

# DIABETES AND YOU

## WHAT IS DIABETES?

Diabetes is a disease that affects how your body turns food into energy. A lot of what you eat turns into sugar (glucose) and goes into your blood. As your blood sugar goes up your body produces insulin to let the blood sugar go into cells to produce energy. If you have diabetes your body doesn't produce insulin (Type 1) or the cells don't respond to insulin (Type 2), so too much sugar stays in your blood. Over time this can cause damage to your eyes, heart, kidneys, nerves and

## WHO IS AT RISK?

- If you have a family history of diabetes and you are a teen or young adult (Type 1) or 45 or older (Type 2)
- If you have prediabetes - high normal blood sugars
- If you are overweight
- If you are physically active less than 3 times per week
- If you develop diabetes while you are pregnant.
- If you are of African American or Hispanic/Latino American descent

## HOW CAN I TELL IF I HAVE DIABETES?

Diabetes can cause many different symptoms:

- Urinating a lot
- Being thirsty all the time
- Losing weight without trying
- Being hungry all the time
- Having lots of infections
- Having sores that heal slowly
- Having blurry vision
- Having numbness and tingling in your hands and feet
- Feeling tired all the time

There are tests to tell if you have diabetes, ask your doctor which one is right for you

- A1C Test
- Fasting Blood Sugar test
- Glucose Screening test
- Glucose Tolerance test

## HOW IS DIABETES MANAGED?

- *Education on how to manage diabetes is very important, talk to a Diabetic Educator*
- Eat well - diabetes meal planning is the key to managing blood sugar
- Stay at a healthy weight
- Exercise to make your body more sensitive to insulin and get you to a healthy weight

### *Manage your blood sugar (BS)*

- Routine checks for BS levels are when you wake up, before a meal, 2 hours after a meal and at bedtime but ask your Doctor how often you need to check your BS
- Take the medications your doctor prescribes to treat high or low blood sugar and to prevent complications

### *Prevent complications*

- Keep your blood sugar at target levels - get an A1C test at least twice a year
- Get an annual eye exam to prevent eye complications
- Check your feet daily to look for sores
- If you have high blood pressure or high cholesterol, follow your doctor's treatment plan

## WHERE CAN I FIND MORE INFORMATION?

<https://www.cdc.gov/diabetes/library/factsheets.html#managing>  
<https://www.diabetes.org/>

Or ask your Care Management Team PHP to help you find the information you need!



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For more information, visit [www.phpcares.org](http://www.phpcares.org) or call (855) 747-5483/TTY 711. 7 days a week,  
8:00 AM - 8:00 PM

The State of New York has created a Participant Ombudsman Program called the Independent Consumer Advocacy Network (ICAN) to provide participants free, confidential assistance on any services offered by Partners Health Plan. ICAN may be reached toll-free at 1-844-614-8800 (TTY users call 711, then follow the prompts to dial 844-6 14-8800) or online at [icannys.org](http://icannys.org).

Partners Health Plan is a managed care plan that contracts with Medicare and the New York State Department of Health (Medicaid) to provide benefits to Participants through the Fully Integrated Duals Advantage for Individuals with Intellectual and Developmental Disabilities (FIDA-IDD) Demonstration.