

Take Control of Your Diabetes

It is the best thing you can do for yourself. It might be hard sometimes, but it is worth it! In no time at all, you will feel better and have more energy.

Get Started

- **Test your blood sugar.** Ask your doctor when to test and how often.
- **Keep a record** of your blood tests and medicines.

Most meters come with a log book. Review the log book with your doctor.

Blood Glucose Values/Valores de Glucosa en Sangre											
Date/ Fecha	Insulin/ Insulina		Lunch/ Almuerzo		Dinner/ Cena		Insulin/ Insulina		Breakfast/ Desayuno		Name/ Nombre
	Before/ Antes	After/ Después	Before/ Antes	After/ Después	Before/ Antes	After/ Después	Before/ Antes	After/ Después	Before/ Antes	After/ Después	

- **Take your diabetes medicine** as your doctor told you to do.
- **Eat “balanced meals” to control your blood sugar.** Eat lean protein, whole grains, and fruit and “veggies” with each meal. Do not skip meals. Do not wait longer than four or five hours to eat. Try to eat meals at about the same time each day.
- **Get moving!** Start slowly, if you have not been active. Walking after meals is a great start. Do things you enjoy and will stick with.



- **Check your feet** each day for cuts, blisters, red spots, and swelling. Call your doctor right away about any sores that do not heal.
- **If you smoke, quit!** Talk to your doctor about ways to quit.
- **Brush your teeth and gums after meals.** Floss daily too.



Keep These Points in Mind

- **Stay at a weight that is good for you.** Ask your doctor how much you should weigh. If you are overweight, a loss of 10 or 15 pounds could improve your blood sugar.
- **Treat low blood sugar right away.** Use diabetes tablets or gel made of glucose. You can also use 4 to 5 lifesavers or 4 ounces of juice or soda (not diet).
- **Learn more about diabetes and diabetes self-care.** Ask your doctor about classes or programs that you can join.
- **Ask for help from family and friends. Join a diabetes support group.** Call your local hospital or ADA to find a support group.



Work with your Doctor

- **Write down your questions.** Take them with you to each visit.
- **Ask your doctor for your blood sugar goals.**
- **Ask for an A1c test** at least twice a year. Know your test result and what it means.
- **Ask for your blood pressure** to be checked at each visit. Ask your doctor about tests for **cholesterol** and other **blood** tests.
- **Remove your shoes and socks at each visit.** Ask your doctor to check your feet.
- **Get your eyes and kidneys checked** at least once a year.
- **See your dentist** at least twice a year. Tell your dentist you have diabetes.

Set Goals You Can Reach

- **Break a big goal into small steps.** Say you want to be more active. Start by taking one five-minute walk three times a week. Then try walking longer or more often.
- **Make changes that you can stick with** for the rest of your life. If you want to lose weight and keep it off, be active and limit portion sizes. Don't just go on a diet.

Create a Plan to Live Well With Diabetes

- **Think about all of your reasons** for wanting to control your blood sugar. Make a list and post it where you will see it often.
- **Think about what can tempt you to slip up** when it comes to controlling your blood sugar. Decide **now** how you will overcome it.
- **Reward yourself** for staying in control. Rent a movie, buy a plant, or spend time with a friend.
- **Ask for help** from friends and family when you're down or need someone to talk to.

Do Not Give Up!

- **If you slip up, admit it.** Learn what you can from it.
- **Do not be too hard on yourself.** A setback is not the end of the world.
- **Let go and move on.** Take it a day at a time.



For more information

Contact a Diabetes Educator (nurses, dietitians, pharmacists, and other health professionals)

To find a diabetes teacher near you, call:

The American Association of Diabetes Educators toll-free at 1-800-TEAMUP4 (1-800-832-6874)

or visit the website at www.aadenet.org and click on "Find an Educator."

All Material on this handout is for information only. This does not replace your doctor's advice

Adapted from the National Diabetes Clearinghouse Website Publication