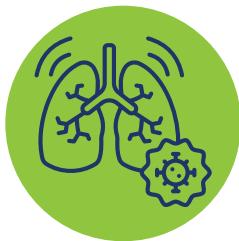


# MANAGING CHRONIC DISEASE TO PREVENT EMERGENCIES



MANAGEMENT IS ABOUT  
BEING PREPARED, PROTECTED,  
AND PROACTIVE

## KNOW YOUR BASELINE

- **Track Your Normal** – record your typical blood pressure, blood sugar, weight, breathing, appetite, energy, and other key measures
- **Keep a Baseline Card** – include diagnosis, allergies, current medications and doses, primary doctors' contact info, and your "normal" ranges. Carry in wallet or phone
- **Early Detection Saves** – knowing your baseline helps catch changes early, preventing small issues from becoming emergencies

## HANDLE MEDICATIONS WITH CARE

- **Single Pharmacy** – use one pharmacy whenever possible to reduce errors and interactions
- **Maintain an Updated List** – track all prescriptions, supplements, and over-the-counter meds
- **Ask Questions** – for each new medication, ask: purpose, start date, side effects, red flags, and who to contact if problems occur
- **Monitor Closely** – especially during the first 72 hours of a new or adjusted medication for dizziness, confusion, sleep issues, or appetite changes
- **Red Flag Awareness** – don't dismiss symptoms as "just aging"; new symptoms may indicate urgent issues

## PLAN FOR WARNING SIGNS

- **Green – Normal:** Daily routine is stable; no action needed
- **Yellow – Concerning:** Symptoms are changing. Call your doctor within 24–48 hours
- **Red – Urgent:** Severe or sudden symptoms; seek same-day care, urgent care, or ER
- **Examples:**
  - **Heart failure:** rapid weight gain, swelling, shortness of breath → yellow or red depending on severity
  - **Diabetes:** repeated low sugars, confusion → red
  - **COPD:** increased breathlessness, mucus changes, fever → yellow

# CHRONIC DISEASE MANAGEMENT CHECKLIST

Checklist	Notes
<b>Bring a “Second Brain”</b> A caregiver, friend, or family member at appointments helps capture instructions. If alone, record instructions on your phone (with permission) and ask for written plain-language guidance	
<b>Teachback Method</b> Repeat instructions to ensure understanding: “Here’s what I’ll do; did I miss anything?”	
<b>Be Specific About Symptoms</b> Note exact timing, triggers, and severity to communicate clearly	
<b>Protect Energy &amp; Routine</b> Take medications consistently, keep appointments, and tie habits to daily routines.	
<b>Clarify Before Leaving</b> Ask: What changed today? What are my warning signs? Who do I call and how quickly?	

Notes:

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