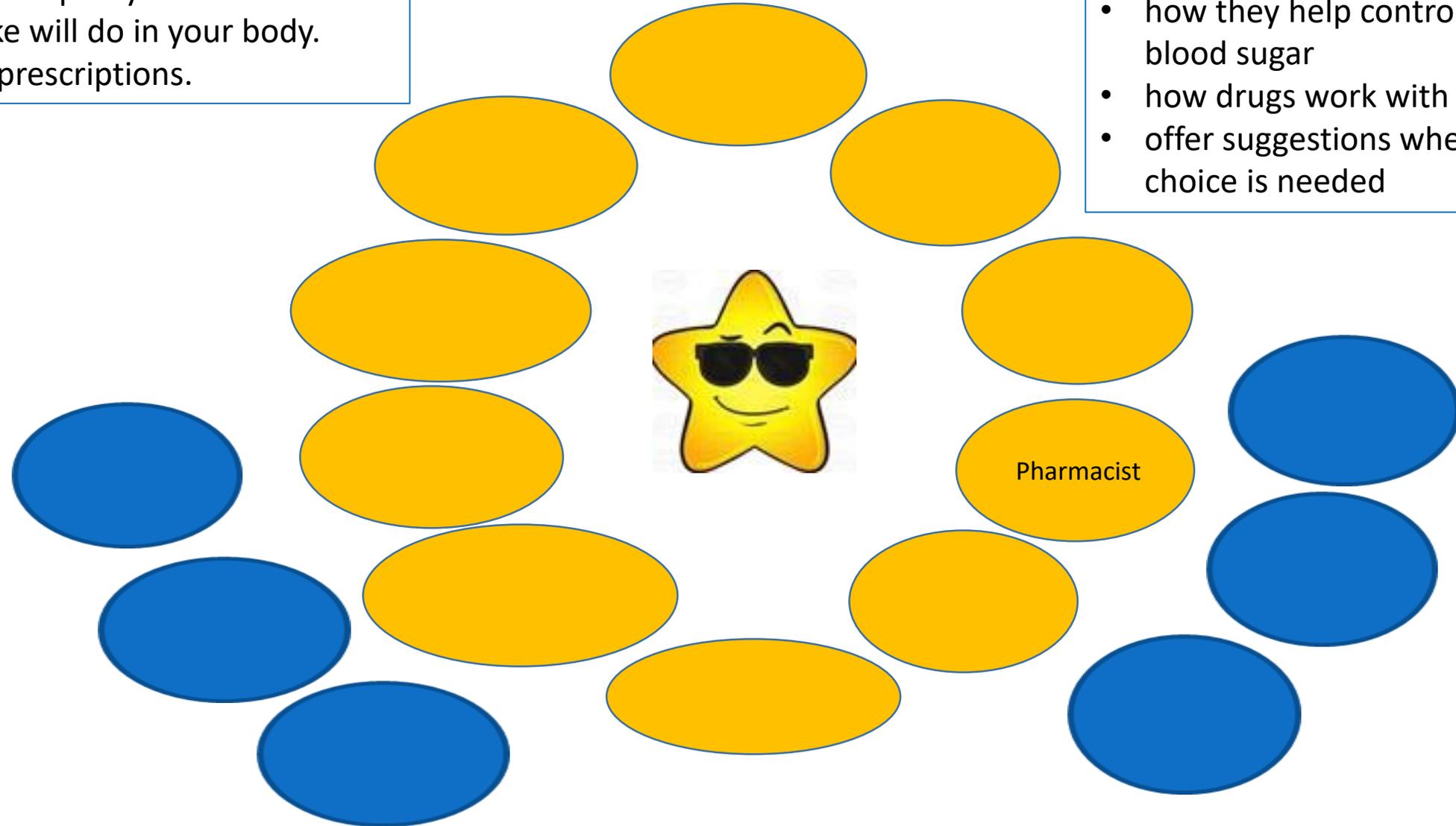


Tell me more

Highly trained professionals who know about chemistry and can tell you what the pills your doctor wants you to take will do in your body. Fills your prescriptions.

An expert on your medications:

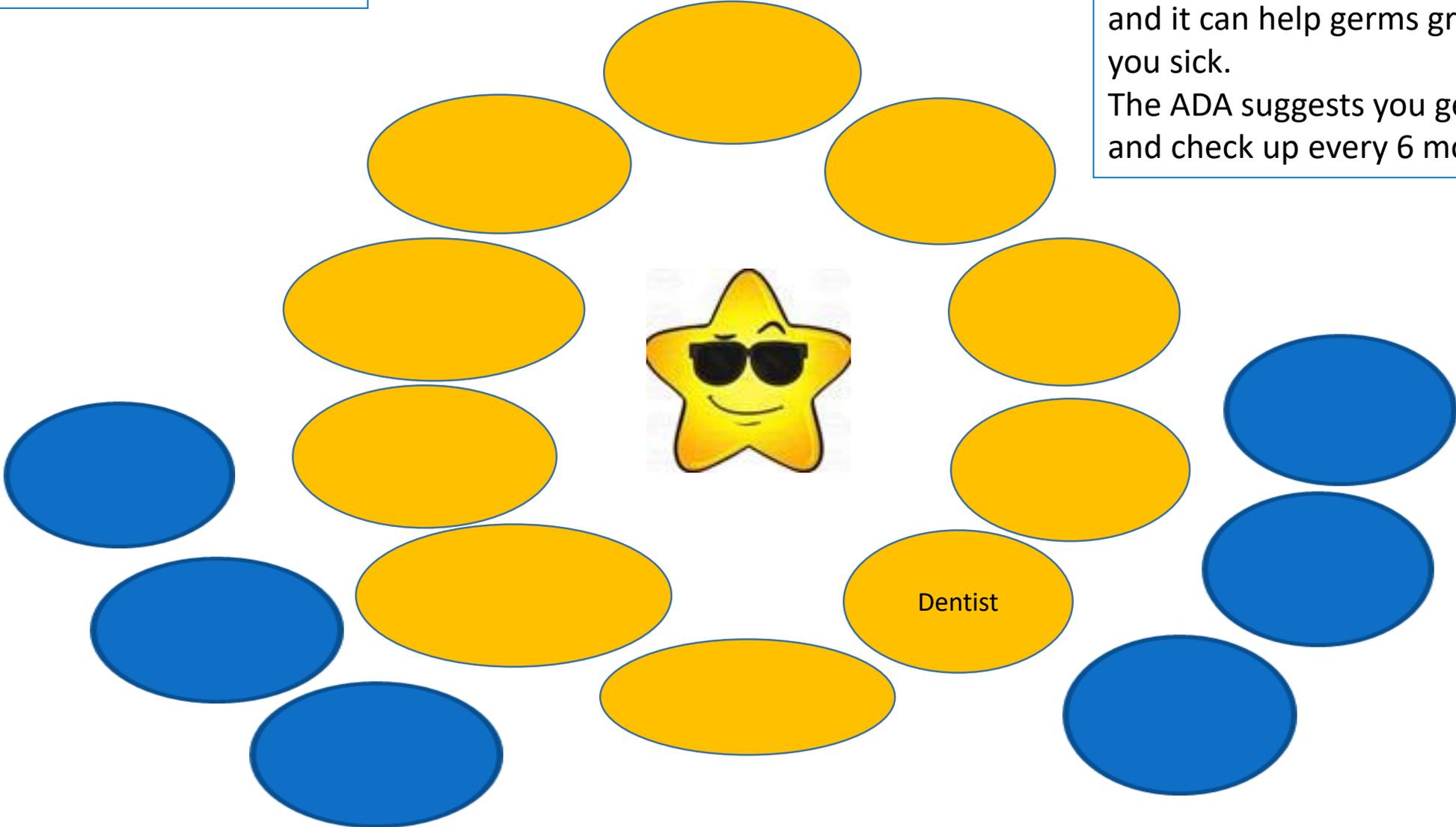
- why your drugs are needed
- what's in them
- how they help control your blood sugar
- how drugs work with each other
- offer suggestions when another choice is needed



An expert who helps you take care of your mouth, teeth and gums. We certainly want to be able to eat!

Tell me more

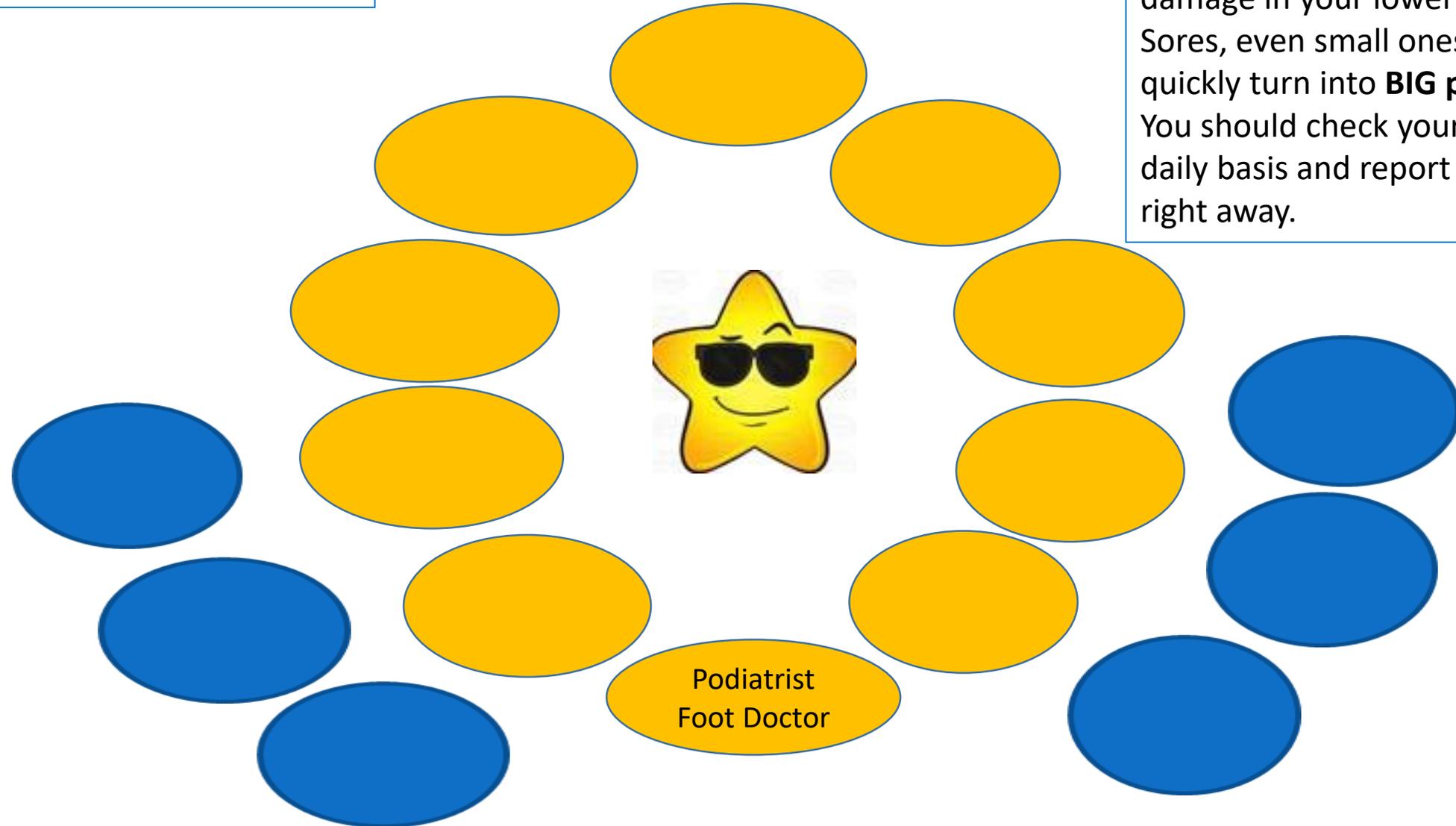
People with diabetes are somewhat at a bigger risk for gum disease. Your mouth likes the extra blood sugar and it can help germs grow and get you sick. The ADA suggests you get a cleaning and check up every 6 months.



A doctor who is trained to treat your feet and problems with your lower legs.

Tell me more

Diabetes that is **out of control** makes you more likely to have poor blood flow and nerve damage in your lower legs. Sores, even small ones, can quickly turn into **BIG problems**. You should check your feet on a daily basis and report problems right away.

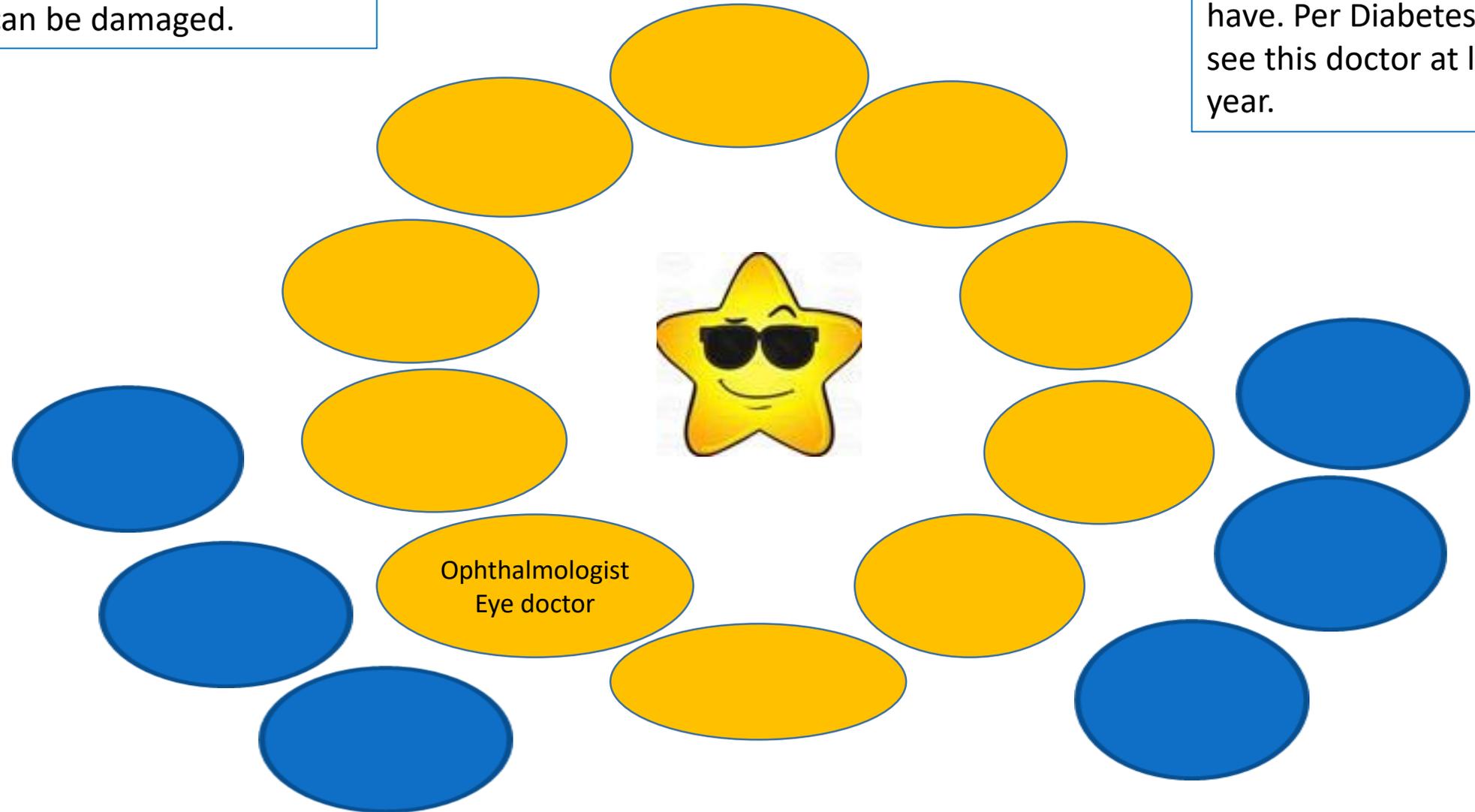


Podiatrist
Foot Doctor

The Eye doctor is another important person to have on your team because the blood vessels in your eyes can be damaged.

Tell me more

When eye problems are caught early, there are very good treatments you can have. Per Diabetes experts see this doctor at least once a year.



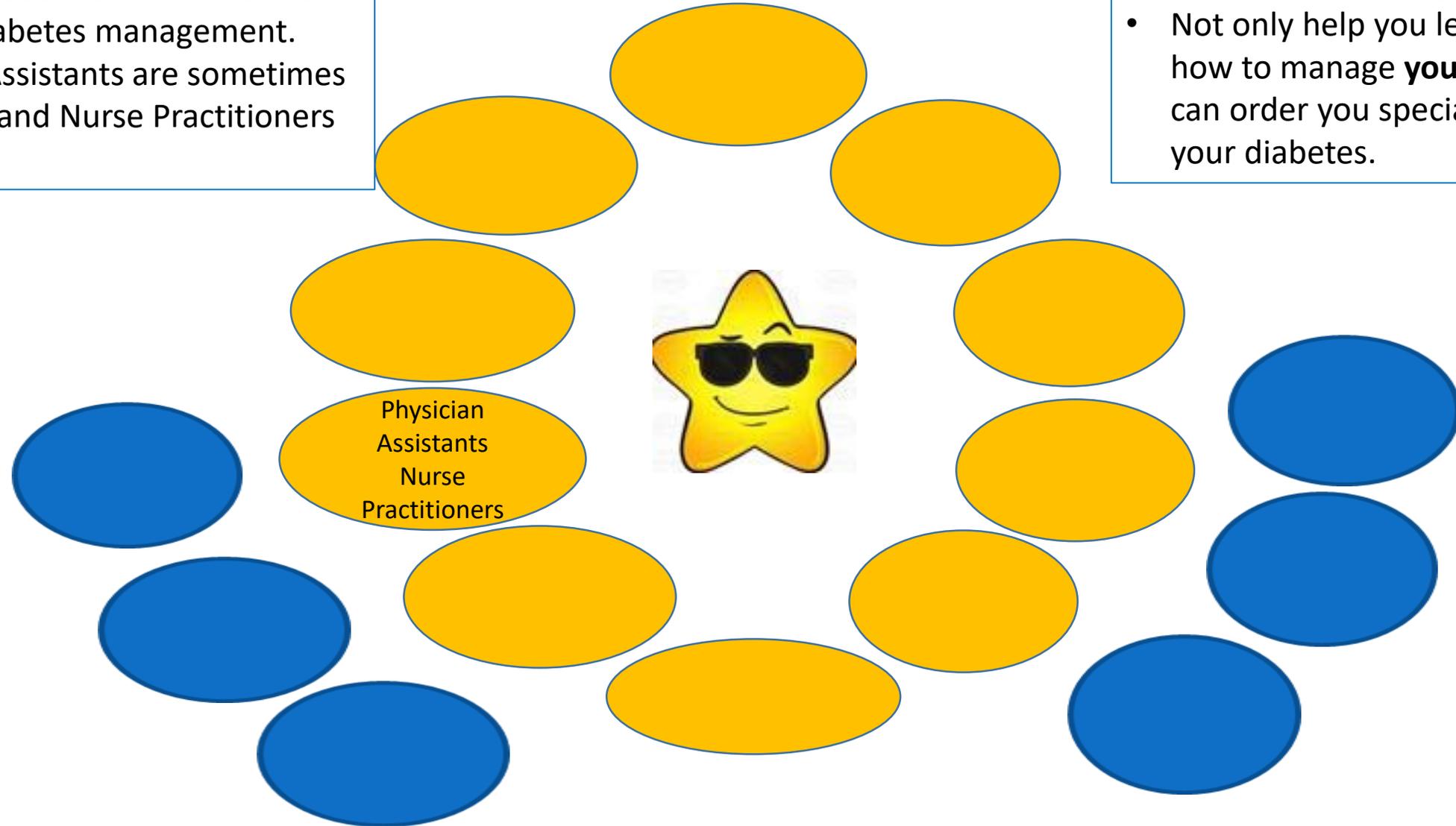
Ophthalmologist
Eye doctor

These experts are trained with Master's degrees and help you focus on prevention and treatment for your diabetes management. Physician Assistants are sometimes called PA's and Nurse Practitioners NP's

Tell me more

What can they do for me?

- Will spend time getting **your** story
- Focus on **you** and **your** diabetes
- Not only help you learn about how to manage **your** diabetes but can order you special drugs for your diabetes.



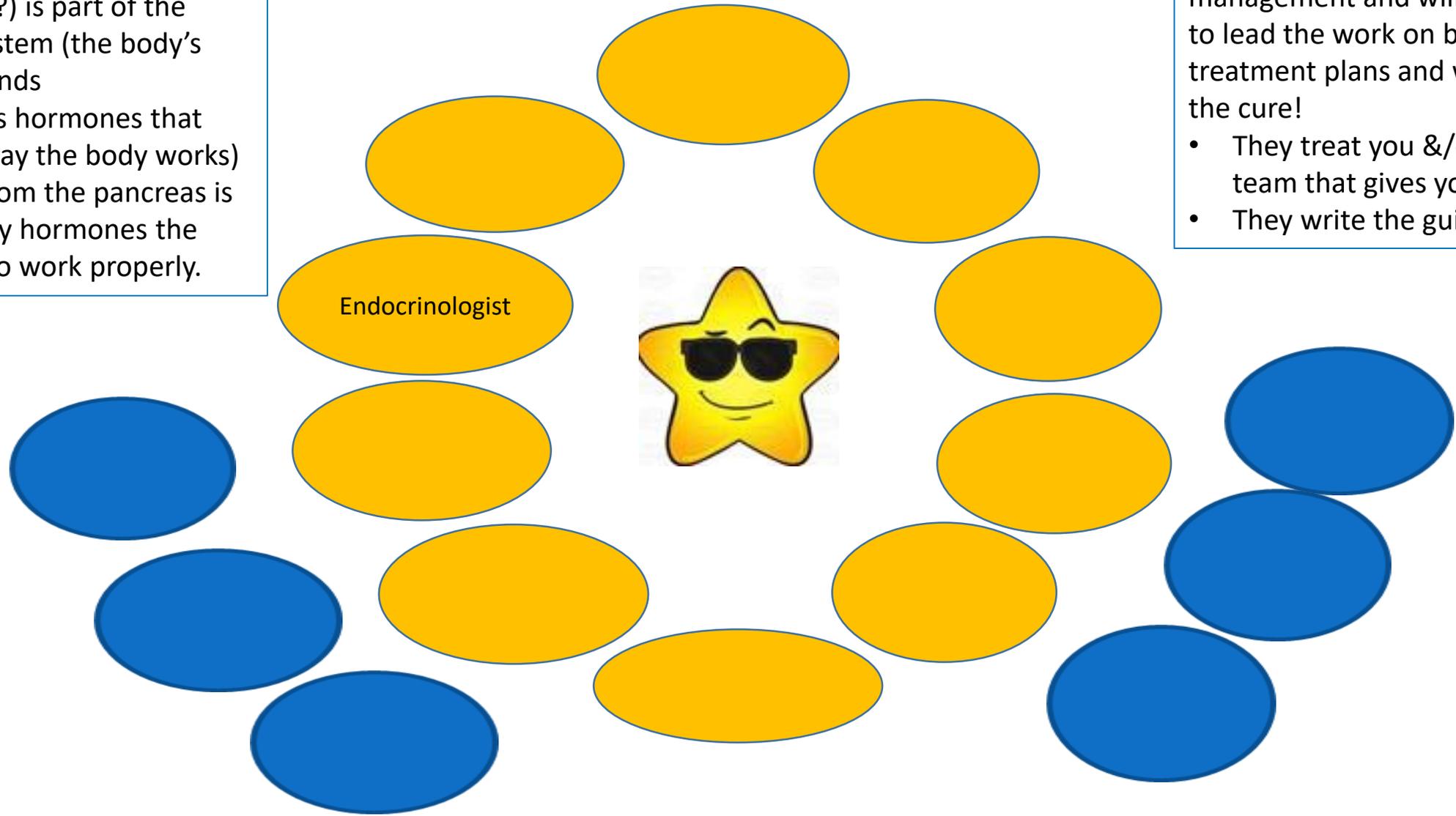
The Expert – the doctor who has spent time studying and learning how to treat Diabetes!

The pancreas (remember Pete the Pancreas?) is part of the Endocrine system (the body's system of glands that produces hormones that control the way the body works) and insulin from the pancreas is one of the key hormones the body needs to work properly.

Tell me more

How can they help you?
This diabetes expert has researched diabetes management and will continue to lead the work on best treatment plans and work for the cure!

- They treat you &/or lead a team that gives you care.
- They write the guidelines.



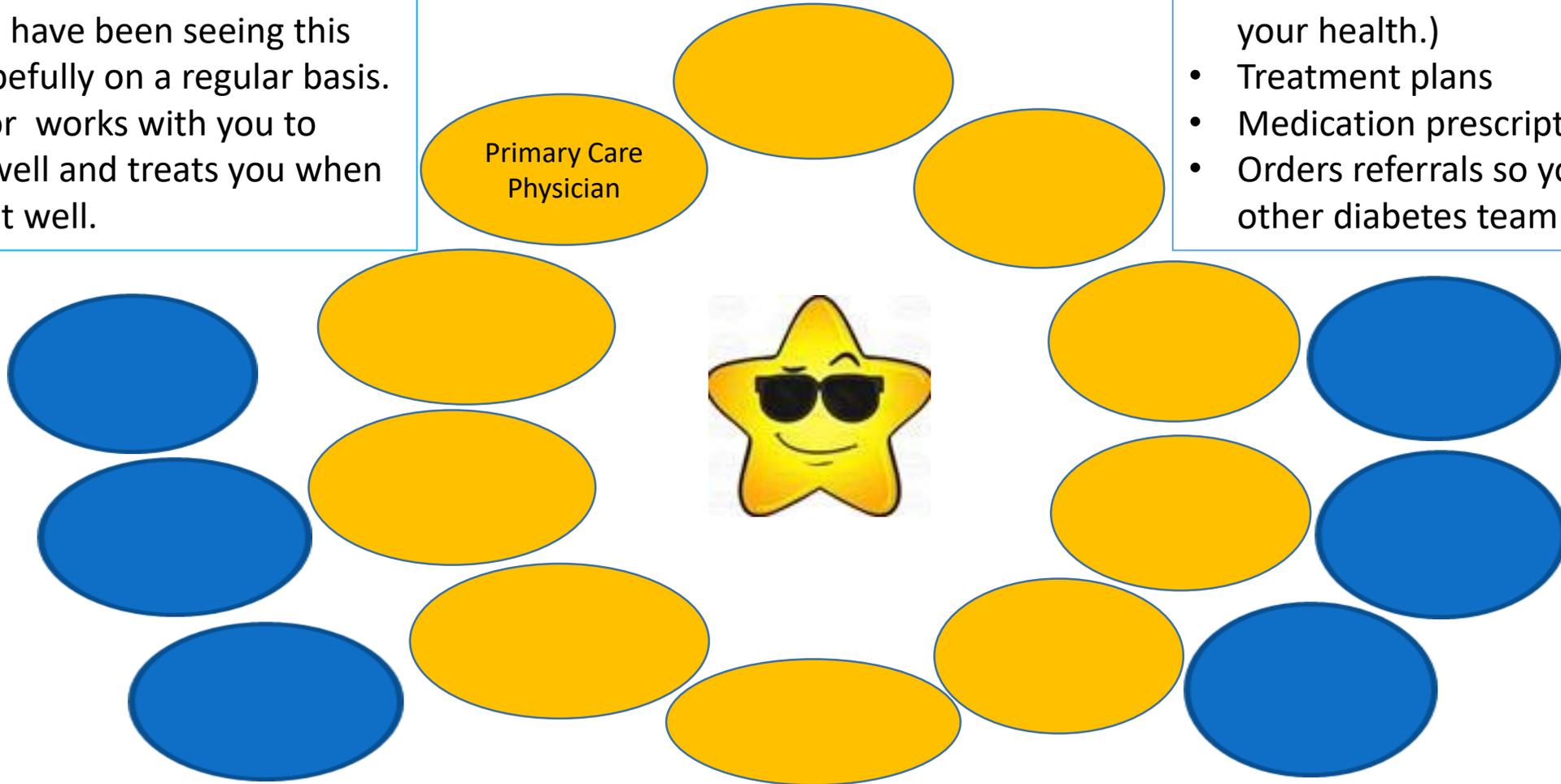
Your doctor who by the name is your primary or first one you see for general check ups. This doctor probably knows the most about you as you have been seeing this doctor hopefully on a regular basis. Your doctor works with you to keep you well and treats you when you are not well.

Tell me more

How can they help you?

In many ways – here is a quick list

- History & Physical Exams (This is how we learn about you and your health.)
- Treatment plans
- Medication prescriptions
- Orders referrals so you can see other diabetes team members

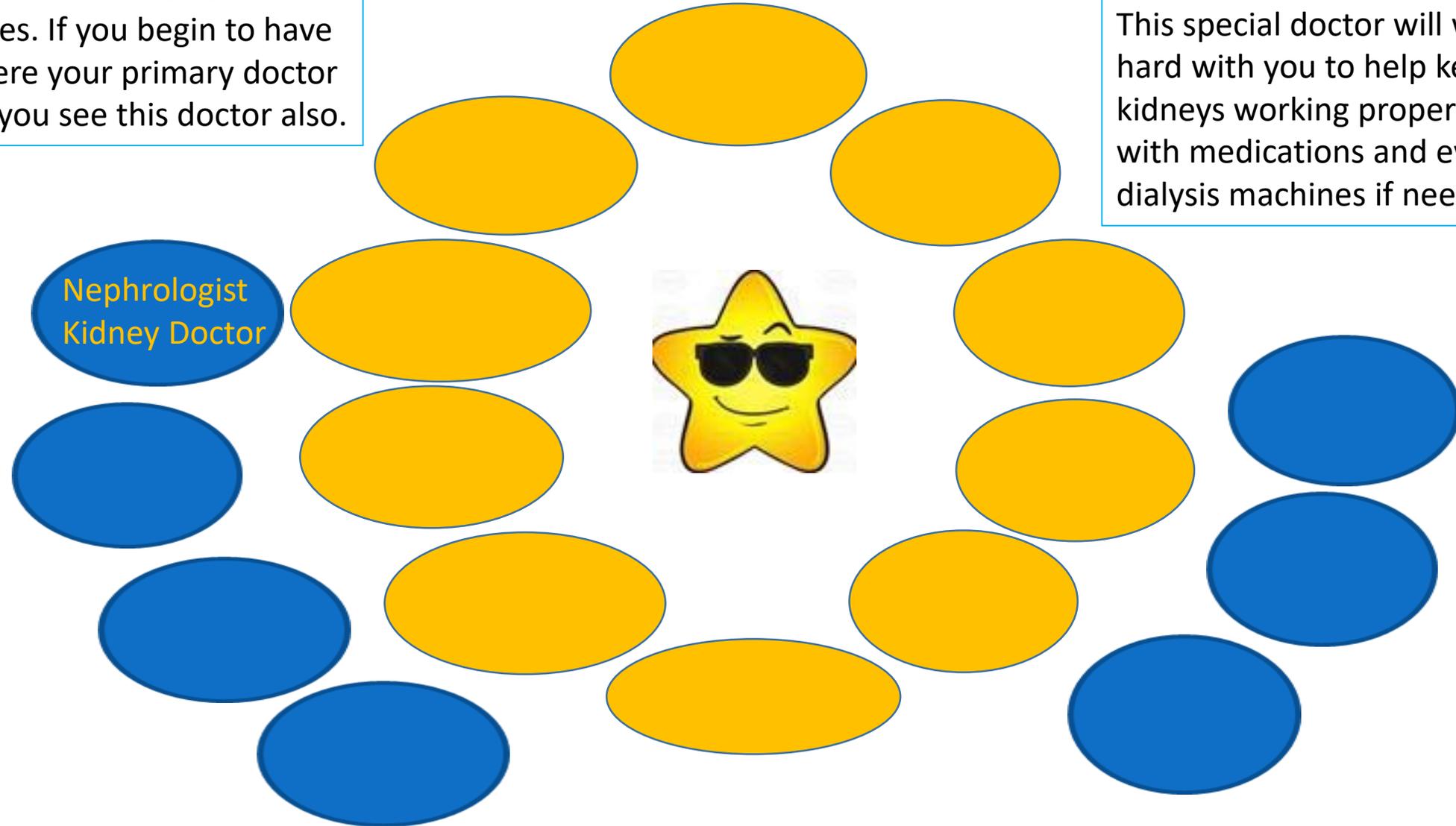


You should know your diabetes choices and talk to your primary care doctor so you can get the diabetes care that is right for you.

This doctor treats kidney problems. Your primary doctor has been keeping track of how well your kidneys work with lab tests and urine samples. If you begin to have problems here your primary doctor might have you see this doctor also.

Tell me more

How can they help you?
Remember this can be a common problem when diabetes is NOT well controlled.
This special doctor will work very hard with you to help keep your kidneys working properly often with medications and even dialysis machines if needed.

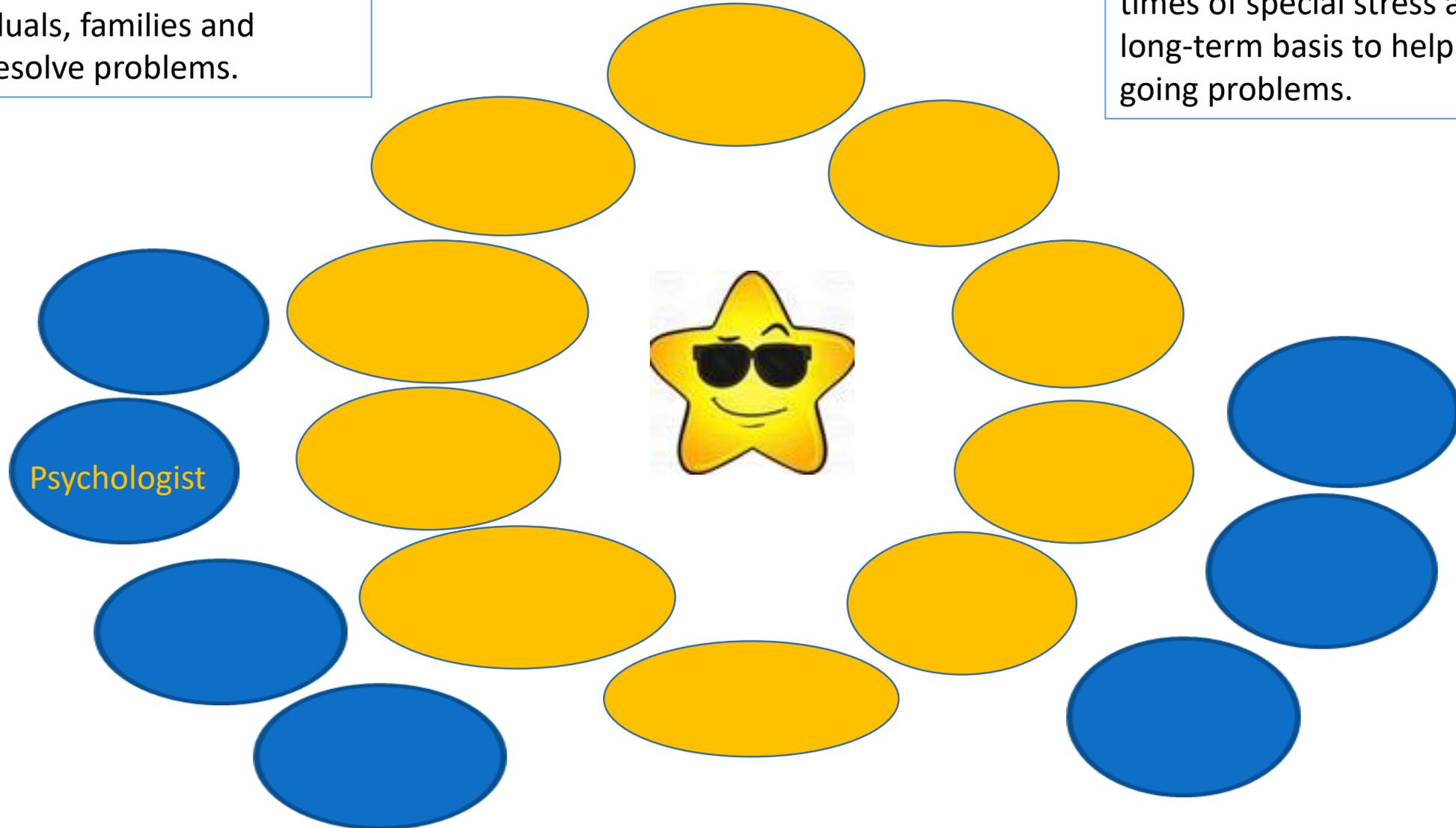


Nephrologist
Kidney Doctor

This professional holds a Master's degree or a Doctorate and works with individuals, families and groups to resolve problems.

Tell me more

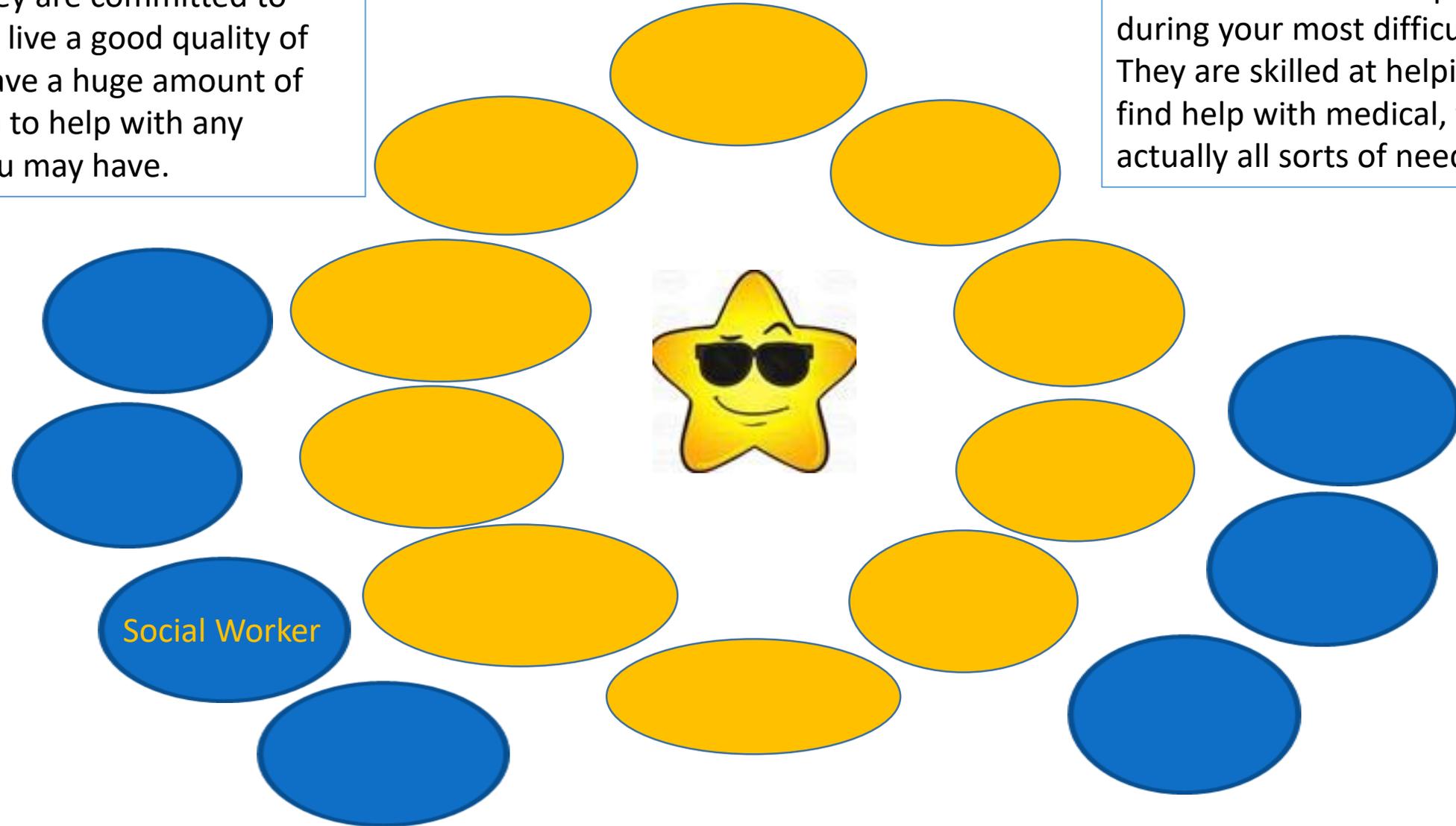
How can they help?
A few sessions might help during times of special stress and on a long-term basis to help with on-going problems.



This professional holds a Master's degree as well as training in individual, group and family therapy. They are committed to helping you live a good quality of life. They have a huge amount of information to help with any problem you may have.

Tell me more

How can they help?
They are amazing "shakers and movers." They help meet needs. We often see them especially during your most difficult times. They are skilled at helping you find help with medical, financial, actually all sorts of needs.



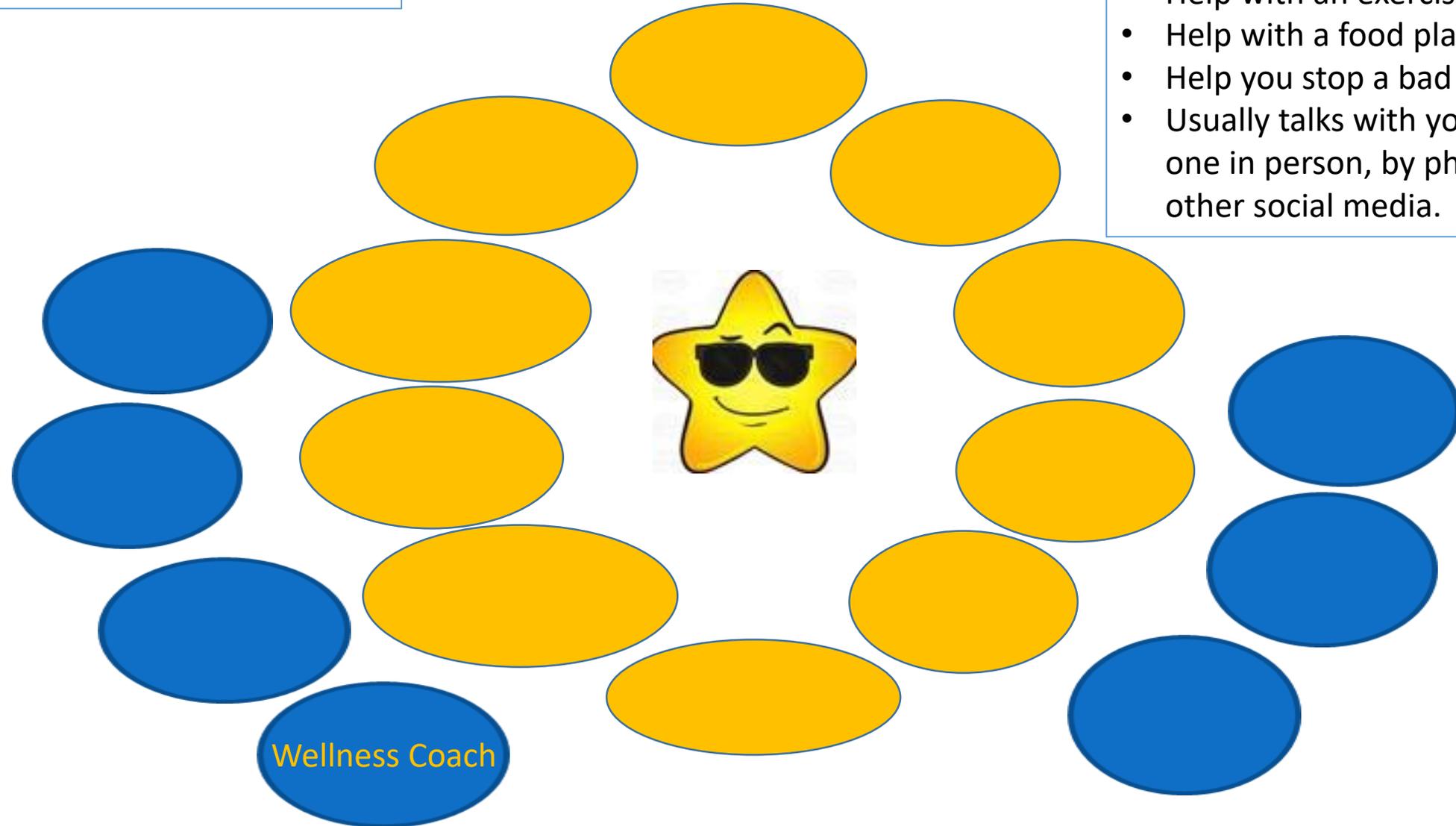
A wellness coach is an individual who helps others keep on track with your wellness plan.

Tell me more

How can they help?
First what are your wellness goals?
They can:

- Help with an exercise plan
- Help with a food plan
- Help you stop a bad habit
- Usually talks with you one to one in person, by phone or other social media.

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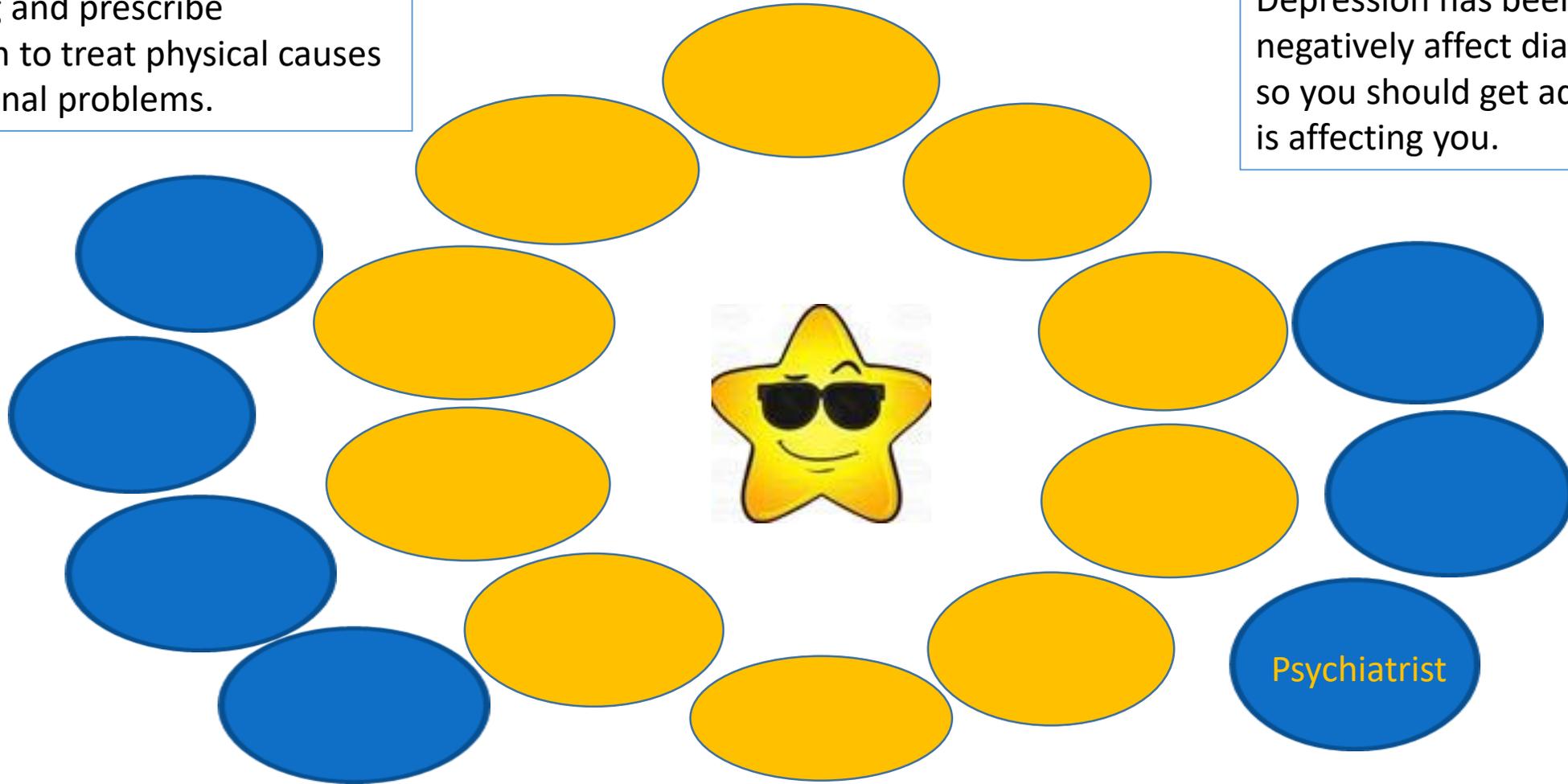


Wellness Coach

This medical doctor can provide counseling and prescribe medication to treat physical causes for emotional problems.

Tell me more

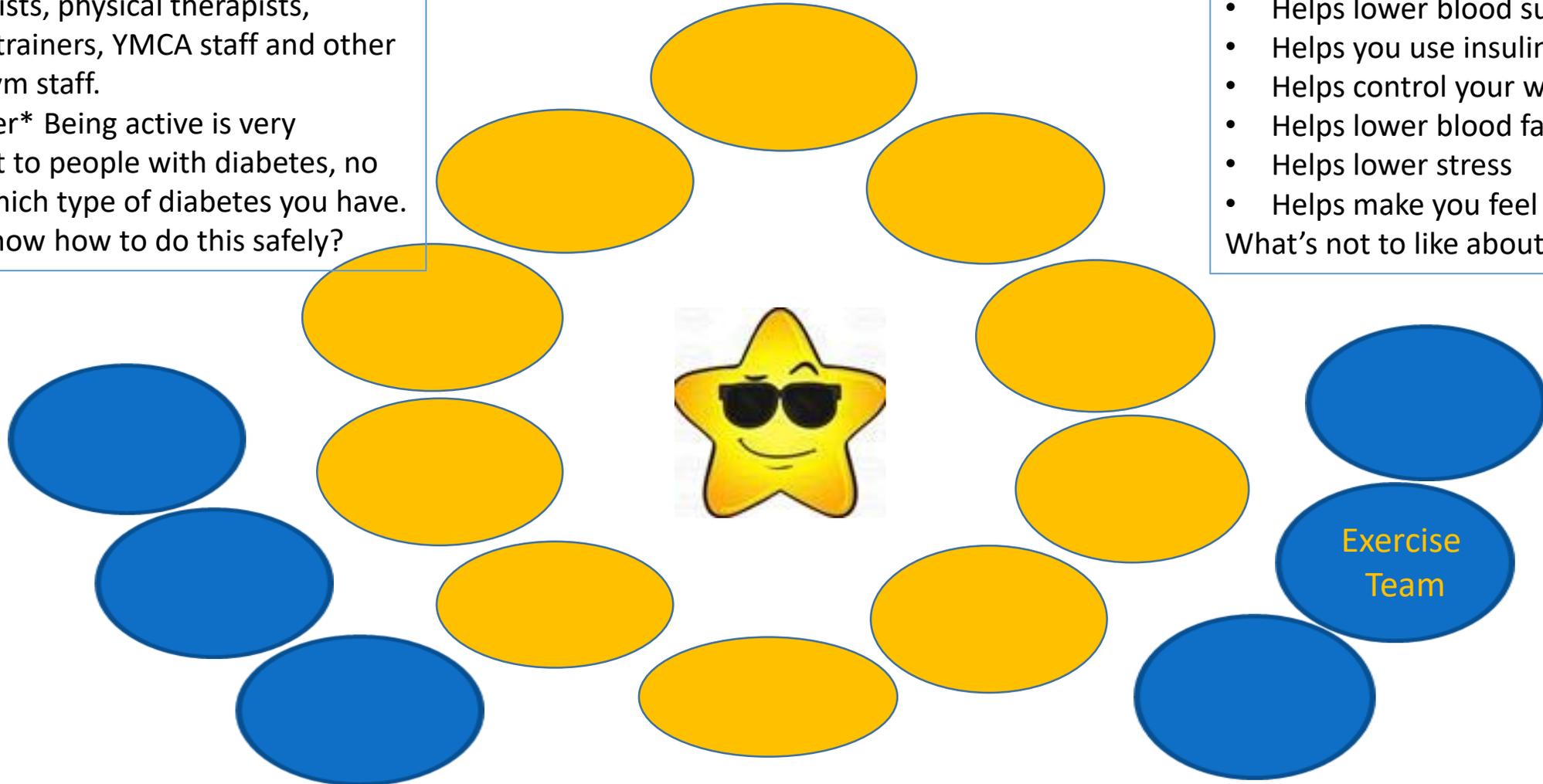
How can they help?
Depression has been known to negatively affect diabetes care so you should get advice if this is affecting you.



There is a condition known as Diabetes Distress which is different than Depression. You do not have to figure this out yourself.
Your Diabetes Care and Education Specialist also has information and screening for diabetes distress.

This team has studied all the many ways exercise helps all sorts of people. Exercise teams can include physiologists, physical therapists, personal trainers, YMCA staff and other private gym staff. Remember* Being active is very important to people with diabetes, no matter which type of diabetes you have. Do you know how to do this safely?

Tell me more



How can they help?
Plans a fitness program just for you.
*Exercise – why?

- Helps lower blood sugar
- Helps you use insulin better
- Helps control your weight
- Helps lower blood fat levels
- Helps lower stress
- Helps make you feel better

What's not to like about these!

Get active even with diabetes complications, ask your doctor about safe exercises.
Always get your doctor's ok before you start a program.

Diabetes support groups are usually made up of all types of people with diabetes, family, friends, and an educator.

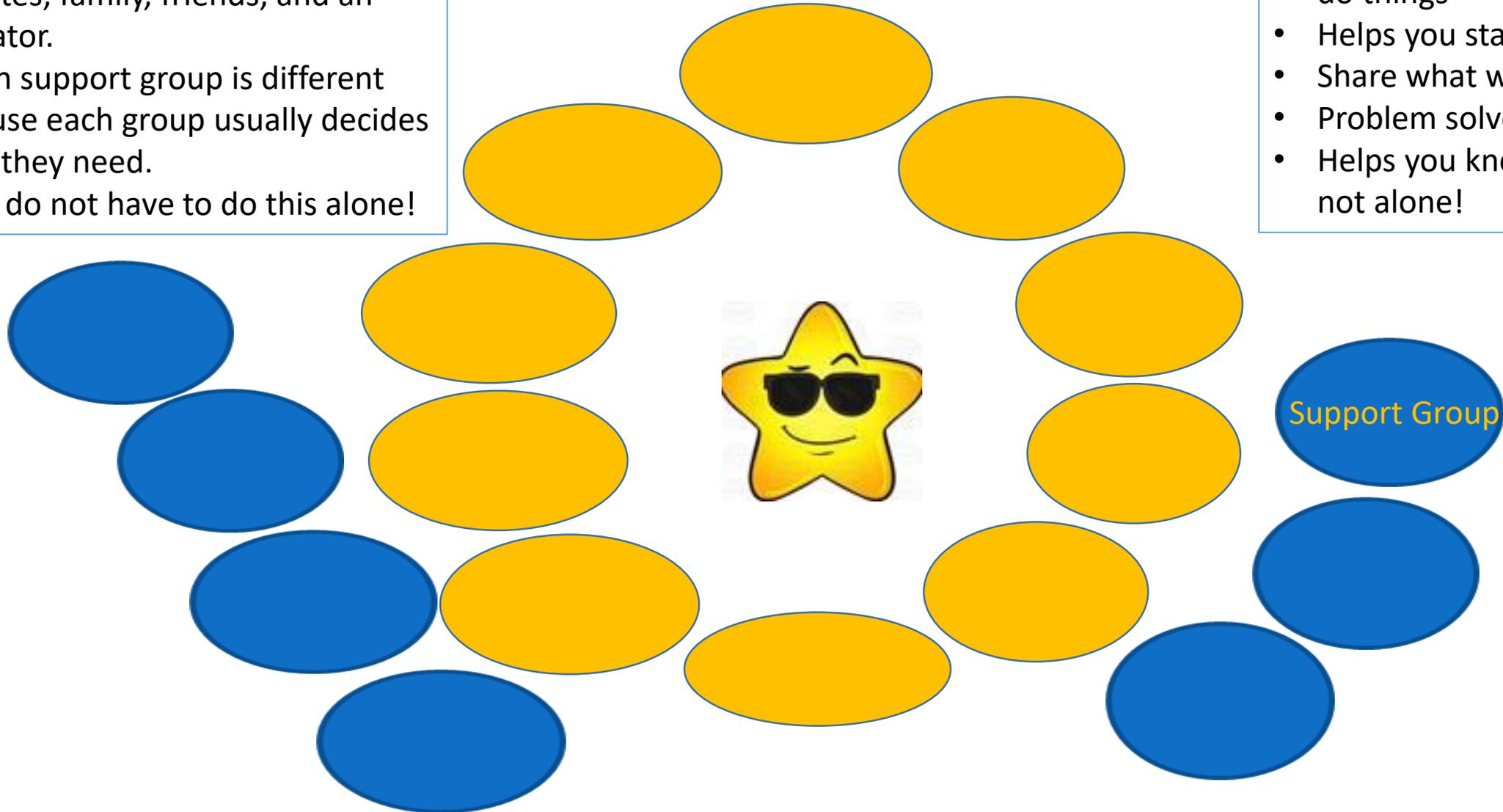
Each support group is different because each group usually decides what they need.

You do not have to do this alone!

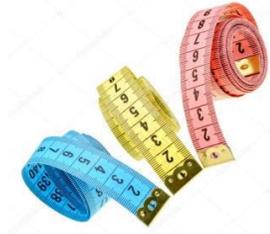
Tell me more

How can they help?

- Learn about new ways to do things
- Helps you stay “on track”
- Share what works
- Problem solve together
- Helps you know you are not alone!



Summary and References



Thank you for taking a tour of your Diabetes Health Team!
As you can see there is much help for you.
Be sure you have what you need!

"You expect me to do WHAT NOW?"



The 4 key times to see a Diabetes Care & Education Specialist:

- At Diagnosis
- Change in your plan (such as - new health problem)
- Transitions (such as - moving, switching health care providers, just discharged from the hospital)
- Yearly Updates (diabetes management can change as new studies are done – make sure you are up to date on the latest and greatest ways to manage your diabetes!)

Reference: <http://www.diabetes.org/living-with-diabetes/treatment-and-care/whos-on-your-health-care-team/your-health-care-team.html> ADA Last Edited: June 5,2015