

“Your Diabetes” 2011

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SPECIAL POINTS OF INTEREST:

- ◆ YOU'RE IN CONTROL OF YOUR HEALTHCARE TEAM
- ◆ KEEP ACTIVE, KNOWLEDG-ABLE PLAYERS ON YOUR TEAM
- ◆ BE AN ACTIVE PLAYER IN YOUR HEALTHCARE GOALS



POINTS TO REMEMBER!

1. A1C TWICE A YEAR
2. LIPID PANEL TWICE A YEAR
3. BLOOD PRES-SURE CHECKS AT EACH VISIT
4. ANNUAL EYE EXAM
5. DAILY BLOOD SUGAR CHECKS ACCORDING TO YOUR CARE PLAN
6. DAILY FOOT CHECKS
7. KIDNEY FUNC-TION TESTING
8. QUIT SMOKING! ASK YOUR DR FOR ASSISTANCE

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www.doctorsdirecthealthcare.net

YOUR DIABETES CARE TEAM

GO TEAM!

You know that diabetes impacts your body, lifestyle, and well-being. Diabetes is a complex condition! But you don't need to manage diabetes alone. No one healthcare provider can be an expert in every area. That's why you need to build a diabetes care team. Your treatment team can teach you about diabetes and how to make diabetes care a part of your everyday life. Your team will also:

- ◆ Screen for complications
- ◆ Monitor the progress of your treatment and your diabetes
- ◆ Adjust your treatment so that you can achieve your goals

Remember, you are in charge of your diabetes management. But it is important that you call on your diabetes care team for help. If you or your team catches problems early, you will have a greater chance of successful treatment

- ◆ Go to our website, www.doctorsdirecthealthcare.net, click on the secure site, use your username and password and Join our Spark Team, once on Spark you can enroll in the Diabetes Management Program.

THE TEAM LINE UP...

The following is an example of a diabetes care team. You might not need each person right now— more may be added later in life.

- ◆ **Primary Care Provider:** Coordinates the management of your diabetes care, lets you know when it is time to see other members of the care team
- ◆ **Registered Nurse Disease Managers/ Health Coaches:** Helps you understand diabetes and how to manage it, teaches how to balance meals, medicines and blood sugar levels.
- ◆ **Endocrinologist:** provides specialty care for diabetes
- ◆ **Ophthalmologist (Eye Doctor):** provides preventive eye exams that can detect diabetic eye disease
- ◆ **Podiatrist (Foot Doctor):** treats such conditions as calluses and blisters, which could cause serious problems
- ◆ **Dentist:** provides check-ups and examines for gum disease

HOW TO WIN WITH THE TEAM.

Now that you have learned about the different professionals who can help you manage your diabetes, how do you put the team together? You can draft your team in three rounds.

Round 1: Start with your Primary Care Physician. Choose one with an interest in diabetes. He or she can help you choose other members of your team.

Round 2: Decide where you would like your team to be. It may be easier if all your providers are in one place, like a group practice. Or you might want them at different practices. Think about which is right for you.

Round 3: Check with your Registered Nurse Disease Manager. Your Health Coach can provide a program that will help you find a healthcare team with experts in diabetes care.

- ◆ If a member of your team finds a change in your test results or alters your treatment plan, ask him or her to talk to your primary care physician. It may be helpful for members of your diabetes care team to talk to one another *directly*. That way you won't have to repeat the information.

Questions? Please call us at 1-877-503-0388 opt 1, ask for Debbie, Kim, Carol, or Stacie.

