



Top 10 Tips to Control Diabetes



B-SWEL Top Ten Tips Series

Manage your diabetes for a healthy life. Take control of your diabetes care to keep yourself healthy and lower your risk for heart disease and stroke. Work with your health care team to develop a routine to eat well, exercise, monitor your blood sugar, and take your medications. You can take control today!

1 Follow a healthy diet

Follow the meal plan your health care team recommends for you to keep your blood sugar in control. Save money on healthier food items by finding coupons and store specials.

2 Get moving

Talk to your doctor about setting a goal to be physically active for at least 30 minutes most days of the week. Start off small with 10 minutes of exercise 2-3 times a day. Choose fun exercises to stay motivated.

3 Monitor your blood sugar

Ask your health care team about how and when to test your blood sugar. Monitor your blood sugar over time by keeping a log of your numbers.

4 Take your medication

Medication for diabetes and other health conditions should be taken as directed, even if you're feeling fine. Make sure you know what your medicines are for and how to take them.

5 Get regular check ups

See your doctor 2-4 times a year to evaluate how you're managing your diabetes. Ask to see your blood test results, and discuss any questions you have or problems you may be facing.

6 Know your A1c

This blood test is given 2-4 times a year to measure your average blood sugar level over the past 2-3 months. Less than 7% is the goal.

7 Manage your cholesterol

Check once a year. Choose foods low in trans and saturated fats to help lower your cholesterol. Aim for total cholesterol less than 200, LDL "bad" cholesterol less than 100, and HDL "good" cholesterol greater than 60.

8 Check your blood pressure

Check at each doctor's visit. Exercise, eat healthy, stop smoking and consume less sodium to help lower your blood pressure. Less than 130/80 is the goal.

9 Check your eyes, feet, & teeth

Schedule a dilated eye exam once a year with an eye doctor. Check your feet daily and at every doctor's visit. See a dentist to examine your gums and teeth every 6 months.

10 Join a diabetes support group

Managing all of the emotions and challenges that come with having diabetes can be difficult when done alone. Find a local group where you can find support, encouragement, and tips to help you on your journey.

Disclaimer: Talk to your doctor before adopting any of these tips. They should not be used in place of advice from your doctor.

