



	<b>If Your Patient needs help with:</b>	<b>Consider these handouts:</b>
<b>1</b>	<b>General Information About Diabetes:</b>	<ul style="list-style-type: none"> <li>• What is Diabetes</li> <li>• Low Blood Sugar</li> </ul>
<b>2</b>	<b>Glucose Monitoring</b>	<ul style="list-style-type: none"> <li>• Blood Sugar Checks</li> <li>• Blood Sugar Log Sheet - Simple</li> <li>• Blood Sugar Log Sheet – Advanced</li> <li>• Paired Testing</li> </ul>
<b>3</b>	<b>Nutrition Information</b>	<ul style="list-style-type: none"> <li>• Nutrition for Diabetes</li> <li>• Using your Plate to Control your Carbs</li> <li>• Counting your Carb grams</li> <li>• What Can I Eat for a Snack?</li> <li>• What Should I Eat When I Eat Out?</li> </ul>
<b>4</b>	<b>Oral Diabetes Medication</b>	<ul style="list-style-type: none"> <li>• Diabetes Pills</li> <li>• Taking Your Medicines</li> </ul>
<b>5</b>	<b>Insulin and Byetta</b>	<ul style="list-style-type: none"> <li>• Drawing and Self-Injecting Insulin (BD)</li> <li>• Mixing Insulin for Self-Injecting (BD)</li> <li>• How To use an Insulin Pen</li> <li>• Set Dose Insulin</li> <li>• Insulin for Set Dose Plus Correction</li> <li>• Long Lasting Insulin Dose Chart</li> <li>• How To Take Byetta</li> <li>• Taking Your Medicines</li> <li>• Where to Give Your Insulin Shots</li> </ul>
<b>6</b>	<b>Lifestyle Management and Behavior Change</b>	<ul style="list-style-type: none"> <li>• Be Active</li> <li>• How Can Losing Weight Help Me?</li> <li>• Smoking and Diabetes</li> <li>• Why Should I be Careful About Drinking Alcohol?</li> </ul>
<b>7</b>	<b>Foot Care</b>	<ul style="list-style-type: none"> <li>• Foot Care Do's and Don'ts (BD)</li> </ul>
<b>8</b>	<b>Cardiovascular Risk Factors</b>	<ul style="list-style-type: none"> <li>• Blood Pressure Control</li> <li>• Cholesterol</li> <li>• Taking Your Medicines</li> </ul>
<b>9</b>	<b>Coping with Stress and Depression</b>	<ul style="list-style-type: none"> <li>• Stress and Depression</li> </ul>
<b>10</b>	<b>Oral Health</b>	<ul style="list-style-type: none"> <li>• Problems With Your Teeth and Mouth</li> </ul>
<b>11</b>	<b>Women's Health</b>	<ul style="list-style-type: none"> <li>• How Diabetes Can Affect Women</li> </ul>
<b>12</b>	<b>Men's Health</b>	<ul style="list-style-type: none"> <li>• How Diabetes Can Affect Men</li> </ul>