فقيه

مجموعة فقيه للرعاية الصحية
Fakeeh Care Group

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Diabetes Mellitus

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Our Dear Diabetic Patient,

- Maintain regular clinical visits to your physician (3-6 months).
- Follow your physicians instructions in regards to the compliance of medication, timing and method of receiving it.
- Commit to a low carbohydrate, low glucose diet as well as visiting the dietitian that will help you arranging the most appropriate diet for you.
- Regular glucose checking on a daily basis. Record these results in the recording booklet that was given to you and bring it with you when visiting your doctor or health educator.
- Check the HBA1C every three months and maintain to be at the target level (7%) or according to your physicians specific target for you.
- Maintain regular checks up, such as: eye, kidney function and foot examination (daily foot examination at home)..etc

BE AWARE OF THESE SYMPTOMS



* if your blood sugar is high above 180

SYMPTOMS

- Frequent urination.
- Extreme thirst .
- Blurred vision.
- Numbness in hands and feet

TREATMENT

- Diet manage.
- Take medication regularly.
- Monitoring blood sugar regularly until returns to normal range and reducing sugar intake.

* if your blood sugar is low below 70



SYMPTOMS

- Shivering or tremors
- Sweating
- Difficulty speaking.
- Dizziness, fainting

TREATMENT

- you should always carry sugar with you.
- Take the proper amount of sugar.
- Check the blood sugar 15 minutes' after eating.
- In cases of fainting: the use of a glucagon injection is necessary.
- Visit your doctor and take advice.

Note: feeling the symptoms of low blood sugar while it's more than 70dl/min doesn't mean real low blood sugar. Rather, it is the body's reaction to a high blood sugar for long time.

If you are taking insulin, you should visit the Patient Education Department to get these instructions:
* Review the proper timing of taking your insulin injections.
* Learn how to inject your insulin, the correct sites of injection and the importance of changing the injection sites regularly.
* The storage of your insulin should be in place that the temperature is less than 25C (better to keep it in the refrigerator).
* Learn the different types of insulin you are taken and how it works.

Types of insulin:

1. Long-acting (Basal insulin):

- Controls your glucose throughout the day. Reflexes the fasting glucose (8 hours after your last meal), which should be around 80-130 mg/dl.
- It is not related to your meal.
- It should be given regardless of eating or not.
- It should be taken at fixed time or according to your physician's orders.
- Examples of this type of insulin: Glargine (Lantus, Tujio), Dugludec (Trasiba), (Detemir) levemir.

2. Fast-acting (pre-meal):

- It maintains blood sugar that are related to meals, to keep your blood sugar less than 180 mg/dl two hours after your main meal.
- It should be taken 15 minutes or as a correction dose if blood sugar is high according to doctor or educator instructions .
- Examples of this type of insulin: Glulisine (Apidra), Lispro (Humalog), Aspart (Novorapid) & regular insulin.

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