

Diabetes Wellness Guide



Blood Sugar Rising

America's Hidden Diabetes Epidemic

"Blood Sugar Rising: America's Hidden Diabetes Epidemic" was released in 2020 and follows the diabetes epidemic in the U.S. It is highly regarded and recommended for those with diabetes.

This top-notch film is available online for free on the PBS website at the time of this publishing.

pbs.org/wgbh/blood-sugar-rising/home/watch

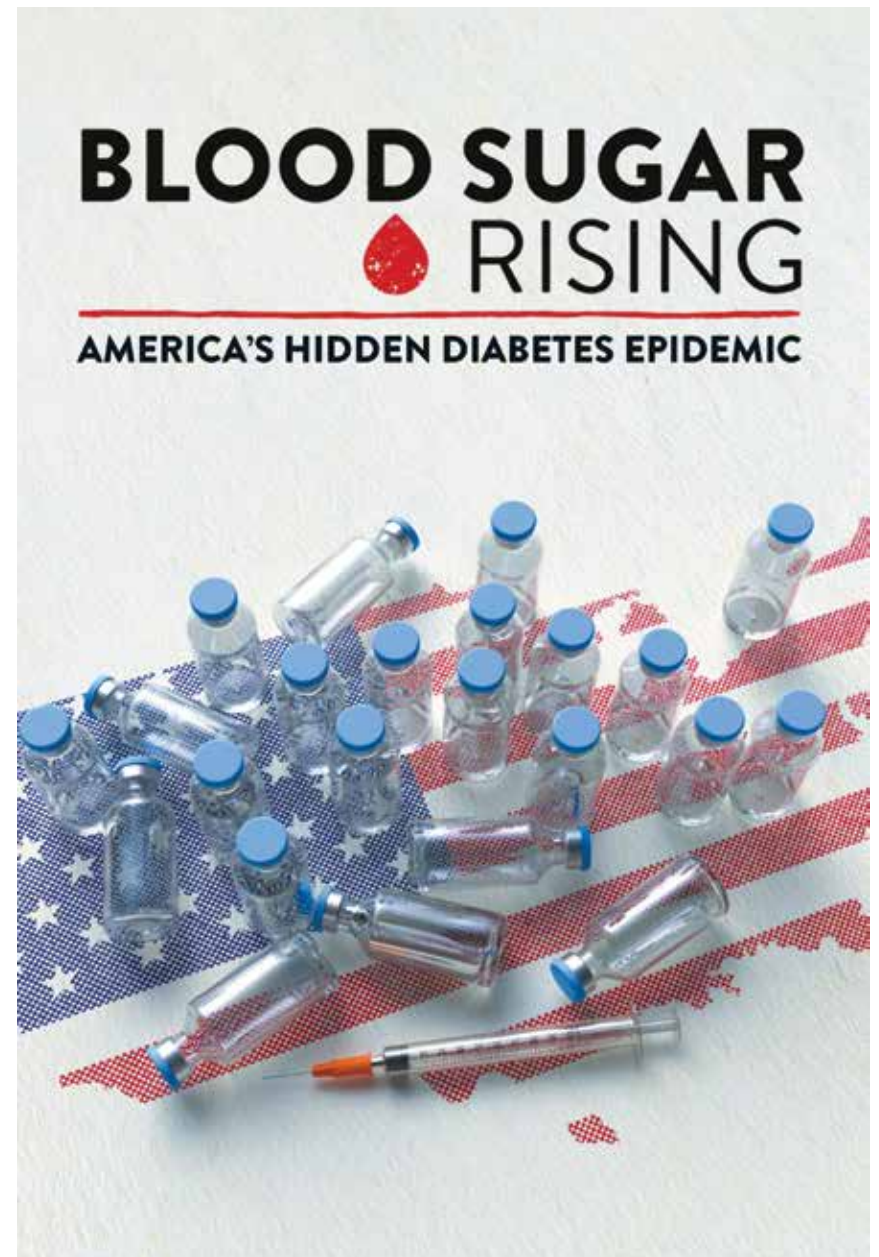


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Understanding Types of Diabetes

TYPE 1 DIABETES

A result of when the pancreas does not produce insulin.

- It is necessary to take insulin multiple times daily to control blood sugar
- Follow a healthy diet and count the amount of carbohydrates you eat
- Check blood sugar at least four times daily
- Daily exercise helps control blood sugar
- 10% of people with diabetes have Type 1 Diabetes

TYPE 2 DIABETES

A result of insulin resistance and insulin deficiency. The cells of the body do not respond to insulin normally. This is called insulin resistance. The pancreas releases more insulin trying to overcome the insulin resistance.

- Pills and/or insulin are used to control blood sugar
- A healthy diet is an essential part of treatment
- Daily exercise helps control blood sugar
- 90% of people with diabetes have Type 2 Diabetes

Safe and Effective Treatments for Diabetes

The complications of diabetes can be avoided with appropriate treatment.

LIFESTYLE CHANGES

Food choices
Daily exercise
Weight loss
(for most patients)

This is fundamental and often a very effective way to control blood sugars. There are many different approaches to lifestyle treatment of diabetes, some of which will be described in this book.



MEDICATIONS AND MONITORING

Taking medications daily
Monitoring blood sugar
Meeting with your health care provider regularly

Many patients require medications to improve their blood sugars. This is not a failure on your part. Diabetes medications are safe and effective and **absolutely** better than high blood sugars.

SURGERY

Surgical treatment of diabetes with obesity has been demonstrated to be very effective. It is being used increasingly to treat diabetes when lifestyle change and medicines are inadequate.

Treating Diabetes Effectively Means Treating More than Just Blood Sugars

Blood Sugar, Blood Pressure, Cholesterol, and **Smoking** are all risk factors for diabetes complications. We know treating all of these problems is very effective in preserving health. When these are treated effectively, the risk of complications decrease substantially.

KNOW YOUR ABCS OF DIABETES AND HEART HEALTHY GOALS

A

A1c

Less than 7 or 8%

An individualized goal will be determined with your healthcare provider.

B

Blood Pressure

Lower than 140/90 or 130/80

These are individualized goals determined with your health care provider. If you are high risk for heart disease, your goal is less than 130/80

C

Cholesterol -
LDL "bad" cholesterol

Less than 70-100

What's my A1c?

The A1c is a blood test done at your doctor's office or health clinic.

The A1c tells you and your doctor:

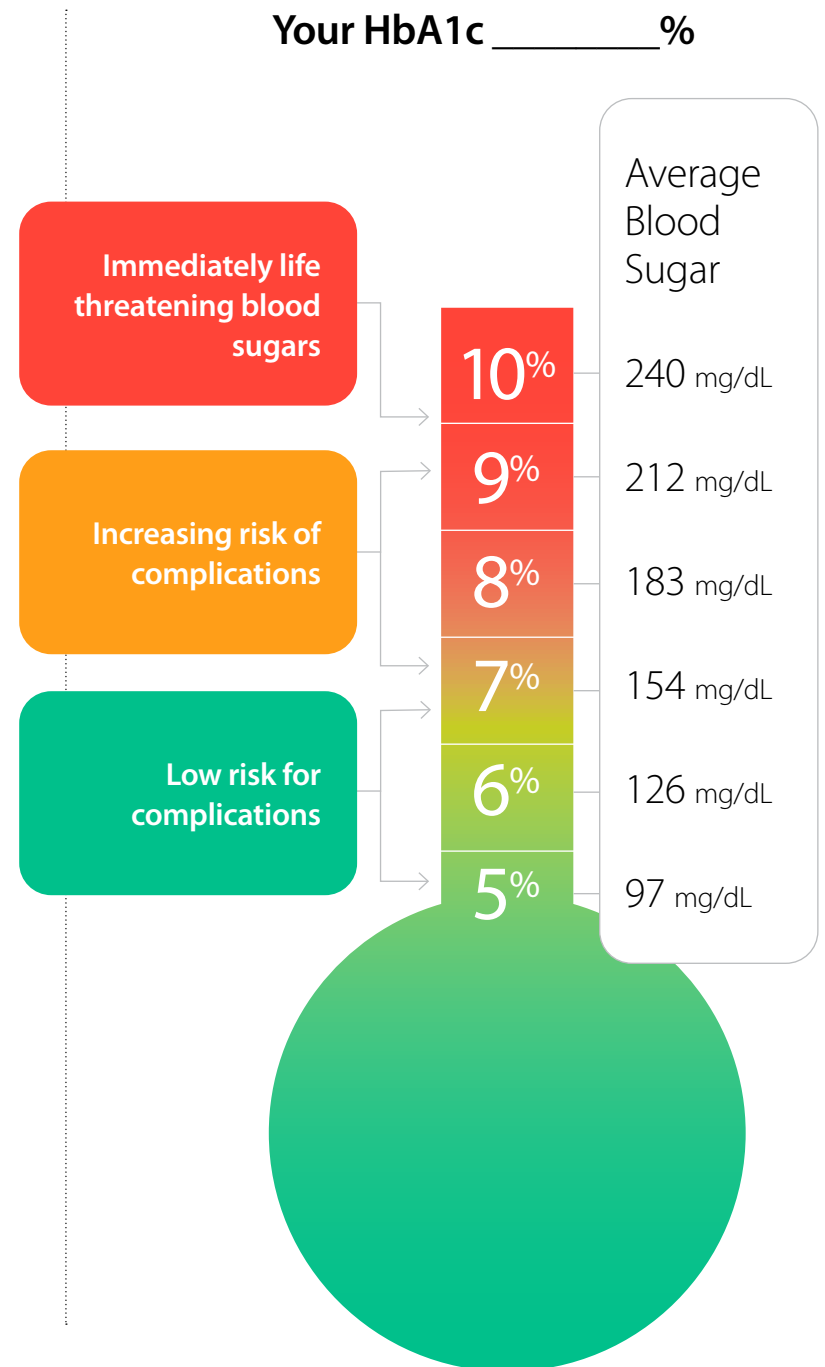
- Your average blood sugar for the past two to three months

What is a desirable A1c number?

A1c goals are individualized. Ideally, A1c is less than 7 or 8%. You and your health care provider will decide the A1c goal best for you.

Why is A1c important?

A1c is our best predictor of who is likely to develop complications related to high blood sugars.



Target Blood Sugar Goals

Target Blood Sugar Goals are individualized and will be developed with your health care provider. The American Diabetes Association recommends the targets below.

Fasting and before meals

Between **80 – 130** mg/dL

Two hours after starting a meal

Less than **180** mg/dL

A1c (doctor's office)

Individual goals will be developed with your doctor. Often the goal is less than **7% or 8%**.

Continuous Glucose Monitoring (CGM)

- The sensor measures sugar levels just beneath the surface of the skin
- The transmitter checks the sugar value and sends it to a device or phone
- You receive updates and alerts on your phone or device
- CGM provides a continuous stream of blood sugar data for a complete picture of the daily blood sugar values



Checking Your Blood Sugar

1

Wash your hands with warm water, rub them together as you wash them to get the blood flowing. Dry your hands well. Use an alcohol swab if you cannot wash your hands, be sure your finger is dry before lancing.



2

Load your finger lancing device with the lancet.



3

Put the strip in the meter, this will turn it on.



4

Lance your finger with the lancing device, hold your hand below your heart, squeeze the blood out lightly.

5

Make sure the meter is still on, place blood on the strip.

6

Read the meter and write down your number in your blood sugar log.

Tips for Checking Blood Sugar

- **It's important to check your blood sugar levels regularly. This tells you if your blood sugar is controlled or not.**
- You can check in the morning, at bedtime, before meals and two hours after meals. Follow the direction from your health care provider for how often you should check your blood sugar.
- Keep a record of your blood sugars in your log book. Use your log book to record things that might have affected your blood sugar like being sick, being very active, stressed or eating specific foods.
- Take your glucose meter and log book with you each time you visit your health care provider.
- Use a new lancet and strip each time you check your blood sugar.
- Always dispose of your lancets and needles in a sharps container (see page 35).
- **Do not share your meter with anyone else.**



Sample log

Day	BLOOD GLUCOSE LOG													
	Breakfast				Lunch				Dinner				Nighttime (if needed)	
	Before	2 Hours After	Before	2 Hours After	Before	2 Hours After	At Bedtime	Middle of Night						
Sun														
Mon														
Tues														

How High Blood Sugar Affects the Body and Why We Treat High Blood Sugar

High blood sugar damages your blood vessels.

This can lead to complications that affect the entire body.

By controlling your blood sugar you will reduce the risk of developing these complications.

Brain
Stroke
Dementia

Heart
Heart attack
Heart failure
Atrial fibrillation

Liver
Inflammation and liver failure
Liver cancer

Female reproductive organs
Vaginal dryness
Yeast infections

Nerves
Nerve damage
Weakness, numbness and pain from nerve damage, usually in the hands and feet

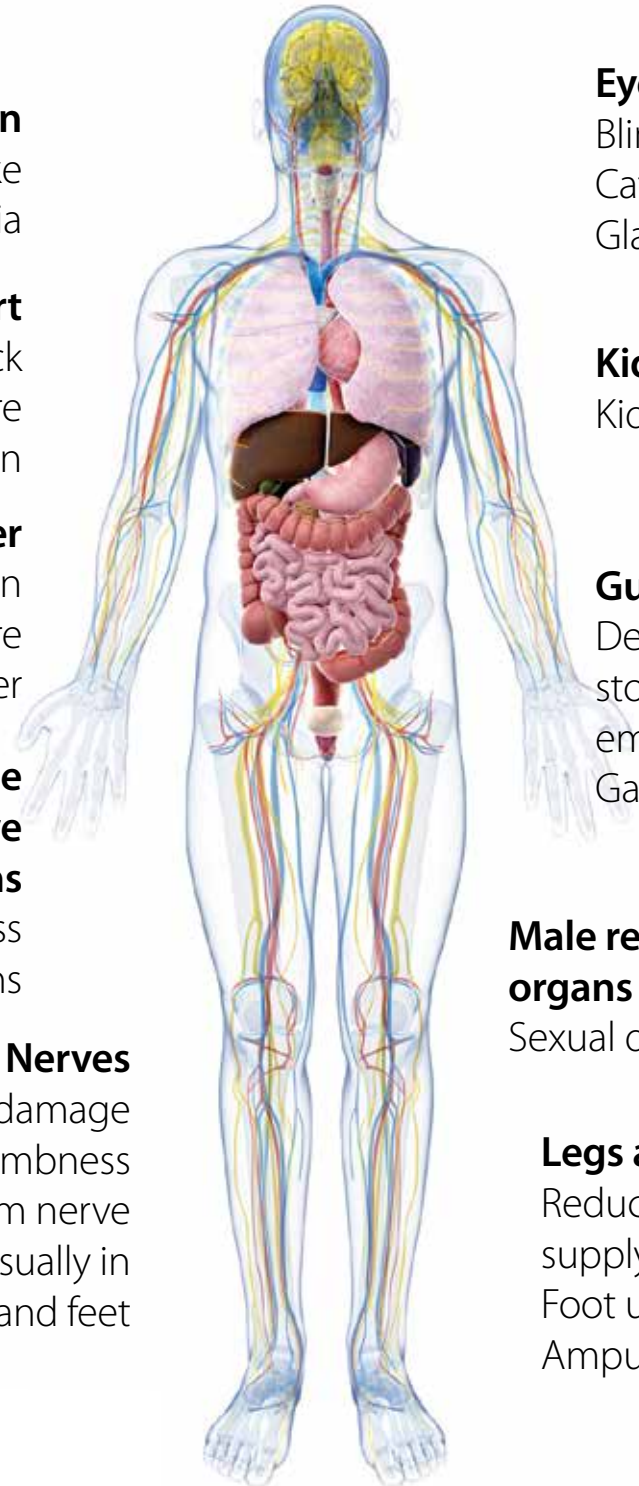
Eyes
Blindness
Cataracts
Glaucoma

Kidneys
Kidney failure

Gut
Delayed stomach emptying -
Gastroparesis

Male reproductive organs
Sexual dysfunction

Legs and Feet
Reduced blood supply
Foot ulcers
Amputation



Diabetes and Women's Health

- High blood sugar increases urinary and yeast infections.
- Menstruation often leads to more variable blood sugars.
- It is **essential** to control blood sugars before becoming pregnant. If you have an unintentional pregnancy, call your health care provider for advice.
- If you are considering becoming pregnant, discuss this with your health care provider. High blood sugars during pregnancy can increase risks for baby and mom.
- Diabetes during pregnancy (gestational diabetes) is a strong risk factor for the development of diabetes later in life. Blood sugars need to be followed regularly in patients who have had gestational diabetes after their delivery.
- Menopause can lead to changes in blood sugar and medication requirements.



Diabetes and Men's Health

- Elevated blood sugar levels cause nerve damage and lead to sexual dysfunction



Healthy Lifestyle

Eat Healthy

- Eat three well balanced meals every day. Always start your day by eating breakfast.
- Reduce or eliminate processed foods.
- Prepare your own food and eat out less.
- Reduce carbohydrate intake.
- Increase vegetables.
- Minimize or eliminate added sugars.

Physical Activity

- Daily physical activity promotes good blood sugar and stress management.
- Aim for at least 30 minutes of exercise at least five days a week.
- Daily exercise can be all at once, or divided two to three times daily.



Healthy Lifestyle

Lose Weight

If you are overweight or obese, weight loss will often improve your blood sugar.

Manage Stress

Stress has a significant impact on your blood sugar levels. Reduce stress by:

- Meditation
- Tai Chi
- Hiking
- Hobbies
- Yoga
- Swimming
- Walking
- Social interaction

Do Not Smoke

Smoking puts you at greater risk for:

- Blindness
- Kidney failure
- Stroke
- For assistance, go to smokefree.gov (see page 40 for resources)
- Amputation
- Heart attack



Need motivation to stop smoking?
Watch "Tips from former smokers" on YouTube



Healthy Eating

Focus On

- Healthy food choices, not food rules.
- Eat three meals a day from all food groups.
- Do not skip meals; always eat breakfast.
- For a healthy weight, control portion sizes.
- Drink water and avoid drinking calories like fruit juice and soda. Drink sugar-free beverages instead.
- Limit alcohol. If drinking alcohol, always eat food.



Foods that Will **Not** Spike Blood Sugar

Eat more of these foods with meals and snacks.

PROTEINS

LOW FAT CHOICES

- Chicken - white meat
- Cottage cheese (low-fat)
- Deer and buffalo
- Duck
- Egg or egg substitute (egg beaters)
- Fish
- Ham
- Mozzarella/soft white cheese
- Rabbit
- Tofu
- Tuna in water
- Turkey
- Turkey bacon
- Turkey sausages



HIGHER FAT CHOICES

- Cheese
- Peanut butter



FATS

HEALTHY FATS

- Almonds
- Avocado
- Canola oil
- Chia seeds
- Fish oil*
- Flaxseed*
- Mixed nuts
- Olive oil
- Peanut oil
- Peanuts
- Walnuts



* High in Omega-3 fats



NON-STARCHY VEGETABLES

- Broccoli
- Carrots
- Celery
- Chayote
- Chilies
- Cucumbers
- Cauliflower
- Eggplant
- Green onion
- Nopalitos
- Jicama
- Kale
- Lettuce
- Mushroom
- Radish
- Spinach
- Tomato
- Zucchini



Stoplight Eating

Stop

Try to avoid these foods when you have diabetes

Avoid!



Yellow Light

Sometimes
Eat two to three times a week

Think!



Green Light

Eat every day

Go!



Nutrition Labels

Read Nutrition Labels

Important items on the label:

- Number of servings per package/container
- Serving size
- Amount of total carbohydrate per serving

Nutrition Facts

4 servings per container	
Serving size 1 ½ cup (208g)	
<hr/>	
Amount per serving	
Calories	240
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11mg	
<hr/>	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Counting Carbohydrates

The following portion sizes are equal to **15 grams** of carbohydrate for 1 portion:

FRUITS



1 Cup
Watermelon



1 Cup
Strawberries



1 Cup Papaya



1 Small Orange



1 Small Apple



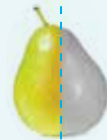
1 Kiwi



1 Plum



3/4 Cup
Berries



1/2 Pear



1/2
Grapefruit



1 Nectarine



1/2 Mango



1 Peach



1/2 Cup
Pineapple



15 Grapes



12 Cherries



1/2 Banana



1/2 Cup
Juice



2 Small
Guava

Goals:

Meals = 45-60 grams
(3-4 portions)

Snacks = Less than
15 grams
(1 portion
or less)

1 Portion = 15 grams

2 Portions = 30 grams

3 Portions = 45 grams

Consult your Registered
Dietitian (RD) for individualized
carbohydrate goals.

DAIRY



1 Cup Milk



1/2 Cup Yogurt

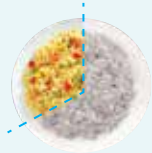
Counting Carbohydrates

The following portion sizes are equal to **15 grams** of carbohydrate for 1 portion:

GRAINS



1 Taco



1/3 Cup Rice



1 Corn Tortilla



4-6 Saltine Crackers



1/2 Cup Cereal



1 Slice of Bread



1/4 Sweet Roll



1/2 Cup Beans



1 Enchilada



1/2 Cup Oatmeal



1/2 Muffin



1/3 Cup Pasta Noodles



3 Cups Popped Popcorn



1/4 Bagel



1 Waffle

STARCHY VEGETABLES



1/2 Cup Peas



1 Small Potato



1/2 Cup Corn



1 Cup Beets



1 Cup Pumpkin/
Winter Squash

"JUNK" FOOD



15 Potato Chips



10 French Fries



1/2 Slice Pizza



1/2 Cup Ice Cream

Pills/Tablets/Capsules - take by mouth - Type 2 Diabetes

	Generic name	Brand name	How it works	Possible side effects	Comments/Instructions
Biguanides	metformin	Glucophage® Glucophage XR® Glumetza® Rioment®	Improves insulin's action in the body, lowers the amount of glucose released by the liver	Stomach upset (nausea/diarrhea). Call health care provider if having ongoing symptoms of diarrhea. Glucophage XR may help. Metallic taste in mouth Low B12 level	<ol style="list-style-type: none"> 1. Does not cause low blood sugar 2. Does not cause weight gain 3. Take with food 4. Don't take day of and 48 hrs after radiology procedure requiring contrast (dye) 5. Should not be used with kidney dysfunction 6. Avoid excessive alcohol intake
TZD	pioglitazone	Actos®	Improves insulin's action in the body	Weight gain, swelling of feet	<ol style="list-style-type: none"> 1. Takes four to six weeks to have its full effects 2. Call health care provider if having ongoing symptoms of diarrhea. Glucophage XR may help.
Sulfonylureas	glipizide glyburide glimepiride	Glucotrol® Glucotrol XL® DiaBeta® Micronase® Gynase PresTab® Amaryl®	Stimulates the pancreas to release more insulin	Low blood sugar, skin rash/itching, weight gain	<ol style="list-style-type: none"> 1. Glipizide and glyburide are taken 30 minutes before meals. 2. Glimepiride is taken with first meal of the day
Meglitinides	nateglinide repaglinide	Starlix® Prandin®	stimulates pancreas to release insulin	low blood sugar	<ol style="list-style-type: none"> 1. Take 30 minutes before meal

Continued...

Pills/Tablets/Capsules - take by mouth - Type 2 Diabetes

	Generic name	Brand name	How it works	Possible side effects	Comments/Instructions
DPP-4 Inhibitors	sitagliptin saxagliptin linagliptin alogliptin	Januvia® Onglyza® Tradjenta® Nesina®	Increases release of insulin after meals, lowers the amount of glucose released by the liver	Stuffy or runny nose, sore throat, headache	1. Works only when blood sugar is high 2. Does not cause low blood sugar 3. Requires regular tests to check kidney function 4. Can be taken with or without food
SGLT2 Inhibitors	canagliflozin dapagliflozin empagliflozin ertugliflozin	Invokana® Farxiga® Jardiance® Steglatro®	Works on the kidneys to remove extra sugar from the body	Yeast infections, urinating more often	1. Can decrease blood pressure 2. Can cause hypoglycemia if taken with select diabetes medications 3. Taken once daily 4. Not safe with very low carbohydrate diet. 5. Stop medication three to four days before surgery
GLP-1 Agonist - Oral	semaglutide	Rybelsus®	Increases insulin production, reduces appetite. Often promotes weight loss.	Heartburn Nausea Vomiting Diarrhea	1. Take on an empty stomach when you first wake up with no more than 4 oz of water. 2. Wait at least 30 minutes before eating, drinking, or taking other oral medications.

Non-Insulin Injectables

	Generic name	Brand name	How it works	Side effects
GLP-1 Agonist	exenatide extended	Bydureon®	Increases insulin production, reduces appetite. Often promotes weight loss.	Heartburn Nausea Vomiting Diarrhea
	exenatide	Byetta®		
	liraglutide	Victoza®		
	dulaglutide	Trulicity®		
	albiglutide	Tanzeum®		
	lixisenatide	Adlyxin®		
	semaglutide	Ozempic®		

Insulin — Saving lives for 100 years.

Pens and vials

Taking your insulin

There are different types of insulin. Some act over a full day and others give a quick burst to cover what you are eating.

Long-acting insulin works throughout the day.

Rapid-acting insulin gets into your bloodstream quickly and last only a few hours, just like your food.



What do I Need to Know About Insulin?

Medication name	When to inject Insulin	How long it works
Very Rapid Acting Insulin Fiasp® Lyumjev®	At the first bite or within 20 minutes of starting a meal	Four hours
Rapid Acting Insulin aspart (Novolog®) lispro (Humalog®/Admelog®) glulisine (Apidra®)	Inject zero to 15 minutes before eating, starts working quickly	Two to three hours
Long Acting Insulin detemir (Levemir®) glargine (Lantus, Basaglar®) degludec (Tresiba®) glargine U300 (Toujeo®)	Inject one to two times daily Inject once daily Inject once daily Inject once daily	Up to 24 hours Up to 24 hours Up to 42 hours Up to 24 hours
Immediate Acting Insulin NPH	Inject twice daily	Up to 12-16 hours per injection
Fast Acting Insulin Regular insulin	Inject 30 minutes before eating	Three to five hours
Pre-mixed 70/30 (70%N and 30%R)	Inject 30 minutes before eating breakfast and dinner	10-16 hours

Low Blood Sugar - Hypoglycemia

70 mg/dL or less

SYMPTOMS:

- Sweating or cold, clammy skin
- Dizziness, shakiness or tingling feeling
- Fast heartbeat or headache
- Confusion or irritability
- Blurry vision

Patients who are at risk for low blood sugar should carry carbohydrates with them at all times.

Rule of 15

For a **low** blood sugar of **70** mg/dL or less

Eat or drink **15** grams of carbohydrates

Re-check blood sugar in **15** minutes

If still **low, repeat** until blood sugar is above 70 mg/dL

To keep blood sugar from dropping again, eat a healthy snack or meal.

15 grams of carbohydrates =



1/2 can of soda (not diet)



8 oz skim milk



15 jelly beans



1/2 cup/4 oz apple juice



What Factors Contribute to Low Blood Sugar - Hypoglycemia?

- Not eating enough carbohydrates (carbs).
- Skipping or delaying a meal.
- Increasing physical activity can lower your blood glucose level for up to 24 hours after the activity.
- Drinking alcohol without eating enough food. Learn more about alcohol and diabetes on page 29.
- Being sick. Learn more about taking care of your diabetes while you're sick on page 36.



Severe Hypoglycemia - Unconscious

- Glucagon can be injected by your caregiver for severe hypoglycemia while awaiting medical assistance.
- If Glucagon is used to treat low blood sugar, eat or drink carbohydrates immediately as the effects of raising blood sugar is short lived.
- Your doctor may prescribe Glucagon if it's right for you.
- Glucagon Nasal Powder does not need to be inhaled — it's portable, single dose and ready to use.

Alcohol and Diabetes

1 Drink =



5 oz. wine

OR



1 1/2 oz. alcohol

OR



12 oz. beer

If you don't drink alcohol, don't start. If you drink alcohol it's best to drink only a small amount. Alcohol is not a health food. No amount of alcohol is "good for your health."

How much can I drink?

No more than one drink a day for women and no more than two drinks a day for men.

How to drink alcohol:

- Drink with a meal
- Drink slowly and don't drink alone
- Check your blood sugar often
- Always have a low blood sugar snack handy
- Make sure someone with you knows you have diabetes

If you drink, remember:

Alcohol can cause a sudden drop in blood sugar, especially in Type I diabetes. There may be no warning. You could even pass out.

Talk to your health care provider for more information.

Instructions for Injections Using a Pen

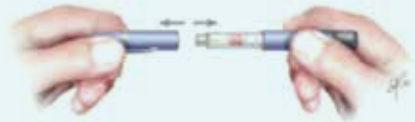
1

Wash your hands and gather supplies:
insulin pen, pen needle and alcohol swab.



2

Remove the pen cap.



3

Wipe stopper with alcohol swab.



4

If insulin is cloudy, roll the pen (do not shake) in your hands and turn from side to side for one full minute. Rolling is not necessary if insulin is completely clear.



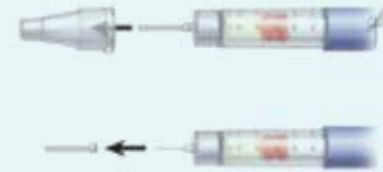
5

Attach new pen needle to pen.



6

Pull off the outer and inner needle caps.



7

Priming the pen—check the flow of the insulin by dialing two units and press the button until you see the insulin come out. Repeat if necessary.



8

Select the dose of insulin and dial your pen to the selected insulin dose.



9

Prepare the injection site by cleaning with alcohol swab. Inject straight in at a 90° angle. Press the button down and count for five to 10 seconds before removing the needle from your skin.



10

Place the outer cap on the needle and remove the disposable needle from the pen. Throw the needle away in a sharps container. Replace pen cap.



Instructions for Injections Using a Vial (bottle) and Syringe

1

Wash your hands and gather supplies: insulin bottle, syringe and alcohol swab.



2

If insulin is cloudy roll the bottle (do not shake) in your hands and turn from side to side for one full minute. Rolling is not necessary if insulin is completely clear.



3

If opening a new bottle, remove the plastic cap (it will not be replaced). Wipe the top of the bottle with an alcohol swab.



4

Remove the caps from both the top and bottom of the insulin syringe. Do not touch the needle.



5

Pull the plunger down to the correct unit mark for the insulin dose ordered for you.



6

Insert the needle into the top of the bottle.
Push the plunger down to inject the air into the bottle.



7

Turn the bottle upside down with the needle still in it.



8

Pull the plunger down to the selected dose by aligning the thin black line of the plunger (closest to the needle) to the desired number of units.



9

Pull the needle out of the bottle. Clean the skin with alcohol swab where you will be injecting the insulin.



10

Hold the syringe like a pencil and insert the needle straight into the skin at a 90° angle. Push the plunger until all the insulin is injected. Hold for five to 10 seconds and then remove needle. Throw the syringe away in a sharps container.



Six Important Storage Tips for All Insulin

1

Write the date on the insulin vial/pen on the day you open it. This will help you remember when to stop using it. Most insulins are discarded after 30 days from opening and using the vial or pen. Follow the manufacturers instructions for when to discard insulin.

2

Keep the pen you are using at room temperature. Always keep unopened extra insulin vials or pens in the refrigerator until you are ready to use them. Keep the pen or vial you are using at room temperature, as long as it is not over 86 degrees.

3

Do not keep insulin in hot places. Do not leave insulin in a hot closed car. Excessive heat will destroy the insulin and it will not work.

4

Do not keep insulin in freezing places. Never store in a freezer. If insulin is frozen, do not use.

5

Do not leave insulin in sunlight. Light can make insulin break down and then it will not work well to lower your blood sugar.

6

Never use insulin if expired. The expiration date will be stamped on the vial or pen.

Disposing of Home Generated Sharps

How should I dispose of my sharps?

Sharps should be placed in approved collection containers - leak-proof, red containers constructed of rigid, thick-walled plastic with a biohazards label. Coffee cans, aluminum beverage containers and plastic milk jugs are NOT appropriate containers and cannot be accepted.

Where can I get a sharps container?

Sharps containers can be purchased at many local pharmacies and through medical supply companies. They can also be obtained for free at the County clinics listed on the resource page 43.

What do I do with my full sharps container?

Sharps containers should never be thrown in the trash or recycling bins. As of September 1, 2008, it is illegal to do so. Please bring full

sharps containers to one of the sites listed on resource page 43. Most accept sharps containers free of charge. Please call ahead to confirm operating hours and delivery instructions.

Remember to:

- Place sharps in the container immediately after use
- Do not attempt to bend or break the needle of syringe
- Keep all sharps and disposal containers out of the reach of children



Managing Sick Days

- Check your blood sugar more often when you feel sick.
- Do **not** stop taking all your diabetes medications when you are sick. Ask your health care provider what medications should be taken or stopped when you are sick.
- People who take long acting insulin should not skip taking their insulin even if not eating.
- If you are nauseous or don't feel like eating, substitute sick day foods like regular ginger ale, regular Jell-O, Gatorade, applesauce, crackers, yogurt or popsicles.
- Contact your provider if you have high fever, vomiting or diarrhea for more than a day.



Tips for Good Foot Care



Check your feet and toes daily for cuts, bruises or swelling. If unable to visualize your feet, use a family member for assistance or an extension mirror.



Wear shoes and socks that fit well. Consider prescription orthotic shoes, they may be covered under insurance.



Wash and dry your feet every day. Use warm (not hot) water and mild soap.



File your toenails straight across. Consider using your podiatrist to trim or cut your toenails.



Use skin lotion to avoid dry feet (but not between your toes).



Exercise every day for at least 20 to 30 minutes.



See your doctor right away if you hurt your feet or find any new wounds, swelling or redness.




Don't go barefoot - ever!

Diabetes Care Schedule

TAKE GOOD CARE OF YOURSELF


Every Day

- Make healthy food choices
- Exercise 30 minutes
- Check blood sugar as directed by health care provider
- Monitor feet daily



Every Week

Go to the grocery store at least one to two times a week in order to have high quality and fresh food available.



Every Three Months

- Regular doctor's office visit
- A1c blood test every three months if your blood sugar number is too high
- Blood pressure check
- Weight check
- Foot check

Every Year

- Physical check-up (exam) by your doctor
- Complete foot exam by your doctor
- Check cholesterol and profile
- Complete (dilated) eye exam by an eye doctor
- Flu shot
- Kidney tests
- Dental exam and teeth cleaning

Living Well with Diabetes Classes

FREE DIABETES CLASSES

AT GOLETA VALLEY COTTAGE HOSPITAL

**2ND TUESDAY and THURSDAY
OF EVERY MONTH
ALL CLASSES 10-11 A.M.**

A two-part series every month covering carb counting, label reading, complications, exercise and wound healing

Location: Goleta Valley Cottage Hospital
meet in lobby reception area

For more information, contact Registered Dietitian at (805) 681-6441.



AT SANTA YNEZ VALLEY COTTAGE HOSPITAL

Classes will be offered in January, March, May, July, September and November 2021.

All classes take place on Mondays and are structured as a four part series.

ALL CLASSES 11 A.M. – NOON

Location: Santa Ynez Valley Cottage Hospital
in the front conference room

For specific dates and information, please contact Stacey Bailey, MS, RD, CDCES, at (805) 694-2351 or sbailey@sbch.org



Resources

COMMUNITY DIABETES EDUCATION

Goleta Valley Cottage Hospital

Living Well with Diabetes
Free Group Classes
(805) 681-6441
cottagehealth.org/classes-events

Santa Ynez Valley Cottage Hospital

Living Well with Diabetes
Free Group Classes
(805) 694-2351
Stacey Bailey, MS, RD, CDE
sbailey@sbch.org
cottagehealth.org/classes-events

Santa Barbara Neighborhood Clinics

(805) 451-4225
Eastside - 915 N. Milpas
Westside - 628 W. Micheltorena
Isla Vista - 970 Embarcadero del Mar
sbclinic.com

Franklin Center

1136 East Montecito Street
(805) 568-5260

Santa Barbara Public Health Department

Dr. Wilson's Office
345 Camino del Remedio
Santa Barbara, CA 93110
(805) 681-5488

Sansum Diabetes Research Institute

2219 Bath Street
Santa Barbara, CA 93105
sansum.org

Sansum Clinic

Sansum Endocrinology Clinic
215 Pesetas Lane
Santa Barbara, CA 93110
English and Spanish Class
Diana Bullock
(805) 681-7820
sansumclinic.org

DEEP (Diabetes Empowerment Education Program)

Healthier Living with Diabetes
English and Spanish Class
(805) 739-3578
HealthierLiving@DignityHealth.org

American Indian Health Services

4141 State St #B-2
(805) 681-7356

Loma Vista Endocrinology

2629 Loma Vista Road
Ventura, CA, 93003
(805) 259-1356
lomavistahealth.com

Central Coast Endocrinology & Diabetes

116 S. Palisade Dr., Suite 301,
Santa Maria, CA 93454
(805) 349-8972

MEDICATION ASSISTANCE

Web page resources that helps people get their medications at reduced costs.

rxassist.org

needymeds.org

rxhope.com

pparx.org

NUTRITION RESOURCES

diabetesfoodhub.org

Healthy eating, meal planning, recipes/recipe analysis and more

choosemyplate.gov

Guidelines, tips and resources for healthy eating

calorieking.com

Recipes, online weight management, nutrition information and analysis

nutritionfacts.org

Recipes, online weight management, nutrition information and analysis

eatright.org

Academy of Nutrition and Dietetics

Food Bank of Santa Barbara County

foodbanksbc.org

Santa Barbara: (805) 967-5741

Santa Maria: (805) 937-3422

Isla Vista School Pantry

Isla Vista Elementary School

6875 El Colegio Road

Isla Vista, CA 93117

Ana Maya (805) 685-6900

ivyp.org

CalFresh

(Monthly food benefits to individuals and families with low-income)

calfresh.ca.gov

EXERCISE RESOURCES

sitandbfit.org

Exercises for healthy aging and improving wellness

Accessible Yoga

Santa Barbara Yoga Center

32 East Micheltorena St.

Santa Barbara, CA

(805) 965-6045

santabarbarayogacenter.com

Muller Aquatic Center

22 Anacapa St.

Santa Barbara, CA 93101

(805) 845-1231

mulleraquaticcenter.com

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EXERCISE RESOURCES

(continued from previous page)

The Touhy Foundation Aquatic Center

2415 De la Vina St.
Santa Barbara, CA 93102
(805) 569-8999 x 82552
cottagehealth.org/rehab

Los Baños del Mar Pool

401 Shoreline Drive
Santa Barbara, CA 93101
(805) 897-2552

Lompoc Aquatic Center

207 W. College Avenue
Lompoc, CA 93436
(805) 875-2782

Santa Barbara Family YMCA

36 Hitchcock Way
Santa Barbara, CA 93105
(805) 687-7727

Carpinteria Community Pool

5305 Carpinteria Ave.
Carpinteria, CA 93013
(805) 566-2417

GENERAL RESOURCES

diabetes.org

American Diabetes Association

diabetesdaily.com

General information and group support

diabeteshealth.com

Online magazine and podcast

jdrf.org

Juvenile Diabetes Research Center

idf.org

International Diabetes Federation

VISION RESOURCES

Eye Clinic/County Health Clinic

Requires referral and provides diabetic eye exams on a sliding fee scale

Santa Barbara: (805) 681-5488

Lompoc: (805) 737-6400

Santa Maria: (805) 346-7230

Santa Barbara Vision Care Program

Free eye exams and eyeglasses for uninsured children and adults of all ages

175 Cremona Drive, Suite 100

Santa Barbara, CA 93117

(805) 963-3303

See International

Santa Barbara

(805) 963-3303

seeintl.org

Yaneth Beltran

yaneth@seeintl.org

DENTAL RESOURCES

Eastside Family Dental Clinic

923 N. Milpas St.
Santa Barbara, CA 93103
(805) 884-1998
sbclinics.org

Goleta Neighborhood Clinic

164 Kinman Ave.
Goleta, CA 93117
(805) 617-7900
sbclinics.org

People Helping People

545 Alisal Rd.
Solvang, CA 93463
syvphp.org

TOBACCO CESSATION AND PREVENTION SERVICES

smokefree.gov

California Smoker's Hotline

Free information and support by
telephone

English - 1-800-662-8887 (NO BUTTS)

Spanish - 1-800-456-6386 (NO FUME)

nobutts.org

Public Health Department

300 N. San Antonio Rd.
Santa Barbara, CA 93110
(805) 681-5407

countyofsb.org/phd/tobacco

Cottage Health Smoking Cessation

Toll Free 1-855-247-9355
1-855-CHS-WELL

Tips from former smokers

cdc.gov/tips

SHARPS DISPOSAL

Santa Barbara County Clinic
(805) 681-5380

County Health Clinic - Franklin
(805) 568-2099

County Health Clinic - Carpinteria
(805) 560-1050

**County Health Clinic
Laboratory - Lompoc**
(805) 737-6488

**Country Health Clinic -
Santa Maria**
(805) 346-8421

**Santa Maria Waste
Collection Facility**
(805) 925-0951

MarBorg Industries
(805) 963-1852

PHONE APPS FOR DIABETES AND HEALTHY LIVING

BLOOD SUGAR TRACKERS:

Diabetes 360

Features that help people manage diabetes

One Drop

Diabetes assistant helping people stay on track

Glucose Buddy

Manages blood sugar, insulin dosages, and carb intake

MySugr

Easy-to-use features that help monitor and manage diabetes

T1D1

Enter blood sugar and carbs and the app determines how much insulin to take based on the user's profile

WEIGHT MANAGEMENT:

CalorieKing

Food carbohydrate and calorie identifier

Lose it! Weight loss program and calorie counter

Figwee

Goal setting, food tracker, exercise log and progress

EXERCISE AND FITNESS:

MyFitnessPal

User friendly engaging app supports healthy living

DailyWorkoutApps

Individualized daily workouts

BitGym

Interactive cardio app for phones and tablets

MEDITATION:

Calm

Guided meditations to assist people in relaxation

Headspace


Ideal for people just starting a meditation routine

The Mindfulness

Deep breathing and guided imagery for relaxation

Stop, Breathe & Think

Meditation and mindfulness to build emotional strength and confidence



"We have never been more capable of treating diabetes effectively and minimizing the harm this disease inflicts. Complications from diabetes are far too common. My goal as the Director of Diabetes at Cottage Health is to inform, motivate, and treat our patients with state-of-the-art methods in order to have a more healthy community for years to come."

Mark D. Wilson, MD

DIABETES MANAGEMENT PROGRAM

Mark Wilson, MD

Director of Inpatient Endocrinology and Diabetes

Lisa Dugger, MSN, APRN, ACNS-BC, CDCES, BC-ADM

Certified Diabetes Care and Education Specialist Board Certified in
Advanced Diabetes Management

400 W. Pueblo Street, Santa Barbara, CA 93102 | cottagehealth.org



400 W. Pueblo Street
Santa Barbara, CA 93102
cottagehealth.org/diabetes

