

Texas Diabetes Prevention and Control Branch
Texas Department of State Health Services (DSHS)
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***Taking Charge of Your Health:
Controlling Diabetes One Day at a Time***

Distribution Instructions

The Texas Diabetes Council and the Texas Department of State Health Services have developed *Taking Charge of Your Health: Controlling Diabetes One Day at a Time* to guide Texans with diabetes to successful disease management. Materials are designed to help persons recently diagnosed with diabetes understand the complications of uncontrolled diabetes, lifestyle changes they can make to manage diabetes and live a healthy life, and the topics and medical tests they should discuss with their healthcare team.

INSTRUCTIONS FOR USE BY HEALTHCARE PROFESSIONALS:

- ***Always provide education in conjunction with the distribution of these materials.*** Persons dealing with diabetes, especially those who are newly diagnosed, may need extra assurance that they can help themselves. Reviewing the materials with the person who has diabetes will give them an opportunity to ask questions that they may be reluctant to ask.

Suggestion: Use materials interactively as part of one-on-one or group education – do not simply hand this publication out in waiting rooms or at health fairs.

- ***Avoid reviewing the materials all at once.*** Too much information may be hard to grasp or discouraging for someone who has just found out they have diabetes.

Suggestion: Give your patient the entire booklet at their initial visit and cover one section. Schedule additional visits for follow-up education. Ideally, all information presented should be covered over time.

We hope you find these materials useful. Thank you for making them available to your patients and providing the education and support they need. For questions regarding the use of these materials, please call the DSHS Diabetes Prevention and Control Branch at (512) 458-7490.

Note: These materials are not intended to replace medical advice.