

Type 2 Diabetes in Older Adults



Diabetes is a serious disease. People get diabetes when their blood glucose level, sometimes called blood sugar, is too high. Diabetes can lead to dangerous health problems, such as having a heart attack or stroke. The good news is that there are things you can do to take control of diabetes and prevent its problems.

Managing Diabetes

Once you've been told you have type 2 diabetes, the doctor may prescribe diabetes medicines to help control blood glucose levels. There are many kinds of medication available. Your doctor will choose the best treatment based on the type of diabetes you have, your everyday routine, and other health problems.

In addition, you can keep control of your diabetes by:

- **Tracking your glucose levels.** Very high glucose levels or very low glucose levels (called hypoglycemia) can be risky to your health. Talk to your doctor about how to check your glucose levels at home.
- **Making healthy food choices.** Learn how different foods affect glucose levels. For weight loss, check out foods that are low in fat and sugar. Let your doctor know if you want help with meal planning.
- **Getting exercise.** Daily exercise can help improve glucose levels in older people with diabetes. Ask your doctor to help you plan an exercise program.
- **Keeping track of how you are doing.** Talk to your doctor about how well your diabetes care plan is working. Make sure you know how often to check your glucose levels.
-

Your doctor may want you to see other healthcare providers who can help manage some of the extra problems caused by diabetes. He or she can also give you a schedule for other tests that may be needed. Talk to your doctor about how to stay healthy.

Here are some things to keep in mind:

- **Have yearly eye exams.** Finding and treating eye problems early may keep your eyes healthy.
- **Check your kidneys yearly.** Diabetes can affect your kidneys. A urine and blood test will show if your kidneys are okay.
- **Get flu shots every year and the pneumonia vaccine.** A yearly flu shot will help keep you healthy. If you're over 65, make sure you have had the pneumonia vaccine. If you were younger than 65 when you had the pneumonia vaccine, you may need another one. Ask your doctor.
- **Check your cholesterol.** At least once a year, get a blood test to check your cholesterol and triglyceride levels. High levels may increase your risk for heart problems.
- **Care for your teeth and gums.** Your teeth and gums need to be checked twice a year by a dentist to avoid serious problems.
- **Find out your average blood glucose level.** At least twice a year, get a blood test called the A1C test. The result will show your average glucose level for the past 2 to 3 months.

Private Duty Home Care
Companionship • Light Housekeeping
Meal Preparation • Personal Care

Geriatric Care Management
Comprehensive Care Planning • Medical Advocacy
Liaison for Families at a Distance

Partners in Senior Care, Inc.
*Our mission is the quality delivery
of care services to the senior population.*

847-548-1330
www.partnersinSeniorcare.com

IDPH Home Service Agency License #3000139 • IDPH Home Nursing Agency License #4000114

Type 2 Diabetes in Older Adults

- **Protect your skin.** Keep your skin clean and use skin softeners for dryness. Take care of minor cuts and bruises to prevent infections.
- **Look at your feet.** Take time to look at your feet every day for any red patches. Ask someone else to check your feet if you can't. If you have sores, blisters, breaks in the skin, infections, or build-up of calluses, see a foot doctor, called a podiatrist.
- **Watch your blood pressure.** Get your blood pressure checked often.

Do you or a loved one have Type 2 Diabetes and struggles with dressing or ambulation due to neuropathy in their fingers or feet? **We can help.**

Our Diabetes Care Plans focus on the individual needs of the client who is suffering from diabetes which can include: light housekeeping, assistance with ADL's, household management, shopping, meal preparation, proper nutrition, exercise, safety in the home as well as regular foot exams.

Let us customize a care plan that fits you or your loved one's needs. Call for a free assessment at **847-548-1330**.

Source: <http://www.nih.gov>

Private Duty Home Care
Companionship • Light Housekeeping
Meal Preparation • Personal Care

Geriatric Care Management
Comprehensive Care Planning • Medical Advocacy
Liaison for Families at a Distance

Partners in Senior Care, Inc.
*Our mission is the quality delivery
of care services to the senior population.*

847-548-1330
www.partnersinSeniorcare.com

IDPH Home Service Agency License #3000139 • IDPH Home Nursing Agency License #4000114