The 8 Keys to Living a Healthy Life with Diabetes or Prediabetes

Theresa Garnero
APRN, BC-ADM, MSN, CDE
Instructional Designer Specialist
UCSF Family Health Care Nursing
Founder of the Sweet People Club
Theresa Garnero APRN, BC-ADM, MSN, CDE
Instructional Designer Specialist
UCSF Family Health Care Nursing

Author/illustrator/cartoonist:
- Your First Year with Diabetes ADA 2008, 2014
- DIABETease: a lighter look at the serious subject of diabetes 2004

Awards:
- National Diabetes Educator of the Year AADE, 2004-5

Disclosure:
Founder of the Sweet People Club, an online prediabetes course aimed at preventing or delaying type 2 diabetes
The 8 “Keys”

Do you know them all?

1. A review of the American Association of Diabetes Educators (AADE7) self-care behaviors + 1

2. Check your possible opportunities
Healthy Eating

Being Active

Taking Medication

Adding Humor

Problem Solving

Reducing Risks

Healthy Coping

You & Your Support

©2008 Images and concept by T. Garnero, APRN, BC-ADM, MSN, CDE
Which One Do You Focus On?

Too much to do.
It Depends!
Just Diagnosed? Annually? Change in Health?

Healthy Coping
Healthy Eating
Being Active
Taking Medication
Monitoring
Problem Solving
Reducing Risks

The 8 Keys to Living a Healthy Life with Diabetes or Prediabetes
Islets of Humor
by Theresa Garnero

Diabetes Help
Covered by most insurance plans

Next please

The Certified Diabetes Educator is in

It's our lucky day!
### Scorecard: DSME vs Metformin

<table>
<thead>
<tr>
<th>Criteria</th>
<th>Benefits Rating</th>
<th>DSME</th>
<th>Metformin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Efficacy</td>
<td>High</td>
<td>High A1C 1.1-1.3%</td>
<td>High A1C 1.1%</td>
</tr>
<tr>
<td>Hypoglycemia risk</td>
<td>Low</td>
<td>Low</td>
<td>Low</td>
</tr>
<tr>
<td>Weight</td>
<td>Neutral/Loss</td>
<td>Neutral/Loss</td>
<td>Neutral/Loss</td>
</tr>
<tr>
<td>Side effects</td>
<td>None</td>
<td>GI</td>
<td></td>
</tr>
<tr>
<td>Cost</td>
<td>Low/Savings</td>
<td>Low</td>
<td></td>
</tr>
<tr>
<td>Psychosocial benefits</td>
<td>High</td>
<td>N/A</td>
<td></td>
</tr>
</tbody>
</table>

Margaret A. Powers Diab Care 2016;39:2101-2107
Why You Often Need Medications

With type 2, 8 known deficits.

With prediabetes, some of these deficits have begun. Metformin is used, but off label (not approved by FDA).

With type 1, lack of insulin and amylin; Can also have insulin resistance.

Taking Medication

1. **Increase on-time doses:**
   - how to be more consistent?
   - how many times a week or even a day do you miss a dose; why?
   - get a pill reminder?
   - carry medications with you or have a second stash?
   - take metformin with meals
   - take mealtime insulin within 10 minutes of eating
   - take basal insulin within an hour of scheduled dose

2. **Communicate:** tell your healthcare provider about side effects or if it’s not working out

3. **Options to save money and time:**
   (ask pharmacist to synch your refills so you only have to make 1 trip / month or get 3-month supply for same co-pay)
Healthy Coping

1. Reduce stress by ________
2. Strive for progress, not perfection (expect and plan for slip-ups)
3. Take breaks
4. Learn meditation
5. Get _____ hours of sleep
6. Ask your loved one for specific ways to be helpful
7. Listen to soothing music, take a bath, or have a cup of tea
8. Get out in nature
9. Learn how to say no to things you don’t really want or need to do
10. Join a support group
11. Know what situations make you feel stressed and plan how to cope with them
12. See a mental health specialist as needed for ________ (diabetes burnout, addiction or depression)
Healthy Eating

- See a Registered Dietitian for individualized care
- Be consistent with carb consumption
- Plan ahead (for the week, for the next day)
- Broil, bake, grill or steam at least 80% of time
- Look at online menus before going to a new place to eat
- Ask for dressing/sauce/gravy/sour cream/butter on the side
- Wait 5 minutes before getting a second helping
- Focus on being satisfied not stuffed
- Go to the Farmer’s Market (fresher, cheaper)
- Eat breakfast at least ____ times a week
- Carry snacks
- Reduce portions or sweets by ______%
- Substitute whole grains for white
- Hydrate with fun water (add lemon, lime, mint) instead of soda or juice
- Ask a family or friend for help
Being Active

- Find ways to be active: walk around whenever you talk on the phone.
- Stand up every 30 minutes to do 2 minutes of activity (set a timer if at work; when watching TV, get up during commercials).
- Take the stairs instead of escalator or elevator when you can.
- Be safe: hydrate, wear proper shoes, slow down or stop if you feel faint or very sick or your joints hurt.
- Get feedback and track your steps (work up to 10,000/day).
- Get a walking buddy or use YouTube exercise videos.
- Warm up and cool down for 5 minutes.
- Mix up your routine, try something new.
- Do strength training exercises every other day.
- Try Tai Chi or yoga or a walk after dinner.
- Get home exercise equipment for free on websites like freecycle.
- Strive for 150-minutes moderate paced activity per week and do strength training every other day.
Monitoring

- Get A1C test every ___ (3 months for diabetes, yearly for prediabetes)
- Weigh yourself ____ (daily, or at least 1 time per week)
- Use a fitness and/or nutrition tracker
- Buy a home blood pressure monitor & use it
- Know your cholesterol levels
- Ask for and keep copies of your lab work

Blood Glucose and Ketones
- Check blood sugar ______ times each day (When? Before or 2 hour after meals?_______)
- Record results and bring to appointments
- Upgrade diabetes technology to make it easier
- For those with type 1, check ketones when glucose is above 250 mg/dL or as advised (blood ketone monitoring is more accurate than urine ketones)
Problem Solving

- Have a “Plan B” for changes in routine, like holidays or sick days, travel, extreme weather, or injuries
- Make sure medications and supplies don’t run out
- Try to be first on the list for any planned surgeries
- Talk with provider about unresolved pain
- Include diabetes wellness supplies in disaster kit

Blood Glucose & Insulin or Injectables
- Do you need to carry glucose tablets? Know the "Rule of 15"?
- Check blood sugar when feeling low or high
- Think about other causes of wacky sugars (pain, stress, illness, alcohol, pot, expired insulin/strips)
- Expect increased sugar with steroid injections
- Have a pre-exercise snack if on insulin (including before a romantic interlude)
- Rotate injection sites
Reducing Risks

- Floss teeth daily and get a dental cleaning 2 times per year
- Have a complete physical exam once a year
- Get dilated eye exam upon diagnosis and every 2 years
- Get a flu shot every year, and ask about pneumonia and Hepatitis B vaccines
- Have kidney health checked annually (urine albumin, eGFR)
- Get a lipid panel every 1-2 years based on risk
- Protect feet by wearing shoes and slippers
- Make a plan to quit or reduce ___ (smoking or vaping, exposure to 2nd hand smoke, alcohol, illegal drugs)

If taking insulin
- Wear medical identification jewelry
- Teach family/friend/teacher how to use Glucagon (used to rescue you from a severe low blood sugar)
Thinking Like a Pancreas

The 8 Keys to Living a Healthy Life with Diabetes or Prediabetes
There’s nothing funny about having diabetes or prediabetes: it’s stressful! Using laughter helps you to cope and helps your body’s biochemistry.

Many benefits of laughter:
• Increases endorphins ("the feel good" hormones)
• Lowers glucose and A1C (~0.3%) and blood pressure (~10 points)
• Increases “good” HDL cholesterol by 26%
• Lowers harmful C-reactive proteins by 66% (biomarker of inflammation thought to be associated with heart disease)
• Assoc. w/lower rates of cardiovascular disease
• Used as a weight loss therapy
• Makes you more fun to be around?
• Probably gets you better care


Mirthful laughter, as adjunct therapy in diabetic care, increases HDL cholesterol and attenuates inflammatory cytokines and C-RP and possible CVD risk
Adding Humor

- Keep your humor antennae up – look for it
- Assess what amuses you; do more of that
- Laugh every day (learn to laugh at yourself or the situation)
- Allow yourself to be silly
- Smile and laugh intentionally (first thing in morning, when stressed)
- Focus on the positive
- Find at least one funny thing today
- Watch funny animal videos or a comedy show
- Do something a little goofy or lighthearted
- Accept the diagnosis, but not the negatively-portrayed prognosis
- Look for funny signs
- Enjoy some cartoons
Islets of Humor™

By Theresa Garnero

I'm a good fat!

Show off...

©TGarnero
For diabetes

- Recognized Education Program (ADA)

- Diabetes Education Accreditation Program, American Association of Diabetes Educators (AADE)
  [http://diabeteseducator.org](http://diabeteseducator.org) and click on DEAP

For prediabetes:

- Center for Disease Control and Prevention (in-person, some online, most require insurance)
  [https://nccd.cdc.gov/DDT_DPRP/Registry.aspx](https://nccd.cdc.gov/DDT_DPRP/Registry.aspx)

- Sweet People Club (all online, self-pay, only program with all video and podcast format, goes beyond 1 year) [sweetpeopleclub.com](http://sweetpeopleclub.com)

Get free Show Me What to Eat Guides
Find Time to Do What Brings You Joy!
Find Your Best Path