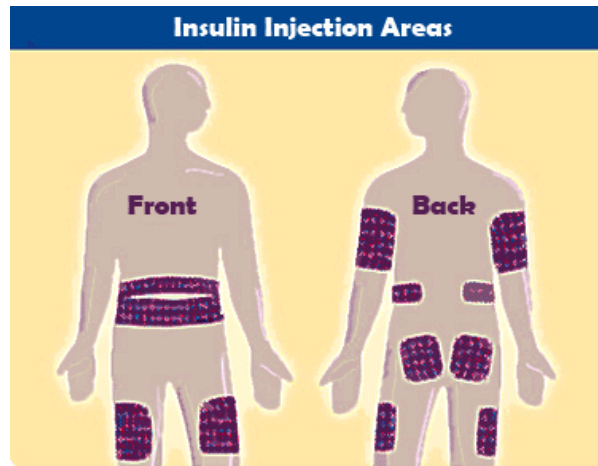


Injection Sites and Rotation



- Insulin or other injectable diabetes medications are meant to be injected in the fatty tissue, just below the skin.
- The most common place used is the abdomen, or stomach area. Stay at least 2 inches away from your umbilicus (belly button) and don't inject near a scar or mole.
- Don't inject in the same spot too many times as that can cause the skin to thicken and then it won't absorb the medication as well.
- Rotate injection sites around to different spots in the same location (such as moving around your stomach area like a clock), or rotate to some other areas like your legs sometimes.
- You don't have to use all of these areas. In fact, some places are hard to reach when giving your own injections!
- Avoid injecting into a part of your body that will be used for strenuous exercise or work as that can make the medication be absorbed faster than normal. For example, don't inject insulin in your leg if you plan to go for a walk or swim soon.

Diagnosis of Diabetes:

Name of Test	Normal Level	Pre-diabetes	Diabetes
Fasting blood glucose (repeated on another day or confirmed with another test)	Less than 100mg/dL	100-125mg/dL	126mg/dL or greater
Oral glucose tolerance test	Less than 140mg/dL at 2 hours	140-199mg/dL at 2 hours	200mg/dL or greater at 2 hours
A1C	Less than 5.7%	5.7-6.4%	6.5% or greater

Symptoms of Diabetes:

Often there are no symptoms early in the course of type 2 diabetes. As blood glucose gets higher with type 1 or type 2 diabetes, symptoms may include:

Fatigue	Frequent urination	Thirst or dry mouth	Unexplained weight loss	Blurred vision
Dry, itchy skin	Frequent infections or sores that heal slowly		Numbness or tingling in hands or feet	

For type 1 diabetes, symptoms may also include nausea, vomiting, abdominal pain, and a fruity odor to the breath.

Treatment of Diabetes:

Meal Planning	Physical Activity	Monitoring blood glucose
Medication for type 1 diabetes: Insulin		
Medication for type 2 diabetes may include: Diabetes pills or injectable meds, including insulin		
Education with a dietitian and nurse educator to learn more about diabetes, how to stay healthy and prevent complications		

For more information, contact Karen Shidler, RN, CDE (Certified Diabetes Educator) at 574-753-1339 or Norma Fielding, RD, CDE (Certified Diabetes Educator) at 574-753-1464. We offer individual teaching, small group classes, support group meetings as well as other educational offerings.

Logansport Memorial Hospital's Diabetes Education Program is recognized by the American Diabetes Association as meeting the National Standards for Diabetes Self-Management Education.