

TYPE 2 and YOU

Tips for better understanding your diabetes

What You Can Learn From This Handout...

- where to turn for information and support about your diabetes
- how to talk to your family about diabetes

GETTING THE SUPPORT YOU NEED

When your doctor tells you that you have type 2 diabetes, many thoughts may come to mind:

- How did this happen?
- What does it mean?
- What do I do?
- How do I tell my family?
- Where do I turn?
- What happens now?

You may feel like you are alone, but you are not. There are many people in your situation who have asked all the questions you are asking now, and who are facing a future of dealing with diabetes, just as you are. Many have joined support groups just for people with diabetes where they can get together and talk about their disease, but more importantly, talk about ways they have found to live their lives as normally as possible. Also, it's easier to manage diabetes when the whole family works as a team to monitor nutrition and organize activities.

Your local hospital probably has a diabetes support group; ask your healthcare provider for more information. The American Diabetes Association is an excellent resource for information about living with diabetes.

You can also get a lot of great diabetes information and support on the Internet. Here are a few of the best websites:

American Diabetes Association

www.diabetes.org This site offers a wide range of topics to help you live well with diabetes, and search engines to help you find diabetes education programs and support groups in your area.

American Association of Diabetes Educators

www.diabeteseducator.org You can use this site to find a diabetes educator in your area.

American Dietetic Association

www.eatright.org Provides a list of nutrition resources.

Diabetes Self-Management

www.diabetesselfmanagement.com This magazine's website is devoted to living with diabetes, from exercise tips to information on the latest medical advances.

dLife www.dlife.com A corporate-supported site with plenty of diabetes information plus tips for daily living, and more.

Medline Plus www.nlm.nih.gov/medlineplus/diabetes A government-sponsored website with a broad range of helpful resources for patients with diabetes.

National Diabetes Information Clearinghouse

<http://diabetes.niddk.nih.gov> A government resource for diabetes information, with links to lots of other diabetes sites as well. Great section on where to turn for financial help.

Partnership for Prescription Assistance

www.pparx.org. A website sponsored by pharmaceutical companies that provides information on diabetes assistance programs.



Ask your healthcare provider these questions to learn more about managing diabetes:

1. What is my main problem?

2. What do I need to do? _____
3. Why is it important for me to do this? _____

My diabetes medicines: _____

Source: Partnership for Clear Health Communication at the National Patient Safety Foundation.

How do I tell my family?

Being diagnosed with type 2 diabetes can be a scary thing, but you don't have to face it alone. Your family can help, if they understand what you need. These phrases may help get things started:

"I have diabetes. It's a disease where my blood glucose is too high. I may seem OK on the outside, but I have to make some changes. It's a serious disease, but with your help I think I can keep it under control."

"As much as I would like to, I can't eat foods the same way I've been used to doing. I'll have to make some changes with food choices and portions, and I'd appreciate your help and understanding."

"My doctor tells me that getting more exercise will not only help me lose weight, but will lower my blood glucose, too. My doctor also says that even just walking more can help."

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Your Healthcare Professional