



Managing Diabetes

Balance your meals

Eat moderate amounts (avoid “super-sized” portions and extra helpings), eat from all food groups, increase fiber, and decrease fat. Meet with a registered dietitian to learn about food choices to meet your individual nutritional needs.

Include regular physical activity

Work the large muscle groups (arms and legs), at least every other day; begin with 10 minutes and gradually increase to 30-40 minutes per session. Choose an activity you enjoy and will continue regularly. If you have a serious medical condition, discuss what activities may be appropriate with your healthcare provider before starting.

Take your medication

Take your medications regularly at the dose and times directed by your healthcare provider. Know the name, dose, actions, and main side effects of your medications (including non-prescription medications and herbal supplements).

Test your blood glucose levels

Test on a daily basis, varying the times you test. This can help you and members of your diabetes team make better choices in managing your diabetes and monitor your progress.

Reduce stress

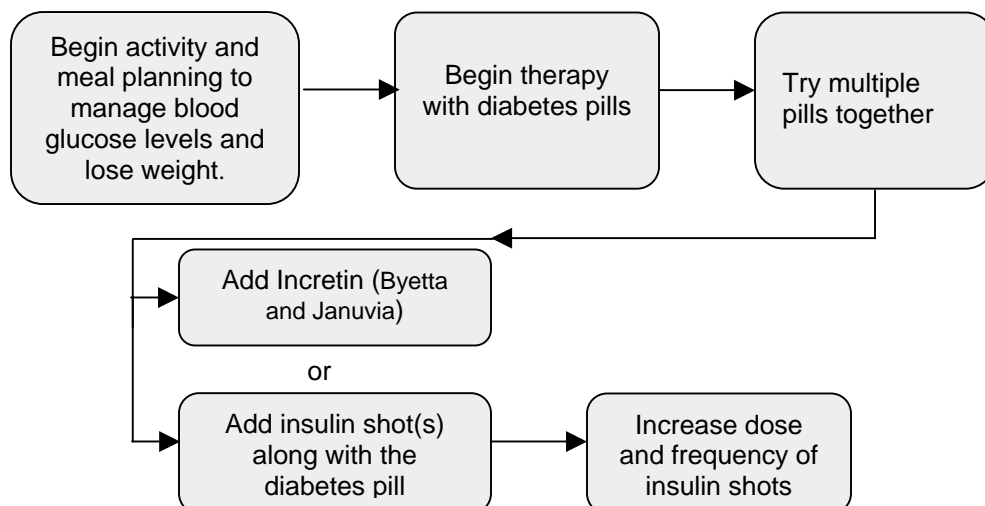
Stress can cause blood glucose to rise. Having diabetes can cause feelings of loss, grieving, and depression. Exercise, identifying priorities, finding support, relaxation techniques, examination of thoughts/attitudes, faith/belief systems, and getting professional help, if necessary, are ways to reduce stress.

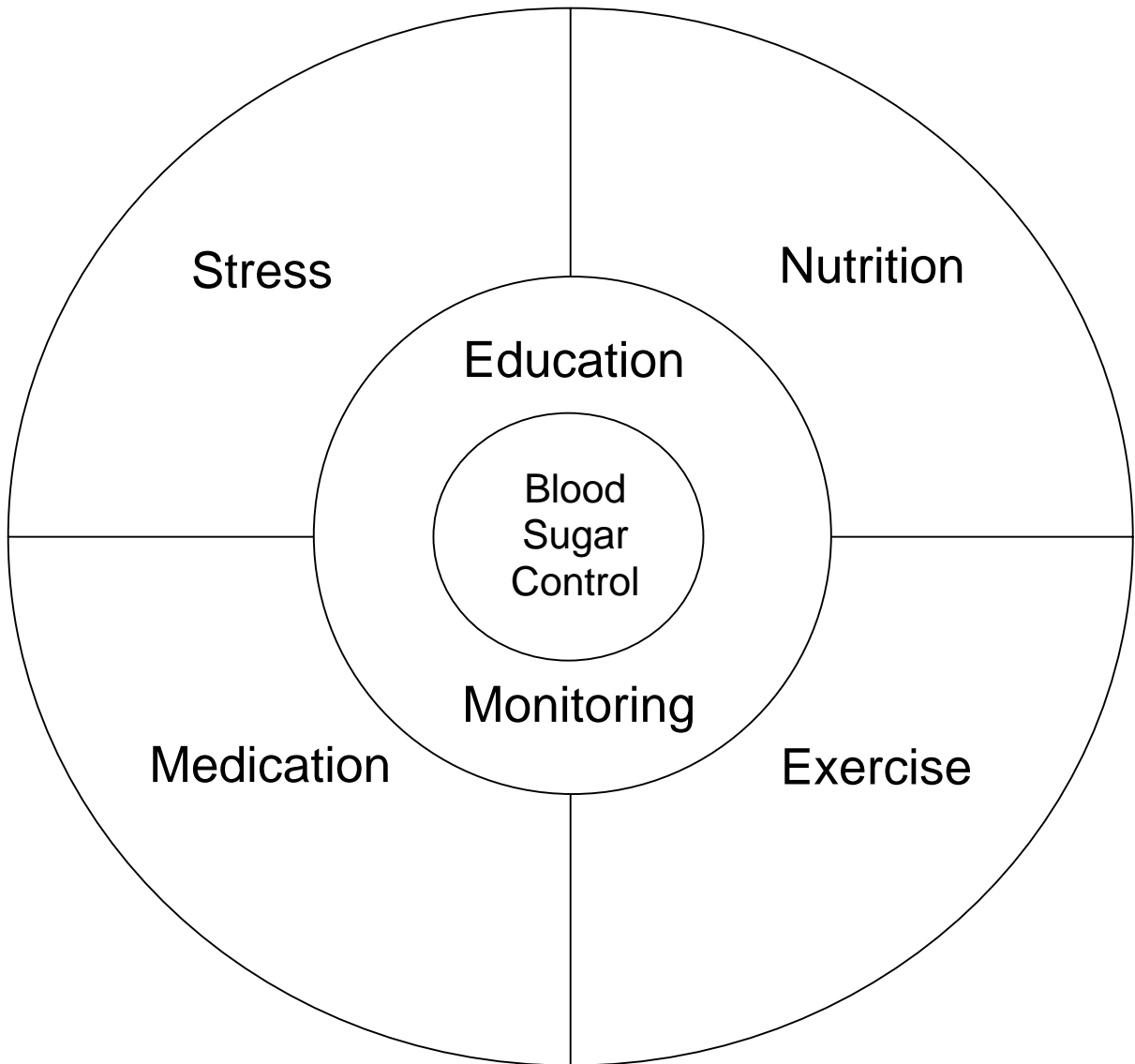
Call your healthcare provider or diabetes educator if you think you need help

If you have questions or concerns about symptoms, side effects of medications, blood glucose, or complications of diabetes, call your healthcare provider or diabetes educator.

Remember....

Diabetes is progressive disease. At different stages of the disease, different treatments may be necessary. Depending on the stage of your diabetes and how you respond to certain therapies, your healthcare provider may suggest one or more treatment plans listed below.





Information Sheet – Managing Diabetes – Translated Versions
2011104 – English 2011204 – Spanish