



Diabetes Education

*Diabetes is a complex disease. Managing diabetes can be tricky, but there are many good resources and treatments to help keep you healthy. Most importantly **YOU ARE IN CHARGE** of managing your diabetes.*



This means that you need to learn all you can about diabetes, how to control your blood sugar and how to prevent complications that occur from poorly controlled diabetes.

Treating Diabetes:

Diabetes treatment focuses on stabilizing the sugar levels in your blood stream. Treatments may include:

- **Diabetes Medications:** Diabetes pills work to lower blood sugar levels.
- **Insulin:** Some people with diabetes need to supplement their insulin levels. You may need to take daily insulin shots to help break down your blood sugars.
- **Diabetes Meal Plan:** Diet is one of the main ways in which you can manage your diabetes. You will probably follow a diet that is based on an intake of 1500 to 1800 calories a day. *(Speak with a CDE or a registered dietitian for specific recommendations.)*

Foods high in sugar and carbohydrates will be minimized, in order to control blood sugars.

Staying Healthy Tips

Staying Healthy Tips:

- ✓ **CHECK** your blood glucose as directed by your doctor, and write them down in a log book. Be sure to take this record to your doctor's visits.
- ✓ **CHECK** your blood pressure if your doctor advises.
- ✓ After each doctor's visit get your test results. Become familiar with what they mean.
- ✓ Get 30 to 60 minutes of physical activity on most days of the week. Start slow if you are not already active.
- ✓ Use your diabetes meal plan. If you *DO NOT* have one, ask your certified diabetes educator (CDE) or registered dietitian for one.
- ✓ Maintain a healthy weight. Lose weight if your doctor recommends it.
- ✓ **CHECK** your feet every day for cuts, blisters, red spots, and swelling. Call your health care team right away about any sores that do not go away.

More Tips  on Back



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Preventing Diabetes:

The best way to lower your risk for diabetes is to reduce your weight and increase your activity levels.

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1-866-697-8487

Staying Healthy Tips

Staying Healthy Tips (cont.):

- ✓ Take prescribed medicines even when you feel good. Take all medicines as instructed by your doctor.
- ✓ Brush your teeth and floss every day to avoid problems with your mouth, teeth, or gums.
- ✓ Report any changes in your eyesight to your doctor.
- ✓ Learn to cope with stress. Stress can raise your blood glucose. While it is hard to remove stress from your life, you can learn to manage it.
- ✓ Ask for help if you feel down. A mental health counselor, support group, member of the clergy, friend, or family member who will listen to your concerns may help you feel better.
- ✓ Stop smoking. Ask for help to quit.



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