



# DIABETES

Diabetes is a problem with your body that causes blood glucose (sugar) levels to rise higher than normal.

## Some symptoms are:

- Blurry vision
  - Cuts/bruises that are slow to heal
  - Feeling very hungry  
(even though you are eating)
  - Feeling very thirsty
  - Severe fatigue
  - Tingling/pain/or numbness in hands/feet
  - Urinating often
- Some people with type 2 diabetes have symptoms so mild that they go unnoticed.*

## Every Day

1. Monitor blood glucose.
2. Take medication as prescribed.
3. Follow a balanced diet.
4. Exercise Regularly.

## WHAT ZONE ARE YOU IN TODAY? GREEN, YELLOW, OR RED?

### Green Zone: Doing Well

- Blood glucose level between 80 and 130 or \_\_\_\_\_  
(amount set by your doctor) before a meal
- Blood glucose level less than 180 or \_\_\_\_\_  
(amount set by your doctor) after a meal
- Feeling good
- No illness-cold/flu/infection
- Normal blood glucose level
- Stress is controlled

#### Green Zone Means:

Your symptoms are under control, keep taking your medications, monitor blood glucose

### Yellow Zone: Caution, you may need to talk with your doctor

- Elevated blood glucose at the same time of the day for three days in a five-day period
- Feeling depressed/tired
- Frequent low blood glucose-less than 70 or \_\_\_\_\_  
(amount set by your doctor)
- Lacking energy
- Random high blood glucose-over 200 or \_\_\_\_\_  
(amount set by your doctor)
- Stress not controlled
- Symptoms of acute illness

#### Yellow Zone Means:

Check your blood glucose more often, treat high or low blood glucose levels with treatment options below  
Call your provider if you have repeated patterns of highs and lows, or if symptoms continue

Doctor #: \_\_\_\_\_

### Red Zone: Medical Alert- You may need help immediately

- Blood glucose at 300 or higher for two test in a row or \_\_\_\_\_  
(amount set by your doctor)
- Confusion
- Dehydration
- Diarrhea
- Difficulty breathing
- Fruity breath
- Nausea
- Positive urine ketones
- Vomiting

#### Red Zone Means:

Call your doctor

Physician's Name: \_\_\_\_\_ Number: \_\_\_\_\_