

Problem

If you've been diagnosed with diabetes mellitus, there is probably a lot of information being thrown at you. If you want to know what it all means and what you need to do to stay healthy, there are just a few things to keep in mind.

First, remember that keeping your blood sugar down is your number-one goal. The best way to do that is to keep your body strong. If you keep five things in mind every day you won't go wrong.

- EXERCISE
- MEDICATIONS
- DIET
- MONITORING
- KNOWLEDGE

SOLUTION

Glucose comes from food. After we eat, the hormone insulin helps the body get glucose, or blood sugar, from the bloodstream into the cells of the body to give them energy.

In Type I diabetes your body doesn't make insulin,
In Type II diabetes your body doesn't use insulin properly.

Without the help of insulin, blood sugar becomes high. Over time, high blood sugar can lead to many problems, like damage to eyes, kidneys, and nerves and cause strokes and heart disease,

Your best defense is keeping your blood sugar in check with a combination of eating right, staying active, and following the treatment plan designed by your health care provider.

DIABETES 5



EXERCISE

When you're active, your cells become more sensitive to insulin, so it works more effectively.

Exercising five to six days weekly is a good way to get started. It's important to talk to your health care provider about an exercise plan that works for you. Start slow and find something at your fitness level that you can enjoy and stick with. Joining a gym or taking a fitness class are great ideas, but you don't have to do those things to be active.

Activities you can do in your own neighborhood:

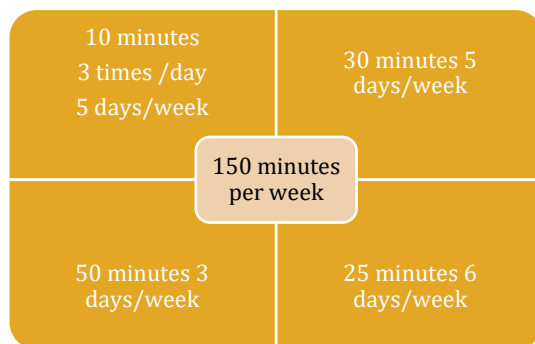
Walking

Gardening

Biking

Jump roping

Set a goal of 150 minutes of exercise per week, without going more than 48 hours without activity.



MEDICATIONS

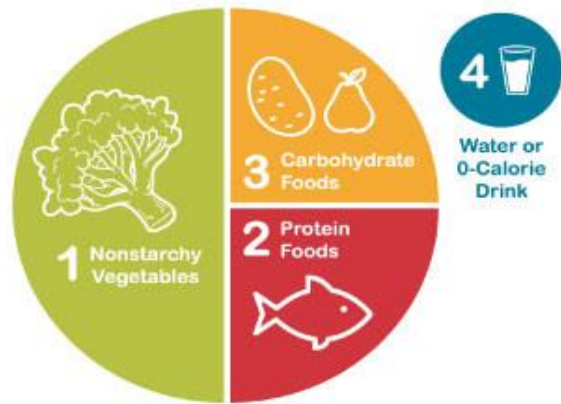
There are many classes of medications, with various effects.

Once your doctor decides which you should take, ask what the medications do and ask about possible side effects.

Only by monitoring your sugar and letting your doctor know how you're feeling can you find the medication that works best for you.

DIET

The easiest way to keep your diet under control is to know which foods should be a part of every meal and which you should keep to a minimum.



<https://www.diabetes.org/healthy-living/recipes-nutrition>

Your meal plate should be $\frac{1}{2}$ NONSTARCHY VEGETABLES



- Leafy greens
- Green beans
- Squash
- Carrots
- Tomatoes
- Cabbage
- Peppers

$\frac{1}{4}$ Carbs

Whole grains

Whole wheat pasta

Brown rice

Fruit

Dairy

Carbohydrates have the greatest effect on blood sugar. Limit sugary food and drinks and starchy vegetables.

$\frac{1}{4}$ Protein



Chicken/turkey

Fish

Lean beef/pork

Cheese

Meat substitutes

Beans/nuts/tofu

TESTING

You and your health care provider will talk about your target blood glucose levels (usually between 88-130mg/dL before meals and less than 180mg/dL two hours after meals) and how often to test. Testing methods include continuous glucose monitors and blood glucose meters.

Hemoglobin A1c is a blood test that measures your blood glucose over the past three months. The goal A1c is different for everyone, but for most diabetics it should be below 7%.

Goal blood sugar before meals: 80-130mg/dL

Goal blood sugar after meals < 180mg/dL

Goal A1c < 7%

KNOWLEDGE

ASK QUESTIONS-STAY INFORMED

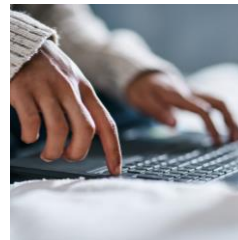


Key to staying healthy is finding a provider who will work with you.

Make sure you have a provider who listens to you, answers your questions, and tailors your treatment to fit your needs and your goals.

On your journey toward better health, your provider should be your partner.

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For more information and tools check out the following:

<https://www.diabetesfoodhub.org/>

www.diabetes.org

Testing Your Blood Sugar

<https://www.mayoclinic.org/diseases-conditions/diabetes/multimedia/blood-sugar/sls-20076114>