



A Guide to Understanding Diabetes Self Management



Your life is our life's work.

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What is Diabetes?

Diabetes is a disease in which the sugar level in your blood is high. It's a lifelong condition. When you eat food that contains carbohydrates, the food is broken down into a simple sugar called glucose. This sugar travels in your blood to all cells in your body and is used for energy. Insulin (a hormone made by the pancreas) is released into the bloodstream and allows the sugars to enter your cells. Without insulin, sugar remains in the blood, causing complications or damage.

There are three common types of diabetes: type 1, type 2 and gestational diabetes.

Type 1 Diabetes

With type 1 diabetes, your body makes little or no insulin. It's not always clear what causes type 1 diabetes, but researchers believe autoimmunity, genetics and possibly viruses play a role. People with type 1 diabetes must take insulin every day. Type 1 diabetes usually happens in children or young adults, but it may appear at any age.

Type 2 Diabetes

With type 2 diabetes, there are two main causes of high blood sugar. First, your body doesn't effectively use the insulin it makes. This is called insulin resistance.

Second, over time, your body's ability to make insulin decreases and you may not make enough insulin to meet your needs. This is called insulin deficiency. Most people with diabetes have type 2. Anyone may develop diabetes but there are some factors that increase your risk for developing type 2:

- Family history of diabetes
- Lack of physical activity
- Being overweight
- Being over the age of 45
- History of gestational diabetes
- Being African American, Native American, Latino, Asian American, Asian, Indian or Pacific Islander

Two things you can do to decrease insulin resistance and allow the body to use insulin better are eating healthy and increasing physical activity. These topics will be discussed later in this booklet.

Gestational Diabetes

Gestational diabetes results from high blood sugar that develops during pregnancy. Blood sugar levels usually return to normal after the baby is born. However, having gestational diabetes increases the risk of developing type 2 diabetes later in life.

Healthy Eating

A key approach to controlling blood sugar (glucose) is eating healthy foods every day. It isn't necessary to stop eating all the foods you like. But it's important to know what you're eating and how those foods affect your blood sugar.

Often, when people are told they have diabetes, they don't know where to begin. The first step is making a meal plan. Those who have had diabetes for a while may also feel frustrated or limited in their meal choices.

There are three common approaches to meal planning that may help you manage your blood sugar levels. Work with your health care team to choose the method that works best for you.

1. Plate method
2. Counting carbohydrate servings
3. Counting grams of carbohydrates

What are carbohydrates?

- Carbohydrates raise blood sugar levels higher and faster than other foods.
- Carbohydrates are a major energy source.
- Carbohydrates turn into sugar in the blood. This sugar then works with your own or your injected insulin to make energy.

Examples of carbohydrate sources are:

- Grains - bread, cereal, rice, pasta, crackers, chips
- Starchy vegetables - potatoes, corn, beans, peas, winter squash
- Fruit and fruit juice - apples, berries, melons, oranges, grapes, bananas
- Milk - cow's milk, buttermilk, yogurt
- Sweets - cookies, candy, cakes, soda

By controlling the amount of carbohydrates you eat, you will help keep your blood sugar within your target range.

Sweets and desserts are carbohydrate choices that don't offer the nutrition other carbohydrate sources may offer, and you should limit your portion sizes.

1. Plate Method

This method allows you to learn portion control and how to make a nutritionally well-rounded plate. Start by using a nine-inch plate.



¼ plate = protein

3-4 oz. cooked skinless chicken or turkey, fish, seafood, lean beef, lean pork, tofu, eggs, cheese

¼ plate = carbohydrate

Starchy vegetable or whole grain food such as bread, pasta, rice, cereals, beans, corn, potatoes, crackers, pretzels

½ plate = non starchy vegetables:

Carrots, green beans, lettuce, broccoli, greens, cabbage, cauliflower, tomatoes, Brussels sprouts, kale, onions, cucumber, beets, okra, mushrooms, peppers, turnips, radishes, spinach, bok choy, asparagus, artichoke hearts, eggplant, leeks, mushrooms, squash, sugar snap peas, water chestnuts

2. Carbohydrate Servings

Counting your servings of carbohydrate is another way to create your diabetes meal plan. Be aware that starches, sugar and fiber all contain carbohydrate. It is also important to note the serving size of each carbohydrate you are eating.

3. Counting Carbohydrate Grams

15 Grams of Carbohydrates = One Serving

	Carb Servings Per Meal	Grams of Carbs Per Meal
Women	3-4	45-60g
Men	4-5	60-75g
Snacks	1	15g

This chart lists basic guidelines. However, a dietitian can help you figure out the number of carbohydrate servings or grams that's right for you.

It's important to eat about the same amount of carbohydrates at each meal. This helps the body use the sugar more efficiently and maintain steady blood sugar. Eating meals evenly spaced throughout the day is important to stay in your target range. Don't eat most of your food at one time.

Reading a Nutrition Facts Label

If you're unsure about how much carbohydrate a food has, refer to the product's nutrition label.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Start with serving size. This will tell you how much food is in one serving. If you eat more than one serving, you must add up the total carbs to match the food you actually ate. For example, if you ate two servings or 1 $\frac{2}{3}$ cups, your total carbs for this meal would be 74 grams.

Total carbohydrate tells you how many total carbohydrates are in one serving. The sugars and fibers are including in this total.



Consult your meal plan before you go to the grocery store or out to eat.

Tips for Healthy Eating

- Plan ahead for a meal or snack by cutting up vegetables the night before or making your lunch for tomorrow after cleaning up dinner. This may help to avoid last-minute unhealthy choices.
- Consult your meal plan before you go to the grocery store or out to eat. Make a list and stick to it.
- Eat from all the food groups: grains, vegetables, fruits, protein, dairy and oils.
- Be aware of how your meal choices affect your blood sugar. Check your blood sugar before and two hours after the beginning of the meal. This will show you how the foods you ate affected your blood sugar.
- Alcohol can lower your blood sugar level too much. Never drink alcohol if your blood sugar is low, or on an empty stomach. Ask your health care team if any of the medicine you take interacts with alcohol.
- Read food labels.
- Visit the website of restaurants for nutrition information and make your choices before going. This lets you focus on the company and not stress over the foods offered.
- When you combine carbohydrate + protein + fat, it provides longer-lasting energy.

If You Want To Lose Weight

- Meet with your dietitian to develop a meal plan that will help achieve your goals.
- Cut calories by using smaller amounts of oils, dressings and butter/margarine.
- Reduce your servings of sugar-sweetened soda, tea, sports drinks and juice.
- Increase your activity level.

Being Active

Exercise, or physical activity, includes anything that gets you moving such as walking, dancing or working in the yard. Regular physical activity is important for everyone, but it's especially important for people with diabetes and those at risk for diabetes. It's important to visit a member of your health care team before starting an exercise program.

Benefits of Exercise

- Lowers blood sugar
- Lowers blood pressure
- Aids in weight loss
- Improves mood
- Increases energy
- Improves balance



For most people with diabetes, 30 minutes a day is recommended. This should equal about 150 minutes each week. Start small and work up to your goal. If you haven't been very active recently, start with five or ten minutes a day. Stretching before and after you exercise will help prevent injury and sore muscles. Include strength training two to three days a week to keep muscles and bones strong.

Tips for Successfully Being Active

- Keep a record of all your activity.
- Start small and increase time and duration as you feel stronger.
- Do something you love.
- Break up the time you exercise. As little as ten minutes at a time will make a difference.
- Make being more active a habit instead of thinking of it as a chore.
- Find a friend. Accountability is key to maintaining an exercise program.

Types of Exercise:

- Bicycling
- Walking
- Dancing
- Jogging
- Gardening
- Swimming

Find an activity you love and do that for exercise

Types of Exercise	Examples
Endurance	Brisk walking, jogging, swimming, etc.
Strength	Lifting weights, etc.
Balance	Standing on one foot, heel-toe walk, yoga, etc.
Flexibility	Shoulder and upper arm stretch, calf stretch, etc.

Monitoring

Home Monitoring

Learning how to check (monitor) your blood sugar is another key to managing your diabetes. You can get a blood glucose meter and testing supplies from any pharmacy — either with a prescription if using your insurance or without a prescription if paying for it yourself.

Benefits to checking your blood sugar:

- Identifies foods that make your blood sugar rise
- Shows how exercise affects your blood sugar
- Shows how your diabetes medicines are working
- Identifies how illness, pain, stress or menstrual periods affect your blood sugar

Your health care team can teach you how to use your blood glucose meter. Ask how often you should check your blood sugar.

Options for checking your blood:

- When you wake up. This lets you know your baseline blood sugar.
- Before meals. This lets you know your before-meals blood sugar.
- Two hours after your first bite of a meal. This lets you know how the foods you eat affect your blood sugar.
- Before and after physical activity. This lets you know how activity affects your blood sugar.

Keep a record of your blood sugars and take it with you to appointments. Know your target ranges. Blood sugar target ranges vary from person to person. Work with your health care team to find your target range.

The following guidelines are from the American Diabetes Association:

Before a meal blood sugar: 80-130mg/dL

After a meal blood sugar: Less than 180 mg/dL

Living a healthy lifestyle — blood sugar control, blood pressure control, cholesterol control and not smoking — can prevent or reduce risks of diabetes complications.



A1C Testing

Also called hemoglobin A1C, this is another test that your health care team may do that will show your blood sugar control over the past two or three months. It is a blood test that reflects the average amount of sugar attached to your red blood cells. The American Diabetes Association guideline is 7% or less because it results in fewer complications or damage to the body over time. As with blood sugar target ranges, your A1C is very individualized. Work with your health care team to set your goal.

A1C(%)	eAG(mg/dL) Estimated Average Glucose
6.0	126
6.5	140
7.0	154 (Goal 7.0 or below)
7.5	169
8.0	183
8.5	197
9.0	212
9.5	226
10.0	240
10.5	255
11.0	269
11.5	283
12.0	298

Problem Solving - Hypoglycemia

Hypoglycemia or low blood sugar happens when the body doesn't have enough sugar to use for energy. This means your blood sugar is under 70 or you have symptoms and your blood sugar is much lower than your usual reading.

Causes:

- Skipped meal or not eating enough food
- Too much insulin
- Medicines that cause low blood sugar
- Unusual amounts of exercise
- Drinking alcohol without eating

Symptoms:

- Sweating
- Shakiness
- Heart pounding
- Irritability
- Hunger
- Headache
- Confusion
- Blurry vision
- Tiredness

Rule of 15

15 grams of carbohydrate should raise your blood sugar 15 points in 15 minutes. You want to avoid over-treatment of a low that may lead to a high blood sugar later.

1. Test your blood sugar.

- Blood sugar reads 70 or less than your usual and you have symptoms of low blood sugar.

2. Eat or drink one of the following carb/fast-acting sugar choices.

- ½ cup juice or regular soda
- One cup nonfat milk
- Four glucose tablets
- Five hard candies
- One tablespoon of sugar or honey

3. Recheck your blood sugar in 15 minutes.

- If blood sugar is over 70 mg/dL, eat a snack with protein if your next meal is more than one hour away.
- If your blood sugar is still less than 70 mg/dL, continue to treat with fast-acting sugar until over 70 mg/dL then eat a snack or a meal.

Call your health care team if:

- Your blood sugar level is ever less than 54.
- You have more than two low blood sugars in a week.
- Another person has to help you to treat your low blood sugar.

Need to Know for Family Members

- How and when to check a loved one's blood sugar.
- If unconscious, don't give anything by mouth.
- Learn how to give glucagon if your health care team has instructed you to do so.
- Call 911.

Wear a medical alert bracelet or necklace at all times.

Glucagon

Glucagon is a hormone that is used to raise blood sugar if you are experiencing a low blood sugar and are passed out or cannot safely swallow. A member of your health care team will teach you how to give this injection if ordered by your provider.



Problem Solving - Hyperglycemia

Hyperglycemia or high blood sugar means that your blood sugar is out of your target range and at an unsafe level. You may or may not have symptoms.

Causes:

- Skipping a dose of insulin or diabetes medication
- Eating more than usual
- Less activity than usual
- Stress or sickness
- Medications such as steroids

Symptoms:

- Extreme thirst or hunger
- Need to urinate more than usual
- Sleepiness
- Blurry vision
- Slow-healing infections or injuries

Treatment:

The best way to avoid high blood sugar is to follow your diabetes care plan.

If your blood sugar remains higher than your target range, follow these steps:

- Check your blood sugar at least every two to four hours.
- Do not take more or less medicine. Only give yourself extra insulin if your doctor has told you to do so.
- Drink plenty of water and stay hydrated.
- Wait one hour after you take the extra insulin or the missed medicine and take your blood sugar again.
- Test for ketones, if the doctor told you to do so. For moderate to large results, call your doctor or go to the emergency room.

Call your health care team if:

- Your blood sugar is more than 300 mg/dL for two readings.
- Your blood sugar is consistently higher than your target range after treatment to bring it down.
- You start vomiting and cannot keep fluids down.
Go to the emergency room or call 911.

Need to Know for Family Members

- How and when to check a loved one's blood sugar.
- If unconscious, do not give anything by mouth.
- Give insulin as prescribed by the health care team.
- When to call 911.

Sick Day Care

Being sick may make it harder to manage your diabetes. Here are some tips to help you prepare for a possible sick day with diabetes.

Keeping a sick day notebook will help you follow your treatment plan. It also contains important information that can be helpful when calling your health care team.

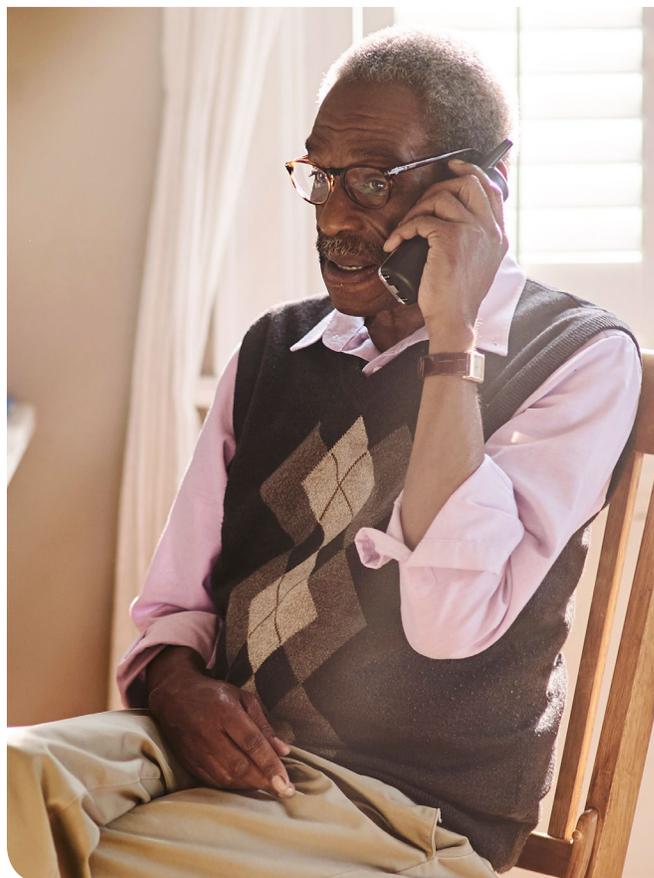
Tips:

- Keep taking your diabetes medicine.
- Stay hydrated. Drink plenty of water or no-calorie drinks. Try one to two teaspoons of liquid every 15 minutes if drinking large amounts of fluid makes you vomit.
- Keep a record of all your blood sugars.
- Check your blood sugar every two to four hours.
- Check ketones if your health care team has told you to do so.
- Call a member of your health care team if you don't know what to do.

Your health care team includes you and your family; your doctor or nurse practitioner; your diabetes educator; your dietitian and your pharmacist.

Call your health care team if you:

- Are sick and don't know what to do.
- Cannot keep liquids down for longer than four hours.
- Are vomiting or having diarrhea for more than six hours.
- Have a fever more than 100.4 degrees Fahrenheit.
- Have + ketones.
- Are having trouble breathing.
- Can't stay awake or have trouble thinking.
- Are having severe stomach pains.



If you cannot keep down solid food, drink a cup of water every hour and have **one serving (15g) of a carbohydrate** every hour you're awake. Examples of carbohydrate fluids are:

- ½ cup juice
- ½ cup regular, caffeine-free soft drink (not diet)
- 1 cup sports drink
- 1 cup broth-based soup
- ½ cup gelatin
- 1 popsicle

If you are able to keep down solid food, eat your regular meal plan and drink one cup of calorie-free liquid every hour. Examples of liquids are:

- Water
- Caffeine-free diet soft drinks
- Plain tea
- Bouillon or fat-free broth

Taking Medicine

Some people with diabetes may take medicine to keep their blood sugar in the target range.

- There are oral medicines or pills to treat people with type 2 diabetes as well as medicines that are injected under the skin.
- Insulin is the most common injectable medicine and may be used for people with type 2 diabetes and always for people with type 1.

Insulin delivery options include:

- Insulin pen
- Insulin vial and syringe
- Insulin pump

Diabetes Medicine Tips

- Don't wait to start taking diabetes medicines. Diabetes is serious.
- Talk to your health care team before you change or stop taking your diabetes medicines.
- Ask your health care team about your target blood sugar.
 - My target blood sugar before meals: _____ to _____ (for example 80-130 mg/dL)
 - My target blood sugar two hours after a meal: _____ (for example less than 180 mg/dL)
- Talk with your health care team about what you should do if your blood sugar gets too high or too low. Refer to the Diabetes Action Plan.
- Keep a list of your medicines in your wallet (refer to the pocket card in this booklet) or take a picture with your phone.

- Take your medicines at the same time each day; keep a routine.
- Use a plastic pillbox with daily compartments that you fill each week.
- Set reminders on your phone or ask a family member to help you remember.
- Ask your health care team if your diabetes medicine will affect your other medicines.
- If you are taking a steroid such as prednisone or decadron, call your health care provider when your dose is changed. Your diabetes medicine may need to be adjusted.
- Be sure a friend or family member knows how to test your blood sugar, understands your medicine regimen and can assist you if you're unable for any reason.
- Know the members of your health care team and put them in your phone contacts: medical provider (doctor or nurse practitioner), diabetes educator, dietitian and pharmacist.
- Don't hesitate to contact your health care team if you have any questions.

If you're having trouble affording your insulin or diabetes medicine, ask your health care team for available resources. Patient assistance programs are often available.

Where Diabetes Medicines Work

Glucose absorption

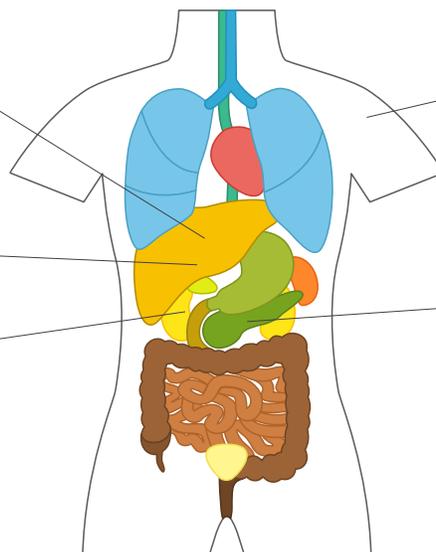
GLP-1, DPP-4 inhibitors delay gastric emptying. Alpha glucosidase inhibitors block breakdown of complex carbs into glucose.

Liver

Decreased glucose production. Metformin (biguanide).

Kidneys

Increased glucose and sodium excretion. Sodium-glucose co-transporter 2 (SGLT2) inhibitors.



Muscle

Improved insulin sensitivity: thiazolidinedione (TZDs), metformin (lesser effect).

Pancreas

Increased insulin secretion. Sulfonylureas, non-sulf. Insulin secretagogues, GLP-1 and DPP-4 inhibitors.

Staying Healthy With Diabetes and Preventing Complications

Over time, elevated blood sugars can damage blood vessels by affecting the lining of the arteries. This damage to the blood vessels can increase your risk of circulation problems. High blood pressure and elevated cholesterol may also contribute to damaging blood vessels and organs as described below.

Organ	Description	What to Do
Eyes	Retinopathy caused by damage to the blood vessels in the back of your eye (retina)	Have a diabetes eye exam at least yearly or as recommended by your doctor. Contact your health care provider if you see new dark spots, or have eye pain or pressure.
Brain	Cerebral vascular disease. Damage to blood vessels can cause blockage such as clots and can cut off blood flow to areas of the brain. If this happens, you could have a stroke.	Stroke warning signs: F: face drooping A: arm weakness S: speech difficulty T: time to call 911 You may have other symptoms such as confusion; trouble speaking; sudden numbness or tingling especially in your arm, leg or one side of your body; trouble seeing; severe headache; dizziness or loss of balance.
Heart	Cardiovascular disease. Oxygen is carried by your blood vessels to your heart muscle. If a vessel becomes partially or totally blocked, the blood supply can be cut off. Then you could have a heart attack or myocardial infarction (MI).	Warning signs of a heart attack include: chest pain or discomfort; pain or discomfort in your arms, back, jaw, neck or stomach; shortness of breath; sweating; indigestion or nausea; feeling lightheaded or fatigued. Diabetes can cause nerve damage and you may not feel the usual symptoms of a heart attack ("silent heart attack"). If you have signs of a heart attack, call 911.
Gums	Periodontal (gum) disease. Bacterial growth in your mouth may lead to tooth and gum destruction.	See a dentist regularly. Contact your dentist if you have bleeding or red, swollen gums or loose teeth. Brush and floss regularly.
Kidneys	Nephropathy. The kidneys work as filters to remove waste from the blood. They also hold on to protein in the blood so that protein doesn't leave your body in urine. The kidneys help control fluid levels in your body. Kidney damage can also affect blood pressure.	Visit your care provider regularly. Keep blood sugar and blood pressure in control. Watch your salt intake. Don't smoke and be sure to stay active.
Reproductive Organs	Women may experience vaginal dryness. Men may develop erectile dysfunction (ED).	Keep your blood sugar in control. Talk to your health care provider about symptoms.
Legs	With peripheral arterial disease (PAD) or peripheral vascular disease, your legs don't receive enough blood because something is blocking your blood flow.	Discuss symptoms with your health care provider. Exercise as recommended and don't smoke.
Feet	Diabetes can affect circulation and nerves in your feet (neuropathy). Feet may feel numb, tingly or painful. You may feel that your feet are too hot or too cold. Your feet also may be slow to heal.	Look at your feet at least daily. Do not soak your feet unless your health care team tells you to. Apply lotion to the tops and bottoms of your feet, but not between your toes. Look for sores, blisters, cuts, calluses, changes of color or temperature. Always protect your feet from injury. Ask your doctor to look at your feet at each visit.



Healthy Coping

Managing your emotional health is just as important as your physical health. People with diabetes have a greater risk of depression and emotional stress than people without diabetes. Stress hormones may increase your blood sugar levels. The daily management of your diabetes may make you feel overwhelmed, increase your stress or worsen your depression. Be sure to take the time to care for your whole person, not just your diabetes.

People under stress or depressed may not take good care of themselves. Signs of emotional stress are:

- Not checking blood sugars
- Overeating or skipping meals
- Missing visits to health care team
- Forgetting to take medicine
- Exercising less
- Drinking more alcohol

How Do I Feel Right Now?				
1	2	3	4	5
Calm Relaxed Content Happy Peaceful Positive Settled	Nervous Worried Concerned Anxious Fidgety Jittery Unsure	Tense Insecure Confused Lost Upset Sad Impatient	Overwhelmed Agitated Frustrated Irritated Discouraged Cross	Angry Panicked Out of Control Enraged Powerless Frightened Despairing

If you are feeling anything more than a one on the above scale, seek out resources to help relieve your stress. If your symptoms are above three, contact a member of your health care team right away.

Blood Sugar Log

Take this log to your next appointment with your health care team.

Blood Sugar Log					
Day/Date	Meal	Diabetes Medication	Before Meal	2 Hours After Meal	Comments
	Breakfast				
	Lunch				
	Dinner				
	Breakfast				
	Lunch				
	Dinner				
	Breakfast				
	Lunch				
	Dinner				
	Breakfast				
	Lunch				
	Dinner				
	Breakfast				
	Lunch				
	Dinner				
	Breakfast				
	Lunch				
	Dinner				

You're the leader of your diabetes health care team. Take this card with you to each of your appointments to help keep track of the care you're receiving. The recommendations are from the American Diabetes Association (ADA).

Hemoglobin A1C (every 3 months)		
Date of Visit	Goal	Actual

Blood Sugar Log

Take this log to your next appointment with your health care team.

Blood Sugar Log					
Day/Date	Meal	Diabetes Medication	Before Meal	2 Hours After Meal	Comments
	Breakfast				
	Lunch				
	Dinner				
	Breakfast				
	Lunch				
	Dinner				
	Breakfast				
	Lunch				
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	Breakfast				
	Lunch				
	Dinner				
	Breakfast				
	Lunch				
	Dinner				

Recommended Tests

Weight (every visit)		
Date of Visit	Goal	Actual

Blood Pressure (every visit)		
Date of Visit	Goal	Actual

Recommended Tests

Lipids: total cholesterol (once a year)

- LDL: _____
- HDL: _____
- Triglyceride: _____

- Microalbuminuria (once a year)
- Foot exam (every visit)
- Eye exam (once a year)
- Dental exam (once a year)
- Pneumonia shot
- Flu shot (once a year)

With my health care team, I have reviewed the following items:

- Nutrition/meal plan
- Exercise plan
- Blood sugar testing
- Low blood sugar (below 70 or symptoms)
- High blood sugar
- Asprin therapy (if appropriate)
- Foot care considerations
- Diabetes medicine
- Oral diabetes medicine(s)
- Injectable diabetes medicine(s)
- Insulin(s) and how to use
- Sick day management
- Stress management
- Outpatient diabetes self-management
 - Initial class Education class
 - Refresher class
- Other concerns

Please fill out the card to the right, detach it and keep it with you at all times.

Medication Identification Alert

Please obtain medical alert identification such as a bracelet, necklace or ID card. You can obtain these from your pharmacy or online.

Medication and Allergy Information

Medication _____

Dosage Time _____

Allergies: _____

I have diabetes. If I'm unconscious or acting strangely, my blood sugar may be low.

If I can swallow, give me sugar in some form: sweetened soda, fruit juice, jelly or another source.

If I don't recover within 15 minutes, repeat the above and be sure I get emergency care at a hospital or by my health care team.

If I can't be awakened or can't swallow, DO NOT give me anything by mouth. CALL a doctor or send me to a hospital right away.

The information contained on this educational workbook is only intended for informational or educational purposes. The purpose of this educational workbook is to promote consumer understanding and knowledge. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. If you have questions or need further clarification, please seek the advice of your physician or other qualified health care provider. Never disregard professional medical advice or delay in seeking medical advice because of information contained on this educational workbook.



Your life is our life's work.