

Dragonfly Lights
Presents

Dealing with
Y**OUR**
Diabetes



Chapter 1
All About Diabetes

Home Coaching Journal

INTRODUCTION

Welcome!

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What to Expect

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A note from Patricia Daiker

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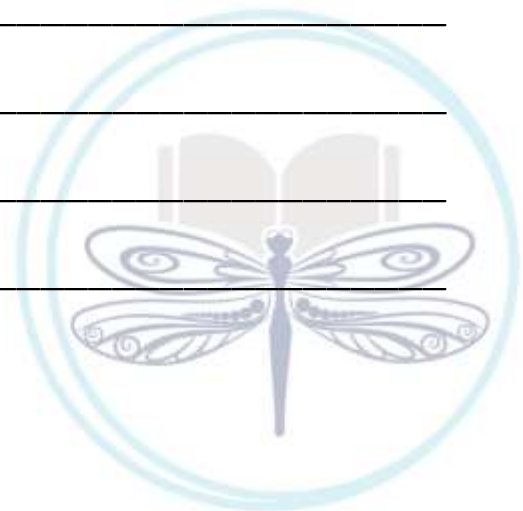
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CHAPTER 1 ALL ABOUT DIABETES

Lesson 1: Diabetes at a Cellular Level

notes

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CHAPTER 1 ALL ABOUT DIABETES

Lesson 1: Diabetes at a Cellular Level

Pop Quiz

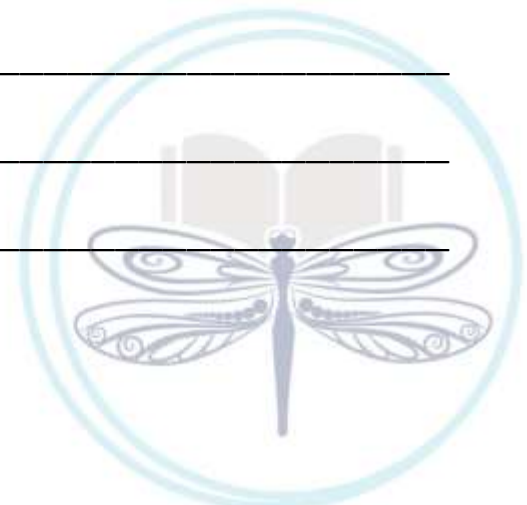
1. Glucagon _____ your blood sugar levels.
2. Insulin _____ your blood sugar levels.
3. DKA causes your body systems to _____.

Coaching Activities

1. How long have you had diabetes?

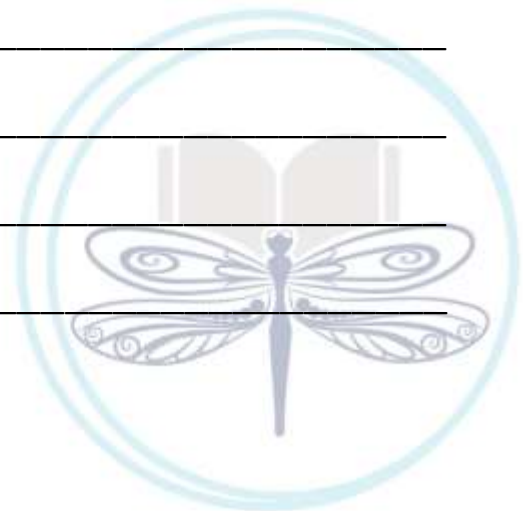
2. Does your diabetes have a name? If not, what might you call it?

Answers: 1. raises, 2. lowers, 3. fail



Lesson 2: Types and Causes of Diabetes

Lesson 2: Types and Causes of Diabetes



CHAPTER 1 ALL ABOUT DIABETES

Lesson 2: Types and Causes of Diabetes

Pop Quiz

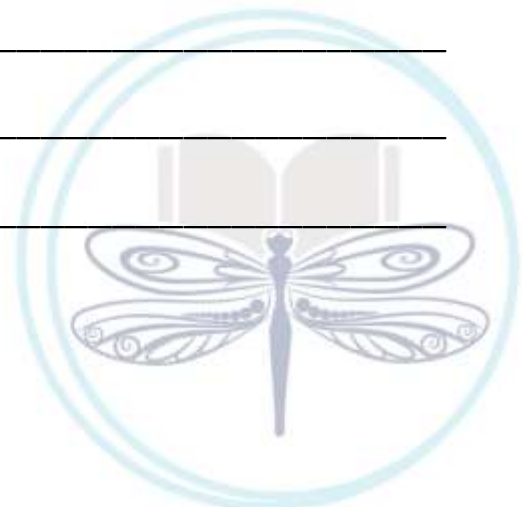
1. Type 1 diabetes happens when your _____ system is triggered and mistakenly destroys your _____ cells in your pancreas.
2. Type 2 diabetes happens when your body can't use _____ properly.
3. All types of diabetes are caused by the lack of, or dysfunction of the hormone _____.

Coaching Activities

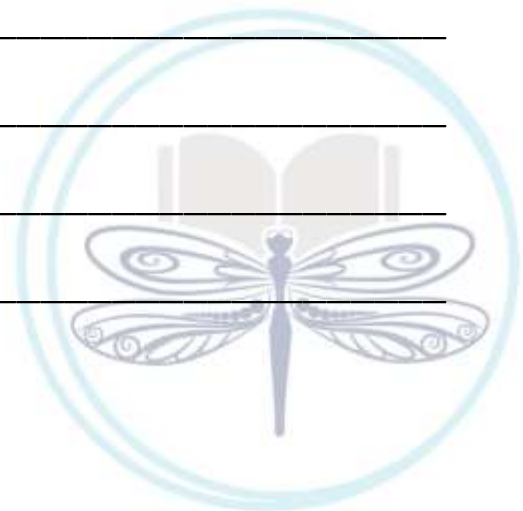
1. What type of diabetes do you have?

2. Write down your diabetes diagnosis story

Answers: 1. raises, 2. lowers, 3. Fail



Lesson 3: Signs & Symptoms of Diabetes



CHAPTER 1 ALL ABOUT DIABETES

Lesson 3: Signs & Symptoms of Diabetes

Pop Quiz

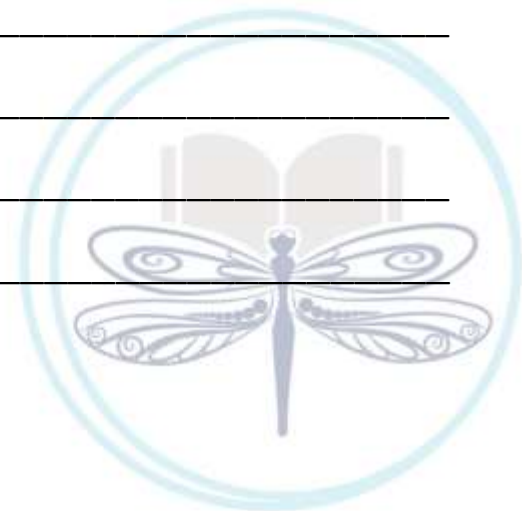
1. Polyphagia means much _____ .
2. Polydipsia means much _____ .
3. Polyuria means much _____ .
4. Diabetes is diagnosed when a blood sugar is higher than _____ before eating, _____ within two hours after eating or an A1c greater than _____ .
5. What is another common sign of diabetes or Patricia's 4th "poly"? _____

Coaching Activities

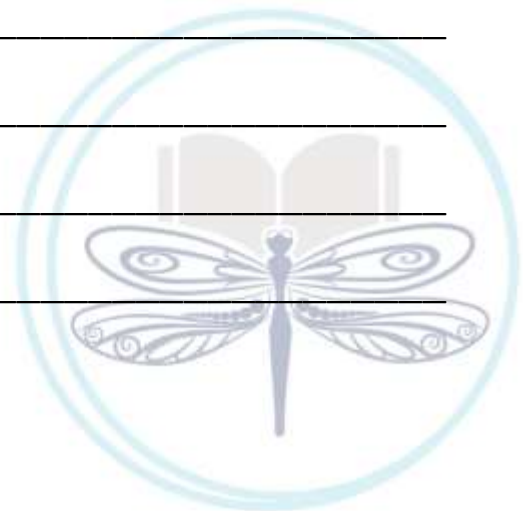
1. List the signs and symptoms that led you to your diabetes diagnosis.

2. How long did you have symptoms before you were diagnosed?

Answers: 1. hunger, 2. thirst, 3. urine, 4. 126/200/6.5, 5. fatigue



Lesson 4: Complications of Diabetes



CHAPTER 1 ALL ABOUT DIABETES

Lesson 4: Complications of Diabetes

Pop Quiz

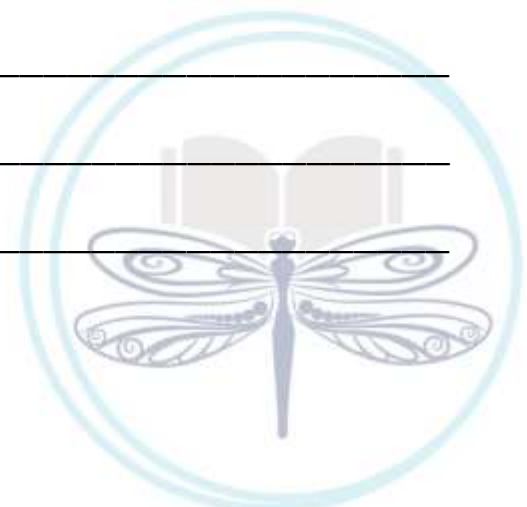
- 1.
- 2.
- 3.

Coaching Activities

- 1.

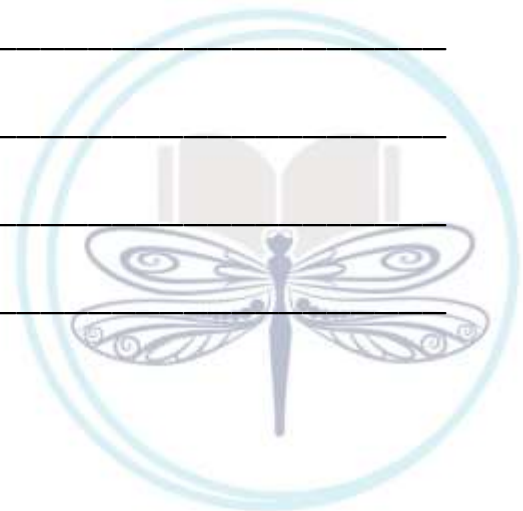
- 2.

Answers: 1., 2., 3.



CHAPTER 1 ALL ABOUT DIABETES

Lesson 5: Treatment and Management of Diabetes



CHAPTER 1 ALL ABOUT DIABETES

Lesson 5: Treatment and Management of Diabetes

Pop Quiz

- 1.
- 2.
- 3.

Coaching Activities

- 1.

- 2.

Answers: 1., 2., 3.

