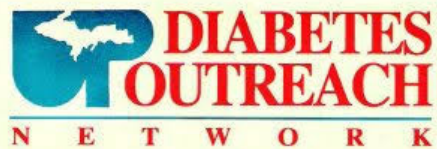


MEDICAL NUTRITION THERAPY (MNT) in your community

Call your local hospital or health center, or dial 2-1-1 for where to get help with eating when you have diabetes.

More diabetes info at www.diabetesinmichigan.org or call 2-1-1. UPDON is a program partner of UPCAP.



Funding of this brochure made possible by the

SUPERIOR
Health Foundation
HEALTHIER TOGETHER

"I have seen MNT drop blood sugars 30-60 points. MNT is best when you have 3-4 visits shortly after you are told you are told you have prediabetes. Then see your RD for MNT every year to update your eating plan."

- RD Paula Ackerman

Are your blood sugars too high?

Do you often feel tired?

Are you overwhelmed about what to eat when you have diabetes?

See your RD/RDN for help!

"My RD helped me set up an eating plan that works for me. I can still fit in my favorite foods like pasties and fried fish. Plus, I learned how I can eat out without my blood sugars going too high!"

- Jane, Copper County

How to Enjoy Eating When you Have Diabetes



OFFICIAL TOOLKIT



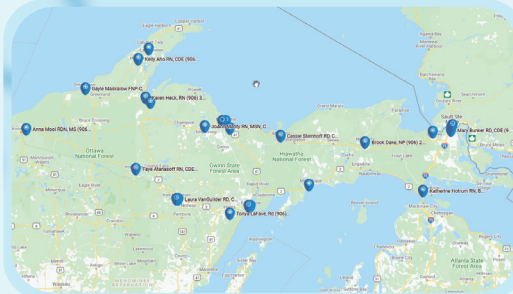
Tips for Seniors

There are many ways to eat when you have diabetes.

- What do you like to eat?
- Do you eat out often?
- Do you cook at home?
- Do you like fast, easy meals?
- How often during a day do you eat?
- Do you like to snack?

Ask your doctor to help you get in to see a Registered Dietician Nutritionist (RDN) for Medical Nutrition Therapy (MNT).

For more information about diabetes, visit www.uplionsserve.org/dad



Why see an RD/RDN for MNT?

- How you eat can make your blood sugar go too high or too low.
- High blood sugars can hurt many parts of your body like your eyes and heart and make you feel tired.
- Low blood sugars may make you dizzy and cause you to fall and hurt yourself.
- Blood sugars at a healthy level help keep your body working well.
- Your RD/RDN will help you keep your blood sugars where you want them to be.



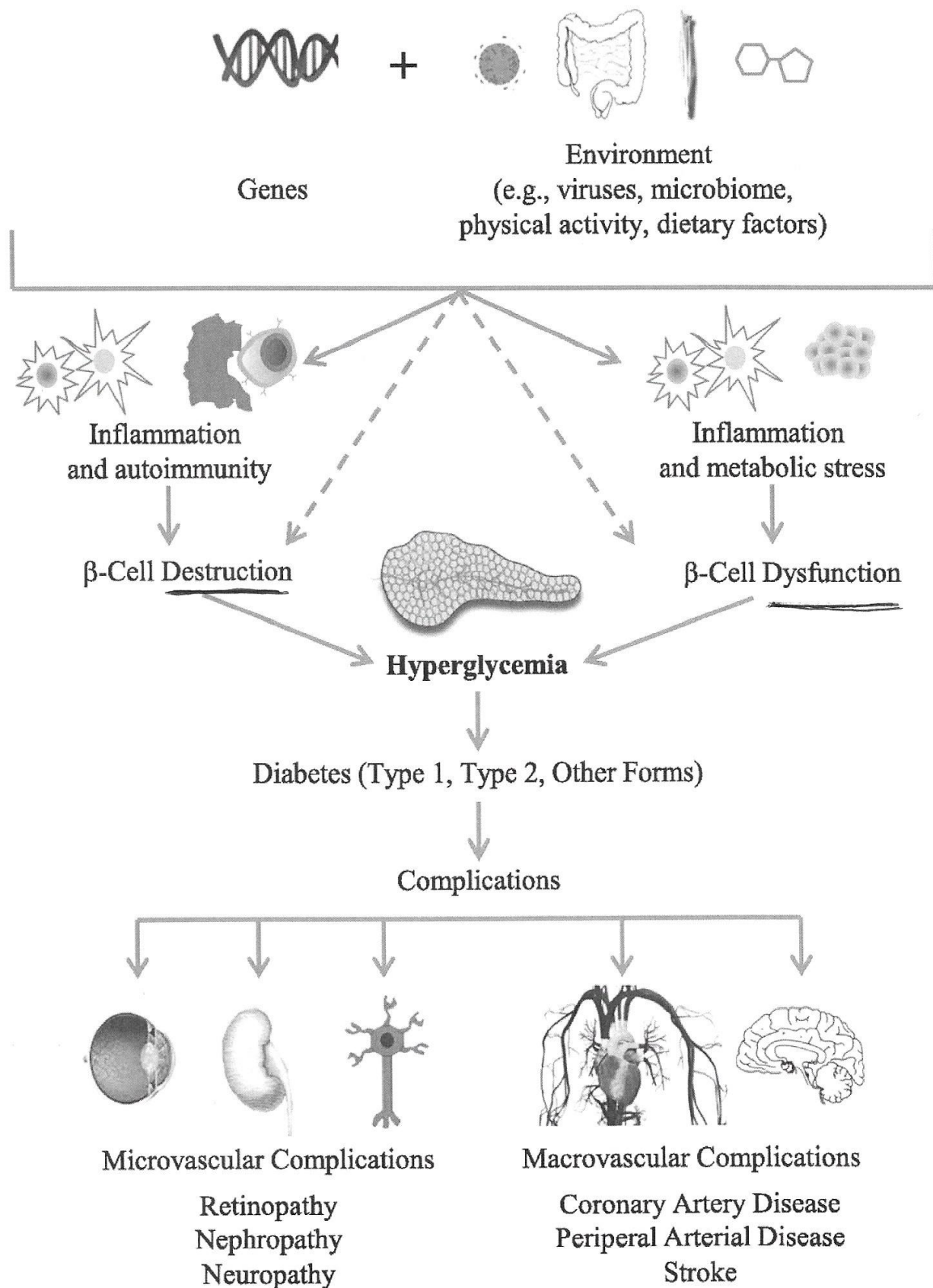
Get help from an
RN/RDN to make a
meal plan that you can
smile about!

Medical Nutrition Therapy (MNT) is FREE for people with Medicare—no co-pay and no deductible. MNT has also been shown to lower blood sugar better than medication for some people!

Caring for Yourself When you Have Diabetes

1. **Take your medications as directed.** If you have problems with side effects or can't afford your meds, talk with your pharmacist and provider about different options. Medications, for most people with diabetes, are important for diabetes, blood pressure and/or cholesterol control.
2. **Have a meal plan that works for you and your diabetes.** There is NO such thing as a diabetes diet. A Registered Dietitian Nutritionist can help you develop a plan that works for you.
3. **Be active.** Find time to walk or bike, stretch and strengthen your muscles. Chair exercises are an option people who have difficulty getting around. Just find some way to move your body, and work toward getting 30 minutes of activity most days of the week. (It doesn't have to be all at once.)
4. **Know your numbers.** Certain numbers for your blood sugar, blood pressure and cholesterol help to keep you safe and lowers your chances of eye and kidney problems and having a heart attack or stroke. Ask your doctor what your numbers are and if they are safe for you.
5. **Get your immunizations:** Flu and pneumonia can make people with diabetes very sick; some also die. Your best protection is to get a flu shot once a year and make sure you have had your pneumonia shots. Adults 60 years old or younger should also have hepatitis shots.
6. **Check your blood sugar:** This is especially important if you take insulin and need to know how to adjust your insulin based on your blood sugar numbers or the amount of food you plan to eat. It also tells you if your blood sugar is in a safe range or if you need to take action to raise or lower your blood sugar.
7. **Check your feet everyday:** Make sure you feet have no cuts or sores, especially if you have been told that you have nerve damage in your feet or if you have a history of foot ulcers. Also, someone on your health team should do a foot exam at least once a year.
8. **Get a dilated eye exam:** Most will need a diabetes eye exam (where you have eye drops in your eye to make your pupils big) every year.
9. **Get a kidney test every year:** A urine and a blood test are needed to check your kidneys. This will let you know if your kidneys are healthy.
10. **Share your concerns (such as financial, emotional, medication problems, complications of diabetes) with your health care team:** They can help you with the problems you are facing.
11. **Face the stress of diabetes:** Many people with diabetes are stressed about managing their diabetes. Get help from your health care team, friends and family!

When you live with diabetes, keeping your blood sugar (A1C at 7% or less for many; some may need higher numbers), blood pressure (under 140/90; some benefit from lower blood pressure levels) and lipids in a safe range will help keep you healthy. Desirable blood sugar, lipids and blood pressure will lower your chances of having eye problems, kidney problems, a stroke or heart attack.





MORE RESOURCES

JDRF is the leading global organization funding type 1 diabetes (T1D) research. Our strength lies in our exclusive focus and singular influence on the worldwide effort to end T1D.

Our vision: A world without type 1 diabetes.

Our Mission: Improving lives today and tomorrow by accelerating life-changing breakthroughs to cure, prevent and treat T1D and its complications.

JDRF

Coverage 2 Control

JDRF is calling on insurers, employers, drug companies, and the government to provide the **affordability, choice, and coverage** needed to help people with type 1 diabetes (T1D) control the disease. **Learn more by clicking on this box.**

JDRF

T1Detect

JDRF's T1Detect is a screening education and awareness program that provides access to an **at-home T1D autoantibodies screening test** as well as helpful information for before and after the test. **Learn more by clicking on this box.**

Teplizumab

Under review by the FDA — Potential to be the first disease-modifying drug therapy approved for T1D.

Health Insurance Guide

JDRF guide to help folks evaluate the options during open enrollment and navigate barriers associated with their insurance.



Recruiting Participants for a Research Study

Goal of the Study

Examine physical activity levels in individuals with Type 2 Diabetes

We are Recruiting

- Individuals with Type 2 Diabetes
- Individuals without Type 2 Diabetes

Qualified Participants

Will be asked to:

- Wear wrist watch activity monitor (Fitbit) every day for 13 weeks
- Complete questionnaires on physical activity, nutrition and lifestyle

Will receive:

- A Fitbit to wear to measure your daily physical activity
- Insight into your current physical activity levels
- Compensation for their participation

You May be Eligible if You:

- Are 65-80 years old
- Have a smartphone or tablet
- Are NOT diagnosed with a neurological condition or disorder
- Do NOT have any foot ulcers
- Do NOT have any amputations
- Do NOT currently have cancer or recently underwent cancer treatment
- Are NOT legally blind
- Do NOT have Type I Diabetes



If you are interested contact us!

- Email: caduncan@mtu.edu
- Phone: 906-487-2147
- Visit our website:
<https://sites.google.com/mtu.edu/type2study/home>

