

Steps for Living with Diabetes

EAT WELL

This is the key to managing your blood sugar. If you eat healthy foods in the right amounts, at the right time, you can keep your blood sugar in your target range. Eating a large meal at once can cause your blood sugar levels to rise, leading to long term risks. The carbohydrates in food break down into sugar, some more quickly than others. Choose whole grains over white bread, pasta, and rice. A good meal plan includes non-starchy vegetables, protein, and fats.



GET ACTIVE

Exercise can also help control your blood sugars, but also improves your heart and muscle strength. Even 10 minutes of activity 3 times a day can make a difference. Talk to your doctor about what exercises are right for you.



MAINTAIN A HEALTHY WEIGHT

Losing weight doesn't have to mean losing a lot of weight. Taking off just 10 to 20 pounds for a 200-pound person can improve your health and well-being. You may find your blood sugar levels are easier to manage. Many people who lose weight notice that they have more energy and sleep better too.



MANAGE YOUR BLOOD SUGAR

Always take your medications as recommended by your doctor. If you experience side effects, let your doctor know. They can review your medications and adjust as needed. Check your blood sugar as recommended by your doctor. Not all diabetics require checking their blood glucose daily, so it is important to be aware of the symptoms of high and low blood sugar. Recommended blood sugar levels for a diabetic is 80mg/dL to 130 mg/dL. Your doctor will also monitor your Hemoglobin A1C. Your A1C is a lab test that measures your average blood sugar over the past 3 months.

Low Blood Sugar Symptoms: Shaking, sweating, nervousness or anxiety, irritability or confusion, dizziness, and hunger.

High Blood Sugar Symptoms: Feeling very tired, feeling thirsty, having blurry vision, needing to urinate (pee) more often.

PREVENT COMPLICATIONS

Some may not feel the symptoms of high blood sugar, so it is important to know when your blood sugars are high. High blood sugar causes permanent damage to your organs over time.

Heart Disease: If you have diabetes, you're twice as likely to have heart disease or a stroke than someone who doesn't have diabetes and at a younger age.

Kidney Disease: One third of adults with diabetes have chronic kidney disease.

Nerve Damage: Half of adults with diabetes have permanent nerve damage.

Foot Health: Diabetic nerve damage leads to complications with healing. Leading to infection and in many cases amputation (or removal) of the infected toe or foot.

Oral Health: High sugar levels can cause decay and mouth sores.

Hearing loss: This can happen slowly, so it is often hard to notice.

Vision Loss: This is the leading cause of blindness in working-age adults.

SCHEDULE YOUR DIABETES CARE

Diabetic care is an important activity for managing your Diabetes. Every day you should take your medications, check your feet for sores or redness, eat healthy and be active, you will need to see your doctor or Endocrinologist every 3 months and have lab work completed. You should also visit your dentist every 6 months and eye doctor every year. Your doctor may recommend additional specialists to monitor for complications.



DIABETES AND MENTAL HEALTH ARE CONNECTED

Someone with diabetes is more likely to experience Depression, Stress, and Anxiety. Talk to your Care Manager if you have concerns about this and they can help refer you to a counselor who can help.

LEARN ABOUT DIABETES SELF-MANAGEMENT TRAINING

Classes are available for you and your caregiver to learn more about how to treat your Diabetes. Ask your doctor about classes and Diabetic Educators near you.

Helpful Links

[Taking Charge of your Diabetes](#)



[Non-Starchy Veggies, Fats & Proteins](#)



[Guide to Healthy Eating](#)



[The Difference between High & Low Blood Sugar](#)



[Prevent Complications from Diabetes](#)



[Managing Stress for Persons with Diabetes](#)

