

UNIVERSITY OF MANITOBA



Self Care For Managing Diabetes

A Presentation for National Indigenous
Diabetes Association



What You Will Learn Today

TOPICS TO DISCUSS

Footcare

Eye care

Kidneys

Medication

Memory

Children

Resources

Diabetes and Your Feet

- **Check your feet every day!**
- **Proper care and protection of the feet is important for people with diabetes.**
- **Diabetes can cause nerve damage in the feet which reduces their sensation.**
- **It may be harder to feel rubbing, sharp objects, cold, heat, and even injuries and pain.**



You can help prevent serious infection and complications by checking your feet every day!

CHECK FOR

Cuts

Cracks

Bruises

Blisters

Sores

Rubbing

Unusual markings

Darkening toes

Note any signs of infection which may include pus, odor, colored drainage, pain, and fever. Speak to a doctor if you have any of these symptoms.

Diabetes and Your Feet

Things you can do to protect your feet:

- **Wear proper fitting shoes**
- **Use socks to prevent friction and rubbing**
- **Check your feet every day for cuts, rubbing, injury, and signs of infection**
- **Wash feet daily & dry thoroughly - don't forget to dry in between toes**
- **Avoid or prepare for extreme temperatures**

Resource for foot care

Wounds Canada - Healthy feet

<https://www.woundscanada.ca/about-dhfy>

This website also provides resources to help you manage the day-to-day care of your feet and electronic reminders of foot care e-tips.

This website provides workshops in communities in each province and each workshop is led by a leading Healthcare Professional. These volunteer teams are specially trained to help you learn to care for your feet.

Diabetes and Your Eyes

Not everyone experiences signs and symptoms of early eye damage related to diabetes. Sometimes eye damage can occur “silently”.

See your doctor if you experience any of the following symptoms, as they may relate to early eye damage:

Reduced clarity of vision

Blurred “Spots” in your vision

Blind spots in your vision

Loss of central vision

Double vision

Eye pain

Impaired colour vision

Blurred vision

Decreased depth perception

DIABETES AND YOUR EYES

KNOW YOUR RISK FACTORS!

Ask yourself and your doctor

- **How long have I had diabetes?**

Longer duration of diabetes is a risk for developing eye disease.

- **How is my blood pressure?**

High blood pressure is a risk factor for eye disease. Aim for less than 130/80.

- **How is my cholesterol?**

High cholesterol is a risk factor.

- **Do I smoke?**

Smoking is a risk factor.

DIABETES AND YOUR EYES

Ask yourself and your doctor

- **Am I pregnant?**

Pregnancy can cause a progression of eye disease. It is critical to have an eye exam before getting pregnant and in the first few weeks of pregnancy to screen and treat any eye disease that might be present to prevent this from progressing.

- **Have I had my urine checked for proteins?**

People with protein in their urine are at increased risk of eye disease.

Diabetes and Your Eyes

Use these tips to take charge of your diabetes and protect your eyes

Schedule appointments with your eye doctor at least once a year

Keep your blood sugar under control.

Move more. Exercise can have a big influence on blood sugar.

Eat for wellness. Go for fruits, vegetables, whole grains, and lean protein.

If you smoke, quit.

When should you book your eye exam?

If you have type 1 diabetes and are age 15 or over, you should first be assessed by an eye specialist five years after the onset of diabetes, if you are below 15 then every 1-2 years depending on the results of the first visit.

If you have type 2 diabetes, you should first be assessed by an expert eye specialist at the time of diagnosis and every 1-2 years after that, depending on the results.

Resource:

FYidoctors

<https://fyidoctors.com/en>

Offers complete eye exams, prescription eyeglasses, designer frames, custom lenses and sunglasses through all provinces in Canada.

DIABETES AND YOUR KIDNEYS



Signs and Symptoms of kidney damage

- If you feel the need to urinate more often, especially at night, this can be a sign of kidney disease.
- You see blood in your urine.
- Your urine is foamy. Excessive bubbles in the urine – especially those that require you to flush several times before they go away— indicate protein in the urine.
- A reduced amount of urine.
- Swelling of your legs, ankles, and feet from retention of fluids.

How can you protect your kidneys with diabetes?

- **Stop/reduce smoking:** Smoking is harmful to all blood vessels and will increase the risk of kidney damage.
- **Manage high blood pressure:** High blood pressure can harm kidneys when not properly managed. Damaged kidneys can lead to even higher blood pressure! Follow medication schedules and get your blood pressure measured frequently.
- **Medication:** Talk to your doctor about medication options for managing your blood sugar, cholesterol, and or blood pressure.

DIABETES AND YOUR KIDNEY

Smokers Helpline

Offers free information and support for individuals who need help quitting smoking.

Telephone: 1 877 513-5333 Website:
<https://www.smokershelpline.ca/>



Diabetes and Your Medications

“At least 45% of patients with type 2 diabetes (T2D) fail to achieve adequate glycemic control (HbA1c <7%). One of the major contributing factors is poor medication adherence.”

(Polonsky & Henry, 2016).

Modifiable factors influencing T2D medication adherence fall into two broad categories:

treatment burden (eg, complexity and convenience, out-of-pocket costs, and hypoglycemia risk) and

treatment-related beliefs (eg, perceived treatment efficacy, medication beliefs, and trust in one's health care providers).

What You Can Do For Medication Adherence



- Understand the importance of medication adherence
- Ask a pharmacist for help understanding medication, including the reasons why it was prescribed, how it should be taken, and the expected side effects.
- Use a plastic pill organizer
- Use pill reminders for current medications, correct dosages, and correct time for taking medication.

Diabetes and Your Memory

Memory can be negatively affected by diabetes. Short term and working memory have been shown to decrease when diabetes is not controlled. This pertains to both type 1 and type 2 diabetes and to both adults and children. This is why it is important to follow a medication and diet plan with your doctor.

“When memory problems are associated with diabetes, the good news is that they are often reversible with improved control of the diabetes, even in older people” (Bryer-Ash, 2011)

Resource: Diabetes Canada

<https://www.diabetes.ca/managing-my-diabetes/tools---resources/physical-activity>

This website provides all information about how to manage diabetes on diet and physical activity, also lots of details about signs, risks and prevention.

Diabetes and Your Memory

Preventing memory loss

- Adequate diabetes management
- Following a healthy diet
- Regular exercise
- Manage stress

Coping with memory loss

- Have a notepad and pen at hand to take notes of useful information
- Make to-do lists of tasks
- Keep an updated calendar
- Keep regularly used items in one designated place, such as blood glucose testing kit, glasses and keys
- Set alarms to remind you to take tablets, injections or blood tests.

National institute of Diabetes and Digestive and Kidney Disease (NIDDK)

Offers researching information about diets and nutrition on diabetes, digestive and kidney disease.

<https://www.niddk.nih.gov/>

Diabetes and Your Kids

Resource:
Diabetes Canada

Offers lots of details
about kids and teens
with diabetes

<https://www.diabetes.ca/managing-my-diabetes/kids,-teens---diabetes>

- ▲ Young people with type 2 diabetes often have more risk factors than those who are diagnosed as adults, including ancestry, obesity, and family history.
- ▲ Signs and symptoms to watch for in children at risk for diabetes
 - Excessive urination
 - Excessive thirst
 - Excessive hunger
- ▲ Contact your family doctor if you believe your child is experiencing signs and symptoms of diabetes

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