

# DIABETES CONTROL MATTERS

## PREVENTION AND CARE OF PNEUMONIA

Over 4 million cases of pneumonia occur in the United States each year. Almost 1 million of these people will require admission to the hospital. Because blood glucose levels rise when you are ill, it is very important to prevent pneumonia if possible.

### What is Pneumonia?

- ◆ An infection of the lungs
- ◆ Usually categorized by the organism or “germ” that caused the infection
- ◆ Something to take seriously; seek help early!

### Risk Factors for Pneumonia

- ◆ Age over 65 years
- ◆ Presence of liver or kidney disease
- ◆ Alcoholism
- ◆ Congestive Heart Failure
- ◆ Cancer
- ◆ Malnutrition
- ◆ Diabetes
- ◆ Chronic Obstructive Lung Disease
- ◆ Blood Vessel Disease
- ◆ Previous pneumonia within the past year
- ◆ History of cigarette smoking
- ◆ Persons with weakened immune systems

### You Should Go to the Hospital Emergency Room if you have:

- ◆ Extreme shortness of breath
- ◆ Repeated high fever (>101.0) that has not lowered after following your doctor’s recommendations
- ◆ Serious chest pain
- ◆ Change in level of consciousness/alertness – family member may notice disorientation or confusion in an otherwise alert person
- ◆ Symptoms and you are unable to reach your doctor to report your condition

### Decreasing Your Risk:

- ✓ **Maintain good blood glucose control** – This decreases your overall risk of infection and helps your body heal faster if you become ill.
- ✓ **If you smoke – QUIT!** – Cigarette smoking is linked to many health problems and decreases your ability to recover from pneumonia.
- ✓ **Avoid excessive alcohol intake** – Alcohol intake contributes to malnutrition and makes blood glucose control very difficult to achieve.
- ✓ **Consider an annual flu vaccine** – Try to prevent illness if possible. There is also a vaccine available for the most common type of bacterial pneumonia. Ask your health care provider if these vaccines are a good idea for you.
- ✓ **Maintain the best state of health possible** – Eat a healthy diet, get adequate rest and regular physical activity, keep blood glucose within your target range, and see your health care team regularly.
- ✓ **Seek help early!** – At the first sign of a problem, contact your doctor. Early attention can make a big difference in your recovery from any illness.

### Monitoring Your Progress

Call your doctor if you have any of the following signs:

- ✓ A temperature of 100.0 or greater.
- ✓ A change in cough and sputum – report changes in the amount and color.
- ✓ Decreased energy level, presence of fatigue, shortness of breath, inability to eat or drink, or inability to do normal daily activities.
- ✓ Unexplained blood glucoses of under 70 or greater than 240 for 2 tests in a row, or as directed by your doctor.

***The back of this sheet has a record you can use to monitor your daily progress***

  
**St. LOURDES**  
*Diabetes Center*  
(607) 772-6269

AMERICAN DIABETES ASSOCIATION GOALS FOR BLOOD GLUCOSE		
	GOALS	ACTION SUGGESTED
Pre meals	80-120 mg/dl	<80 or >140 mg/dl
Bedtime	100-140 mg/dl	<100 or >160 mg/dl
Hemoglobin A1c	<7%	>8%

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## PNEUMONIA & DIABETES SELF MONITORING RECORD

NAME:

PHYSICIAN:

PHYSICIAN PHONE:

PHARMACY PHONE:

	SUN	MON	TUE	WED	THUR	FRI	SAT
<b>WEIGHT (lbs)</b> (Call if gain 2 lbs/day or 5 lbs/week)							
<b>MEDICATIONS</b> (Indicate time taken) Name                      Dose                      When							
<b>Incentive Spirometer (IS)</b> 6 times/day for _____ weeks							
<b>Temperature</b> (afternoon & evening for 2 weeks)	/	/	/	/	/	/	/
<b>ACTIVITY</b> ( Xchoose one each day)							
♦ No symptoms with usual activity							
♦ Pulse / Respiratory rate before, during, after exercise							
<b>SIGNS / SYMPTOMS – (✓) Check if present</b>							
Nausea							
Headache							
Vomiting							
Constipation							
Poor Appetite							
Problems with food / fluid intake							
Diarrhea							
Skin Rash							
Shortness of Breath							
Fatigue							
Chest Pain							
Cough							
Sputum (amount & color)							
<b>BLOOD GLUCOSE</b> (record time & result)							
<b>KETONES</b> (record time & result)							

Bring this record with you for all health care appointments!