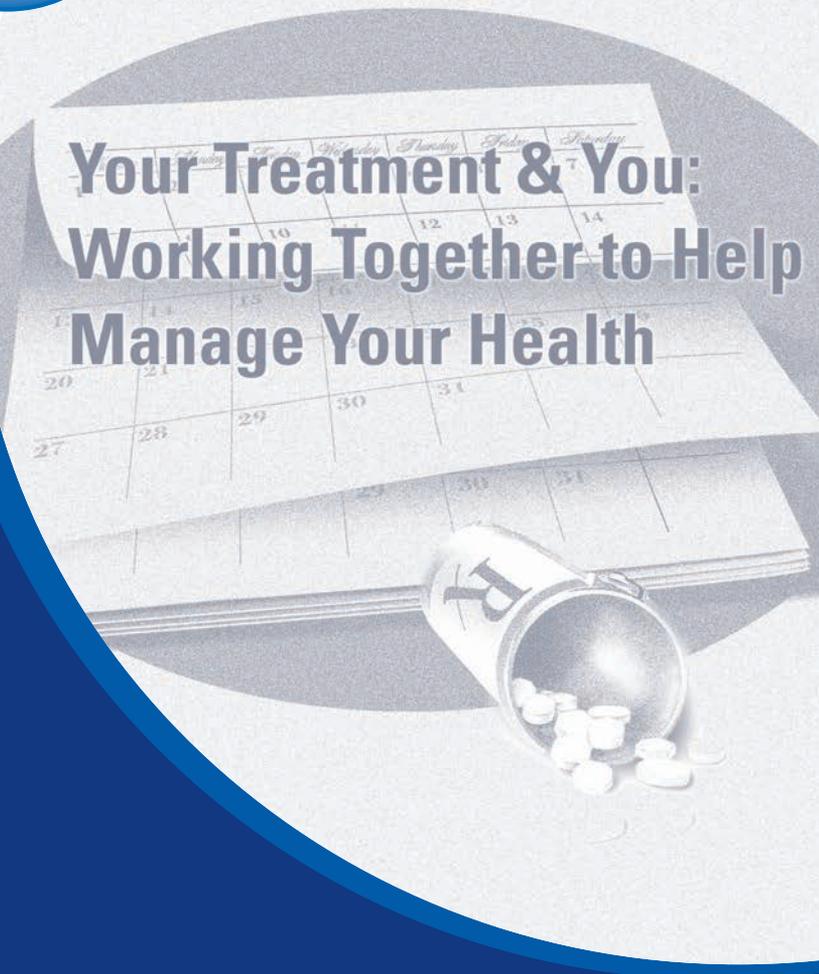


The logo for 'ask' is written in a bold, orange, lowercase sans-serif font. A registered trademark symbol (®) is positioned at the top right of the letter 'k'. The logo is set against a blue circular background that has a white border and a subtle gradient.

ABOUT TYPE 2 DIABETES

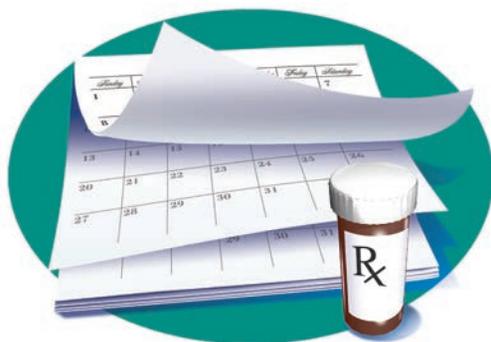
A grayscale illustration of a calendar and a pill bottle. The calendar is open, showing a grid of dates from 1 to 31. The days of the week are labeled at the top: Sunday, Monday, Tuesday, Wednesday, Thursday, Friday, and Saturday. The numbers 1 through 31 are arranged in a grid. In the bottom right corner of the calendar, a white pill bottle is tipped over, spilling several white, round pills onto the surface. The entire scene is set within a large, light gray circular area that is framed by a thick blue border.



Because it's important to know as much as you can.

This booklet is designed to help you understand type 2 diabetes and the things you can do every day to help manage it.

As always, talk to your healthcare provider for more information.



Taking your medicine as directed is one of the most important things you can do. If you're like most people, this may be easier said than done.

What You'll Find

Where You'll Find It

Attitudes and Beliefs

Type 2 Diabetes—What Is It?

Page

4-5

My Diabetes Goals—What Are They?

6-7

Taking Medicines

Diabetes Medicines—What Should I Know?

8-9

My Medicines—Am I Taking Them As Directed?

10-11

Lifestyle

Sticking With My Medicine—What Will Work?

12-13

Managing Complications—What Else Can I Do?

14-15

Talking With My Healthcare Team

My Healthcare Provider Visits—How Can I Get Ready?

16-17

Help From Others

Diabetes Support—Where Can I Go for Help?

18-19

ASK-12 Taking Medicine—What Gets In The Way?

20-21

About My Type 2 Diabetes Care Record

Back

Type 2 Diabetes—What Is It?

“*I have diabetes. What does that mean?*”

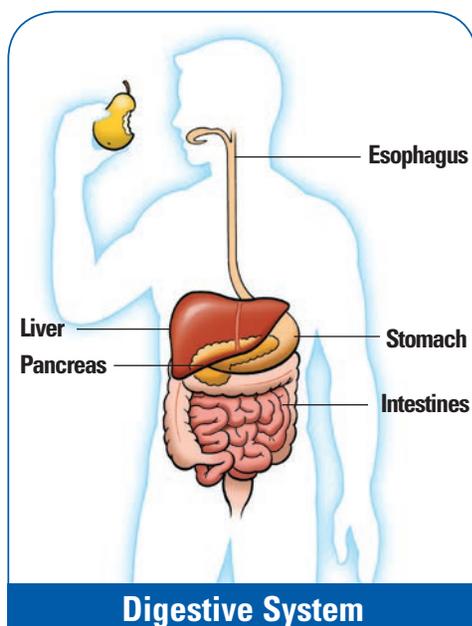
Diabetes means that the sugar (glucose) levels in your blood are too high. To understand diabetes, you must first know what happens when you eat.

What is glucose?

Your body turns the food you eat into sugar, also called glucose. Your blood carries this sugar to all the cells in your body. Your body uses the sugar for energy.

What is insulin?

Insulin is made by the pancreas. Insulin helps sugar get into your body's cells where it can be used for energy.



Normal

As blood sugar rises after a meal, the pancreas releases insulin. Insulin helps sugar get into your body's cells.

Type 2 Diabetes

Type 2 diabetes occurs when your body does not make enough insulin, or your body does not respond well to its own insulin. Without enough insulin, your body does not get the energy it needs. Sugar builds up in the blood and can lead to serious health problems over the long term.

“*Will I have diabetes for the rest of my life?*”

Currently there is no cure for diabetes. But there are ways to help manage it:

- Eat right
- Reach and stay at your goal weight
- Keep blood sugar in a healthy range
- Stay active
- Take your medicine as directed

Set goals you are ready to reach. Use a goal checklist like the one on pages 6 and 7 and talk to your healthcare provider.

Feelings

My Diabetes Goals— What Are They?

You are the most important person in managing your diabetes. Talk with your provider to help you choose one or more goals you are ready to work on now. Place a check next to your goals below.

Goal 1



Meal Plan and Weight Management

- I will follow my diabetes meal plan, as directed by my provider.
- I will reach and stay at my goal weight of _____.
- I will _____.

Goal 2



Exercise

- I will get regular exercise: _____ minutes, _____ days per week, as directed by my provider.
- My provider and I agree that the best activities for me are _____.
- I will _____.

Goal 3



Foot Care

- I will check my feet every day for cuts, sores, and red spots.
- I will call my provider right away if a sore on my foot does not start to heal after a few days.
- I will have my provider check my feet at every visit.
- I will _____.

Goal 4



Medicine

- I will take my diabetes medicine(s) as directed by my provider.
- I will call my provider if I have problems.
- I will _____.

Goal 5



Blood Sugar Monitoring

- I will check my blood sugar _____.
- I will call my provider if the level is below _____ or above _____.
- I will _____.

Goal 6



A1C (test of blood sugar control over time)

- I will take steps to improve my A1C level to _____.
- I will have my A1C measured twice a year—or more if I am not at my A1C goal.
- I will _____.

Goal 7



Heart Health

- I will ask my provider about taking aspirin for my heart.
- I will _____.

Goal 8



Eye Health

- I will have a complete eye exam once per year.
- I will _____.

Goal 9



Smoking

- I will think of all the reasons I should quit smoking.
- I will ask my provider about how I can quit smoking and then take the steps to quit.
- If I start smoking again, I will try to quit again.
- I will _____.

Goal 10



Asking for Help

- I will talk to my family about how diabetes makes me feel.
- I will join a diabetes support group.
- I will let my provider know if I feel moody, blue, or stressed.
- I will _____.



Diabetes Medicines— What Should I Know?

Eating right and exercising may not be enough to help manage your blood sugar. Your provider may ask you to take medicine as well. There are many types of diabetes medicine. Each one works in a different way to help manage blood sugar.

Over time, your provider may ask you to take more of the same medicine, change your medicine to a new one, or add another medicine.

Not every medicine is right for everyone. Talk with your provider if you have any questions about the medicines you take.

Alpha-glucosidase inhibitors

- Block or slow the breakdown of some starchy foods (such as bread and pasta) in your intestines. This helps keep your blood sugar from going too high after meals.
- Should be taken with the first bite of each main meal.

Amylin mimetics

- Help keep your blood sugar from going too high after meals by helping food move more slowly through the stomach.
- Help keep your liver from releasing stored sugar into the blood.
- May help make you feel less hungry.

Biguanides

- Help lower the amount of sugar your liver makes.
- Help make the body more sensitive to insulin.

DPP-4 (dipeptidyl peptidase-4) inhibitors

- Help your pancreas release more insulin when your body needs it, especially after a meal.
- Help keep your liver from releasing sugar into the blood.

Glucagon-like peptide (GLP)-1 receptor agonists

- Help your pancreas release more insulin when your body needs it.
- Help keep your liver from releasing sugar into the blood.
- Help food move more slowly through the stomach.

Insulin

- There are different kinds of insulin that work at different speeds. Some people take two or more types of insulin.

Meglitinides

- Help your pancreas release more insulin right after meals.
- Should be taken before each of your three main meals.

Sulfonylureas

- Help your pancreas release more insulin.

Thiazolidinediones (TZDs)

- Help insulin work better in the muscle and fat of your body.
- Help lower the amount of sugar your liver makes.

Fill out the medicine chart on pages 10 and 11 with the help of your healthcare provider. It is important to discuss this chart at every visit.



Sticking With My Medicine— What Will Work?

Taking your diabetes medicine as directed by your provider is one of the most important things you can do to help manage your blood sugar.

Not taking your diabetes medicine as directed by your provider means:

- Your medicine may not work the way it should.
- Your blood sugar may go up or down.
- You may be at risk for health complications, like those listed on pages 14 and 15.



“***I’m so busy. It’s hard for me to keep track of my medicine.***”

Taking one or more medicines at different times each day can be difficult. The key is to create a routine that fits your life:

- What you eat and when you eat has an effect on how your diabetes medicine works. Talk to your provider about a routine for taking your diabetes medicine.
- Your medicine routine may need to be timed with your meals, snacks, and/or physical activity.
- If you have trouble remembering to take your medicine, ask your provider if there is a medicine that you can take less often. A simpler medicine schedule may help you.

If you often forget to take your medicine:

- Ask your pharmacist if it is okay to use a pill box marked with the days of the week to store your medicine. If it is okay, you can take it with you when you are away from home.
- Wear a watch. Set an alarm. Leave yourself a note on the bathroom mirror.
- Keep your diabetes medicine in a place where you will see it every day.

If you forget to refill your medicine on time:

- Write “refill medicine” on your calendar about a week before your medicine will run out.
- Make sure you have enough refills to last until your next provider visit.
- Ask your pharmacy to send you reminders to refill your prescription.



“***I feel fine. Why do I need to take medicine?***”

You may feel fine today because high blood sugar does not always cause symptoms. But you need to take medicine every day to try to help prevent serious health problems over time.

Work with your healthcare provider to find ways to take your diabetes medicine as directed.



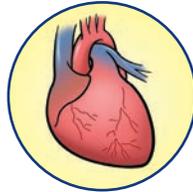
Managing Complications— What Else Can I Do?

Over time, high blood sugar can harm your body in many ways. You can help prevent these problems by managing your blood sugar and paying attention to your body. To see how well your treatment plan is working, your provider will check your A1C levels at least twice a year.*

You can help prevent long-term problems by taking these steps.

1 Heart Attack and Stroke

- Have your blood pressure checked at every provider visit.
- Have your cholesterol checked once per year or as recommended by your provider.



Diabetes can harm your blood vessels. People with diabetes often have high blood pressure or “bad” cholesterol numbers. This increases your risk of heart disease and stroke.

2 Eye Problems

- Have a complete eye exam once a year.
- Call your provider right away if you have any problems with your eyes: blurred vision, eye redness or pain, double vision, seeing spots or floaters, loss of side vision, trouble reading, and feeling pressure in your eyes.



Over time high blood sugar may damage blood vessels in your eyes. This may block vision. Cataracts and glaucoma are also more common in people with diabetes.

3 Foot Problems and Amputations

- Check your feet every day for cuts, sores, red spots, and swelling. Call your provider right away if a sore on your foot does not start to heal after a few days.
- Take off your shoes and socks at every provider visit and have your feet checked.



Diabetes can lead to nerve damage, which may cause you to lose feeling in your feet. As a result, a cut or sore can become infected before you even notice it.

4 Kidney Problems

- Your provider should check your kidney function once a year.
- Call your provider if you have any symptoms of kidney disease: fluid buildup, poor appetite, upset stomach, weakness, or trouble concentrating.



Your kidneys filter waste from your blood and then pass it into urine. Diabetes may overwork your kidneys. Over time the kidneys may stop filtering, and waste can build up in your blood. This is known as kidney failure.

Taking care of your diabetes can help you manage complications that may occur over time. Talk to your healthcare provider.

*The A1C test shows your average blood sugar level over the past 2 to 3 months.



My Healthcare Provider Visits— How Can I Get Ready?

You and your provider are a team in managing your diabetes. Talk openly and honestly with your provider.

“*I’m embarrassed to ask my doctor some questions.*”

- All questions are important. Do not be afraid to speak up if you do not understand something.
- Review the checklist on the next page before each provider visit.
- Do not be embarrassed to bring up more personal problems, like your sexual health. Your provider is used to talking about these problems.

If you have trouble understanding or remembering what your provider says:

- Ask your provider to repeat anything you don’t understand.
- Ask for written information about your medicine. Is it available in large print or another language?
- Ask a family member to join you on provider visits. They can write down your provider’s answers.

At every visit, bring all of your medicines with you, including vitamins and supplements. Talk with your healthcare provider about them.

Check off the statements below that apply to you and take this list with you to each provider visit.

Since my last visit:

- I have missed taking some of my medicine(s).

- I have stopped or changed how I take my medicine.

- I have checked my blood sugar as directed.

- My blood sugar has been in my target range.

- I have checked my feet every day.

- I have new symptoms or changes in my health.

- I have felt moody or blue some of the time.

- I have made progress on my goals for managing diabetes.

- _____



Diabetes Support— Where Can I Go for Help?

“*I need help. I can't do this on my own.*”

- Ask a family member or friend to support you, such as going with you to your next provider visit.
- Ask your provider about a support group for people with diabetes. You can find a group in your area at www.diabetes.org.

If you have trouble paying for your medicine:

- If you have Medicare or think you are eligible for Medicare, call 800-MEDICARE (800-633-4227), or visit www.medicare.gov.
- For more information on Medicaid, contact your state Medicaid agency.

To learn more about what may be getting in the way of taking your medicine, go to www.HealthCoach4Me.com.

For more help and information, contact one or more of these diabetes resources:

American Diabetes Association (ADA)

800-DIABETES (800-342-2383)

www.diabetes.org

National Diabetes Information Clearinghouse (NDIC)

800-860-8747

www.diabetes.niddk.nih.gov

National Diabetes Education Program

301-496-3583

www.ndep.nih.gov/index.aspx

The resources listed above are administered by independent third parties not affiliated with or endorsed by GlaxoSmithKline. GlaxoSmithKline is not responsible for the content of these resources.

Have you felt moody or blue?

It's common for people with chronic conditions, such as diabetes, to feel moody or blue from time to time. If these feelings continue, you may lose interest in the things you used to like to do. Or you may have problems sleeping and working. The good news is that you don't have to deal with these feelings by yourself. Talk to your family, friends, and provider for help.

Taking Medicine— What Gets In The Way?



Think about all of the medicines you take. Mark one answer for each item below.

Inconvenience/Forgetfulness



Lifestyles

Strongly Agree Agree Neutral Disagree Strongly Disagree

1 I just forget to take my medicines some of the time.

2 I run out of my medicine because I don't get refills on time.

3 Taking medicines more than once a day is inconvenient.

Treatment Beliefs



Attitudes and Beliefs

Strongly Agree Agree Neutral Disagree Strongly Disagree

4 I feel confident that each one of my medicines will help me.

5 I know if I am reaching my health goals.



Help From Others

6 I have someone I can call with questions about my medicines.



Talking With Healthcare Team

Strongly Agree Agree Neutral Disagree Strongly Disagree

7 My doctor/nurse and I work together to make decisions.

Behavior



Taking Medicines

In the last week In the last month In the last 3 months More than 3 months ago Never

Have You...

8 Taken a medicine more or less often than prescribed?

9 Skipped or stopped taking a medicine because you didn't think it was working?

10 Skipped or stopped taking a medicine because it made you feel bad?

11 Skipped, stopped, not refilled, or taken less medicine because of the cost?

12 Not had medicine with you when it was time to take it?

If you checked any answers in the darker blue boxes, talk with your healthcare provider.



About My Type 2 Diabetes Care Record

The American Diabetes Association (ADA) recommends these items for good diabetes care. Work with your provider to set goals. Write down your results in the table.

Test/Exam (How Often)	My Goal	Date/ Results	Date/ Results	Date/ Results
Blood Pressure <i>(each visit)</i>				
Blood Sugar Records <i>(each visit)</i>				
Weight <i>(each visit)</i>				
A1C <i>(every 3 to 6 months)</i>				
Dental Exam <i>(every 6 months)</i>	—			
Complete Eye Exam <i>(once per year)</i>	—			
Complete Foot Exam <i>(at least once per year)</i>	—			
Kidney Function Tests <i>(once per year)</i>	—			
Flu Vaccine <i>(once per year)</i>	—			
Pneumonia Vaccine*† <i>(one time)</i>	—			
Hepatitis B Vaccine Series† <i>(one time)</i>	—			
Self-management Training <i>(ongoing)</i>	—			
Cholesterol and Triglycerides <i>(once per year or as recommended)</i>				
LDL ("bad") Cholesterol				
HDL ("good") Cholesterol				
Triglycerides				

*Revaccination may be needed.

†As recommended by my provider for my age and health status.



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