



## *What is Diabetes?*

**Diabetes is when your body does not make or respond to insulin, which causes high blood sugar.**

There are 2 types:

- **Type I-** develops in childhood, your body does not produce insulin
- **Type II-** develops in adulthood, your body does not respond to insulin

➤ Diabetes is a serious condition that should be managed by your doctor.

## Here Are Some Resources For You!

### Websites:

The American Diabetes Association

[www.diabetes.org](http://www.diabetes.org)

The American Lung Association

[www.lung.org](http://www.lung.org)

### Group Meetings:

The Teer House

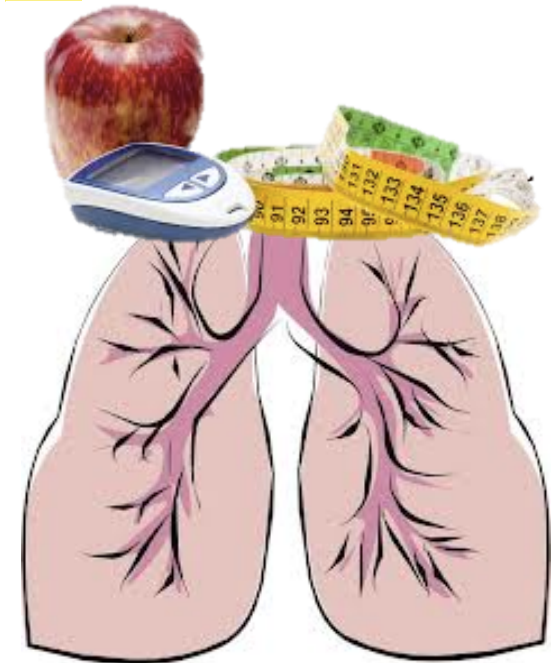
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## Living with COPD & Diabetes



## *Before & After Lung Transplant*

# What is COPD?

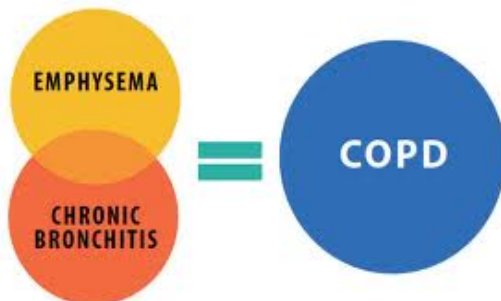
Chronic Obstructive Pulmonary Disease

**COPD makes it difficult for you to breathe.**

It includes both:

- **Chronic Bronchitis**- a long-term cough with mucus
- **Emphysema**- swelling and damage to the lungs

➤ This is a serious condition that should be managed by your doctor.



## Symptoms of Diabetes



## Before AND After Your Lung Transplant

Tip 1: STOP SMOKING

Tip 2: Check your blood sugar daily

Tip 3: Take medications and insulin as directed

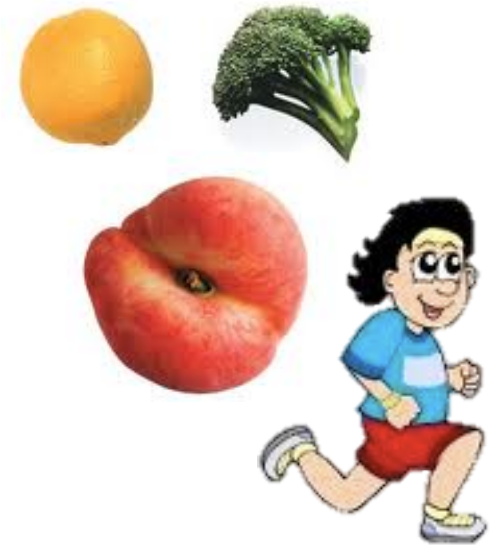
Tip 4: Know what makes your blood sugar rise and fall

Tip 5: Check your feet daily

Tip 6: Write down the food you eat

Tip 7: Be physically active

Tip 8: Talk to your doctors!



## Benefits of Physical Therapy

**BEFORE and AFTER** your lung transplant:

- Improves your breathing
- Helps you to get stronger
- Keeps you more active
- Prevents complications
- Makes daily activities easier
- Teaches you how to be safe and healthy
- They can answer any of your questions!