

Hawaiian people need to know how to malama their Diabetes.

Knowing that you get diabetes and doing something about it is better than not doing anything. Diabetes can hurt your body. Junk stuff can happen if you no take care of your diabetes.

- ✓ Can't see so good and even go blind!
- ✓ Heart attacks and stroke!
- ✓ Kidney trouble, maybe need dialysis or surgery for get new kidney!
- ✓ Feet Problems. Get cuts → then get infection → then cut leg or feet off!
- ✓ Hapai problems for baby and mom!
- ✓ Can even die from too high sugars!

**Call your doctor or the
Rural Health Clinic to
get checked and learn
diabetes management.**

**We are happy to answer
questions and set up
appointments.**

Become Diabetes Akamai!



Talk story with our health care team:

- ✓ Checking your sugars
- ✓ How diabetes hurts your body
- ✓ Important foods to eat and not to eat
- ✓ Exercises the "local way"
- ✓ Your medicines
- ✓ The ABC's of Diabetes

Diabetes



**Nah, no need
BUM-BYE
I get
checked!**

**Nah, no need check-up ...
Bum-bye I go to the doctor!**

The diabetes team will work with you to teach you about diabetes so junk complications don't mess you up.

- ✓ Kanaka Maoli get diabetes more than haoles.
- ✓ 1 out of 5 Hawaiians get Diabetes.

**Nah, no need eat healthy. No
more flavah! Taste junk!**

You gotta eat all kine healthy foods, like fish, poi, chicken and fish laulau. Green grinds are good too!

- ✓ Stay away from pau hana drinks and deep fried pupus.
- ✓ Easy on the white rice. 1 scoop nuff.

Nah, no need exercise. Too hot!

Go holoholo. Walk, run, swim, surf, fish, dive, or go work in the lo'i.

- ✓ Momona people need to watch out for diabetes cuz they get higher chance of getting diabetes.
- ✓ Exercise lowers your sugar, blood pressure and cholesterol levels and gets rid of anykine stress.



**Nah no need quit smoking.
lahers...I give 'im a try.**

Plenty complications happen if you no stop.

- ✓ Ask your diabetes team to try help you quit smoking.
- ✓ Smoking causes over 400,000 deaths every year.
- ✓ Smoking causes heart attack, stroke, and lung cancer.
- ✓ Bum-bye you no can breathe!



Bum-bye I check my feet!

One easy visit to the foot doctor once a year can prevent ugly sores and your leg from getting chopped off.

- ✓ Foot doctors check your feet for feeling and make sure the blood flowing ok down your feet.
- ✓ No wear rubber slippers cuz you kukus and other sharp stuff going poke your feet and no walk around barefoot!
- ✓ Remember for check you feet everyday too!

**Nah need check my eyes ...
Not blurry yet.**

If you no take care of your diabetes bum bye you no can see and you go blind.

- ✓ Diabetes causes the most blindness in people age 20-74. Almost 12,000-24,000 people come blind every year.
- ✓ Bum bye you can get glaucoma and cataracts too.

**Nah, no need check my sugar
level. No more time, too sore!**

You gotta check your sugar levels like your diabetes care team told you because it tells you if you on track with your diabetes.

- ✓ You need for write down the numbers you get in one logbook so your diabetes team can tell if you on track and keep you healthy.
- ✓ Get plenty different kind meters that only need uku size drop of blood for work.
- ✓ Not sore if you poke the SIDES of your fingertips.
- ✓ Your team going tell you how much times you gotta check. It only takes less than 1 minute.

- ★ Remember the goals for you sugar levels!
Before kaukau between 80 - 120 mg/dl
and less than
140 mg/dl 2 hours after you kaukau.

**Nah, no need take medicine, it
jams you up!**

You gotta take the right kine medicines for help your body control diabetes.

- ✓ Get plenty medicines for control different kine problems, like high blood pressure or cholesterol.
- ✓ Talk to your doctor about taking an aspirin for protect you from heart attacks and strokes.
- ✓ Insulin shots can help control your sugars when diet, exercise and medication pills not working.

**Bum-bye I do blood test. They
bruise me up!**

Do your blood test to make sure your diabetes is right on!

- ✓ The hemoglobin A1c test tells you how good you took care of your blood sugars over 3 months.
- ✓ GOAL 7% or less. The less the better!
- ✓ The cholesterol tests make sure you no more too much fat in your blood. Get good kine (HDL) and bad kines (LDL and triglycerides). Can get stroke or heart attack if bad kine too high.

**Nah, no need diabetes
education. I know plenty!**

Akamai for know what diabetes can do to you if you no take care. Gotta learn what for do to make it good.

- ✓ Get plenty people in your diabetes care team and your ohana for help you malama your diabetes so you can fit it into what you do everyday and go on living! YOU ARE IN CHARGE!

