

# Gain back your **CONTROL**

You are in control of your diabetes, your diabetes does not control of you! It is hard to be a pre-teen or teenager; having diabetes can make it more difficult for anyone. Focus on bringing down that ever shifting number can be very frustrating for a person living with diabetes. We are here to help you gain control of your diabetes, get back on track and lower your A1C.

Simple changes will make HUGE improvements. Focus on small changes to make BIG improvements

**Test your blood sugar.** We cannot fix what we can't see. If your A1C is high and/or you have been hospitalized because of high ketones you are probably not checking your blood sugar like you should be. The team can help you get a Dexcom or Freestyle Libre or come up with a blood sugar check schedule that works best for your lifestyle.

**TAKE YOUR INSULIN!** Did you read that? **TAKE YOUR INSULIN.** That is the most important part of having diabetes, taking your insulin when you're supposed to; with food and not missing your long acting daily. If you are not taking insulin you are spending most of your days feeling sick, urinating often, having headaches, throwing up, in DKA, spending the day with the school nurse or going to the Emergency room. Call the Endocrinology office if you have ketones, missed doses or blood sugar has been running high. One call to us may save you a trip to the Emergency Room and possibly a hospital stay.

**Use your logbook.** Your endocrinology team needs to see your blood glucose numbers to make changes to your insulin doses. There are APPS for your phone that will also store the blood sugar numbers. You can also use GLOOKO to download your devices and we can review the blood glucose numbers.

**CGM (Continuous blood glucose meter).** Dexcom or Freestyle Libre will continuously check your blood sugar. No more finger pokes and log books. \*These devices may not be covered by your insurance.

**Get up and MOVE.** Sitting on the couch watching TV all day is ok every once in a while but however it is important to exercise daily to help manage your diabetes. Exercise makes you more sensitive to insulin, meaning it's easier to lower blood sugar levels and use less insulin.

**USE YOUR DIABETES HEALTH CARE TEAM.** Diabetes is a lifelong condition. Your diabetes team can help you learn ways to best manage your diabetes. Your health care team plays a huge role in how easy or difficulty it is have control. WE WANT TO HELP YOU, but we cannot unless you contact us. Call the clinic during day time house 8:00-4:30 f 1-314-454-6051 or questions, concerns and blood glucose number reviews. After hours emergent calls or concerns call 314-454-6000 and ask the Endocrinologist on call.