

BLOOD SUGAR MONITORING

If you have high sugar or diabetes, you may need to test your blood sugar more often: before or after meals and at bedtime during treatment.



KEEP A RECORD OF YOUR SUGARS

Medications may be adjusted or added to your routine if sugars are:

- Less than 4 mmol/L
- Greater than 7.0 in the morning or >11.1 mmol/l during the day

Call your diabetes team if you see changes in your blood sugar or experience any symptoms of high blood sugar.



THINGS TO REMEMBER

Never stop taking your steroid medication without consulting your cancer care physician.

If you have any concerns do not hesitate to ask your healthcare team.

CONTACT INFORMATION

YOUR HEALTHCARE TEAM AT THE CANCER CENTRE

Enter organization details (hours, phone, contact)



ADULT DIABETES EDUCATION CENTRE

Enter organization details (hours, address, phone)
WWD website, phone

www.waterloowellingtondiabetes.ca

CANCER TREATMENT, STEROIDS & BLOOD SUGAR

What should I know?

HOW DOES THIS TREATMENT AFFECT ME?

Cancer treatment often uses medications that can increase your blood sugar levels, including steroids.

Common names of these medications are:

- Dexamethasone (Decadron)
- Prednisone
- Cortisone

Controlling blood sugar is very important to your healing and wellness.

IF YOU HAVE TYPE 1, 2, OR PREDIABETES:

Notify your family doctor or endocrinologist of your cancer treatment plan for support with medication adjustments.

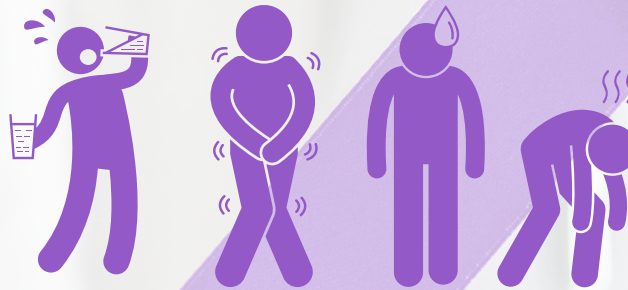
IF YOU DO NOT HAVE DIABETES:

Your blood sugar can still get too high and you will be referred to an Endocrinologist & Diabetes Education Team for support.

WHAT ARE THE SYMPTOMS OF HIGH BLOOD SUGAR?

- Blurred vision
- Dry mouth + increased thirst
- Stomach pains or cramps
- Increased urination
- Feeling tired or weak
- Genital yeast infection

If you are experiencing any of these symptoms it is very important to call your diabetes care team or the cancer centre as soon as possible.



HOW CAN I TAKE CARE OF MYSELF?

- Make healthy food choices
- Attend diabetes education programs
- Take medicine exactly as directed
- Participate in physical activity daily
- Ask for support

BE MINDFUL OF FOOD CHOICES

- Eat a variety of fruits and vegetables, whole grains, dairy/alternatives, beans/lentils, fish, meat
- Limit sugars, regular pop or juices, desserts, sweets & processed food
- Drink water if thirsty



A Diabetes Education program can help you manage your blood sugars and medications during treatment.

Ask your health care team for more information.