

Welcome

You're Not Alone

A gentle guide for seniors newly diagnosed with diabetes

Dear Friend,

If you've just been diagnosed with diabetes, you might be feeling overwhelmed, scared, or confused. **That's completely normal.**

Take a deep breath.

Millions of seniors are living happy, healthy lives with diabetes. You can too.

This booklet will help you understand the basics - one small step at a time.

Remember: **You don't need to learn everything today.**

With care and support,
Peak Medical Supplies Team

What Is Diabetes?

Think of diabetes like this:

Your body needs sugar (glucose) for energy, like a car needs gas.

Insulin is the key that lets sugar into your cells.

With diabetes, either:

- Your body doesn't make enough keys (insulin), or
- The keys don't work well

So sugar builds up in your blood instead of fueling your cells.

The Good News?

With the right tools and habits, you can manage this!

Types of Diabetes

Type 2 Diabetes (Most Common in Seniors)

- Your body still makes insulin
- But it doesn't work as well as it should
- Often develops slowly over years
- Can often be managed with lifestyle changes

Type 1 Diabetes (Less Common)

- Your body stops making insulin
- Requires insulin injections
- Can develop at any age

Your doctor will tell you which type you have.

First Things First

Your Action Plan for Week 1

✓ Don't Panic

- Diabetes is manageable
- You have time to learn
- Take it one day at a time

✓ Keep Your Doctor Appointments

- Write them on your calendar
- Bring a friend or family member
- Write down questions

✓ Take Medications as Prescribed

- Even if you feel fine
- Set reminders if needed
- Don't stop without asking your doctor

✓ Start Simple

- You don't need to change everything at once
- Small steps count!

Understanding Blood Sugar

What's Normal?

Think of blood sugar like the temperature in your house:

- **Too low** = Too cold (shaky, sweaty)
- **Too high** = Too hot (thirsty, tired)
- **Just right** = Comfortable

Target Ranges (Ask Your Doctor for Yours)

- **Before meals:** 80-130 mg/dL
- **2 hours after meals:** Under 180 mg/dL

Your doctor might give you different numbers - that's okay!

Warning Signs

Low Blood Sugar (Under 70)

Feel like:

- Shaky or weak
- Sweaty
- Confused
- Hungry
- Dizzy

What to do: Eat 15g of quick sugar (like 3-4 glucose tablets or 1/2 cup juice)

High Blood Sugar (Over 250)

Feel like:

- Very thirsty
- Need to urinate often
- Blurry vision
- Very tired

What to do: Drink water, check medications, call doctor if it stays high

Your Healthcare Team

You're not doing this alone! Your team includes:

Your Primary Doctor

- Overall health management
- Medication prescriptions
- Regular check-ups

Diabetes Educator

- Teaches you about diabetes
- Helps with meal planning
- Shows how to check blood sugar

Eye Doctor

- Annual eye exams
- Catches problems early

Foot Doctor (Podiatrist)

- Keeps your feet healthy
- Prevents complications

Tip: Keep all their phone numbers in one place

Checking Blood Sugar

Two Ways to Check

1. Finger Stick Method

- Prick finger
- Put blood on test strip
- Read number on meter

2. Continuous Glucose Monitor (CGM)

- Small sensor on your arm
- No finger pricks!
- Shows readings on phone or reader
- Medicare may cover this!

Ask your doctor which is right for you.

Peak Medical Supplies can help you get a CGM through Medicare - Call 888-649-5705

Eating with Diabetes

You Don't Need a Special Diet!

Simple Guidelines:

- **Eat regular meals** - Don't skip
- **Watch portions** - Use smaller plates
- **Choose whole foods** - Less processed
- **Enjoy vegetables** - Half your plate
- **Stay hydrated** - Water is best

You Can Still Enjoy:

- Birthday cake (small slice!)
- Dinner out with friends
- Holiday meals
- Your favorite foods (in moderation)

It's about balance, not perfection.

The Plate Method

Easy Meal Planning

Imagine your plate divided into sections:

| | |
|---------------------|------------------|
| Vegetables (1/2) | Protein (1/4) |
| Vegetables (1/2) | Carbs (1/4) |

- **1/2 plate:** Non-starchy vegetables
- **1/4 plate:** Lean protein
- **1/4 plate:** Carbs/starches

Plus a small fruit and low-fat milk if desired

Moving Your Body

Every Step Counts!

You don't need to run marathons. Try:

Easy Activities:

- Walk to the mailbox
- Garden
- Dance to your favorite song
- Chair exercises
- Swim or water aerobics

Start Small:

- 5 minutes after each meal
- Add 1 minute each week
- Find what you enjoy

Always talk to your doctor before starting new exercises.

Your Medications

Common Types:

Pills (Oral Medications)

- **Metformin** - Usually first choice
- **Others** - Your doctor will explain

Injectable Medications

- **Insulin** - If needed
- **GLP-1** (like Ozempic) - Newer options

Important:

- Take as directed
 - Don't skip doses
 - Tell your doctor about side effects
 - Keep a medication list
-

Medicare Coverage

Good News for Seniors!

Medicare covers many diabetes supplies:

Part B Covers:

- ✓ Blood sugar meters
- ✓ Test strips
- ✓ CGM systems
- ✓ Insulin pumps (if needed)

Part D Covers:

- ✓ Medications
- ✓ Insulin
- ✓ Supplies

Need help navigating Medicare?

Peak Medical Supplies: 888-649-5705

Daily Routine

A Simple Schedule

Morning

- Check blood sugar (if directed)
- Take medications
- Eat breakfast
- Move a little

Afternoon

- Eat lunch
- Take medications (if needed)
- Rest if tired
- Stay hydrated

Evening

- Eat dinner
- Take medications
- Light activity
- Check feet

Bedtime

- Check blood sugar (if directed)
 - Take medications
 - Keep glucose tablets nearby
-

Foot Care

Why It Matters

Diabetes can affect blood flow and feeling in your feet.

Daily Foot Check:

- Look at tops and bottoms
- Check between toes
- Feel for hot or cold spots
- Look for cuts or sores

Foot Care Tips:

- Wash and dry daily
- Wear comfortable shoes
- Never go barefoot
- Trim nails straight across
- See podiatrist regularly

Can't see your feet? Use a mirror or ask for help.

Staying Positive

Your Mental Health Matters

It's Normal to Feel:

- Overwhelmed
- Angry
- Scared
- Sad

What Helps:

- Talk to someone
- Join a support group
- Take breaks
- Celebrate small wins
- Be kind to yourself

Remember: Perfect control isn't the goal - doing your best is.

Common Myths

✗ MYTH: "I can't eat sugar ever again"

✓ TRUTH: You can enjoy treats in moderation

✗ MYTH: "Diabetes means my life is over"

✓ TRUTH: Many people live long, happy lives with diabetes

✗ MYTH: "I caused this by eating too much sugar"

✓ TRUTH: Many factors cause diabetes - it's not your fault

✗ MYTH: "I feel fine, so I don't need medication"

✓ TRUTH: Diabetes often has no symptoms - medication prevents problems

Questions for Your Doctor

Copy and bring this list:

- ☐ What type of diabetes do I have?
 - ☐ What should my blood sugar numbers be?
 - ☐ How often should I check my blood sugar?
 - ☐ What are my medications for?
 - ☐ When should I call you?
 - ☐ Can I get a CGM through Medicare?
 - ☐ Should I see a diabetes educator?
 - ☐ What vaccines do I need?
 - ☐ How often should I come in?
 - ☐ _____
 - ☐ _____
-

Important Phone Numbers

Fill this out and keep it handy:

My Doctor: _____

Phone: _____

My Pharmacy: _____

Phone: _____

Emergency Contact: _____

Phone: _____

Diabetes Educator: _____

Phone: _____

Peak Medical (CGM Supplies): 888-649-5705

Medicare: 1-800-MEDICARE

Emergency: 911

Your First Month Goals

Week 1: Just Breathe

- ✓ Read this booklet
- ✓ Take medications
- ✓ Keep appointments

Week 2: Start Learning

- ✓ Learn to check blood sugar
- ✓ Try the plate method once
- ✓ Walk 5 minutes daily

Week 3: Build Habits

- ✓ Check feet daily

- ✓ Track how foods affect you
- ✓ Increase walking by 2 minutes

Week 4: Feel Confident

- ✓ Know your warning signs
 - ✓ Have emergency supplies
 - ✓ Feel less overwhelmed
-

Emergency Kit

Keep These Items Together:

In Your Kitchen:

- Glucose tablets or hard candy
- Juice boxes
- Crackers
- Glucagon kit (if prescribed)

In Your Purse/Wallet:

- Medical ID card
- Glucose tablets
- Doctor's phone number
- Medication list

By Your Bed:

- Glucose tablets
 - Water
 - Phone
-

Resources & Support

You're Not Alone!

Free Resources:

- **American Diabetes Association**
1-800-DIABETES
diabetes.org
- **Medicare Diabetes Supplies**
1-800-MEDICARE
medicare.gov
- **Peak Medical Supplies**
888-649-5705
Help with CGMs and supplies

Support Groups:

- Ask your doctor
- Check local hospitals
- Senior centers
- Online communities

Technology Can Help

Simple Tools for Seniors:

Smartphone Apps:

- Medication reminders
- Blood sugar tracking
- Carb counting
- Exercise tracking

Continuous Glucose Monitors:

- No more finger pricks!
- See trends
- Get alerts
- Share with family

Not tech-savvy? That's okay! Ask family to help set up.

Looking Ahead

Your Journey

Month 1-3: Learning

- Understanding basics
- Building routines
- Finding what works

Month 4-6: Adjusting

- Feeling more confident
- Fine-tuning medications
- Seeing improvements

Month 7-12: Living

- New habits feel natural
- Enjoying life
- Managing with ease

Remember: Progress, not perfection!

A Final Note

You Can Do This!

Having diabetes doesn't mean giving up the things you love.

It means:

- Taking medications
- Making some food adjustments
- Moving your body
- Seeing your doctor

That's it.

You've faced challenges before. You'll handle this one too.

Every day is a new chance to take care of yourself.

We're here to help.

Certificate of Knowledge

Congratulations!

By reading this booklet, you've taken the first important step in managing your diabetes.

I, _____, have learned:

- ✓ What diabetes is
- ✓ Warning signs to watch for
- ✓ Basic meal planning
- ✓ Importance of medications
- ✓ When to call for help

Date: _____

Next Step: Share what you learned with someone you love!

Quick Reference Card

Cut out and keep in your wallet



MY DIABETES QUICK CARD

Target Blood Sugar:

Before meals: _____ mg/dL

After meals: _____ mg/dL

Low Blood Sugar (Under 70):

Eat 15g quick sugar, wait 15 min, recheck

Warning Signs: Shaky, sweaty, confused

High Blood Sugar (Over 250):

Drink water, check meds, call doctor

Emergency Contact: _____

Doctor: _____

Medications: _____



Created with care by Peak Medical Supplies

Your partner in diabetes management



888-649-5705



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Request a printed copy of this booklet - FREE for seniors!

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