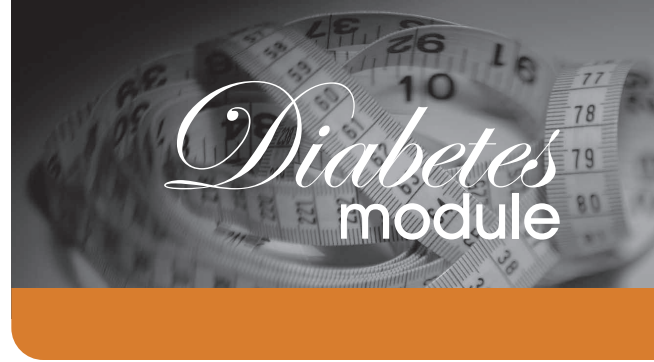


Numetra® AND YOUR DIABETES: GETTING STARTED



Welcome to the Numetra System. You have probably already learned some important things about the program and weight control by reading the module that first introduces all patients to the Numetra Low Calorie Diet (LCD) or Very Low Calorie Diet (VLCD) system. However, you have another special reason for participating in the Numetra System: You want to control your diabetes. So you'll need some additional information and skills—and that's what this module is about.

The Numetra System and Diabetes

Just as Numetra offers some special benefits to you in managing diabetes, you will find that you will be doing a few things that other patients in the program are not doing. You may need to monitor and record your blood glucose level every day. If you have not tested your blood glucose level at home, this will be a new experience for you. The Numetra staff and your module *Blood Glucose Monitoring: Control by the Record* gives you more information about how to track your blood glucose.

Like other Numetra participants, you may see many positive changes as you continue in the program, not only in blood glucose levels, but also in weight, cholesterol level, and blood pressure.

Numetra Products and Your Diabetes Medication

Many people with type 2 diabetes are prescribed medications to help control the level of glucose in their blood. Your doctor may have prescribed something for you, either oral medication or insulin injections, according to your body's needs and the type and amount of food you eat. Since your diet will change greatly when you begin consuming the Numetra nutritional products, it makes sense that your diabetes prescription may also have to be modified.

Although specific adjustments in medication must be geared to your particular needs, you can probably expect that your oral medication or insulin will be reduced or discontinued soon after you begin the program—probably within the first week or so. (The Numetra staff will give you specific directions regarding the changes you should make.) This reduction in medication is likely because your calorie and carbohydrate intake while in the program will be considerably less than your usual diet and weight loss may increase insulin sensitivity, causing an overall improvement in the way the body uses glucose.

If you continue taking medications, you may develop hypoglycemia (low blood sugar levels). To make sure the changes in medication are best for you, and to be sure you don't develop hypoglycemia, your Numetra staff will ask you to phone in your blood glucose test results for a few days during your first week on the Numetra nutritional products. This is especially important if you're directed to continue to take insulin, even at low levels. If you're not asked to phone in your results, you should record them so the Numetra staff can review them each week.

When to Consume Your Numetra Products

Although all patients in the Numetra System are encouraged to establish regular mealtime patterns for consuming their Numetra product, patients without diabetes can establish a pattern that suits their preference and schedule. For someone who is taking diabetes medication, however, timing is very important. If patients take the Numetra products on a regular schedule that matches peak times of insulin or oral medication action, they probably can avoid hypoglycemia. To help you match your medication and product intake—especially if you must continue to take. A properly timed and consistent intake of the product reduces your chance of developing hypoglycemia.

Hypoglycemia

There are several things you should know about hypoglycemia and how to treat it.

What's it like?

As mentioned previously, hypoglycemia (glucose less than 70) can occur in people with diabetes—especially those who must continue taking even low doses of oral medication or insulin—during the Reducing Phase of the Numetra System. You may have felt shaky, sweaty, dizzy, anxious, irritable, or suddenly hungry. These are the symptoms that people with type 2 diabetes usually experience. More serious symptoms include headaches, blurred vision, a lack of coordination, confusion, anger, or numbness of the mouth.

What causes it?

The hypoglycemia may be caused by one or a combination of several factors: too much insulin in the bloodstream, too little food, or an increase in physical activity. The condition usually occurs just before mealtimes, during or after exercise, and at times of peak insulin activity.

What should you do about it?

If you develop any of the symptoms of hypoglycemia, test your blood. If your blood glucose level is 70 mg/dL or less, you should take about 15 grams of a commercial glucose product like glucose tablets (three tablets) or glucose gel (one half of an 80 gram bottle). Although the response varies from person to person, 15 grams of glucose—a simple carbohydrate—generally raises blood glucose by 50 mg/dL in 15 minutes. If you take a glucose product for hypoglycemia, however, you may temporarily reverse the mild ketosis that is normally present during the Reducing Phase.

If hypoglycemia occurs and requires treatment, you should record the time and the form and amount of glucose you used in the same record book in which you record the product you consume. If hypoglycemia episodes continue, contact your Numetra Center. You may need to adjust your oral medication or insulin or change the timing of when you consume your product.

Hyperglycemia

In contrast to hypoglycemia, hyperglycemia is an abnormally elevated blood glucose level. After you begin using the products, you may find that hyperglycemia rarely occurs. This is because your Numetra diet is much lower in calories and carbohydrate than your typical diet. In fact, you may notice that once you start the diet, your blood glucose level will be approaching the normal range—under 120 mg/dL before meals and under 180 mg/dL after meals.

If you find that your blood glucose is above this level, it may signal the onset of an illness. Fever, infection, flu, and colds can all cause diabetes to “get out of control.” What that means is that, under these conditions, a patient’s typical diet and medication dose are not adequate to control blood glucose levels.

If this happens to you and you’re taking oral medication or insulin, continue taking it during the illness and continue blood glucose testing as directed. Blood glucose monitoring is especially important when you’re ill because the results provide you and your health care staff with vital information you can use to make decisions about whether to increase your medication. You should also continue consuming the Numetra product, if possible.

If you experience nausea and vomiting during the illness, consume extra liquids such as water, broth, or diet soda to prevent dehydration. Consume at least 8 fluid ounces of calorie-free liquids every hour. If you can’t tolerate the Numetra product or other liquids for more than 8 hours, or if your illness lasts longer than 24 hours, you should contact the Numetra Center.

If hyperglycemia occurs and requires treatment, you should record the time and the form and amount of glucose you used in the same record book in which you record the product you consume. If hyperglycemia episodes continue, contact your Numetra Center. You may need to adjust your oral medication or insulin or change the timing of when you consume your product.

What to Do When You Have Questions or Problems

Whenever you have questions about the program, the products, your diet, or your medications—or if problems develop—contact your Numetra Center immediately. The staff is there to give you the information, advice, and support you need to make your experience in the Numetra System exciting and successful!