

Living Well with Diabetes



Take your
medication as
prescribed by
your doctor



Reach and
maintain a
healthy weight



Add more
physical activity to
your daily routine



Control your
ABC's- A1C, blood
pressure and
cholesterol levels



Kick the
smoking habit

My diabetes binder

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MY WORK



Inpatient Diabetes Education Program

The Diabetes Patient Education classes are taught by Sunshine Shahinian, RN, Certified Diabetes Care and Education Specialist. KnowBarriers Peer Mentors, individuals living well with diabetes, participate in the classes to share their personal experiences and strategies.

*Individuals who participate in the education classes are three times less likely to be readmitted to the hospital.
 Gucciardi, E., Xu, C., Vitale, M. *et al*. Evaluating the impact of onsite diabetes education teams in primary care on clinical outcomes. *BMC Fam Pract* **21**, 48 (2020). <https://doi.org/10.1186/s12875-020-01111-2>

Every Week

Monday	2-3 PM	<i>Living with Diabetes</i> support group
Thursday	2-3 PM	<i>Diabetes Discharge Transition</i> class

*1st & 3rd Week of the Month

Wednesday	10-11 AM	<i>Healthy Eating with Diabetes</i> class
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*2nd & 4th Week of the Month

Monday	10-11 AM	<i>Making Healthy Choices</i> class
Thursday	10-11 AM	<i>Diabetes Roadmap Management</i> class

Location: 2nd floor JPI, Activity Dining Room

Diabetes Patient Education Checklist



Patient Name: _____

D.O.B. _____

New Diagnosis: Yes No

A1C#__ A1C# Goal__

Diabetes Type: Pre Type I Type II

	Educational Class / Activity	Date	IDT Member
1	Diabetes Patient Education folder		
2	Peer Mentor visit		
3	Blood Sugar Log – log daily		
4	Support Group/ Education class		
	<i>Support Group (week 1)</i>		
	<i>Dietician (week 2)</i>		
	<i>Physical Therapy (week 3)</i>		
	<i>Psychology (week 4)</i>		
5	Eating Healthy with Diabetes class		
6	Diabetes Management Roadmap		
7	Diabetes Transition Discharge class		
8	Diabetes Self-Management Education (DSME) class referral		
9	My LA Health Patient Portal		
10	COVID 19 / Flu Vaccine education		

MY BLOOD SUGAR LOG



Name _____

My **Blood Sugar** Goal _____

Write your **Blood Sugar** down at breakfast, lunch, dinner and bedtime.

DAY	DATE	BREAKFAST	LUNCH	DINNER	BEDTIME	NOTES
SUN						
MON						
TUES						
WED						
THURS						
FRI						
SAT						
SUN						
MON						
TUES						
WED						
THURS						
FRI						
SAT						

Please bring this log with you to review at your next doctor's appointment.

MY BLOOD SUGAR LOG



Name _____

 My **Blood Sugar** Goal _____

 Write your **Blood Sugar** down at breakfast, lunch, dinner and bedtime.

DAY	DATE	BREAKFAST	LUNCH	DINNER	BEDTIME	NOTES
SUN						
MON						
TUES						
WED						
THURS						
FRI						
SAT						
SUN						
MON						
TUES						
WED						
THURS						
FRI						
SAT						

Please bring this log with you to review at your next doctor's appointment.

MY BLOOD SUGAR LOG



5

Name _____

My **Blood Sugar** Goal _____

Write your **Blood Sugar** down at breakfast, lunch, dinner and bedtime.

DAY	DATE	BREAKFAST	LUNCH	DINNER	BEDTIME	NOTES
SUN						
MON						
TUES						
WED						
THURS						
FRI						
SAT						
SUN						
MON						
TUES						
WED						
THURS						
FRI						
SAT						


Please bring this log with you to review at your next doctor's appointment.

- S A M P L E -


Appointment Notice

An Appointment Notice for our outpatient appointment(s) will be sent to your mailing address on record. Your appointments are also always visible in the *LA Health Portal*.

***Please make sure to update us if your phone number or address changes.**



Los Angeles County Health Agency
Rancho Los Amigos National Rehabilitation Center
Appointment Notice



05/18/2020

Medical Record Number: [REDACTED]

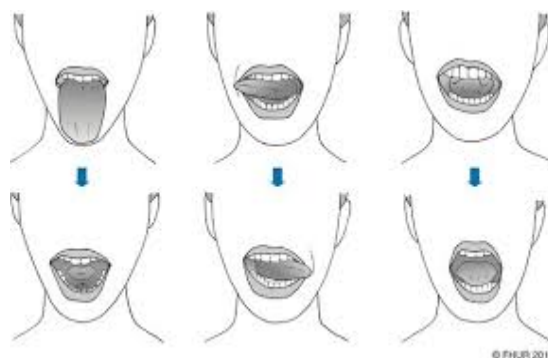
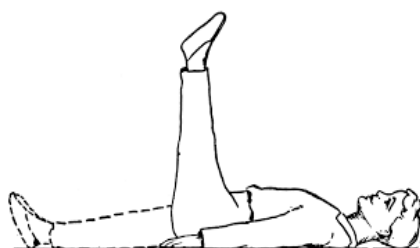
[REDACTED ADDRESS]

Dear JOHN,

You have an upcoming scheduled appointment(s):

Clinic	Date	Time	Appointment Type	Resource
<u>RLA THERAPY DR</u>	11/19/2019	02:00 pm	OT New Day Rehab	Omelas, Luini OT
Appt Address: Rancho Los Amigos Day Rehab Instructions: Facility: Rancho Los Amigos National Rehabilitation Center Building: OPB - Day Rehab, 7601 E Imperial Hwy, Downey, CA 90242 Phone: (562) 385-6847 Additional Instructions: Check in Outpatient Bldg. 1st Floor, Therapy Registration				
<u>USC PC East</u>	12/11/2019	03:40 pm	Adult East PC Return	Wu, Gloria MD
Appt Address: LAC+USC Primary Care Adult East Instructions: Facility: LAC+USC Medical Center Building: Building B (OPD) 4th Floor 4P81 - 2010 Zonal Avenue, Los Angeles CA 90033 Phone: (323) 409-5050				
<u>RLA PSYCH OP</u>	12/16/2019	12:00 pm	Psychology OP New	Zuverza-Chavarria, Virginia PhD
Appt Address: Rancho Los Amigos Psychology Instructions: Facility: Rancho Los Amigos National Rehabilitation Center Building: OPB - Psychology, 7601 E Imperial Hwy, Downey, CA 90242 Phone: (562) 385-8181 Additional Instructions: Check in Outpatient Bldg. 2nd Floor, Psychology				
<u>RLA THERAPY DR</u>	12/16/2019	01:00 pm	ST New Day Rehab	Solari, Caitlin SLP
Appt Address: Rancho Los Amigos Day Rehab Instructions: Facility: Rancho Los Amigos National Rehabilitation Center Building: OPB - Day Rehab, 7601 E Imperial Hwy, Downey, CA 90242 Phone: (562) 385-6847 Additional Instructions: Check in Outpatient Bldg. 1st Floor, Therapy Registration				
<u>RLA THERAPY DR</u>	12/16/2019	01:00 pm	PT New Day Rehab	Dubuc, Tobin PT
Appt Address: Rancho Los Amigos Day Rehab Instructions: Facility: Rancho Los Amigos National Rehabilitation Center Building: OPB - Day Rehab, 7601 E Imperial Hwy, Downey, CA 90242 Phone: (562) 385-6847 Additional Instructions: Check in Outpatient Bldg. 1st Floor, Therapy Registration				

Home Exercise Programs



Ask your therapists to place copies of
your **Home Exercise Programs** here!

☐ Occupational Therapy

☐ Physical Therapy

MY GOAL

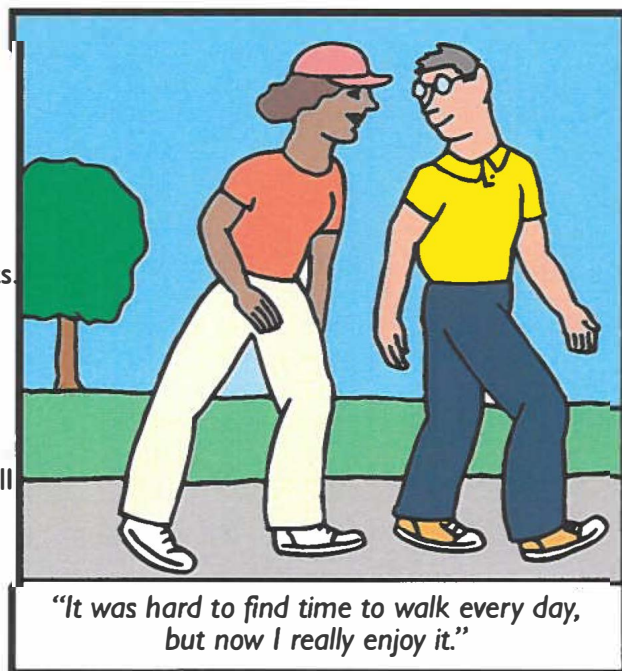
THIS MONTH

Changing habits can be hard. You have a lot to do already if you have diabetes. Writing down what you want to change can help. You are also more likely to succeed if you pick the habit you want to change.



Here is a list of things you can do that will help you control your blood sugar. Check the box next to your goal for this month.

- ☐ I will eat breakfast every day.
- ☐ I will eat my meals slowly and only eat one serving.
- ☐ I will walk at least 30 minutes every day.
- ☐ I will eat only regular-size meals at fast-food restaurants.
- ☐ I will drink water or diet soda - not regular soda or drinks with sugar.
- ☐ I will eat only healthy snacks (such as vegetables, a small piece of fruit, 1/4 cup of unsalted nuts)
- ☐ I will watch TV no more than 3 hours a day.



Write in your own goal.

Put this on the refrigerator or wall to remind you of your goal. New habits take time. You don't have to be perfect. Do your best and stick with it.

YOU CAN CHANGE!

START TODAY.



Health Services
LOS ANGELES COUNTY

Provided by the Endocrinology Workgroup.
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LA Health Portal

Rancho App for Patients/ Family Members



The **LA Health Portal** is a FREE and secure website and mobile app designed to **connect you to your doctors and your health information.**



Take Charge of Your Health

Regularly view your immunization records, prescriptions, procedures and doctor notes. For more information, click here: [English](#) or [Spanish](#).



Review and Renew Your Medications

Review, renew, and request your current medication(s). Click [here](#) for more information.



Check Lab and Imaging Results

Easy access to your labs and other test results, such as blood pressure, blood work, cholesterol. For more information, click here: [English](#) or [Spanish](#).



Contact Your Doctor

Contact your doctor for non-urgent questions. Receive health reminders and letters from your doctor's office. Your doctor's office typically responds within 3 business days. Click [here](#) for more information.



Request and View your Future Appointments

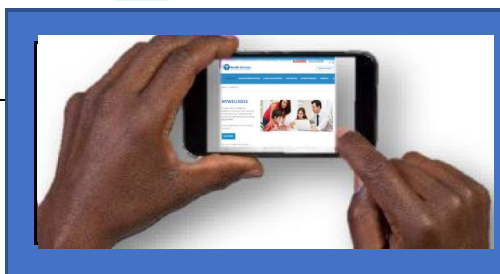
Online convenience to request, change, or cancel appointments with your primary care doctor.



Connect Health Management Apps

Request access to your health and wellness data in an app of your choice. Click [here](#) to request further details.

<http://dhs.lacounty.gov/lahealthportal>



LA Health Portal

SAVE TIME – SELF-ENROLL TODAY!

Step 1: Go to <http://dhs.lacounty.gov/lahealthportal>

Step 2: Click on “Enroll now”



You will need the following information to enroll:

1. First and Last Name: _____

2. Date of Birth
_____/_____/_____

3. Medical Record Number OR
email address listed in your
medical record

Step 3: Once you successfully complete the enrollment process, and create your account. The next step is to download the **LA Health Portal** mobile app. The app is available for both iOS and Android/Google. [App Store](#) [Google Play Store](#)



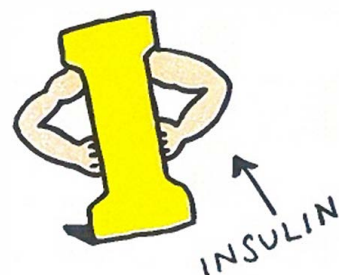
For Assistance call Resource Center (562) 385-6007
or Call/Text the Health Text Navigator:
* [Jennifer \(213\) 574-9201](#)

Note: If you prefer Spanish, you must select Spanish as your preferred language on the website. Log out and re-log into the mobile app for the language preference to be applied.

MY DIABETES

WHAT IS DIABETES?

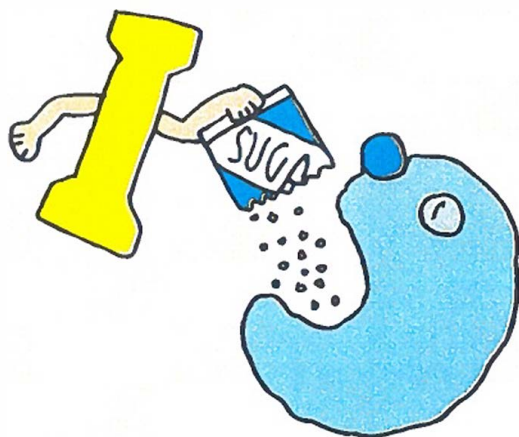
Diabetes means you have too much sugar in your blood. High blood sugar problems start when your body no longer makes enough of a chemical, or hormone, called insulin.



Your body changes much of the food you eat into a type of sugar called glucose. This sugar travels in your blood to all the cells in your body. Your body cells need the sugar to give you energy.



Insulin helps sugar move from your blood into your cells. Without insulin, your cells can't get the sugar they need to keep you healthy.



BODY CELL

By moving sugar from your blood to your body's cells, insulin helps keep your blood sugar level normal (not too high; not too low). When you don't have enough insulin to lower high blood sugar levels, you have diabetes.

No one knows what causes diabetes. You can't catch diabetes and you can't give it to someone else.

Diabetes can, and must, be treated. High blood sugar levels can cause serious health problems.

A simple test can tell you if you have diabetes. Talk to your doctor or health clinic for more information.



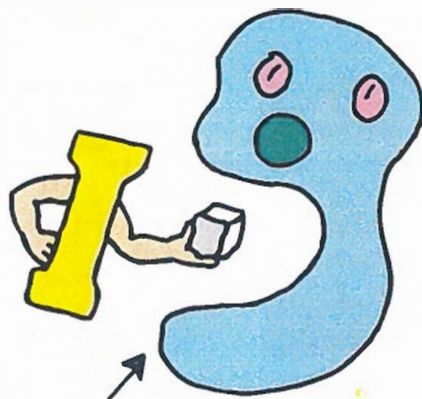
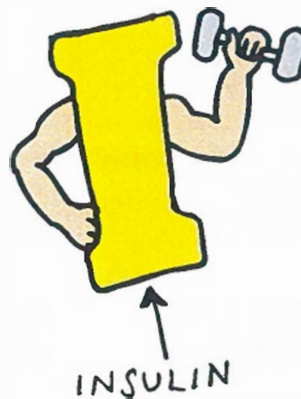
Health Services
LOS ANGELES COUNTY

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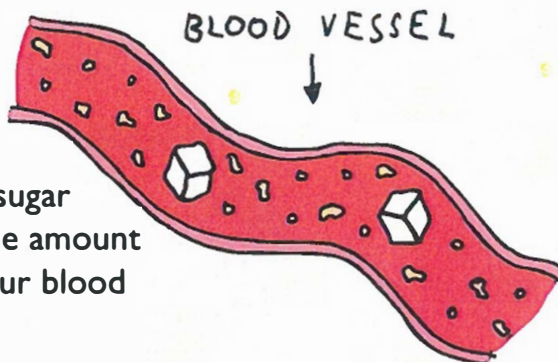


12 TYPE 2 DIABETES

With type 2 diabetes, your body makes some insulin, but not enough. Or, the insulin your body makes does not work right.



Much of the food you eat is changed by your body into a kind of sugar. The medical word for this sugar is glucose. Insulin helps sugar move from your blood into your body's cells.



If you don't have enough insulin to move sugar from your blood into your body's cells, the amount of sugar in your blood goes up. When your blood sugar levels stay high, you have diabetes.



Type 2 diabetes is more common in adults, but the number of children and young people with type 2 diabetes is growing. Eating healthy foods, in the right amounts, and being physically active can help people lower their blood sugar. Most people with type 2 diabetes take diabetes pills and many also take insulin.

Diabetes cannot be cured, but you can control it! People who control their blood sugar levels can lead full and happy lives - just like everyone else. Talk to your doctor or health clinic for more information.



Blood Sugar Goals



Good blood sugar control is important for everyone with diabetes. But reaching your blood sugar goals can be hard at times. Here are some things you can do to help you reach your goals:

- Check your blood sugar often
- Keep a diary of all blood sugar readings
- Eat meals at regular times and don't skip meals
- Keep a food diary or journal
- Be active (walk, run, swim, ride a bike) at least 30 minutes every day
- Reduce the stress in your life
- Keep all doctor appointments
- Bring your blood sugar diary to doctor appointments
- Discuss your blood sugar goals during every doctor visit
- Sleep 7 to 8 hours each night
- Have a plan for sick days
- Know the signs of low blood sugar and how to treat it
- Take your diabetes medicine every day



Write the blood sugar goals you and your doctor have decided are best for you in this table. Then cut out the table and keep it handy. It will help you remember your goals.



Blood Glucose Goals*		
Time	Adults With Diabetes	Your Goal
Before Meals	80 to 130 mg/dL	<input type="text"/>
2 Hours After Meals (postprandial)	Less than 180 mg/dL	<input type="text"/>
A1C	7% or less	<input type="text"/>

*American Diabetes Association guidelines (plasma values)

Call your doctor's office or the diabetes clinic right away if your blood sugar is out of control and you don't know why or you are not sure what to do. They are there to help.

HIGH BLOOD SUGAR (HYPERGLYCEMIA)

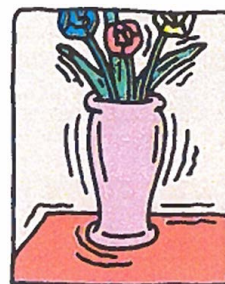
Keeping your blood sugar under control is important. Too much sugar in your blood, for too long, can cause serious health problems.

Common Causes: Too much food, not taking enough insulin or diabetes pills, being less active than normal, stress or illness.

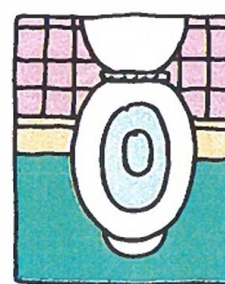
Symptoms include:



Thirsty all the time



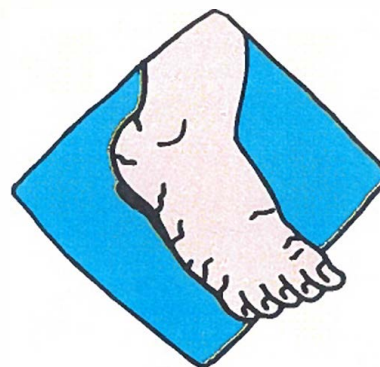
Blurry vision



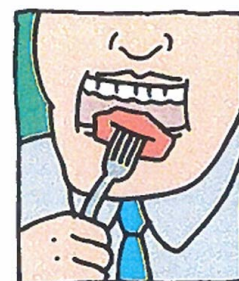
Need to urinate often



Weak or tired



Dry skin



Often hungry

What to do:



- Check your blood sugar often
- Continue to take your medicine
- Follow your meal plan
- Drink lots of water
- Exercise – if you can.

If your blood sugar is higher than your goal for 3 days and you don't know why, call your doctor or health clinic right away.



LOW BLOOD SUGAR

(Hypoglycemia)

A low blood sugar can happen quickly. If not treated right away, low blood sugar can cause a medical emergency. You can even pass out.

Common causes: Skip a meal or not eat enough food; too much insulin or diabetes pills; more active than usual.

Warning signs include:



Shaky or dizzy



Blurry vision



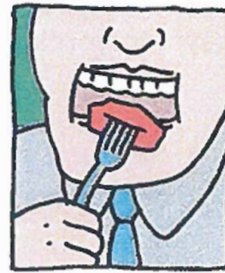
Weak or tired



Sweaty



Headache



Hungry



Upset or nervous

What to do?



Check your blood sugar right away. If it is below 70, treat for low blood sugar. If you can't check, treat anyway to be safe.



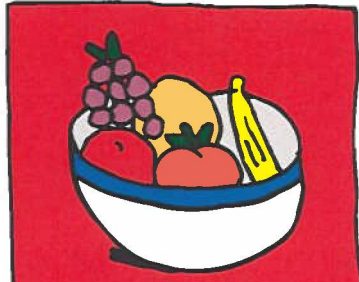
Treat by eating 3 packets or 1 tablespoon of regular sugar, 4 ounces of regular fruit juice, or 6 ounces of regular (not diet!) soda.



Check your blood sugar in 15 minutes. If it is still low (below 70), treat again. If you keep having problems and you don't know why, call your doctor or health clinic.

MY DIABETES CARE DAILY REMINDER

Follow my
meal plan.



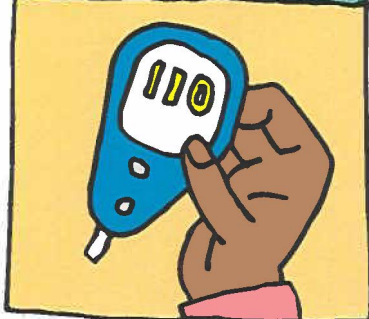
Be active 30
minutes a day, or
more, in ways my
doctor OK's.



Take the right
dose (amount)
of medicine
— on time.



Check my blood
sugar. Write the
results in my diary.



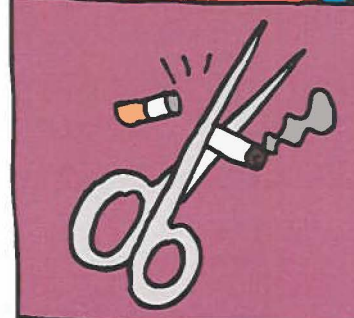
Check my feet for cuts,
redness or swelling.
Call my doctor right
away if I have *any*
problems with my feet.



Brush and floss
my teeth after meals.



Don't smoke.



Keep my doctor
appointments! Write
next appointment here:



DIABETES CARE SCHEDULE

TAKE GOOD CARE OF YOURSELF



Every 3 Months

- Regular doctor's office visit
- A1C blood test
Every 3 months if your blood sugar (glucose) number is *too high*
- Blood pressure check
- Weight check
- Foot check

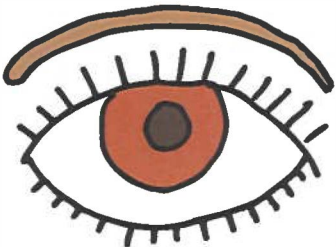


Every 6 Months

- A1C blood test
Every 6 months if your blood sugar (glucose) number is *good*
- Teeth and gums exam by your dentist

Every Year

- Physical check-up (exam) by your doctor
- Complete foot exam
- Check cholesterol and other body fats (lipid profile test)
- Complete (dilated) eye exam by an eye doctor
- Flu shot
- Kidney tests



SICK DAYS WITH DIABETES

Being sick can make blood sugars hard to control. Even common problems, like a cold, vomiting, or a fever, can cause serious health problems. Here are some important things to remember when you are sick:



Drink non-caffeine liquids every hour, if you can.



Try to eat your normal meal plan.



Keep a record of:

- what you eat and drink
- your blood sugar levels every four hours
- ketone readings every four hours—
if you take insulin



Call your doctor or health clinic if you are sick and don't know what to do, or if you:

- are unable to eat or drink liquids
- are vomiting or have diarrhea
- are too ill to take your diabetes medicine
- can't control your blood sugar or have ketones

Know **Diabetes** by **Heart**™

4 Questions to Ask Your Health Care Provider About Diabetes and Your Heart

1 

What can I do to lower my risk for heart disease and stroke?

2 

Do any of my medications help me manage my risks for heart disease or other complications?

3 

Are there programs that can help me manage my condition? Can you give me a referral?

4 

How can I meet others going through my same experience?



Adults with diabetes are

2X MORE LIKELY TO HAVE A HEART ATTACK OR STROKE THAN PEOPLE WITHOUT DIABETES.

If you have type 2 diabetes, **learning about your higher risk** for heart disease and stroke is one of the best ways you can take care of yourself.

FOUNDING SPONSORS





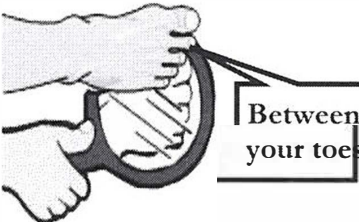

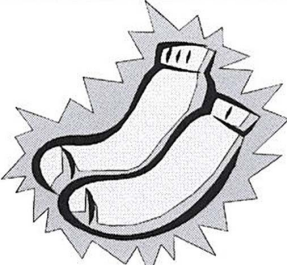



NATIONAL SPONSORS



Take the first step: Make an appointment to talk with your health care provider. You can lower your risks.

We're here to support you. Find answers to your questions and join the initiative at: <https://KnowDiabetesbyHeart.org/join>

Foot Care for People with Diabetes

<p>1</p>  <p>Wash your feet daily. Use lukewarm water and soap.</p>	<p>2</p>  <p>Dry your feet well. Work on between your toes.</p>	<p>3</p>  <p>Keep your skin soft. Use a moisturizing lotion. Do not apply between your toes.</p>
<p>4</p>  <p>Check your feet for blisters, cuts or sores. Tell your doctor if you find something wrong.</p>	<p>5</p>  <p>Use emery board to shape your toenails.</p>	<p>6</p>  <p>Change daily into clean, soft socks or stockings. They should not be too big or too small.</p>
<p>7</p>  <p>Keep your feet warm & dry. Wear special padded socks. Always wear shoes that fit you.</p>	<p>8</p>  <p>Never walk barefoot indoors or outdoors.</p>	<p>9</p>  <p>Check your shoes daily. Look for cracks, pebbles, nails or anything that could hurt your feet.</p>

Disclaimer: This information is intended for your use as appropriate. There are other possible options. Always speak to your doctor, nurse, or other persons who you see for your health care needs if you have any questions.

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MAKE EVERY MOVE COUNT

When you Move More every day, you can reach some pretty big goals over time. Small steps can add up to huge strides — in your physical health, mental health, stress levels, sleep, productivity, relationships and more. Let movement take you places you never thought possible!



10
Minutes
of stretching is like
walking the length of
a football field



2.5
Hours
of walking every week for a
year is like walking across the
state of Wyoming



30
Minutes
of singles tennis is
like walking a 5K



1
Hour
of dancing every week for
a year is like walking from
Chicago to Indianapolis



20
Minutes
of vacuuming is like
walking one mile



30
Minutes
of grocery shopping every
other week for a year is like walking a marathon

Know **Diabetes** by **Heart**™

7 Tips to Care for Your Heart When You Have Type 2 Diabetes

When you have type 2 diabetes, you make a lot of decisions all day long. It can be overwhelming to manage so many things. But you're doing it and tackling each new day.

The American Heart Association and American Diabetes Association built the Know Diabetes by Heart™ initiative to help you along the way. We hope you're proud of yourself for all of your hard work!

Add these seven tips to your self-care checklist

to care for your heart and body to make all of your efforts count even more.



**Your doctor
can help you
make a plan to:**



Check in with your doctor regularly. Ask about your heart health.



Continue healthy eating habits. Add fruits and veggies as a start. Eating better will help you *feel* better.



Keep moving. Alone or with a friend, it can feel great.



Self-care can be heart care. Lowering your stress is good for your mind and body.



Quit smoking. For ALL the reasons.



Monitor your blood glucose, blood pressure, cholesterol and weight.



Take medication(s) as prescribed.

People with diabetes CAN lead healthier lives.

You're not in this alone. Find answers to your questions and join the initiative at: <https://knowdiabetesbyheart.org/join>

WHAT'S MY A1C?

The A1C is a blood test you get at the doctor's office or health clinic. It shows:

- Your average blood sugar level for the last 3 months
- Your risk (chance) of having other health problems because of diabetes

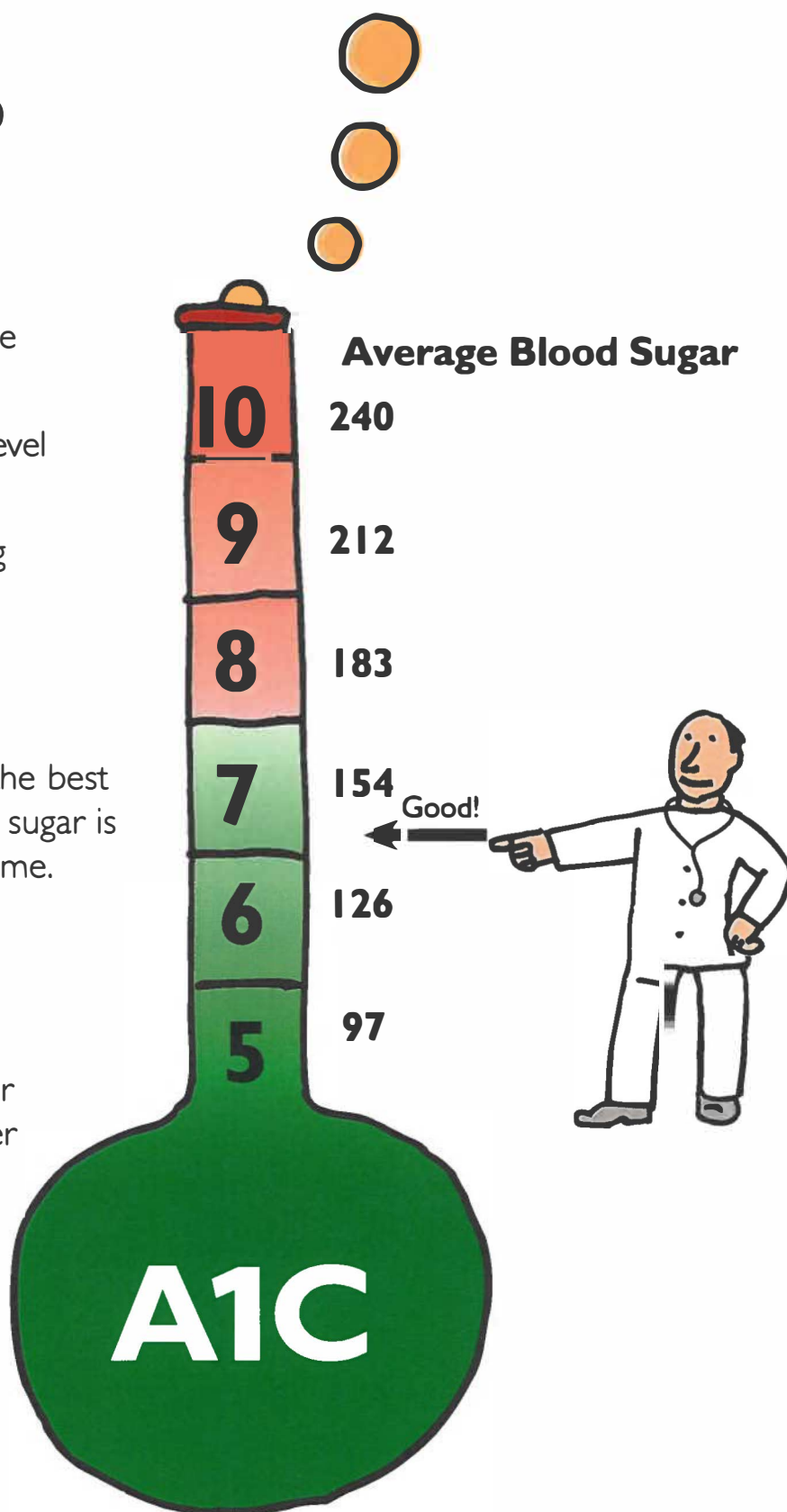
Why do I need it?

Your A1C test results are the best way to know if your blood sugar is under good control over time.

What is a good A1C number?

7 or lower. You and your doctor or diabetes educator will decide the A1C number (goal) that is best for you.

**Be your BEST,
Get the TEST!**



I HOW DOES DIABETES FEEL?

Being able to manage your diabetes well can feel pretty good both physically and emotionally. Diabetes requires managing medications, monitoring blood sugars, planning meals, and staying active. Although it is possible to take control of your diabetes, getting good at it does not happen overnight. The process of learning how to best manage your diabetes can lead to you feeling overwhelmed and experiencing a variety of different emotions. Remember, emotions are part of being human and serve to help us take action, avoid danger and make decisions.

II DENIAL

Denial is often experienced when we get unexpected news. It is an inability to believe what has happened. Most individuals describe disbelief and denial when initially diagnosed with diabetes. Many people do not feel ill in the beginning, making denial of diabetes diagnosis last for months or years. Ongoing denial, however, puts you at risk of not making necessary healthy lifestyle changes to manage your diabetes and over time can lead to diabetic complications. The following phrases may be indicators that you are in denial and need to take action:

- “I don’t need all of this medication.”
- “My diabetes is not that bad.”
- “I don’t need to check my blood sugars; I can tell they are fine.”
- “One bite won’t hurt.”
- “This sore will heal itself.”
- “I don’t have time to go to the doctor.”
- “I think my diabetes will just go away now that I’ve made some changes.”

What can you do if you are in denial?

- Recognize that you may be avoiding dealing with difficult emotions and your diabetes because you might feel overwhelmed and it is stressful to think about it and make changes.
- Recognize that a diabetic diet and lifestyle is healthy for individuals with and without diabetes.
- Be kind to yourself. Know that blood glucose levels, A1C and cholesterol results do not determine if you are good or bad – they are just information and tools to help you manage your diabetes.
- Work with your diabetes care team to develop a plan and set reachable goals.
- Set goals for blood sugar, plan meals and stay informed of your health status and ask trusted family and friends to help you reach your goals.

There are some things you can do on your own to help address depressive feelings:

- Gratitude Exercises. Studies show that practicing gratitude can improve depression, sleep and self-esteem. There are a variety of gratitude exercises, but a simple one is to use prompts, such as, “I am grateful for three things I see,” “I am grateful for these three people,” “I am grateful for three things I touch/feel,” etc. For instance, if the prompt is “I am grateful for three things I hear” you might say, “I am grateful for birds chirping, disco music, and children laughing.”
- Acts of kindness. Being kind to others boosts our mood and helps us feel connected to others.
- Schedule time with people you have fun with or who make you laugh.
- Physical Exercise. This releases chemicals in your body that help improve mood and reduce stress. You can do yoga, go to the gym, go on a walk or a run and practice a gratitude exercise simultaneously.
- Nature walking (i.e., walking in a park or wilderness) can reduce risk of depression. Being physically active outdoors can lead to relaxation, cheerfulness and improve self-esteem.

Treatments for depression include medication and psychotherapy. These treatments provide you with emotional tools you can use that can help improve mood and prevent future episodes of depression.

III GUILT & SHAME

Diabetes shame, the stigma of having diabetes, can get in the way of controlling the disease. We feel guilt when we believe we violated rules that are important to us (our values) and we feel shame when we think that what we did wrong means we are flawed or a bad person.

Secretiveness often accompanies shame. You may avoid telling others that you have diabetes, so that they do not monitor your health habits. Then you may feel guilty for lying and shame for being dishonest. You may think that you could have prevented diabetes and feel guilty about having diabetes because you should have known better. You may feel pressure to eat what others are eating (burger with fries and large soda) instead of sticking to what you intended to eat (a delicious, healthy salmon salad with your 4th glass of water). You may tell yourself that you are missing out on that tasty looking burger and fries. You may feel alone in your effort to eat healthy and this may weaken your decision to stick to a diabetic diet and lead to feelings of guilt and shame for not keeping to your original plan.

It is important to know that you cannot give yourself diabetes and that heredity plays a role in developing diabetes, thus getting diabetes might have been unavoidable. Acknowledging that diabetes is a disease that has a genetic component like arthritis, heart disease and cancer, can help you realize that 1) it is not your fault that you have it, and 2) you can treat it just like you

IV ANGER

Anger is a natural emotion that can cue us that we are in distress and can energize us to take action. It consists of thoughts, physical changes, and behaviors. Anger can be a normal part of adjusting to the new diagnosis of diabetes and necessary changes, but it can also make it harder to think clearly and lead to aggressive behaviors that can be harmful to you and your support system. It can lead to depression, isolation, and increased stress. What can you do if you are feeling angry?

- Identify what is making you angry. (Fear? Loss of control? Angry at yourself? Angry at God?)
- Are you thinking about something (over and over) that is making you angry?
- Ask yourself, “Is my anger helping me in this situation?”, “Is my anger directed toward someone who intentionally acted in a hurtful manner?” If the answer is ‘no’, then maybe it is time to try something different.
- Take a time out (remove yourself from the situation for a few minutes to cool down)
- Take two or three deep, slow breaths
- Go outside and get a breath of fresh air
- Drink some water or wash your face
- Count to 50 before responding
- Do something constructively physical (e.g., take a walk, clean your room)

V DEPRESSION

Everyone experiences sadness from time to time but depression is different from normal sadness and can be a barrier to good diabetes care. Depression is sadness and loss of interest or pleasure that is experienced daily or almost daily for over two weeks. Depression can be mild, moderate or severe and can prevent you from performing your day-to-day activities and lead to social isolation, difficulty taking care of yourself and poor diabetes management. Being able to identify the symptoms and addressing the depression as soon as possible can help minimize its progression and recurrence. The following may be signs that you are experiencing depression:

- Depressed mood most of the day, nearly everyday
- Decreased interest or loss of pleasure in activities most of the day, nearly everyday
- Changes in appetite and weight
- Insomnia or hypersomnia
- Feeling tired or lacking energy
- Loss of interest in sex
- Feeling worthless or excessively guilty
- Difficulty with concentration or making decisions
- Having frequent thoughts about death or suicide

would arthritis, heart disease and cancer. If you had heart disease, wouldn't you take medication and stick to a diet to keep your heart healthy? So, why wouldn't you do it for diabetes?

Truth is, no one can be perfect about their diabetes care all of the time, so even if you slip up and fall off the wagon, you can always start again. Having a support group of people that you trust and that can help hold you accountable for making good decisions for yourself (i.e., sticking to a diabetic diet, getting daily exercise, taking medication as prescribed, keeping medical appointments) can help you overcome shame and guilt and win the battle with diabetes and feel a sense of accomplishment. If you are experiencing guilt and shame you can ask yourself:

- How serious do I consider this experience? How serious will it be in one month? One year?
- Did I know ahead of time the consequences of my actions?
- Did any damage occur? Can it be corrected?
- Was there something worse that I considered and avoided (e.g. I considered eating a large slice of cake too but instead just took a small bite)
- What can I do differently in the future in a similar situation?

VI CONTENT & ENCOURAGED

It takes knowledge and preparation, and sometimes courage, to make healthy lifestyle changes. Getting started is sometimes the hardest part. Remember that winning small battles, one day at a time, is what leads to winning the bigger battle. The journey of a thousand miles begins with a single step, so give yourself permission to feel good about each small step you take towards winning the battle with diabetes. As you travel on your health journey, find people who will encourage and inspire you to stay focused and do your best. Be kind to yourself and seek, and give, help and support as needed (we all need a little help sometimes).

If you think you might be experiencing emotional distress that is interfering with your ability to tackle your diabetes the way you want to, talk with your doctor and diabetes health team for more information about what you can do and decide if talking to a mental health provider would be beneficial.

For more information regarding Los Angeles County Department of Mental Health Services and Rancho Los Amigos Mental Health Services you can talk to your physician and visit our websites:

<https://dmh.lacounty.gov/get-help-now/>
<https://dhs.lacounty.gov/rancho/our-services/mental-health-2/>

If you are feeling like you can no longer cope and are having thoughts about hurting yourself, call 911 or call the National Suicide Prevention Lifeline: 1-800-273-8255. They are available to talk to you 24 hours a day, every day and in several languages.

Diabetes **Myths** & **Facts**



MYTH: *If it is not sweet, it will not increase my blood sugar.*

FACT: Even foods that are not sweet like bread, French fries, pasta, and rice, are converted into blood sugar by the body. Or foods that taste sweet might not affect blood sugar such as sugar-free candy or diet beverages. To control blood sugar, it would be best to work with a dietician to find low glycemic index (GI) foods (or foods that produce less sugar when digested) to enjoy!

MYTH: *Only people who are overweight or obese develop diabetes.*

Fact: Excess weight can increase your chance of having diabetes. However, many people who are overweight or obese never develop diabetes. And people who are normal weight or only a little overweight do develop diabetes. Your best bet is to take steps to lower your risk by using nutritional changes and physical activity to lose excess weight.

MYTH: *Because I take insulin, I can eat whatever I want. OR insulin actually makes me feel worse.*

Fact: Insulin is a hormone made by the body to help move sugar from the blood into your body's cells for energy or storage. In Diabetes type 2, the body is unable to control blood sugar by itself. Unless insulin is taken after eating, blood sugars can remain high for too long and lead to other illnesses. Of course, like all medications, insulin may have side effects which are mostly mild (low blood sugar, weight gain, headaches, rashes, or mood changes) and rarely causes severe reactions. Generally, insulin will have less effects on your wellbeing than untreated blood sugar or secondary illness. If you're hesitant to take insulin, talk with your doctor about different medications or formulations of insulin that will best suit your situation.

MYTH: *Because I feel good, I am well. And I don't need to take my medicine or check my blood sugar.*

Fact: Some people with type 2 Diabetes are able to control their blood sugar without medicine by eating a healthy diet, getting regular exercise, and losing weight. However, diabetes is a progressive disease, and even if you are doing all you can to stay healthy, you may require medicine to keep your blood sugar within your target range.

MYTH: *I can't have diabetes if I don't eat sugar.*

Fact: Diabetes is a metabolic disorder where the body has problems controlling blood sugar with insulin. Also know that the body turns all food into blood sugar. Different foods produce blood sugar that is referred to as the food's glycemic index (GI). This means that foods (bread, rice, French fries) that do not have white sugar in the recipe can cause increases to blood sugar depending on their glycemic index rating. Diabetes cannot be cured but it can be managed by making better food choices.

MYTH: *Fruit is healthy so I can have as much as I want.*

Fact: All fruits have varying glycemic index ratings (GI; the amount a food will raise blood sugar). For example, cherries and grapefruits have a lower GI rating than oranges or bananas. Regardless of the GI rating, eating too much of any fruit can raise blood sugar to undesirable levels. Fruits is best consumed in moderation and as part of a balanced diet.

MYTH: *You can catch diabetes from someone else.*

Fact: No. Although we don't know exactly why some people develop diabetes and others don't, we know diabetes is not contagious. It can't be caught like a cold or flu.

Diabetes **Myths** & **Facts**

MYTH: *I can't eat my favorite foods [ice cream, tortillas, fried chicken] if I have diabetes.*

Fact: Once again, all foods have varying glycemic index ratings (GI; the amount a food will raise blood sugar). If your favorite food has a high GI rating, then it must be consumed in moderation and the rest of your meals for that day should be adjusted to keep your blood sugar in balance. The best way to find this balance would be to consult a dietician.

MYTH: *I can't drink alcohol if I have diabetes.*

Fact: First, always consult a doctor to see if it is 'OK' to drink alcohol. This is because alcohol can cause a sudden drop in blood sugar and no one needs to drink alcohol to live. Someone with Diabetes may drink alcohol safely when they have their blood sugar under good control and know how to avoid or treat low blood sugar. Alcohol is best consumed slowly with food, alongside someone that knows you have Diabetes, and can remind you to check blood sugars often or assist if blood sugars drop too low.

MYTH: *Because I have Diabetes, I can no longer eat sugar, but I can use as much honey as I want.*

Fact: There is no advantage to substituting honey for sugar in a diabetes eating plan. Both honey and sugar will affect your blood sugar level. Honey is sweeter than granulated sugar, so you might use a smaller amount of honey for sugar in some recipes.

MYTH: *If I have type 2 diabetes and my doctor prescribes insulin, it means I am not managing my Diabetes.*

Fact: Using insulin to get blood glucose levels to a healthy level is a good thing, not a bad one. For most people, type 2 Diabetes is a progressive disease. When first diagnosed, many people with type 2 diabetes can keep their blood glucose at a healthy level with a combination of meal planning, physical activity, and taking oral medications. But over time, the body gradually produces less and less of its own insulin, and eventually, oral medications may not be enough to keep blood glucose levels in a healthy range.

MYTH: *Type II Diabetes is not that bad, compared to Type I Diabetes.*

Fact: **It can be deadly.** Diabetes affects your heart, organs, blood circulation, nerves, and immune system. That includes small blood vessels in your kidneys, eyes, and nerves, and the big ones that feed your heart and brain and keep you alive. The damage starts with high blood sugar (glucose) and insulin levels, resulting in serious illness if not controlled.

MYTH: *I have diabetes and there really isn't anything I can do about it / Diabetes is curable.*

Fact: Type 2 Diabetes is when the body cannot control blood sugar (glucose) with hormones (insulin) after eating. If blood sugar is not kept in a reasonable range, then illnesses of the organs, nerves, or immune system can occur. Diabetes is not curable, but many can live well and into old age when Diabetes is managed with weight loss, exercise, a good/consistent diet, and taking medication as directed.

References:

<https://medlineplus.gov>

www.diabetes.org

www.mayoclinic.org

www.learningaboutdiabetes.org

MY NUTRITION

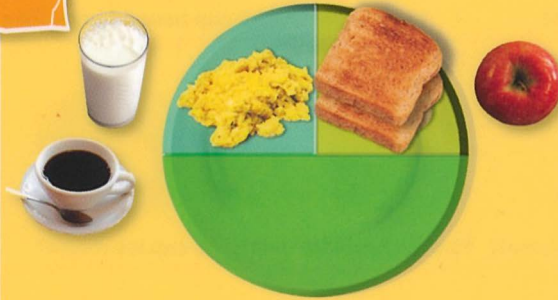


3-4 Carbs = 45-60 grams
Female

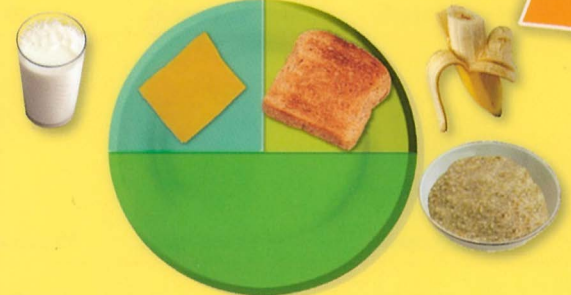
4-5 Carbs = 60-75 grams
Male



Breakfast



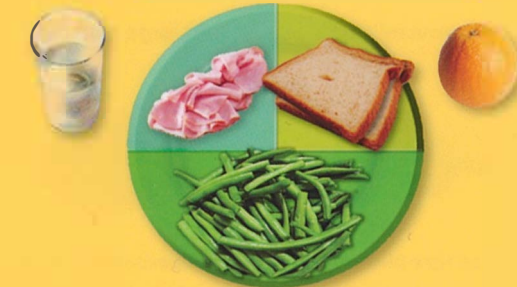
$1 + 1 + 1 + 1 = 4 \text{ carbs}$



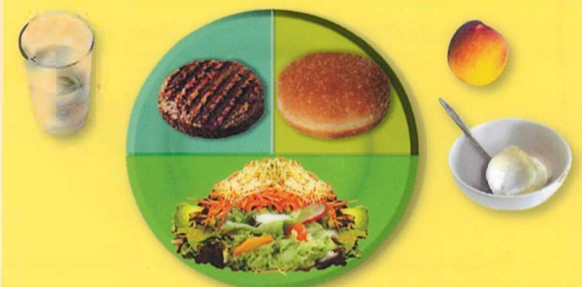
$1 + 1 + 1 + 1 + 1 = 5 \text{ carbs}$



Lunch



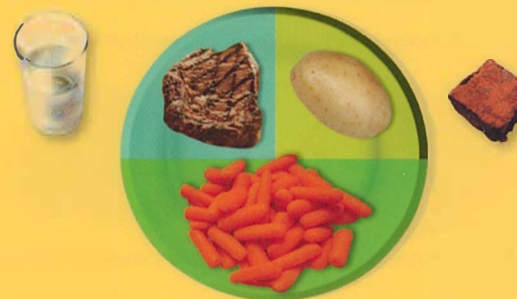
$1 + 1 + 1 + 1 = 4 \text{ carbs}$



$1 + 1 + 1 + 1 + 1 = 5 \text{ carbs}$



Dinner



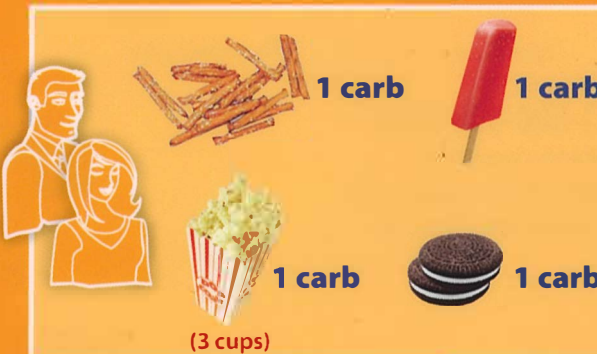
$1 + 1 + 1 + 1 = 4 \text{ carbs}$



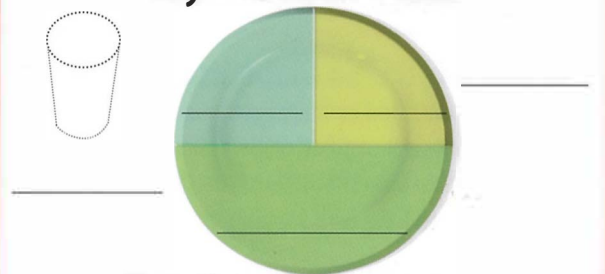
$1 + 1 + 1 + 1 + 1 = 5 \text{ carbs}$



Snacks



My Practice Plate



Total carbs =



Asparagus



Broccoli



Brussels sprouts



Cabbage (cole slaw)



Cauliflower



Cucumbers



Dark leafy greens



Eggplant



Mushrooms



Okra



Pea pods



Peppers



Radishes



Salad greens

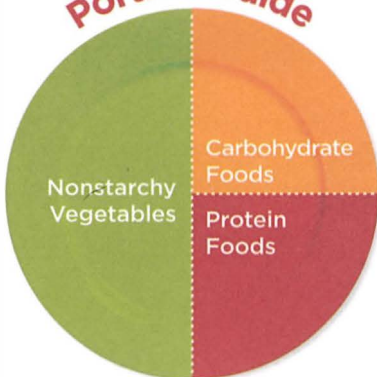


Tomatoes



Zucchini

portion Guide



Plan Your



Use a smaller plate. This is a

Portions



Water or
0-Calorie
Drinks



Corn



Corn tortilla



Fruit



Berries



Whole
grains



Winter
squash



Bean, lentils
and peas



Milk and
yogurt



Chicken



Eggs and
cheese



Fish: salmon,
tuna, etc.



Lean beef

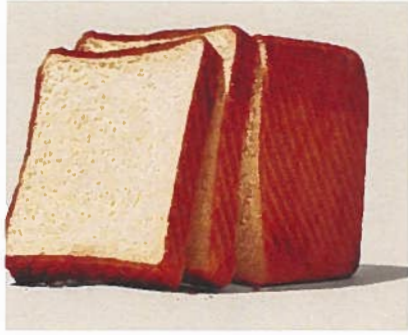


Shrimp



Tofu

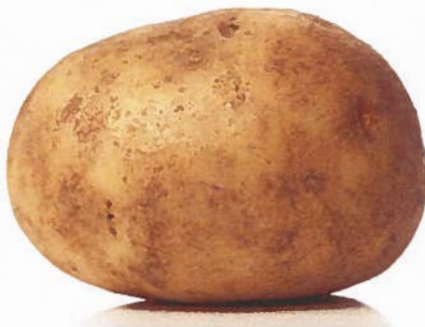
SIMPLE CARBOHYDRATES / CARBOHIDRATOS SIMPLES



White Bread/Pan

Tortilla de Flour /Corn (Arina/Maiz)
Fried Tortilla/Tortilla Frita

White Rice/Arroz Blanco



Potatoes/Papa



Pinto Beans/Frijoles



Corn Flakes/Cereal



Sweet Bread/Pan Dulce



French Rolls/Bolillo

SIMPLE CARBOHYDRATES SPIKE YOUR BLOOD SUGARS FAST. TRY TO REPLACE THEM OR EAT A LOT LESS OF THEM. REPLACE THEM WITH COMPLEX CARBOHYDRATES.

LOS CARBOHIDRATOS SIMPLES SUBEN SU AZÚCAR EN LA SANGRE RÁPIDAMENTE. INTENTE REMPLAZARLOS O COMER MUCHO MENOZ DE ELLOS. REMPLACELOS CON CARBOHIDRATOS COMPLEJOS.



Eggplant/Berenjina



Zucchini/Calabacín



Zucchini Pasta



Cauliflower Rice/Arroz de Coliflor



Sweet Potatoes/Camote



Lentils/Lentejas



Chickpea/Garbanzos



Quinoa



Wheat Bread/Pan de Trigo



Barley/Cebada



Carrots/Zanahoria



Peas/Chícharos



Green Beans/Ejotes



Squash/Chayote



Corn/Elote



Wheat Pasta/Pasta de Trigo



Yucca/Yuca



Kidney Beans/Frijoles Rojos

Please try to eat more of this carbohydrates/ Porfavor trate de comer mas de estos carbohidratos

35 Glycemic index (GI) of foods (Índice glucémico de los alimentos):

- Is a relative ranking of carbohydrates in foods and their capacity to increase glucose (sugar) level in the blood.
- Clasifica los alimentos que contienen carbohidratos de acuerdo con su capacidad de elevar el nivel de glucosa (azúcar) en la sangre.

Consume frequently/ Consuma frecuente

Low glycemic index 20-49 índice glucémico bajo



Consume occasionally/ Consuma de vez en cuando Intermediate glycemic index 50-69 índice glucémico intermedio



Consume less / try to avoid
Consuma poco/tratar de evitar

High glycemic index 70-100+
índice glucémico alto

36



S A M P L E


Patient Menu










DINNER		
Monday - 8		CCD
<i>CIRCLE your Selection & () Carbohydrates</i>		
Appetizers & Salad		
Tomato Soup (1)	Cranberry Juice (1)	Diet Italian Dressing
Salad With Tomatoes & Cucumbers	Saltine Crackers	
Entrees		
Rotini & Meat Sauce (sm) (2)		
<i>Rotini (RTP) Topped With Meat Sauce, Ready to Serve</i>		
Tuscan Herb Tilapia		
<i>Tilapia Fillet Crusted in a Garlic, Thyme and Parsley Blend</i>		
Vegetables & Starches		
Wild Rice (1)	French Cut Green Beans Asparagus Cuts	
Desserts		
Bread Pudding (1.5)	Sliced Peaches (1) Fresh Fruit in Season (1)	
Breads & Spreads		
Herb Breadstick (1.5)	Margarine	
White Dinner Roll (1)		
Wheat Dinner Roll (1)		
6" Corn Tortilla (.5)		
Beverages & Condiments		
Coffee	2% Milk (1)	
Decaf Coffee	Fat Free Milk (1)	
Hot Tea	Sugar Sub	
Hot Decaf Tea	Salt	
Iced Tea	Black Pepper	
Non-Dairy Creamer	Salsa	
Lemon Juice		
ROOM _____ NAME _____		
DIET ORDER _____		

HIDDEN SUGARS AND DIABETES

Many foods contain more sugar than you think. Eating foods high in sugar makes it harder for you to manage your diabetes, which may cause serious health problems.

Here is a list of commonly eaten foods that are high in sugar.*

 = 1 teaspoon
of sugar or
4 carb grams

Regular "Cola" drinks (12 ounces) 152 calories, 39 grams carb	
Kool-aid (12 ounces) 150 calories, 38 grams carb	
Honey (1 Tbsp.) 64 calories, 17 carbs	
Gelatin (1/2 cup) 83 calories, 20 grams carb	
Hard candy (3 pieces - butterscotch type) 66.6 calories, 16 grams carb	
Sweetened Cereals (1/2 cup to 1 cup)	Many of these cereals are HIGH in calories, HIGH in carbs, and HIGH in sugar.
Jelly (1 Tbsp) 51 calories, 14 grams carb	
Canned fruit with heavy syrup (1 cup) 189 calories, 51 grams of carb	
Natural Fruit Juices (orange, grape, etc.) (8 ounces) 112 calories, 26 grams carb	
Ginger ale (12 ounces) 124 calories, 32 grams carb	


*Carbs and calories shown are averages. All numbers rounded.

Your goal with diabetes is to keep your blood sugar levels as close to normal as possible. One way to do this is to avoid eating foods high in sugar.

Read food labels carefully when you shop. They are there to help you!

HIDDEN SALTS AND DIABETES

How much salt do you eat?

 = 150 mg of sodium

The popular foods shown in this chart have a lot of salt. Your body only needs about a teaspoon of salt a day to keep you healthy. Many of us eat much more than this.










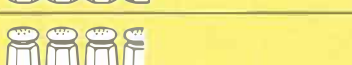




Eating too much salt makes blood pressure go up. High blood pressure can cause major health problems – especially if you have diabetes!

To avoid health problems from eating too much salt:

- Don't use table salt.
- Avoid or limit eating fast-foods. They may be cheap and tasty, but they often have a lot of "hidden salt."
- Use spices, onions, or garlic to flavor foods.

Look for food labels that say "10% or less sodium" when you shop.

No-salt and low-salt foods are good for the whole family!

Macaroni and cheese , 1 cup 1,340mg of sodium	
Canned chili with beans , 1 cup 1,340mg	
Canned chicken noodle , 11 ounces 1,320mg	
Corned beef brisket , 3 ounces 960mg	
Canned sauerkraut , 1 cup 940mg	
Pickle , 1 large 830mg	
Chicken bouillon , one 4-gram cube 740mg	
Deli ham meat , 2 ounces 740mg	
Hot dog (beef) , one 580mg	
Fresh Baked Biscuit , 3 inches 540mg	
Cup-A-Soup (chicken) , one 540mg	
Pasta sauce , 1/2 cup 520mg	
American cheese , 1 ounce 410mg	
Canned peas , 1 cup 430mg	

* All numbers are rounded to the nearest whole number.

Source: Pennington, Jean A. Bowes & Church Food Values of Portions Commonly Used. Lippincott Williams & Wilkins, © 1998.

Provided as an educational service on www.learningaboutdiabetes.org.

This handout is not for use by organizations or healthcare professionals.

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MY MEDICATIONS

DIABETES PILLS

HOW AND WHERE THEY WORK

Many people take diabetes pills or tablets to help them control their diabetes. Pills for diabetes are not insulin.

Diabetes pills work in a number of ways and in different parts of the body. The drawing (picture) below shows you where and how many commonly used diabetes pills work.*

LIVER

Pioglitazone
Metformin

Help to lower the amount of sugar (glucose) made by the liver.

MUSCLE CELLS

Metformin
Pioglitazone

Help muscle cells make better use of the body's insulin.

LIVER AND PANCREAS

Januvia, Onglyza, Tradjenta, Nesina

Help the pancreas produce more insulin and also help lower the amount of sugar made by the liver.

KIDNEYS

Farxiga
Invokana

Lower the amount of sugar the kidneys keep in the body.

PANCREAS

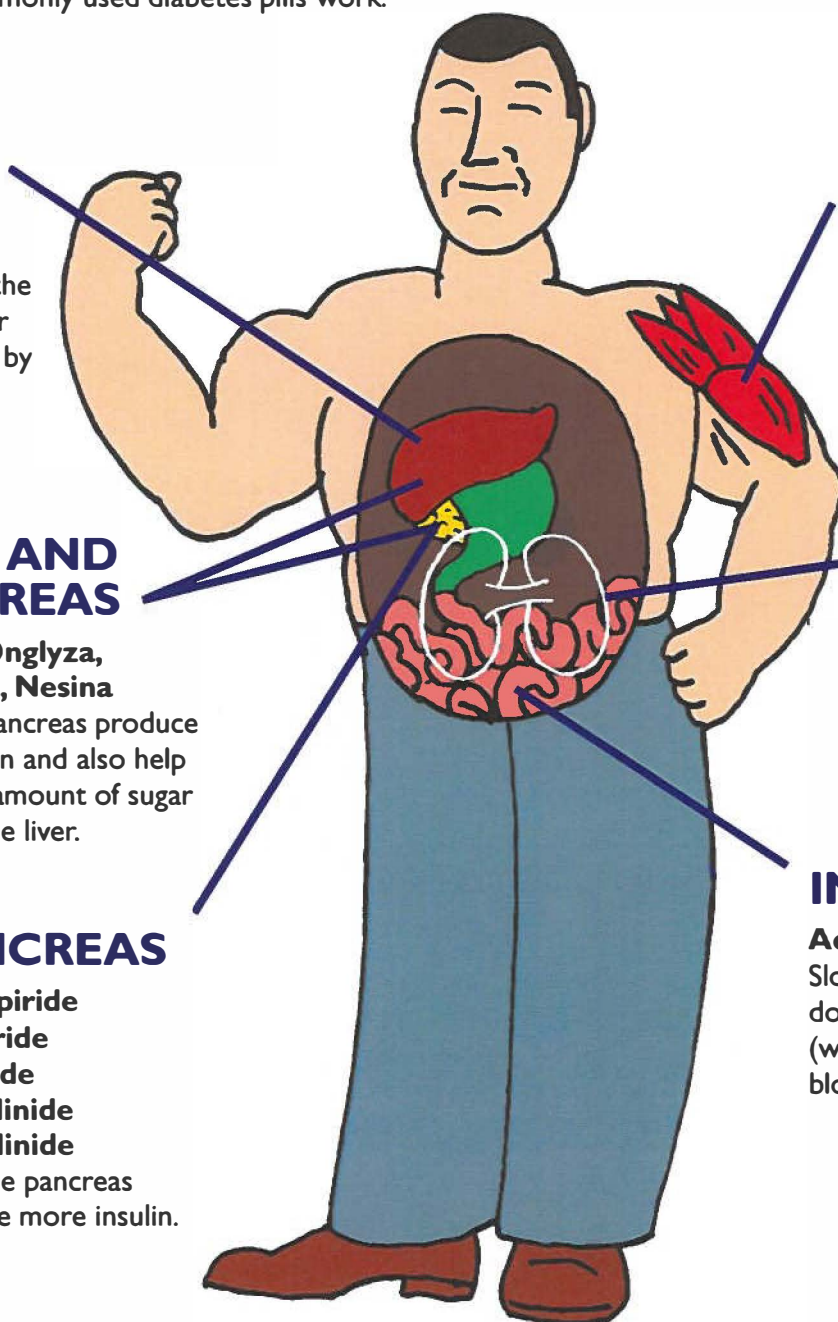
Glimepiride
Glyburide
Glipizide
Nateglinide
Repaglinide

Help the pancreas produce more insulin.

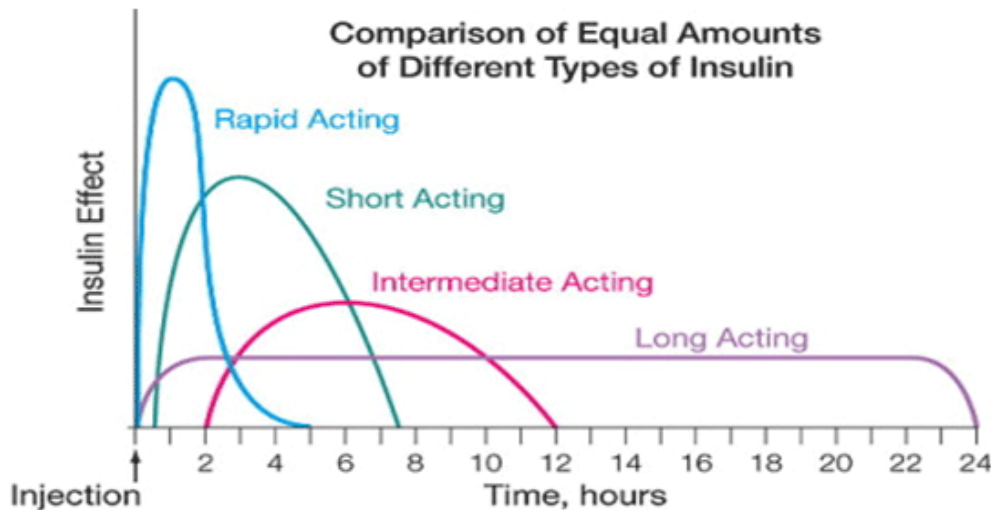
INTESTINES

Acarbose, Glyset

Slow how the body breaks down some carbohydrates (which helps slow the rise of blood sugar levels).



*Both generic and non-generic (brand name) diabetes tablets are listed. Not all tablets are listed.



<https://www.sduap.org/uda/training/insulin.asp>

Brands / Types of Insulin			
Rapid Acting	Regular / Short Acting	Intermediate Acting	Long Acting
<ul style="list-style-type: none"> Insulin Lispro (Humalog) 	<ul style="list-style-type: none"> Novolin R 	<ul style="list-style-type: none"> Novolin N 	<ul style="list-style-type: none"> Insulin Glargine (Lantus)

* Some manufacturers sell pre-prepared mixtures of regular or short acting and intermediate-acting insulin, combined in a single bottle or insulin pen. ie: blends of insulin isophane and insulin regular (Humalin 50/50, Humulin 70/30, Humulin 70/30 KwikPen, Novolin 70/30, ReliON/Novolin 70/30). Blends of insulin lispro and insulin lispro protamine (Humalog Mix 75/25, Humalog Mix 75/25 KwikPen).

Your doctor will consider different factors to determine the best insulin for you:

- your blood glucose level
- how long you have lived with Type 2 Diabetes
- current medications you are taking
- your lifestyle and overall health
- your insurance coverage

Overtime you insulin needs may change and your doctor may suggest trying something new. It's normal for your treatment plan to shift over time. It is good to ask your doctor to explain

to you the pros and cons of different insulin options and why one may be a better fit for you.

<https://www.healthline.com/health/type-2-diabetes/insulin-chart>

Know Your Medications

Your doctor needs to know all the medications and remedies you use. The questions below may assist you to think about all the different kinds of medications you take.



What are the medications your doctor prescribed for you?

- Write them down using Rancho's "My Medication List" (see reverse)
- Ask your Pharmacist for a list of the medications you use
- View your medication list on the "**La Health Portal**"



Do you use an inhaler? Commonly used for Asthma.

Do you take pills bought over-the-counter? Examples are:

Aspirin	Advil [®] , Motrin [®] (Ibuprofen)
Cough and cold medicine	Tylenol [®] (Acetaminophen)

Do you use a medicine on a patch? You stick the patch on your skin.

These may be for birth control, hormone/estrogen, nausea or pain, smoking cessation

Do you use eye drops? Examples are:

Artificial tears	Betoptic [®] (betaxolol hydrochloride)	Timoptic [®] (timolol)
Bleph [®] -10 (sulfacetamide)	Naphcon-A [®] (naphazoline hydrochloride and pheniramine)	

Do you take pills or use anything else on a regular basis? Examples are:

Any vitamins or pills (multi-vitamins, vitamin E)	Ointments or suppositories
Nutritional drinks (like Ensure [®] , Boost [®] , Sustacal [®] , Osmolyte [®]) glucosamine)	Minerals (like calcium, iron)

Do you take home remedies or natural remedies? Examples are:

Soy isoflavones, St. John's Wort, ginseng, herbal medicines, or plants.

While you are at Rancho, please take only the medications provided by your nurses. And after you leave the hospital, you need to adhere to the medications prescribed by your physicians only.

Bring to Your Next Clinic Visit:

- ☐ Rancho's "My Medication List" (see reverse) will be completed accurately and explained to you by your nurse; and provided to you on your last day in the hospital.
- ☐ All of your medicines (prescription and over the counter).

Disclaimer: This list is provided for information purposes only. Your use of this information is your own choice. This list does not represent endorsement by or an official position of Rancho Los Amigos National Rehabilitation Center.

Provided as a courtesy by

Rancho Los Amigos National Rehabilitation Center

7601 Imperial Highway, Downey, CA 90242

Phone: (877) RANCHO-1 or (562) 385-7111 Please visit us at <http://www.rancho.org>

Remember to update the list if you have changes with your medications.

Take the list with you to all of your doctor or clinic visits.

Today is: _____

Page number: _____

Date Started	Medication/Strength	How is it taken?	What is it for?	Date Stopped
4/20/2020	Aspirin, 81 mg	By mouth, 1 daily	Heart	
6/12/20	Ginseng, 2 tea bags	By mouth, 1 cup every other day	To feel strong	

**Rancho Los Amigos
National Rehabilitation Center**

7601 Imperial Highway
Downey, CA 90242 (877) RANCHO-1 or (562) 385-7111

<http://www.rancho.org>

Addressograph

Refill Your Medicine

Call the Refill Line 24 hours a day, 7 days a week:

1-(800) 500-1853



- **Pickup Hours: Monday to Friday, 8:00 A.M. to 6:00 P.M.**
Closed on Saturdays, Sundays, and holidays.
- Call the Refill Line when you have seven (7) days of medicine left.
- Your medicine will be ready 2 working days after you call in your refill.
- **Questions?** Please ask your doctor, nurse, or pharmacist!
- Use **“La Health Portal”**



Review and Renew Your Medications



Review and renew your current medications.



Rancho patient
number

Rancho Los Amigos National Rehabilitation Center, 7601 E. Imperial Hwy, Downey

100123456

W R

0123456789 - 01/06

10 digit
prescription number

Name of the
medicine

MOTRIN 600MG TAB, Qualitest

Take one tablet every 8 hours

*If drowsiness occurs – do not drive
avoid alcohol-discard after _____

QTY: 80 C Generic-IBUPROFEN

Light yellow, oblong, scored, tablet imprinted 36 01 / V

The person who
wrote the
prescription for you

Prescriber: Smith, John

Number of refills left

When you see “o” call
(562) 385-7111,
option 5
to renew your medicine,
2 weeks in advance.

06/10/15 301 1 Refills

VXM RPH:

*Keep Out of Reach of Children – Telephone: (562) 385-7237 Refills **(800) 500-1853**
CAUTION: Federal law prohibits transfer of this drug to any person other than person for whom prescribed

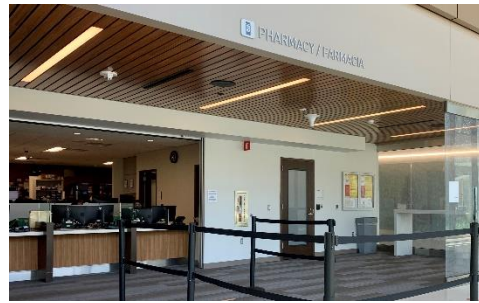
Rancho pharmacy
refill phone number

Rancho Los Amigos National Rehabilitation Center




7601 Imperial Highway, Downey, CA 90242

Phone: (877) RANCHO-1 or (562) 385-7111 • Please visit us at <http://www.rancho.org>

Rancho Outpatient Pharmacy



General Information	
Location	Outpatient Building Room 1065 (first floor)
Hours of operation	Monday- Friday 8:00 AM to 6:00 PM (closed County Holiday)
Phone number	(562) 385-7236 Main Rancho Pharmacy (800) 500-1853 LA County Refill Hotline

Service	Description
Onsite Pharmacy	<ul style="list-style-type: none"> RLA pharmacy may only fill prescriptions from Rancho providers New prescription activation is required by patients, either by phone or in person
Refills	<ul style="list-style-type: none"> Refills can be made by calling the RLA Pharmacy, the Refill line or through the "LA Health Portal App"  Please allow 2 business days to process your prescription refill
Mail Delivery 	<ul style="list-style-type: none"> Only refills can be mailed to patients Sign up at RLA Pharmacy or call the Central Pharmacy at (213) 288-8480 Takes 3 to 5 business days to receive a refill(s) Order your refills at least 7 business days before running out Not all medications qualify for the mail delivery Valid LA County address is required (No P.O. Box)
Renewals	<ul style="list-style-type: none"> Call (562) 385-7111, Option 5 or through the Patients "LA Health Portal App"  Renewal requests may take up to 2 to 3 business days

BLOOD GLUCOSE METERS

A blood glucose meter uses a small drop of your blood to show you how much glucose (blood sugar) is in your blood at that time.

First, read the information that comes with the meter. Follow the directions to get the meter ready to use.

Using Your Meter

1. Wash your hands with soap and warm water.



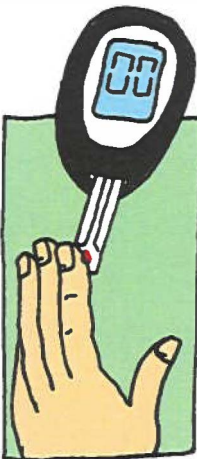
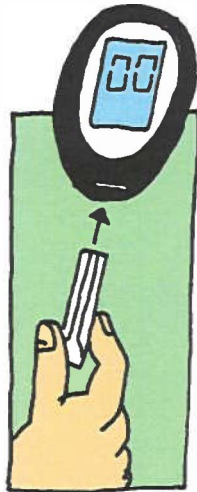
2. Put the lancet or needle in the lancing device (if it is not already in the device).

3. Put the test strip in the meter.

4. Gently prick (stick) your finger using the lancing device. The fatty skin by the side of one of your fingernails is a good spot.

5. Touch the drop of blood on your finger to the test strip. Your blood sugar number will appear on the meter in a few seconds.

6. Throw the lancet (needle) away in a sharp container or other sealed hard bottle or jug.



All meters are different. If you have any questions, call the phone number on the back of the meter. Or, talk to your doctor or pharmacist.

Sunshine Shahinian, CDE
Rancho Los Amigos



INJECTING WITH A PREFILLED PEN

1.

5 Times

Do not shake the pen hard.

Check insulin for type, expiration date, and appearance.

For premixed insulin, prepare as shown

2.

Attach a new needle and remove the outer and inner needle shield

3.

Prime the pen. If you do not prime before each injection, you may get too much or too little insulin

4.

Dial the dose

5.

Inject the dose. Safely dispose of the used needle

Notes

ROTATE INJECTION SITES

AMERICAN DIABETES ASSOCIATION
RECOMMENDED BLOOD SUGAR GOALS

BEFORE MEALS

BETWEEN 180- 30 rrg/dl

MV GOAL

1-2 HOURS AFTER MEALS

LESS THAN 180 mg/dL

MY GOAL:

Talk to your Diabetes Care Team about when and how often to check you, blood sugar

Also ask about cond,t,ons that may affect your blood sugar reading

MY RESOURCES

My Care Team

Internal Medicine

(562) 385-8390

Internal medicine physicians are physicians who are equipped to deal with whatever medical condition a patient brings -- no matter how common or rare, or how simple or complex. They are specially trained to solve puzzling diagnostic problems and can handle severe chronic illnesses and situations where several different illnesses may strike at the same time. They also bring to patients an understanding of wellness (disease prevention and the promotion of health), women's health, substance abuse, mental health, as well as effective treatment of common problems of the eyes, ears, skin, heart, lungs, and reproductive organs.

Physical Medicine and Rehabilitation Physicians *(Rehabilitation Service Only)* **(562) 385-7713**

Physical medicine and rehabilitation (PM&R) physicians, treat injuries or illnesses that affect how you move, with the aim of enhancing performance, "by improving independence and quality of life." They guide the interdisciplinary team in the development of a comprehensive program putting the pieces of a person's life back together – medically, socially, emotionally and vocationally.

Psychology

(562) 385-8181

It is common for individuals to experience depression and changes in mood, particularly when coping with a chronic health condition or new injury. Tell your doctor if you have little interest or pleasure in doing things that you enjoyed before your stroke; feel down, depressed or hopeless; have trouble falling asleep/staying asleep or sleeping too much; feel tired or have little energy; have poor appetite or overeating; feel bad about yourself; have trouble concentrating; or have thoughts of hurting yourself in some way.

Psychology services may include:

- ~ Individual psychology therapy sessions
- ~ Group intervention and education sessions
- ~ Comprehensive Neuropsychological Evaluations to monitor memory changes and track progress that could be beneficial for those who want to return to work or school
- ~ DMV evaluations

Diabetes Care & Education Specialist

(562) 385-6900

A Certified Diabetes Care & Education Specialist is a health professional who specializes in educating, empowering, supporting and promoting self-management of diabetes. They help people living with diabetes and/or prediabetes develop and set lifestyle changes to better optimize health care services and health outcomes.

Clinical Nutrition/Dietitian, Diet Technician

(562) 385-6378

Nutrition is an integral part of the healing journey. The body uses additional protein, calories, vitamins and minerals to heal. Our team of Dietitians and Diet Technicians develop specialized nutrition plans to help meet the goals of each patient by assessing their nutritional needs. They may recommend, therapeutic diets or oral nutrition supplementation to help meet these goals. We also provide essential nutrition education to support dietary lifestyle changes. Changing the way we eat can be a challenge but with the right nutrition information and ongoing support by the nutrition team, patients will successfully meet their nutrition goals and maintain a healthy lifestyle.



My Care Team

Medical Case Worker *(Rehabilitation Service Only)*

(562) 385-8184

Medical Case Workers interact with community services to provide information and referrals to patients and families. They assist with the placement process if a patient is unable to return home following hospitalization. And they provide support services to prepare patients and families for their return home.

Clinical Social Work

(562) 385-7867

Clinical Social Workers are trained and experienced in addressing the needs of patients who have experienced a traumatic health event. They partner with patients and families to identify their strengths or abilities to cope with hospitalization and disability. They collaborate with patients and families in planning for their return to the community.

Occupational Therapy

(562) 385-6847

Occupational therapy practitioners play a strong role in diabetes education and self-management. OTs/OTAs can effectively educate and train persons at risk for or who currently have diabetes to modify current habits and routines and develop new ones to promote a healthier lifestyle and minimize disease progression.

Occupational Therapy services may include:

- Promoting healthy food choices and safe cooking methods
- Incorporating strategies to compensate for low vision, sensory loss or one-handed techniques to monitor glucose and the safe administration of medications
- Introducing techniques to structure time and simplify activities to manage diet, exercise and stress/anxiety in manageable steps by incorporating strategies into daily routines.

Physical Therapy

(562) 385-6847

Physical therapists examine each patient individually and then develop a treatment plan to improve their ability to move, reduce or manage pain, restore function, and promote functional independence. PTs/PTAs are trained in helping people regain their ability to stand, walk, transfer, and return to normal activities.

Physical therapy services may include:

- ~ Creating exercise programs
- ~ Job-specific training to help individuals return to work
- ~ Recommending equipment for home and community mobility
- ~ Patient education
- ~ Balance training to ensure safety with community mobility

Recreation Therapy *(Rehabilitation Service Only)*

(562) 385-6335

Recreation therapy focuses on increasing a person's physical, cognitive (memory), social, and emotional functioning through the use of activities, education, and community reintegration. Recreation activities provide numerous benefits, including increasing physical strength, coordination, motor skills, and mobility; increasing attention, comprehension, and memory; increasing confidence, self-esteem, and positive interactions with others; and providing relaxation, stress relief, and meaningful use of free time. These benefits can be particularly relevant and meaningful after experiencing a significant life changing event



I. Rancho Los Amigos National Rehabilitation Center

- **Adaptive Outdoor Adventure Program.** Experience recreational outdoor activities with the support of Certified Recreational Therapy Specialists and adaptive equipment. Activities include bike riding, disc golf, horse back riding, hiking, skiing, sailing, etc.
(562) 385-7053. <http://ranchofoundation.org/adaptive-outdoor-adventure/>
- **Amputee Clinic.** Medical care, referrals for therapy, prosthesis, medical equipment, etc.
(562) 385-8390 [Appointment Center]
- **Certified Diabetes Education.** Offering diabetes education and support
(562) 385-6900 or sshahinian@dhs.lacounty.gov
- **Clinical Social Work Department.** Psychosocial support, resource referral for housing programs, community mental health services, food insecurity, substance use abuse support, etc.
(562) 385-7867
- **Diabetes Support Group.** Share challenges, learn helpful tips and resources from others living with diabetes.
(562) 385-6900
- **Don Knabe Wellness Center.** Accessible exercise equipment, exercise and wellness classes, virtual and onsite. Scholarships available. Open to patients, staff and the community.
www.ranchoresearch.org/rancho-virtual-wellness (562) 385-6600 or email rlawellness@dhs.lacounty.gov
- **Driver's Training Program.** Occupational Therapist and driver training specialist evaluate, train and provide equipment recommendations for drivers or passengers. Education to regain/obtain driver's license, driving simulator and behind the wheel training in adaptive vehicles.
(562) 385-6847
- **Health Information Management (HIM)** Also known as *Medical Records*, provide forms requiring physician signature or request copies of medical records often needed when applying for benefits.
(562) 385-7121.
- **KnowBarriers Peer Mentor and Life Coaching services.** Peer mentor and life coaching services provided by specially trained people with disabilities. Individual and group services to assist with goal setting, resources, peer support, problem solving and taking action to continue to achieve your life goals.
www.knowbarriers.org (562) 385-8175 or email btanberg@dhs.lacounty.gov
- **Lifestyle Redesign Program.** Occupational Therapists helps you add healthy habits into your daily life
(562) 385-8842 or email lifestyle@rancho.org
- **Member Services.** Assist you with questions related to your medical benefits or medical providers.
(562) 385-7655
- **Outpatient Occupational Therapy and Physical Therapy.** Physician referral required.
(562) 385-6847
- **Orthotics/ Prosthetic Services:** (562) 385-8143
- **Psychology Department.** Psychological support and referral to community mental health agencies.
(562) 385-8181
- **Rancho Resource Center.** *KnowBarriers* Peer Mentors assist patients and family members with firsthand knowledge of useful resources, access to computers, assistance to complete applications, flyers, etc.
(562) 385-6007.



Resources

II. Community

- **Access Services Transportation.** Provides accessible transportation service within LA County or Orange County for medical appointments, visit family or friends, grocery store, leisure activities, etc. Visit the Rancho Resource Center for information and application assistance. Service for individuals with disabilities who are unable to use public transportation independently. Access Service riders use MTA free of charge.
www.accessla.org or 213) 270.6110
- **AMPOWER.** Individuals with limb loss (amputation) available to provide
HangerClinic.com/AMPOWER or 1-844-AMPOWER
- **Amputee Coalition.** Organization to empower people affected by limb loss to achieve their full potential through education, support, advocacy and, to promote limb loss prevention.
www.ACA.org
- **Angel City Sports.** Creates an opportunity for individuals with a physical disability to participate in sports. www.angelcitysports.org
- **Challenged Athletes Foundation.** Provides opportunities and support to people with physical disabilities to pursue an active lifestyle through physical fitness, competitive athletic events, and funding for equipment. The Annual Grant program provides funding for new exercise/competition equipment, upgrade old equipment, athletic prosthetics, travel and training expenses. Applications are processed one time per year, usually in the fall. Visit the website for grant details, forms and annual deadline.
www.challengedathletes.org or (858) 866.0959
- **Life Rolls On.** Adaptive surfing and skating program; including support staff and equipment.
www.liferollson.org
- **National Suicide Prevention Lifeline.** 24 hour, 7 day a week support for people experiencing thoughts of suicide. If you are someone you know is having thoughts of suicide, call for support today.
1 (800) 273-8255



Diabetes requires practical knowledge of daily nutrition, exercise, blood glucose monitoring, and medication. **Diabetes Education** helps people gain such knowledge. It is the key to taking care of diabetes.

Rancho has **Diabetes Health & Wellness Committee (DHWC)**. We lead the effort to help patients with diabetes.

The Mission of DHWC:

To work with patients with pre-diabetes and diabetes and their families,
To **educate, treat, and coach** diabetes self-management skills,
To **empower** patients to lead a better quality of life.



For More Information:

Sunshine Shahinian, RN, BSN, PHN, CDE
Certified Diabetes Educator
(562) 385-6900
sshahinian@dhs.lacounty.gov



7601 Imperial Hwy
Downey, CA 90242
(562) 385-7111
www.rancho.org

Rancho TTY/TDD Number: (562) 385-8450

To request reasonable accommodation, contact the ADA Coordinator's office at (562) 385-7428 or by email at lawong@dhs.lacounty.gov 5 days in advance.

Rancho Diabetes Education



[f rancholosamigosrehab](https://www.facebook.com/rancholosamigosrehab)
[@ranchorehab](https://www.instagram.com/ranchorehab)

[@ranchorehab](https://twitter.com/ranchorehab)

Diabetes Education Programs at Rancho

Diabetes Support Group

[Patients with diabetes or pre-diabetes.]

For education and emotional support

Mondays

2:00 – 3:00 p.m.

2 North Activity Dining Room

Diabetes Management Roadmap

[Inpatients]

For learning all aspect of diabetes basics

2nd & 4th Thursday each month

10:00– 11:00

2 South Activity Dining Room

Diabetes Discharge Education Class

[Inpatients]

For preparing the discharge. It covers:

- Glucometer use
- Target goals
- Everything about insulin use
- Treating & preventing hypoglycemia

Thursdays

2:00 – 3:00 p.m.

2 North Activity Dining Room



Diabetes Self-Management Education (DSME) classes

[Outpatients with doctor's referral]

For learning diabetes knowledge in:

- Healthy Eating
- Being Active
- Problem Solving
- Taking Medication
- Target goals
- Healthy Coping
- Reducing Risks, and more

Register by contacting your Doctor

Healthy Habits Every Day with Diabetes

Occupational Therapy informed by
Lifestyle Redesign®

[Outpatients with doctor's referral]

Lifestyle Redesign® helps add healthy habits into your daily life. This can include:

- Eating healthily,
 - Exercising safely,
 - Coping with stress and anxiety and
 - Managing blood sugar & medications.
- It is a “how-to-do” class.

To learn more, please contact:

(562) 385-8842

lifestyle@rancho.org

TIGR offers On-Demand learning experiences for inpatients. Rancho patients/families and staff can use TIGR.

To access TIGR, we can:

- Dial **5-7407** from a phone in the patient's room.
- Follow the directions on the phone.
- Watch the TV screen to select your choice.

With TIGR, we can watch video clips about:

- Rancho hospital services,
- Specific conditions,
- Health, and
- Lifestyle.

TIGR Diabetes Education videos

Examples:

- *What is Diabetes?*
- *Healthy Eating.*
- *Controlling Your Weight.*
- *Diabetes and Your Emotions.*
- *Checking Your Blood Sugar.*
- *What to Do When you are Sick.*



unite for diabetes



Manage Together !



Information on Living with Diabetes!

Mondays 2 -3 pm, JPI Building, 2 North, Activity Dining Room

**Except holidays*

For more information please contact: Sunshine Shahinian, RN, BSN, CDE

(562) 385-6900

Rancho Los Amigos National Rehabilitation Center

7601 Imperial Highway, Downey, CA 90242

(562) 385-7111 | TTY/TTD (562) 385-8450

www.rancho.org

www.twitter.com/ranchorehab

www.facebook.com/rancholosamigosrehab

To request reasonable accommodation,
contact the ADA Coordinator's office at (562) 385-7428
or by e-mail at lawong@dhs.lacounty.gov 5 days in advance.



You can Self-Manage!
in 4 short weeks
with our
Diabetes Self-Management Program
for
Better understanding & control



- **Classes are virtual, attend by telephone or computer**
- **Consists of 4 consecutive virtual classes, 1:00 - 3:00pm**
- **Space is limited-- register early!**

For more information or to register, please contact Diabetes Education Services:

(562) 385-6900

Rancho Los Amigos National Rehabilitation Center
 7601 Imperial Highway Downey, CA 90242

(562) 385-7111 | TTY/TTD (562) 385-8450

www.rancho.org

www.twitter.com/ranchorehab

www.facebook.com/rancholosamigosrehab

To request reasonable accommodation, contact the ADA Coordinator's office at (562) 385-7428 or by



e-mail at lawong@dhs.lacounty.gov 5 days in advance.
 Diabetes Self-Management Program flyer_English_2024

What is Lifestyle Redesign®?



Lifestyle Redesign® is the process of adding healthy habits into your daily life.

After an illness or injury, you might need to create new routines to help you live a healthy life every day.

Healthy habits can include eating healthy, exercising safely, managing stress, and many other things.



How to Join Us:

- Ask your physician for a referral
- Have reliable transportation
- Commit to a 12-week program



For more information please contact:
Occupational Therapy
Outpatient Building

Phone (562) 385-8842
TTY/TDD (562) 385-8450
Email: lifestyle@rancho.org

**Rancho Los Amigos National
Rehabilitation Center**
7601 E. Imperial Highway
Downey, CA 90242

To request reasonable accommodation, contact the
ADA Coordinator office at (562) 385-7428
or by email at lawong@dhs.lacounty.gov
5 days in advance

Healthy Habits Every Day



Occupational Therapy
informed by

Lifestyle Redesign®



RANCHO LOS AMIGOS
NATIONAL REHABILITATION CENTER

Our Programs:

DIABETES

- Making healthier food choices
- Coping with stress and anxiety
- Managing blood sugar and medication

CHRONIC PAIN

- Practicing pain reducing activities
- Learning about daily balance and stress
- Exploring joyful activities

STROKE

- Preventing another stroke
- Exercising safely
- Making healthier food choices

SPINAL CORD INJURY, NEUROLOGIC DISEASES

- Balancing daily activities and stress
- Exploring joyful activities
- Practicing pain reducing activities

WEIGHT MANAGEMENT

- Making healthier food choices
- Learning how to manage your weight
- Planning and cooking healthy meals

CARDIAC REHAB

- Balancing daily activities and stress
- Making healthier food choices
- Recognizing and reducing symptoms



What You Will Do:

Look at the things you do in
your life every day.

*

Make goals to add healthy
habits and joyful activities
into your daily life.

*

Practice new habits and
learn to handle any
challenges.

*

Participate in both group
and individual therapy.

Our Programs Continued:

EPILEPSY

- Creating balance in your daily life
- Living independently
- Exploring productive activities

ARTHRITIS

- Managing pain and fatigue
- Exercising safely
- Learning to protect joints

Testimonials:

"I liked the camaraderie and meeting new people and understanding each other. It's not like other classes that I go to. This is the best one because we actually have fun and do things like bowling and cooking." - Sal

"We talked about ingredients and the stuff we need to prepare before we start cooking. We looked at tables to see what's in our food like how much fat, salt, and calories. I went to pick up some nutritional brochures from Burger King and shared it with my family." - Leatrice

Wellness Center at Rancho

Open for in-person services

Get • Ready • Optimize • Wellness



Hours : 7:00am – 5:00pm, Monday through Friday

For updates and information visit: RLAFit.com



Monday	Tuesday	Wednesday	Thursday	Friday
10:00 am English Class Room 111	12:15pm Zumba Room 105	9:00 am Knitting Class (1st and 3rd Wed) Outside of DKWC	9:30am Wheelchair Sports Class (2nd and 4th Thursday of every month) OBP Basketball Courts	10:00 am English Class Room 111
11:00 am Spanish ABI Support Group Room 105	12:30 pm Artist on the Rise Room 104	10:00 am English Class Room 105	11:00am Aphasia Conversation Group- English Room 105	10:00 am Brains in Motion Room 105
12:00 pm English ABI Support Group Room 105	1:00 pm Driving Support Group (2nd and 4th Tuesday of every month) OPB, OP1019	11:00 am Aromatherapy/ Relaxation (2nd Wednesday of every month) Room 110	12:00 Spanish SCI Support Group Room 110	
12:30 pm Artist on the Rise Room 104	1:00 pm Amputee Support Group (Last Tuesday of every month) Room 105	12:15 pm Zumba Room 105	12:15 pm Zumba Room 105	
		1:00 pm The Performing Arts Peer Support Group (1st Wednesday of every month) Room 105	1:00pm Aphasia Conversation Group- Spanish Room 105	
		1:30 pm Bingo (1st Wednesday of every month) Room 104		
		2:00 pm Spanish Stroke Support Group Room 105		

Covid-19 Considerations

Covid-19 self screening at the entrance
Rancho approved masks strongly encouraged
Towel service is not provided
Cleaning and disinfectant protocols in place
Food or beverages are not permitted

Scholarships are available for Wellness Center memberships
For more information, call us at (562) 385-6600 or email us at rlawellness@dhs.lacounty.gov or text us to (562) 539-4028

Rancho Virtual Wellness

by Don Knabe Wellness Center

www.RLAFit.com

Get • Ready • Optimize • Wellness

Live Virtual Private Sessions

Virtual Nutrition Session—\$90-\$150/session

*by appointment only



*To make an appointment email:

rlawellness@dhs.lacounty.gov

or text to (562) 539-4028



Monday

11:00 am

Spanish ABI Support Group

To join the group email:

JRamirezMancilla@dhs.lacounty.gov

12:00 pm

English ABI Support Group

To join the group email:

JRamirezMancilla@dhs.lacounty.gov

12:00 pm

Women's Support Group

To join the group email:

JRamirezMancilla@dhs.lacounty.gov

Tuesday

12:00

English SCI Support Group

To join the group

email:

JRamirezMancilla@dhs.lacounty.gov

1:00 pm

Driving Support Group

2nd and 4th Tuesday of every

month. To join group email:

shayes@dhs.lacounty.gov and

lphillips2@dhs.lacounty.gov

1:00 pm

Brains in Motion -Spanish

To join the group email:

rlawellness@dhs.lacounty.gov

2:00 pm

Brains in Motion

To join the group email:

rlawellness@dhs.lacounty.gov

Wednesday

12:00 pm

English Stroke Support Group

To join the group email:

JRamirezMancilla@dhs.lacounty.gov

1:00 pm

Aphasia Conversation Group-English

To join the group email:

rlawellness@dhs.lacounty.gov

1:30 pm

Aphasia Conversation Group-Spanish

To join the group email:

rlawellness@dhs.lacounty.gov

2:00 pm

Spanish Stroke Support Group To

join the group email:

JRamirezMancilla@dhs.lacounty.gov

Thursday

12:00

Spanish SCI Support Group

To join the group email:

JRamirezMancilla@dhs.lacounty.gov

Friday

11:00 am

Song Writing Class

with Charles

To join the class email:

rlawellness@dhs.lacounty.gov

Scholarships are available for
Virtual Private Sessions
and LIVE ZOOM Classes
For more information, email
us at
rlawellness@dhs.lacounty.gov
or text to (562) 539-4028

LIFE COACHING SERVICES



KnowBarriers Life Coaches are disabled individuals with specialized training to assist patients in developing the tools to set and achieve their personal life goals.

Achieve a Goal Course

Through 6-weekly classes, participants work in a small group to make progress on their individual goals.

The Life Coach will introduce a new element of the life coaching model each week for the participants to apply towards achieving their goals. This course also helps patients determine if the individualized life coaching program is a good match for them.

Individualized Life Coaching

KnowBarriers offers a one year individualized life coaching program for patients to work on goals to improve the quality of their life.

Life Coaches provide goal setting, problem solving, peer support, accountability, and resource referral. Services are available weekly.

Clients must commit to attending sessions and the work needed towards achieving their goals.

Graduates of the program demonstrated greater confidence, decreased level of depression, and an overall improved quality of life.



To learn more about any of the KnowBarriers Peer Mentor or Life Coaching Services, visit the Rancho Resource Center.

To request reasonable accommodation, contact the ADA Coordinator's office at (562) 385-7428 or by e-mail at lawong@dhs.lacounty.gov 5 days in advance



KNOW BARRIERS

PEER MENTOR AND LIFE COACHING SERVICES

CONTACT US

Phone:

(562) 385-8175

Website:

www.rancho.org

60

County of Los Angeles
Department of Health Services



Health Services
LOS ANGELES COUNTY

PEER MENTOR SERVICES



KnowBarriers Peer Mentors play an integral role in the inpatient and outpatient rehabilitation and medical services at Rancho. They work alongside the clinical professionals to provide patient education, skill demonstration, resource referral, and emotional support.

Peer Mentors motivate our patients to believe in their own abilities to achieve a positive quality of life, despite their situation.



Resource Center

The Rancho Resource Center employs Peer Mentors demonstrating expertise in maximizing independence through resources. They assist with the following:

- Computers with internet access
- Information on Rancho
- Appointments to research resources
- Apply for services
- Community Based Programs
- Enrollment and navigation of the LA Health Portal
- Access Service support
- And much more!



**Rancho Resource Center is open
Monday – Thursday, 9:00am – 2:00pm.**

**For resource assistance,
call (562) 385-6007**

Rancho Los Amigos National Rehabilitation Center
7601 Imperial Highway Downey, CA 90242
(562) 385-7111 | TTY/TTD (562) 385-8450
www.rancho.org
www.twitter.com/ranchorehab
www.facebook.com/rancholosamigosrehab
www.instagram.com/ranchorehab

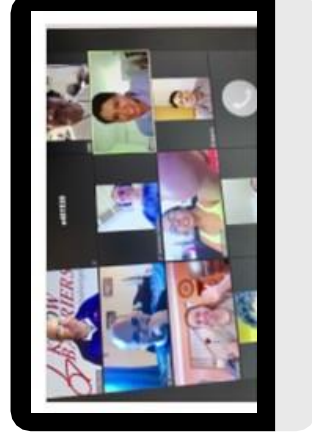
Pain Coping Skills Class

Many people with disabilities experience chronic pain due to the nature of their injury or illness.

The Pain Coping Skills class provides patients with information on the physiology of chronic pain, and strategies to address it. The curriculum was developed by clinical experts in pain management. The classes are part of a continuum of pain management services offered at Rancho.

A KnowBarriers Peer Mentor, living with chronic pain, provides pain management education and first-hand knowledge of strategies to control their chronic pain.

Support Groups



KnowBarriers Peer Mentors co-facilitate many Rancho support groups (Adult Brain Injury, Aphasia, Spinal Injury, Stroke, and Women's)

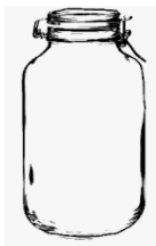
Support groups are a great way to stay connected after leaving the hospital.

Recipe for Normal Saline

1. Boil **4 cups of water**
in a pot for **20 minutes**



2. Pour boiled water into a
clean jar.



3. Add **2 teaspoons** of salt
and **mix well**



4. Cover jar **tightly** with a lid and
store in the refrigerator



5. **Write the date** you made it on the jar.
6. It is best to make and **use fresh saline EACH day.**

SAVING MONEY ON MEDICINE

Many drug companies offer diabetes pills or diabetes medicine you inject at low prices or for free to people who cannot afford their medicine. A number of low-cost generic diabetes drugs are also available.

If you cannot afford your diabetes drug, talk to your doctor or pharmacist about a generic drug or call the phone number below that is next to the medicine you take.



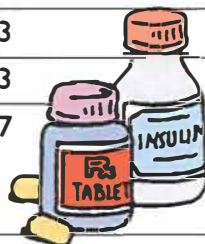
LOW-COST GENERIC DIABETES DRUGS

- Pioglitazone (Actos)
- Glimepiride (Amaryl)
- Metformin (Glucophage)
- Glipizide (Glucotrol)
- Glyburide (Micronase)
- Repaglinide (Prandin)
- Acarbose (Precose)
- Nateglinide (Starlix)

The best generic drug prices are often at nationwide pharmacies, such as CVS or Walgreens, or large chain store pharmacies like those at Walmart and Target.

PATIENT ASSISTANCE PROGRAMS

DIABETES TABLETS	Phone Number	Company
Avandia (rosiglitazone)	1-866-475-3678	Glaxo
Januvia (sitagliptin)	1-800-727-5400	Merck
Invokana (canagliflozin)	1-800-652-6227	Janssen
Farxiga (dapagliflozin)	1-800-736-0003	BMS
Onglyza (saxagliptin)	1-800-292-6363	AstraZeneca
Tradjenta (linagliptin)	1-800-556-8317	Boehringer Ingel.
MEDICINE YOU INJECT		
Byetta; Symlin; Bydureon	1-800-303-7647	AstraZeneca
Humalog; Humalog 75/25 Humalog 50-50; Humulin R Humulin N; Humulin 70-30	1-800-545-6962	Eli Lilly & Co.
NovoLog; NovoLog 70/30 Novolin 70/30; Novolin R Novolin N; Levemir; Victoza	1-866-310-7549	Novo Nordisk
Lantus; Apidra	1-888-847-4877	Sanofi-Aventis




Not all diabetes medicines are listed.



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MY LIMB LOSS



My Workbook: Understanding My Amputation



7601 Imperial Hwy
Downey, CA 90242



562-385.7111



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- **Frequently Asked Questions**
- **Follow Up Appointments**
- **Check Off List**



Frequently Asked Questions

What is an AP splint? This is a removable cast used after surgery. It will help protect your limb from injury and assist with healing.

How long will I wear my AP splint for? Although your timeline may vary, typically you will wear until you receive your prosthesis or until your provider tells you otherwise.

When will I get my prosthesis? Your healthcare team will collaborate with you to determine if and when a prosthesis is appropriate. In some cases you will receive a special sock called a “shrinker sock”. The shrinker sock will be used to shape your limb so the prosthetic can fit nicely. Typically, it takes about 6-8 weeks after being measured to receive your prosthesis.

When can I shower? We encourage good hygiene right away. Avoid getting your surgical site wet when sutures or stitches are still intact. A therapist may provide you with equipment to help you shower safely.

When can I return to work? This is determined by the doctor. However, a therapist can prepare you for the skills needed to return to work.

Will I be able to drive again? The good news is that many people are able to drive vehicles safely with a few modifications. For more information contact Rancho’s drivers training program at 562-385-6847.

When do I start outpatient PT? Usually this can take up to a month after surgery. You will be given a referral from the doctor.

I am not feeling like my normal self, is there anyone I can talk to? It is very common to have feelings of denial, sadness, grief and depression before and after an amputation. Please inform any healthcare provider if you are feeling any of these symptoms. You may also contact social work or Rancho’s Psychology Department.



7601 E. Imperial Hwy
Downey, CA 90242



562-385-7111



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My Check Off List

When and where was your surgery?

What type of surgery did you have?

Why did you have surgery?

How can I reach my surgeon?

My surgery follow up appointment is? _____

Who is my primary care doctor and how can I reach them?

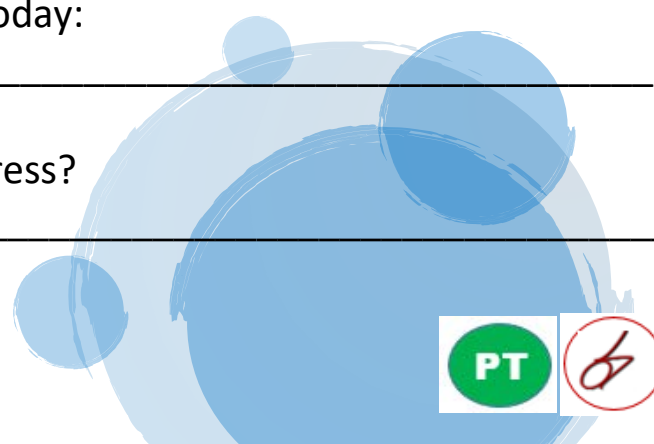
How have I been keeping a record of my blood glucose?

How have I been monitoring and caring for my skin?

Name something healthy you ate today:

Name one thing that made you feel active today:

What is one technique you use to reduce stress?



PREPARING FOR YOUR JOURNEY

Meet your health-care team and learn about the steps of your journey.

RECOVERY AND REHABILITATION

Get back to life and discover your new normal.

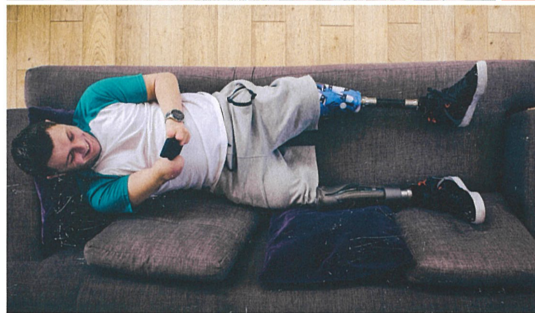
LIVING WELL WITH LIMB LOSS

Learn about the skills, tools, and resources available to help you thrive.

First Step

A GUIDE FOR ADAPTING TO LIMB LOSS

COMPLIMENTARY | VOLUME 8



OUR MISSION

To reach out to and empower people affected by limb loss to achieve their full potential through education, support, and advocacy, and to promote limb loss prevention.

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