

Now



What?

Living With Type 2 Diabetes

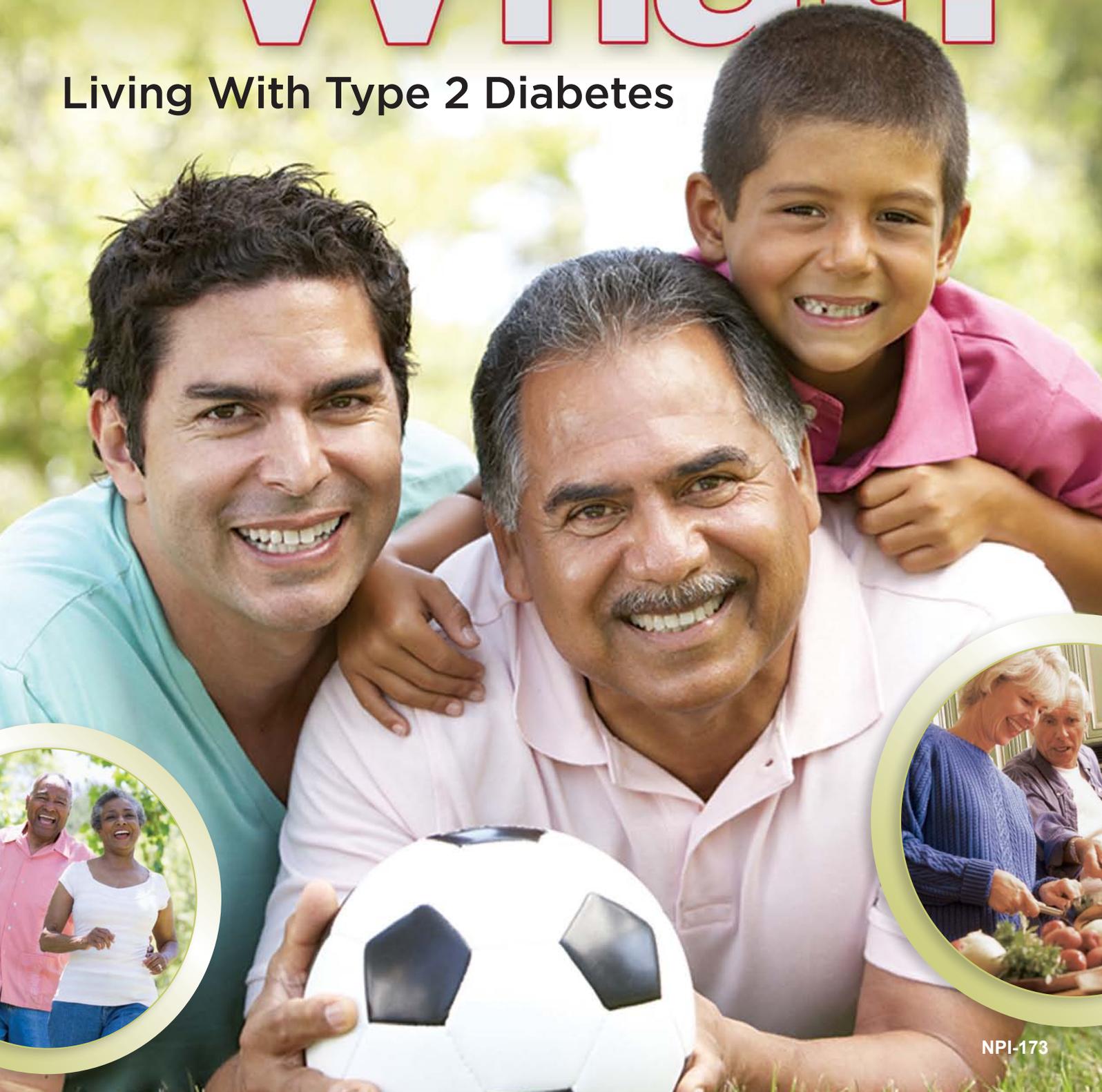


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Now What?

Diabetes is a journey. As with all journeys, there will be ups and downs. Going forward, you may run into issues that make it harder to live with diabetes. Issues like burnout, discrimination and health insurance are very real and can affect how you care for your diabetes. Knowing what resources are available can help you over the bumps and hills on your journey.



Emotional Cycles

Remember when you first found out you have with diabetes? You may have felt angry, scared, overwhelmed, or been in denial about having diabetes. Many people have these feelings in the beginning and again throughout their life with diabetes. This is very normal. Getting used to life with a chronic disease like diabetes is an ongoing process.

During difficult times, try to stay on track and follow your doctor's advice.

- Continue to take your medicine (if prescribed)
- Check your blood glucose
- Choose healthy foods
- Stay physically active

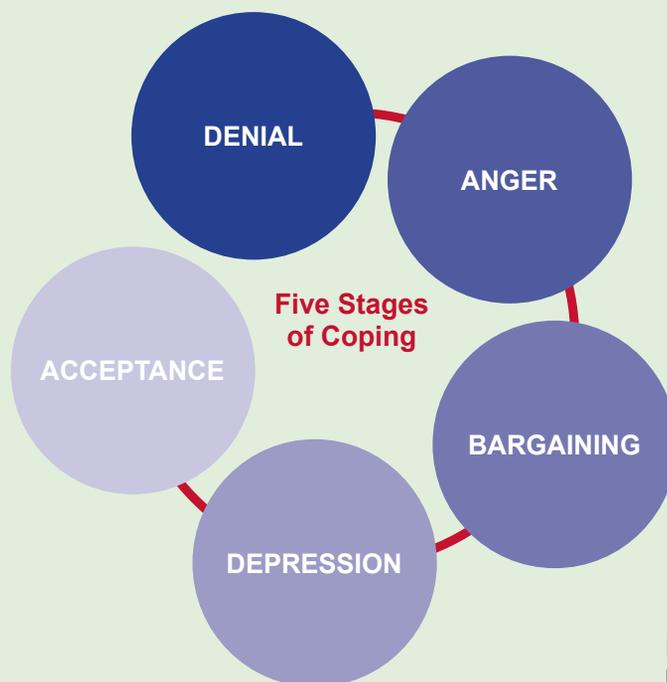


Image adapted from the Kübler-Ross Model, 1969.

Diabetes Burnout

There may be times when you will feel like you just don't want to manage diabetes anymore. You may feel frustrated, angry or hopeless.

Feeling burnout is common and normal. You're not alone. People who have lived with diabetes for years will tell you they have times when they feel burnout. During these times, it's easy to get off track from eating healthy, getting enough exercise, and taking medicines correctly.

It's not easy keeping blood glucose levels in your target range. Everyone has bad days. Learning how to refocus and reminding yourself why you manage diabetes can help you have more good days than bad.



“I manage my diabetes because I love playing with my granddaughter. I want to be a part of her life.”

“I watched my dad suffer from diabetes complications. I don’t want to do that to my family.”

“My plan is to travel after I retire. I want to stay healthy enough to see the world.”

Getting Re-motivated

Preventing diabetes complications such as heart disease, kidney disease, blindness and amputations is the main reason to manage diabetes. While this is important, many say it helps to focus on more personal reasons for managing diabetes. Think about the things that are important to you. What don’t you want diabetes to take from you?

Think about what brings you happiness and write it down here:

From time to time, remind yourself, this is the reason you manage diabetes.

Diabetes Changes over Time

Sometimes, even after following your doctor’s advice, eating healthy foods and exercising, you still may not get the blood glucose readings or A1C/eAG results you are aiming for. This can be very discouraging and de-motivating. Many people blame themselves for not working hard enough but that’s not fair. Keep in mind:

1. Blood glucose control is never perfect. There will be times when blood glucose levels go up or down and you don’t know why. It’s not your fault.
2. Your diabetes care plan may need to be changed. Work with your doctor and diabetes care team to see if there are changes to your medicine, meal plan or physical activity that can help.
3. Diabetes changes over time. This means that it gets harder to manage blood glucose over time. It’s important to work with your diabetes care team to adjust your care plan.

Support

Taking charge of your diabetes care can help make diabetes burnout happen less often, help you stay motivated, feel in control, and feel better.

Continue to learn about diabetes

- Become a member of the American Diabetes Association and get a subscription to *Diabetes Forecast*. Get the latest tips, research and stories of people living with diabetes. Visit diabetes.org/membership.
- Attend educational programs offered by your local American Diabetes Association. Call your local office to find out what programs are available in your area at 1-888-DIABETES (342-2383) or visit diabetes.org/community.
- Find books and cookbooks at shopdiabetes.org

Learn how others are living with diabetes

- Join a local diabetes support group
- Join an exercise/walking club or cooking club in your community
- Find others living with diabetes in your community through your local American Diabetes Association. Call 1-888-DIABETES (342-2383).
- Join the conversations going on in our online community. Visit diabetes.org/messageboards

Share your story and help others who are just starting their journey with diabetes.

- Join the MillionsSM to help Stop Diabetes by sharing your story at stopdiabetes.com

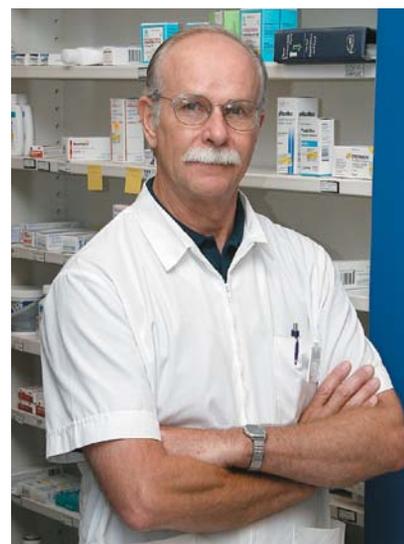


Diabetes and Discrimination

Know Your Rights...

South Dakota pharmacist Stephen Orr spent his days keeping his patients healthy while managing his own diabetes. But when he got a new manager, he was prevented from taking lunch breaks, which put him in danger of low blood glucose (hypoglycemia). To save his health, he took a break anyway and was fired. When he went to court, he was told that the law didn't protect him.

Stephen decided to fight to change the law. He traveled to Washington to tell his story to Congress. His testimony was critical in the passage of the Americans with Disabilities Act Amendments Act of 2008, which now protects people with diabetes more strongly.



Stephen Orr

Many people with diabetes face discrimination. It's important to know that as a person with diabetes, you have rights. The Americans with Disabilities Act, the Family and Medical Leave Act, and other laws protect you.

Through these laws, you have the right to ask for reasonable accommodation at work to take care of your diabetes.

Has Something Like This Happened to You?

- You are not allowed to take breaks to test your blood glucose or eat at work
- You are told that you cannot be a police officer or truck driver because you have diabetes
- You are detained by the police and not allowed access to your diabetes medication
- Security personnel will not let you into a concert with your diabetes supplies

These are all forms of discrimination.

The American Diabetes Association is here to help people with diabetes who face unfair treatment in employment, education, public accommodations, driving, and correctional facilities.

If you feel you are being discriminated against, we can help.

Call us at 1-800-DIABETES (342-2383). A representative will explain how you can receive help from one of our Legal Advocates.

Learn More

Visit diabetes.org/discrimination for practical steps you can take to protect your rights.

Visit diabetes.org/advocate to learn how you can help us fight for fair treatment.

Diabetes and Financial Assistance

Diabetes management can be a financial burden if you are uninsured or underinsured. Here are some resources that can help.

If You Are Age 65 or older

Medicare. All American citizens age 65 or older, the disabled, and individuals with end-stage renal disease who purchase Medicare Part B coverage and/or Medicare managed care policies are eligible for the following:

- Blood glucose testing supplies
- Blood glucose monitors
- Blood glucose test strips
- Lancets
- Spring loaded lancet devices
- Glucose control solution for calibrating meters

**Limitations apply. Get more details at diabetes.org/healthinsurance.*



If You Are Uninsured

Some doctors will work with patients who cannot pay for office visits because they are uninsured. Ask your doctor if she/he is willing to put you on a payment plan so that you can continue to receive diabetes care.

If your doctor is not able to see you because you cannot pay for office visits, there are many free or low-cost health clinics that can help you. Representatives at the American Diabetes Association's Center for Information and Community Support can help you find these clinics in your community. Call 1-800-DIABETES (342-2383).

You may also want to try to find a doctor who works with a hospital. Most hospitals will provide financial assistance to people who cannot afford visits to a doctor. Ask to speak with the hospital's financial advisor. Tell the financial advisor that you need help paying for your medical care. Some hospitals refer to this care as either free care or compassionate care.

TogetherRX and Other Prescription Assistance Programs

TogetherRX is a prescription assistance program that can help you get your medicines and diabetes supplies for free or at little cost. Enrollment into the program is free and no documentation is needed. You must also:

- not have public or private prescription medicine coverage;
- not be eligible for Medicare; and
- meet income requirements.

Many companies that make medicines also offer prescription medicine assistance. Contact the maker of your medicine to see how they may be able to help. If you need help finding a company's number, call us at 1-800-DIABETES (342-2383).

Everyday Recipes

Bacon Spinach Salad

Preparation time: 15 min | Total time: 15 min | 6 servings, 1 ¼ cups each

5 cups torn spinach leaves
1 cup sliced fresh mushrooms
½ cup thin red onion wedges
4 slices OSCAR MAYER Turkey Bacon, cooked, crumbled

2 hard-cooked eggs, chopped
½ cup KRAFT Light CATALINA Dressing



COMBINE all ingredients except dressing in large bowl.

ADD dressing; mix lightly.

SERVE immediately.

Nutrition Bonus: The spinach in this salad is not only an excellent source of vitamin A but also a good source of vitamin C.

Nutrition Information per Serving

Calories 100

Total Fat 4 g

Saturated Fat 1 g

Trans Fat 0 g

Cholesterol 75 mg

Sodium 400 mg

Total Carbohydrate 11 g

Dietary Fiber 1 g

Sugars 7 g

Protein 5 g

Exchanges/Choices:

1 Starch + ½ Fat

Cinnamon Latte

Serves 1 | Preparation time: 5 minutes

2 Tbsp. fat-free half-and-half
1 tsp. SPLENDA® No Calorie Sweetener, Granulated
Dash ground cinnamon
¾ cup hot brewed MAXWELL HOUSE Hazelnut Flavored Coffee (double strength)
2 Tbsp. thawed COOL WHIP Sugar Free Whipped Topping

MICROWAVE first 3 ingredients in microwaveable mug on HIGH 15 sec. or until heated through.

STIR in coffee.

TOP with COOL WHIP.



Nutrition Bonus: Made with better-for-you ingredients, this delicious low-fat low-calorie hot drink can be part of your healthful eating plan.

Nutrition Information per Serving

Carb Choices: ½

Calories 40

Total Fat 1 g

Saturated Fat 1 g

Trans Fat 0 g

Cholesterol 0 mg

Sodium 35 mg

Total Carbohydrate 7 g

Dietary Fiber 0 g

Sugars 2 g

Protein 1 g

Exchanges/Choices:

½ Starch

These recipes are provided compliments of



supporter of *Living With Type 2 Diabetes* program.

For more information about Kraft Foods' support, visit kraftfoods.com/diabetes

Everyday Recipes

Vegetable Provençal Tart

Serves: 8 | Serving size: 1/8 tart

Preparation time: 30 minutes

Cook time: 50 minutes

nonstick cooking spray

1 large sweet Vidalia onion, halved and sliced into 1/3-inch pieces

1 teaspoon good quality balsamic vinegar

1 1/2 cups all-purpose flour

1 1/2 teaspoons chopped fresh thyme

1/2 teaspoon kosher salt, divided

1/3 cup ice water

2 tablespoons olive oil

1 tablespoon Dijon mustard

1 medium (8 ounces) zucchini, cut diagonally into 1/8-inch long slices

1/2 teaspoon black pepper, divided

2 medium tomatoes, cut into 1/4-inch slices

2 tablespoons freshly grated parmesan cheese

1/4 cup chopped fresh basil



Photo Credit: Renee Cornet

A friend of mine owns a cooking school in Arles, France, and each time I visit, she makes me her fabulous vegetable tart. Hers is a bit higher in fat, but I trimmed it down a bit. All the flavor, but not all the fat.

1. Coat a large nonstick skillet with nonstick cooking spray and set over medium-high heat until hot. Reduce heat to medium-low and sauté onion until very soft and golden, about 20 minutes. Add the balsamic vinegar and sauté for another 5 minutes. Transfer to plate.
2. Preheat oven to 400°F. Mix flour, thyme, and 1/4 teaspoon salt in a large bowl. Stir in water and oil, just until a soft dough forms. Lightly sprinkle work surface with flour and roll out dough with a rolling pin into a 16 x 10-inch rectangle or 13-inch round. Fold in half and transfer to 12 x 6-inch tart pan or 9-inch round tart pan with removable bottom. Trim the edges. Spread the Dijon mustard evenly over the bottom of the tart with the back of a spoon.
3. Lightly coat skillet again with nonstick cooking spray and set over medium heat. Add zucchini to the skillet with 1/4 teaspoon black pepper and sauté until golden, 5-7 minutes.
4. Arrange a layer of tomatoes, followed by the zucchini, another layer of the remaining tomatoes, and the onion, overlapping them slightly on the bottom of the tart. Sprinkle with remaining 1/4 teaspoon salt, 1/4 teaspoon black pepper, and the Parmesan cheese. Bake for about 20 minutes until tart is a lightly golden brown. Remove from the oven and sprinkle the top with the basil and return to the oven for 3 more minutes. Let the tart cool for 5 minutes, then slice into wedges and serve.

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Calories 150

Total Fat 4.5 g

Saturated Fat 0.8 g

Trans Fat 0 g

Cholesterol 0 mg

Sodium 185 mg

Total Carbohydrate 25 g

Dietary Fiber 2 g

Sugars 5 g

Protein 4 g

Exchanges/Choices:

1 Starch

1 Vegetable

1 Fat

Don't Forget!

Visit your doctor every three months to review your care plan and check your **ABCs** - **A**1C/eAG, **B**lood pressure, **C**holesterol.

Remember to check your feet, eyes and teeth too. Unless your doctor wants you to check more often, get a

- Foot Exam: Once a year
- Dilated Eye Exam: Once a year
- Dental Exam: Twice a year



We're Here For You

Living with diabetes is not always easy but you don't have to do it by yourself. Keep learning about diabetes, find out what resources are available to you, and find support in others living with diabetes too.

The American Diabetes Association is here to help. Call us at 1-800-DIABETES (342-2383), email us at AskADA@diabetes.org, or visit us at diabetes.org.