



DIABETES CARE SCHEDULE

Every 3 Months:

- Regular doctor's visit
- A1c Blood Test
- Blood Pressure check
- Weight check
- Foot Check

Every 6 Months:

- Teeth and gum exam
by your dentist

Every Year:

- Physical check-up by your regular doctor
- Complete Foot Exam by your doctor
- Cholesterol and Triglyceride (Lipid Profile)
- Dilated eye exam by your eye doctor
- Flu shot
- Pneumonia shot
- Urine and Blood test (To check kidney function)

My Next Appointment Is:

Date

Time

Clinic



Goals

Care Item	Goal
A1C	Under 7%
Blood Pressure	Less than 130/80 mmHg
Total Cholesterol	Less than 200 mg/dL
LDL (Bad Cholesterol)	Less than 100 mg/dL
HDL (Good Cholesterol)	Men- More than 40 mg/dL Women- More than 50 mg/dL

Who's Who?

Podiatrist: a doctor trained to exam and treat the feet, ankles, and lower legs.

The podiatrist checks your feet for ulcers, cold feet, bluish skin, blood flow, loss of sensation, athlete's foot and other complications.

Optometrist: a doctor trained to examine the eyes.

Once a year, the optometrist will place drops in your eyes to widen the pupils. They will then look for signs of damage and other eye problems, such as diabetic retinopathy or glaucoma. After the examination, your close-up vision may remain blurry for several hours.

Nephrology: a doctor trained to diagnose and manage kidney functioning.

If a test shows protein in the urine, ask the doctor about ACE inhibitors to decrease the amount of protein in the urine and to prevent the development of diabetes-related kidney disease.

“KNOW YOUR RIGHTS” HEALTH ACCESS FOR IMMIGRANTS

- You have a right to go to a doctor, a clinic, an Emergency Room, a hospital, or call an ambulance, no matter what your immigration status is.
- All immigrants have the right to be treated if they have a medical emergency. Uninsured individuals and undocumented immigrants have the same rights to emergency care as all other New Yorkers.
- Anyone with a medical emergency has the right to an ambulance, regardless of immigration status or ability to pay. You can get an ambulance by calling 911.



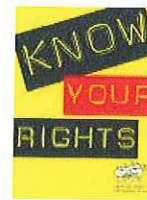
“KNOW YOUR RIGHTS” HEALTH ACCESS FOR IMMIGRANTS

- You do not have to tell health workers what your immigration status is before receiving care.
- You do not need a Social Security Number (SSN) to receive emergency care or emergency medical transportation.
- You also have the right to have information about your health care kept confidential, which means that this information cannot be shared without your permission.
- Even if it is not an emergency, you can get care regardless of your immigration status or your ability to pay, in any public hospital.



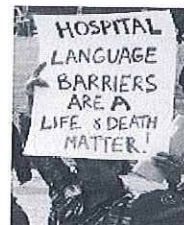
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- Health care facilities throughout New York State are required by federal and state law to provide free language assistance to services for patients and family members whose English-language abilities are limited. It is your right to be understood by hospital staff, and to understand what hospital staff is trying to communicate to you.



Language Access Laws

- Limited English Proficient (LEP) patients and disabled patients have language access rights under the law. Those rights may also extend to the parents of minor children and/or to spouses or family members in certain circumstances. Patients need not be U.S. citizens to have language access rights under American law.



Who must comply with the language access laws?

- All hospital or clinic that receives Medicare or Medicaid,
- Primary Care
- Acute and particularly emergency care



WHAT MUST THE HOSPITAL DO TO COMPLY WITH THE LANGUAGE LAWS?

- Ask the patient about their primary oral language and preferred written language.
- Determine whether the patient needs an interpreter.
- Inform the patient of their right to a competent interpreter at no charge to them.
- Use a qualified interpreter during patient medical exams, to obtain a patient's history and informed consent, and when giving treatment or hospital discharge instructions.
- Provide translated written documents in the patient's preferred written language.

Solving the Problem of Nagging.

A spouse or a friend who nags you about your eating or activity may mean well. But nagging can do great harm.

Nagging is treating you like a child. This can cause feelings of resentment, frustration, guilt, and rebellion. You may end up eating even more, being less active, and/or hiding the truth from yourself and others.

In his book *The Undiet*, Dr. Albert Marston, behavioral consultant to the DPP center in Los Angeles, puts it this way, “You must feel free to make your mistakes and be responsible for them. No matter how many times you have failed before, your spouse or friend can’t take responsibility for you.”

Here are some ways to solve the problem of nagging:

1. Give your spouse or friend ideas of other ways to help you.

See the handout, *Ways for Your Family to Help*.

2. Discuss the problem openly with your spouse or friend.

Explain how nagging makes you feel and act. For example, “When you nag me about my diet, I get frustrated. I wind up eating even more. Please try to just pay attention to my successes.”

3. Ask for a truce of several months.

During this time, he or she will try to take the pressure off you.

Keep in mind that, for your spouse or friend, not nagging may be as difficult as eating less is for you. Show lots of appreciation whenever he or she avoids nagging and helps you in other ways. *Ignore any nagging that slips in.*

4. Use this as a chance to ask yourself, “Am I doing all that I can to take responsibility for my own healthy lifestyle change?”

Praise.

Praise is one of the most helpful things your family can do for you.
Praise is also one of the best ways for you to encourage your family's support.

How do you feel about getting praised?

When might praise not feel good?

Is it okay to ask for praise?

Getting Praise

What would you like your family to praise you for? When? Be specific.

How would you like them to praise you? Be specific. In words? (Give examples.)
With a smile? A hug? A pat on the back?

How will you plan to respond when praised? Be specific.

Giving Praise

What would you like to praise your family for? When? How? Be specific.

Ways for Your Family to Help.

We all need help from our families. This is even more true when we're making lifestyle changes. But our family members may not know how to help us.

Listed below are some ways to help. Check one that you'd like your family to begin doing or do more often. Choose one that they may be willing to do.

Ways to help me eat healthy:

- Serve low-fat/calorie foods for meals.
- Eat low-fat/calorie foods when I'm nearby.
- Give me gifts other than tempting foods like candy.
- Clear the table and put food away as soon as the meal is over.
- Help with cooking, shopping, or cleaning up after meals.
- Avoid offering me food, like second helpings.
- Avoid bringing tempting foods like candy into the house.
- Encourage me to cook new foods.
- Praise me when I eat healthy foods, eat more slowly, leave food on my plate, or refuse a snack.
- Other:

Ways to help me be more active:

- Go for a walk with me. Or do other physical activities with me.
- Plan social events around being active.
- Compromise when my being active conflicts with your schedule.
- Show appreciation when I do my scheduled activity. Don't remind me when I don't.
- Babysit for me so I can take a walk.
- Set up a regular date with me to be active.
- Encourage me to go out for a walk when I'm debating whether or not to go.
- Try to achieve and maintain the DPP goals with me.
- Other:

