

## Diabetes and Your Health

### If you take insulin shots

*Be sure to ask your doctor:*

- *How to give yourself shots;*
- *When you need to change your insulin dose; and*
- *How to safely throw away your insulin needles.*



For more information, contact:

**SoonerCare Health Management Program**  
**405-522-7650 (OKC area)**  
**877-252-6002 (Toll-free)**

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### Managing your blood sugar

If you have diabetes, checking your blood sugar regularly is one of the most important parts of staying healthy. If you know your blood sugar is too low or too high, then you can take action to fix it. This will help keep your blood sugar normal.

If your blood sugar is too low, you will not have any energy. If it is too high, it can damage your eyes, kidneys, heart and feet.



Most people check their blood sugar level before breakfast. You and your doctor can decide what is best for you.

Each time you check your blood sugar, write the results in a log book. Take your log book with you when you see your doctor.

You should also have a blood test called an A1C several times each year. It gives your doctor an idea of what your blood sugars have been over the last two-to-three-months. It is an important test for your doctor to use in helping you manage your diabetes.

### About diabetes medications

If you take shots or pills to control your diabetes, it is important for you to know when to take your medicines.

Take your medicines to every doctor's visit, even the over-the-counter ones like Tylenol and aspirin. That way, you and your doctor can keep better track of your medicine.

If you get sick, you should keep taking your diabetes medication and call your doctor.