

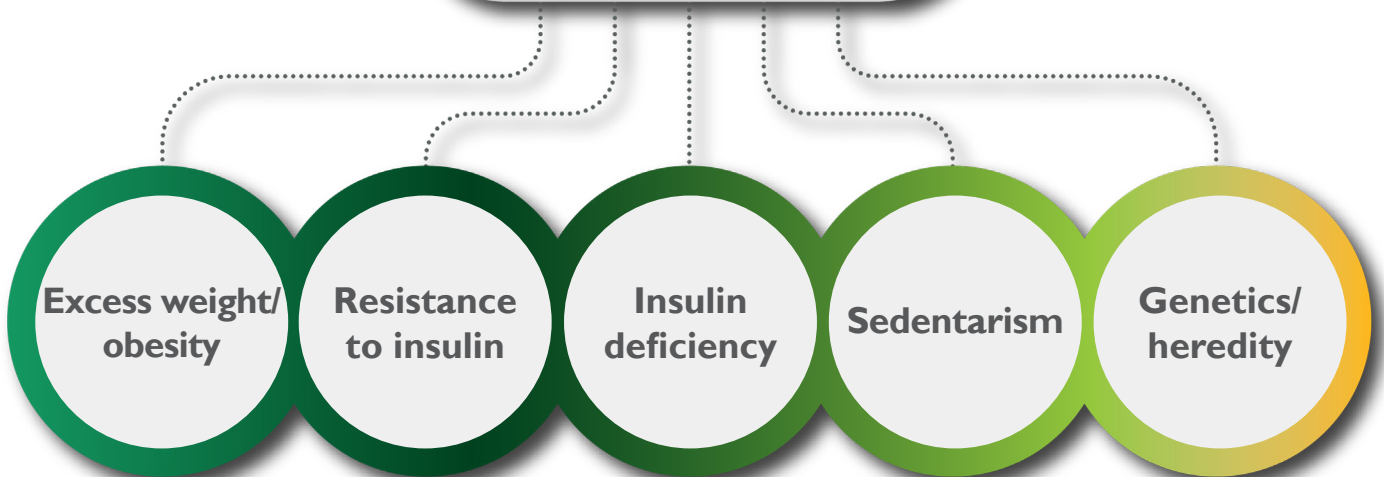
DIABETES

When there is a diagnosis of Type 2 Diabetes, the pancreas does not produce enough insulin or cannot properly use the one it produces. This causes high blood glucose levels. The treatment of people with Type 2 Diabetes should include glucose monitoring, increased physical activity, a balanced diet, and drug therapy (oral and/or injectable).



Type 2 Diabetes

Some common causes for developing Type 2



Recommendations to keep your sugar levels controlled and prevent complications:

- **Monitor your glucose levels** - Record your blood sugar levels daily, as recommended by your doctor. This helps your doctor see how your body is responding to treatment.
- **Follow your treatment** - It is important that you know well each medication, what condition each one treats, when you should use it and what is the dose. Always clarify any doubts with your doctor and/or pharmacist.
- **Use your cholesterol medications (statins)**: These will help lower cholesterol, reduce the development of heart disease and stroke
- **Take care of your feet** - Every day, take a few minutes to check your feet preventively or for injuries, cuts, sores, ingrown toenails, change in color or loss of sensation. If you find any of them, talk to your doctor. Wear comfortable shoes and cotton socks. If necessary, wear therapeutic shoes.
- **Do physical activity and exercise** - It is recommended to do physical activity of moderate intensity at least 150 minutes a week. For example, you can walk three times a week for 50 minutes to complete 150 minutes. If you prefer, you can exercise five times a week for 30 minutes to reach the goal of 150 minutes per week. Wear comfortable clothes and shoes. Stay hydrated, during and after exercising. Bring a snack in case her blood sugar drops.
- **Eat healthy** - Eat foods like fruits and vegetables daily, avoid fried or high-fat foods, limit sodium (salt) intake, and stay hydrated.
- **Avoid smoking** - Smoking increases the risk of heart disease, raises blood sugar levels and makes them harder to manage. Seek support from family, friends, and health professionals to quit smoking.

What do glucose levels mean?

Values	Time	What do glucose levels mean?	What to do?
Less than 70	Wake up in the morning	Low glucose level	Eat immediately
70-130	Wake up in the morning	Stable glucose level	Eat normal breakfast
More than 130	Wake up in the morning	Elevated glucose level	Evaluate why: Did you eat too much? Forgot to take medicine? Do you have any infection, cold or stress?
More than 180	1-2 hours after eating		
More than 200	Value in 200, more than three consecutive days	Glucose level too high	Call your doctor right away

Why should you take the A1c test?

The A1c test is a blood test that measures the average blood glucose for two to three months prior to the test. It is used for:

- Diagnose diabetes
- Assess if treatment to manage diabetes is working
- Predict the risk of experiencing diabetes-related complications

The American Diabetes Association recommends A1c levels below 7% for adults with diabetes. Your doctor can individualize this goal based on your medical history such as how long you had diabetes, risk of hypoglycemia, existence of complications, and history of cardiovascular disease.

IMPORTANT TEST AND EXAMS YOU MUST TAKE

Test	Frequency
Comprehensive foot exam by your doctor	At every doctor visit
Glucose (sugar) level in the blood	Daily
Blood pressure	Daily
Glycosylated Hemoglobin (A1c) test	Minimum every 6 months
Nephropathy screening (proteins in the urine)	Minimum every 6 months
Cholesterol Levels	Minimum every 6 months
Oral Health	Every 6 months
Eye exam (pupil dilation)	1 time a year
Foot exam with your podiatrist	1 time a year
Cholesterol level tests	1 time a year

At MCS we exhort you to receive the appropriate treatment and reduce the risk of complications. If you have questions about the diagnosis or management of this disease, consult your doctor.

Reference:

American Diabetes Association. Glycemic targets. Sec. 6. In *Standards of Medical Care in Diabetes-2022*. *Diabetes Care* 2022;45(Suppl. 1):S83-S96



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