<table>
<thead>
<tr>
<th>If Your Patient needs help with:</th>
<th>Consider these handouts:</th>
</tr>
</thead>
</table>
| 1 General Information About Diabetes: | • What is Diabetes  
• Low Blood Sugar |
| 2 Glucose Monitoring | • Blood Sugar Checks  
• Blood Sugar Log Sheet - Simple  
• Blood Sugar Log Sheet – Advanced  
• Paired Testing |
| 3 Nutrition Information | • Nutrition for Diabetes  
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• Counting your Carb grams  
• What Can I Eat for a Snack?  
• What Should I Eat When I Eat Out? |
| 4 Oral Diabetes Medication | • Diabetes Pills  
• Taking Your Medicines |
| 5 Insulin and Byetta | • Drawing and Self-Injecting Insulin (BD)  
• Mixing Insulin for Self-Injecting (BD)  
• How To use an Insulin Pen  
• Set Dose Insulin  
• Insulin for Set Dose Plus Correction  
• Long Lasting Insulin Dose Chart  
• How To Take Byetta  
• Taking Your Medicines  
• Where to Give Your Insulin Shots |
| 6 Lifestyle Management and Behavior Change | • Be Active  
• How Can Losing Weight Help Me?  
• Smoking and Diabetes  
• Why Should I be Careful About Drinking Alcohol? |
| 7 Foot Care | • Foot Care Do’s and Don’ts (BD) |
| 8 Cardiovascular Risk Factors | • Blood Pressure Control  
• Cholesterol  
• Taking Your Medicines |
| 9 Coping with Stress and Depression | • Stress and Depression |
| 10 Oral Health | • Problems With Your Teeth and Mouth |
| 11 Women’s Health | • How Diabetes Can Affect Women |
| 12 Men’s Health | • How Diabetes Can Affect Men |