

Living Well with Diabetes

Top 10 tips to help you stay in control

#1. It's not about your diabetes, it's about your life

Ask yourself these questions:

- ☐ What do I LOVE to do?
- ☐ What things about diabetes keep me from doing it?
- ☐ What are some solutions?

#2. It's not just about blood sugar

Heart disease and stroke are the BIG killers for people with diabetes. Lower your chances.

- ☐ If you use tobacco, QUIT.
- ☐ Keep your blood pressure under control.
- ☐ Consider taking a statin drug.
- ☐ Ask your doctor about ACE-inhibitors.
- ☐ Is a daily aspirin right for you? Talk to your doctor.
- ☐ Make healthy lifestyle choices.

#3. Stress makes everything worse

Stress can get in the way of taking care of yourself and managing your diabetes.

- ☐ Find out what's causing stress in your life.
- ☐ Learn ways to cope with daily stressors.
- ☐ Schedule something fun for yourself on a regular basis.

#4. Exercise makes everything better

Exercise gives you more energy, reduces stress, and helps you relax.

- ☐ Work towards doing at least 30 minutes every day. Ask your doctor if you need help getting started.
- ☐ Make it fun, not a chore.
- ☐ Try a pedometer.

#5. Don't "diet"... make healthier food choices

Find a healthier way of eating that you can stick with for life.

- ☐ Instead of thinking "good" or "bad," think about which foods support good health.
- ☐ Eat a variety of foods to make you're getting the vitamins and minerals you need.
- ☐ Talk to your dietitian to find a meal plan that works for YOU.

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#6. Be smart and use your “flashlight”

Your blood sugar monitor helps you “see in the dark.” Test your blood sugar to get information you can use, for example:

- ☐ When you first wake up in the morning.
- ☐ Before or after meals.
- ☐ Before, during, and after exercise.
- ☐ Whenever you feel “odd”.

#7. Be an active partner with your health care team.

Keep regular appointments with your doctor and get tests and screenings on time.

- ☐ Know what questions to ask.
- ☐ Write them down ahead of time.
- ☐ Let your doctor know at the beginning of each visit what specific things you want to talk about.

#8. Make sure you’re not depressed

It’s often hard for people to know they’re depressed. Here are some common signs:

- ☐ Feeling down, blue, hopeless, sad, or irritable.
- ☐ Not enjoying activities that used to be enjoyable.
- ☐ Feeling as though you’re letting other people down.
- ☐ Trouble concentrating.
- ☐ Tired all the time, no energy.
- ☐ No interest in food, or overeating.
- ☐ Trouble falling asleep.
- ☐ Feeling like life isn’t worth living.

#9. Write down your care plan

Work with your doctor to design a diabetes care plan that’s right for you. Write down:

- ☐ What drugs you’re taking and why you’re taking them.
- ☐ Your daily targets for the numbers you can control.
- ☐ The goals YOU want to achieve.
- ☐ Who you should call and when.

#10. Join a group

Groups work magic!

- ☐ A problem shared is a problem solved.
- ☐ You’ll be amazed at how much you have to offer others.