
Every Hawaiian
Should Know

You Can Control Your Diabetes



Name: _____

Address: _____

Home Phone: _____

Cell Phone: _____

Work Phone: _____

Doctor's Name/Phone: _____

IN CASE OF EMERGENCY CALL:

Name: _____

Relationship: _____

Phone: _____

“It’s a given fact that we Hawaiians love life. Therefore, making sure our loved ones are cared for, are happy and safe, is paramount. ‘*Nānā i ke kumu*’ is a Hawaiian phrase meaning ‘look to the source.’ In this case, the source is ‘ourselves.’ There is no better way to ensure the happiness of those persons and things we hold dear than to *mālama* ourselves. Let’s strive to make us stronger and healthier and in so doing, reap the rewards of sharing longer lifetimes with those we love.”

Robert Cazimero



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“I’m a new grandmother. I want to be around to enjoy that and not be a burden to anyone. I know diabetes is a disease you CAN live with and have a good quality of life if you work at it.”

Toni Lee



“ I was reluctant to admit I had diabetes, and I didn’t want to have to change too many things. But there’s not enough Native Hawaiians, in my opinion. We need to stay healthy for our families, to carry the legacy forward and perpetuate our race and our culture.”

Dante Carpenter



“I take care of my diabetes so I can see my grandchildren and great-grandchildren grow up. I don’t need a cane or wheelchair now and I want to keep it that way so I can travel and see the world.”

Ruby Maunakea

Three Reasons Why I Control My Diabetes

1. _____

2. _____

3. _____

Learn About Diabetes

Diabetes means that your blood glucose (blood sugar) is too high. Over time, this can damage many parts of the body and cause problems, like:

- Heart disease and stroke
- Eye disease, vision problems, or blindness
- Nerve damage that leads to pain, tingling, or numbness in hands and feet (some people may even lose a foot or leg)
- Kidney problems
- Gum disease and loss of teeth

What Are the “Diabetes ABCs?”

A

A is for A1C. It is a blood test that shows how well your blood glucose (blood sugar) has been controlled in the last 3 months. Test A1C 2 times a year.

B

B is for Blood Pressure. High blood pressure causes heart attack, stroke, and kidney disease. Check blood pressure at every exam.

C

C is for Cholesterol. Bad cholesterol, or LDL, can build up and cause heart attack or stroke. Check cholesterol every year.

My Action Plan



Check A1C 2 times a year

Goal: 7 or lower

My A1C: _____ Date: _____



Check blood pressure regularly

Goal: 130/80 or lower

My BP: _____ Date: _____



Check cholesterol every year

Goal: LDL = 100 or lower

My LDL: _____ Date: _____



Keep track of my numbers on

My Diabetes Care Record

(the green card)

Things To Do With My Healthcare Provider

Visit your health care provider at least 2 times a year. Get check-ups more often if told to. This will help you find and treat problems early.

At every visit:

- Check blood pressure
- Check weight
- Check feet

Twice a year:

- Test A1C
- Visit the dentist

Once a year:

- Check cholesterol
- Check urine and blood for kidney problems
- Get a flu shot
- Visit the eye doctor for a dilated eye exam
- Visit the foot doctor for complete foot exam

At least once:

- Get a pneumonia shot

My Action Plan



Check the list on Page 6 to make sure that I am getting proper diabetes care.



Use *My Diabetes Care Record* (the green card) to keep track of my diabetes exams.



Ask my doctor about taking aspirin daily to prevent heart disease.



Ask my health care provider if there are other diabetes tests that I may need. Write them down below.

Extra diabetes tests that I need: _____

Things You Can Do To Control Your Diabetes

Eat smart. Follow your diabetes food plan. Choose foods with less salt and fat. Eat more fruits and vegetables, fish and low-fat meats, and whole grains.

Be active 30-60 minutes every day.

Lose weight and stay at a healthy weight by being active and eating the right amounts of healthy foods.

Quit smoking. Ask for help to stop smoking.

Take medicines the way your doctor tells you.

Check your feet every day for cuts, blisters, red spots, or swelling. Visit a foot doctor for a complete foot check every year.

Brush and floss your teeth every day. Visit the dentist 2 times a year.

Check your blood sugar the way your doctor tells you.

See your health care provider. Get check-ups at least 2 times a year, or more often if needed.

My Action Plan

Things I can do now to EAT SMART:

Things I can do now to BE ACTIVE:

Things I can do now to QUIT SMOKING:

- Set a quit date: _____
- Call the Hawai‘i Tobacco Quitline for help:
1-800-QUIT-NOW (784-8669)

Living With Diabetes

Diabetes affects your work, family, and everyday life. Many people have a hard time accepting that diabetes is part of their life. They feel depressed, stressed out, frustrated, angry, confused, or scared.

Learn to cope with stress. Stress can raise your blood glucose (blood sugar). Some people find that prayer, meditation, *lomilomi*, or working with a traditional healer helps them to relax.

Another way to cope with diabetes is to *kūkākūkā* or “talk story” with a family member, friend, counselor, support group, or pastor. Turn to others for support. Don’t be afraid to ask for help if you feel down.

My Action Plan

Things I can do now to cope with diabetes:

People who can help me do these things:

To learn more about diabetes, call the Native Hawaiian Health Care System on your island. Ask about their health and wellness programs, and let them know if you do not have health insurance or a doctor.

Moloka'i
Nā Pu'uwai
808-560-3653

Hawai'i
Hui Mālama Ola Nā 'Ōiwi
808-969-9220

O'ahu
Ke Ola Mamo
808-845-3388

Kaua'i, Ni'ihau
Ho'ōla Lāhui Hawai'i
808-246-3511

Maui
Hui No Ke Ola Pono
808-244-4647

Lāna'i
Ke Ola Hou O Lāna'i
808-565-7204

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