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**Every Pacific Islander  
Should Know**

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# **You Can Control Your Diabetes**

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Name: \_\_\_\_\_

Address/Village: \_\_\_\_\_

\_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Doctor's Name/Phone: \_\_\_\_\_

*IN CASE OF EMERGENCY CALL:*

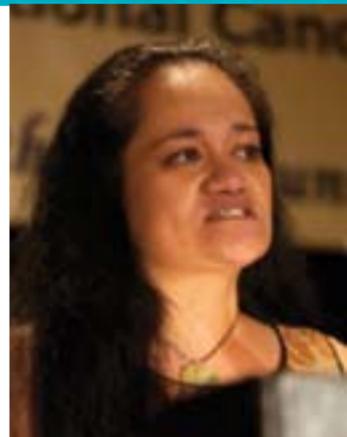
Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

Phone: \_\_\_\_\_

“We Pacific Islanders are connected by the largest ocean in the world. Though our language and history may differ, we all share a love for life and family. We get our strength from our elders, our spiritual faith, our traditional practices, and our cultural values that have survived for centuries. Let us strive to preserve these sources of strength by caring for ourselves, our families, and the places in which we live and raise our children.”

*Nia Aitaoto*



Information in this booklet was adapted from the National Diabetes Education Program. This publication was made possible by the CDC (CA #05014). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.



“I have had diabetes for 12 years. I test my blood sugar, swim, and eat less rice and sweets. I am also learning about healthy eating and how to eat smaller amounts of food. I have 7 grandchildren and the reason I control my diabetes is because I want to be around to see them get married.”

*Masae Kintaro, Palau*



“I love to celebrate birthdays—everybody’s, especially my own. I work hard to take care of my diabetes so I’ll be around for many more.”

*Carl Butler, Guam*



“When I first found out that I had diabetes, I could not believe it. I thought I was too young and I did not have any symptoms. My doctor gave me medicine but I didn’t take it. My family told me that local medicine from the healer was better but it didn’t work and I got worse. Now I listen to my doctor and take my medicine every day and I feel better.”

*Paulina Ardos, Pohnpei*

## Three Reasons Why I Control My Diabetes

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

“Three reasons why I control my diabetes: I need to be healthy and to live longer for my children and grandchildren. It is important to take good care of my health so I can give back to the community for as long as I can. Being healthy is fun, fulfilling, invigorating, and empowering – making one a *litaku* (beautiful person).”

*Marie Maddison, RMI*



## Learn About Diabetes

Diabetes means that your blood sugar (blood glucose) 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.** A1C 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 blue card)

\*Some of these tests may not be available on your island. Ask your health care provider how you can control your Diabetes ABCs!

## Things To Do With My Health Care 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 (more often if needed):

- Test A1C
- Visit the dentist

Once a year (more often if needed):

- 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 blue 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: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\*Some of these tests may not be available on your island. Ask your health care provider how you can control your Diabetes ABCs!

## 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:

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Things I can do now to BE ACTIVE:

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Things I can do now to QUIT SMOKING:

- Set a quit date: \_\_\_\_\_
- Ask my health care provider for help

## 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, massage, or working with a traditional healer helps them to relax.

It is also helpful to talk about diabetes with family members, friends, a counselor, pastor, or support group. 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:

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People who can help me do these things:

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To learn more about diabetes, call the Diabetes Prevention and Control Program (DPCP) or local diabetes agency in your region. They can help you live a healthy life and control your diabetes.

American Samoa DPCP (684) 633-2186

Commonwealth of the Northern Mariana Islands DPCP (670) 664-4030

- Tinian Diabetes Association (670) 433-9333
- Rota Diabetes Association (670) 532-9461

Federated States of Micronesia, National DPCP (691) 320-2619

- Chuuk State DPCP (691) 320-2619
- Chuuk Women's Council (691) 330-8396
- Kosrae State DPCP (691) 370-3006
- Pohnpei State DPCP (691) 320-7843
- Yap State DPCP (691) 350-2114

Guam DPCP (671) 635-7478

Guam Diabetes Association (671) 632-1971

Republic of Belau DPCP (680) 488-4804

Republic of the Marshall Islands DPCP (692) 625-3355 ext 2486

Youth to Youth in Health (Marshall Islands) (692) 625-3099

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