

A young woman with dark hair and a bright smile is hugging an elderly woman with short, white hair. They are outdoors, with a blurred background of greenery and sunlight. The young woman is wearing a brown turtleneck sweater, and the elderly woman is wearing a light-colored, textured sweater. The overall mood is warm and supportive.

MODULE 4

BUILDING YOUR SUPPORT TEAM



BEYOND TYPE 1

BEYOND DIAGNOSIS

WHAT YOU'LL LEARN HERE

- ◆ Building Your Healthcare Support Team
- ◆ Taking Care of your Mental Health
- ◆ Emotional Check-In
- ◆ Tap Into Community and Thrive Together

BEYOND DIAGNOSIS

AMBASSADORS



LIVING WITH
TYPE 1



DEX GERALDS

"I think it's super important to be able to be open with yourself and vulnerable to your situation."



[VIEW DEX'S VIDEO](#)

LIVING WITH
TYPE 2



ALYSSE D'ALESSANDRO

"Don't let diabetes rule your life because it doesn't have to."



[VIEW ALYSSE'S VIDEO](#)



It's a good idea to get support to help you manage diabetes. Remember - Beyonce? Lebron? Oprah? Nick Jonas? They have teams.

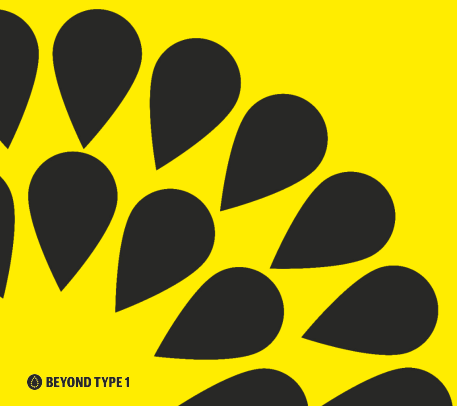
YOU DON'T NEED TO DO THIS ALONE.

MENTAL HEALTH & DIABETES

A person is sitting on the floor, looking down, with their hands clasped. The background is a bright, slightly blurred indoor setting. Large, bold, yellow text is overlaid on the left side of the image. In the bottom right corner, there are several yellow teardrop shapes arranged in a grid.

- ◆ Diabetes isn't just about counting carbs, checking blood sugar and administering medication. The disease takes an emotional and psychological toll as well.
- ◆ Some people with diabetes have a mental health condition (that may or may not be related to having diabetes).
- ◆ Diabetes can increase your risk of [stress](#), [diabetes distress](#), [burnout](#), disordered eating, anxiety and/or [depression](#).

CHOOSE YOUR DIABETES SPECIALIST



ENDOCRINOLOGIST

Many people with diabetes prefer to consult an endocrinologist, a specialist in hormones who treats all types of diabetes. Endocrinologists offer specialized expertise, tools, and resources tailored to your symptoms and condition. If one isn't available locally, a primary care physician can also help.

PRIMARY CARE PHYSICIANS (PCP)

Primary care physicians (PCPs) are knowledgeable in diabetes management and can be a valuable resource. Nurse Practitioners (NPs) and Physician Associates (PAs) are advanced practice clinicians who also assist in diabetes management and education.





YOUR HEALTHCARE-SUPPORT TEAM

CDCES

A Certified Diabetes Care and Education Specialist (CDCES) is your essential partner in managing diabetes care. They troubleshoot issues, identify health patterns, teach about and assist with diabetes technology, find cost-saving programs, etc.

DIETITIAN

A dietitian can assist by identifying which foods affect your blood sugar the most, planning balanced meals and snacks that are satisfying without restrictions, and ensuring your relationship with food stays positive and balanced.

MENTAL HEALTH PROVIDER

Being diagnosed with diabetes means absorbing a lot of new information fast. Luckily, you can access mental health support through therapists offering video counseling, including those experienced in diabetes management.

CARDIOLOGIST

If you have a history of heart issues in your family—or any personal risk factors like high blood pressure or high cholesterol—get a cardiologist on your team who can help lower your risk factors.

PHARMACIST

A local pharmacist can guide you with new medications and monitor refills. They can also help navigate unexpected diabetes drug costs, acting as a valuable advocate. For assistance with insulin costs, visit [GetInsulin.org](https://www.getinsulin.org) to create a personalized access plan.

CLINICAL PHARMACIST

Clinical pharmacists specialize in diabetes care, collaborating closely with patients to enhance their health. They are medication experts, crucially supporting the diabetes care team in dose management and medication scheduling for improved health outcomes.



YOUR HEALTHCARE-SUPPORT TEAM

NEUROLOGIST

A nerve expert and specialist doctor who can be included as needed to treat nerve problems like extremity pain (from neuropathy).

PODIATRIST

Foot specialist doctors who can be included as needed to take care of foot issues like ulcers or infections. Your primary doctor or diabetes doctor should perform a preventative foot exam once per year.

OPTOMETRIST

A local primary care eye specialist that can examine your eyes, check your vision, and identify any diabetes-related eye concerns.

NEPHROLOGIST

A specialist kidney doctor that can be included as needed to treat kidney problems like diabetes-related kidney disease. Your primary doctor or diabetes specialist should perform annual labwork to look after your kidney health.

DENTIST

Dentists are experts in tooth, gum, and mouth health. Visiting your dentist is very important for oral health. Visit your dentist at twice per year for cleanings and examinations.

OPHTHAMOLOGIST

Specialist eye doctors who evaluate eye health and treat any vision problems, including any that require laser or surgery. It is common to see the eye doctor to monitor your eyes once per year for changes related to diabetes..

QUIZ TIME!

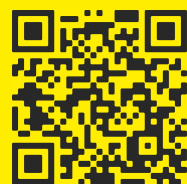
1. Which diabetes expert can prescribe diabetes medications and review annual lab work?
2. Which diabetes expert is a specialty doctor with additional training in diabetes and hormones?
3. Which diabetes expert can help navigate side effects from medications, assist with teaching you about new diabetes medications, and refill your diabetes medication?
4. Which diabetes expert can help troubleshoot diabetes care challenges, identify health patterns, teach about and assist with diabetes technology, and help you learn about any aspect of diabetes care or living well with diabetes?
5. Which diabetes expert can help identify which foods affect your blood sugar the most, plan balanced meals and snacks that are satisfying without restrictions, and ensure your relationship with food stays positive and balanced?
6. Which diabetes expert can help develop personalized fitness plans to improve cardiovascular health, flexibility, and body composition?
7. Which physician expert can help keep your heart healthy by keeping an eye on your cholesterol, blood pressure, and family heart history?
8. Which physician can help identify and treat any problems with your eyes?
9. Which specialist doctor is a specialist in kidney health or kidney disease?
10. Which medical professional looks after oral health and your teeth?
11. Which specialist doctor is an expert in nerve function such as nerve pain?

QUIZ TIME!

- 1. Which diabetes expert can prescribe diabetes medications and review annual lab work?**
ANSWER: *Primary Care Physician*
- 2. Which diabetes expert is a specialty doctor with additional training in diabetes and hormones?**
ANSWER: *Endocrinologist*
- 3. Which diabetes expert can help navigate side effects from medications, assist with teaching you about new diabetes medications, and refill your diabetes medication?**
ANSWER: *Pharmacist*
- 4. Which diabetes expert can help troubleshoot diabetes care challenges, identify health patterns, teach about and assist with diabetes technology, and help you learn about any aspect of diabetes care or living well with diabetes?**
ANSWER: *Diabetes Care and Education Specialist*
- 5. Which diabetes expert can help identify which foods affect your blood sugar the most, plan balanced meals and snacks that are satisfying without restrictions, and ensure your relationship with food stays positive and balanced?**
ANSWER: *Registered Dietitian Nutritionist*
- 6. Which diabetes expert can help develop personalized fitness plans to improve cardiovascular health, flexibility, and body composition?**
ANSWER: *Exercise Physiologist*
- 7. Which physician expert can help keep your heart healthy by keeping an eye on your cholesterol, blood pressure, and family heart history?**
ANSWER: *Cardiologist*
- 8. Which physician can help identify and treat any problems with your eyes?**
ANSWER: *Ophthalmologist*
- 9. Which specialist doctor is a specialist in kidney health or kidney disease?**
ANSWER: *Nephrologist*
- 10. Which medical professional looks after oral health and your teeth?**
ANSWER: *Dentist*
- 11. Which specialist doctor is an expert in nerve function such as nerve pain?**
ANSWER: *Neurologist*



***4 in 5 adults* WITH DIABETES
EXPERIENCE DIABETES STIGMA
AND *1 in 5* EXPERIENCE
DIABETES DISCRIMINATION**



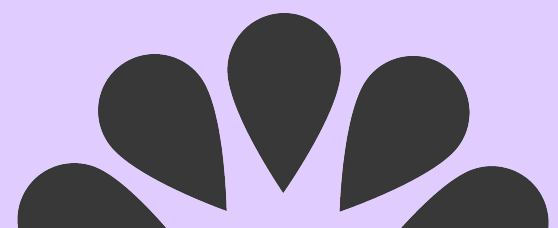
[VIEW ON YOUTUBE](#)



GROUP DISCUSSION

What are unhelpful things that others have said to you about diabetes or living with diabetes?

*What are the things that others have said to you that have **HELPED** make it easier to live with diabetes?*





EMOTIONAL CHECK-IN

ANXIETY • DEPRESSION • DIABETES DISTRESS • DIABETES BURNOUT • DISORDERED EATING

GETTING THERAPY

Mental health therapy (like talk therapy, cognitive behavioral therapy, etc.) is all about helping you feel better emotionally and mentally. It's a collaborative effort. You and your therapist work together to see progress over time. Therapy can be life-changing.

What should I expect?

Experts like psychiatrists, psychologists, social workers, or licensed counselors meet with you privately, have structured chats, dig into life experiences and emotions to help improve different parts of your life. Cost can vary with insurance coverage.

Connect with a Mental Health Expert Today

- 💧 [American Diabetes Association Mental Health Directory](#)
- 💧 [Stanford Medicine Pause a Moment](#)
- 💧 [National Black Justice Coalition Mental Health Support Program](#)
- 💧 [NAMI Local and Virtual Support Groups](#)



HELP AT HOME



Seeing a mental health provider is part of the journey, but the rest of the care happens at home.

- 💧 [Journaling Prompts for Self-discovery](#)
- 💧 [Daily Activities for Your Mental Health](#)
- 💧 [Try the 4Mind4Body Challenge](#)
- 💧 Beyond Type 1 [Online](#) and [Facebook Community](#)
- 💧 Beyond Type 2 [Online](#) and [Facebook Community](#)

You can also find community online on social media by searching hashtags like #Type1diabetes or #Type2diabetes, or following [Beyond Type 1](#) and [Beyond Type 2](#) on social media.



HELP IN A CRISIS



There may be times where you need immediate help and waiting for appointments or support groups may not be possible. *You are not alone.* Here are some crisis and emergency resources for you:

💧 [NAMI HelpLine, Text line and Chat line](#)
(1-800-925-6264 or text NAMI to 741741)

💧 [National Suicide Prevention Lifeline](#)
(1-800-273-8255)

💧 [Crisis Text Line](#) (text HOME to 741741)

💧 [National Domestic Violence Hotline](#)
(1-800-799-7233 or text START to 88788)

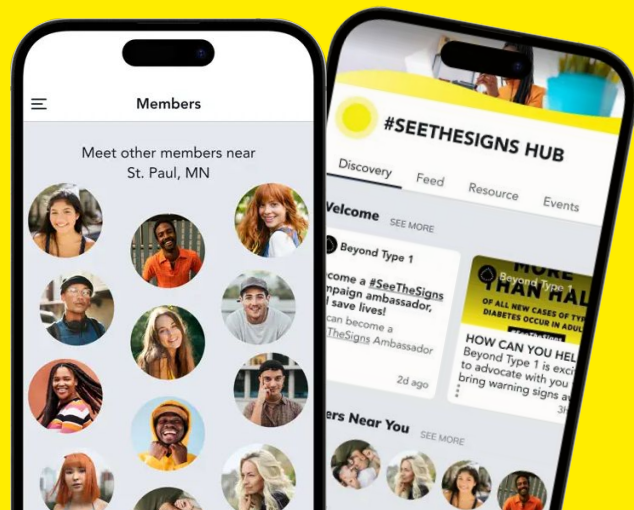
💧 [National Sexual Assault Hotline](#)
(1-800-656-4673 or [chat](#))

💧 [Military Crisis Line](#) (800-273-8255,
then press 1, or text 838255)

💧 [Substance Abuse and Mental Health
Service Administration \(SAMHSA\)](#)
(1-800-662-4357)

LEAN ON YOUR COMMUNITY

You can find a community of people living with T1D or T2D through the Beyond Type 1 and Beyond Type 2 community platforms. In-person community meetups are often posted on each community platform.





TIME TO REFLECT



[DOWNLOAD & VIEW](#)



CLINICAL TRIALS

Clinical trials are research studies that test new treatments, medications, or procedures. Participating in a clinical trial isn't just about receiving treatment. It's also about helping researchers find better care solutions for everyone with diabetes.

Getting involved in a diabetes clinical trial can offer meaningful opportunities, including:

- ◆ Access to new treatments before they're widely available.
- ◆ Making a difference in advancing diabetes care for yourself and others.
- ◆ Additional healthcare support and monitoring throughout the trial.

Visit Antidote.me

DISCUSSION GUIDE FOR YOUR HEALTHCARE PROVIDER



[DOWNLOAD & VIEW](#)

BEYOND TYPE 1

YOUR HEALTHCARE PROVIDER DISCUSSION GUIDE

Print out this discussion guide and bring it with you to your next clinic or hospital visit. Be sure to ask your healthcare provider to:



CONFIRM YOUR TYPE OF DIABETES:

- Do I have Type 1 Diabetes or Type 2 Diabetes?

- Is there something specific to my type of diabetes that I should know?

- Can I get access to a continuous blood sugar monitor (CGM)?

- Can you help me create a plan to improve my blood sugar levels?

TALK ABOUT BLOOD SUGAR MANAGEMENT:

- Have them explain what A1C¹ and time in range mean—and the difference between the two.

- Can you tell me how often I should be checking my blood sugar and tips to help manage my numbers?

- What is my target blood sugar range?

CREATE A PLAN TO IMPROVE YOUR TIME IN RANGE AND A1C LEVELS:

- What tools are available to help me monitor my blood sugar levels?

HELP YOU FIND EXTRA HEALTHCARE, EMOTIONAL AND/OR FINANCIAL SUPPORT:

- Can a diabetes care and education specialist help me create a plan to reach my health goals? If so, can you refer me to one?

- What resources are available to help me pay for a CGM and/or other diabetes supplies?

¹beyondtype1.org/understanding-your-a1c/

THANK YOU