



## Tips for Managing Diabetes

Living with diabetes can be a challenge. However, there are steps you can take to manage your diabetes and stay healthy. Here are ten tips to help you manage your diabetes:

- 1. Monitor your blood sugar:** Monitor and log your blood glucose (sugar) levels regularly with a glucometer or continuous glucose monitor (CGM).
- 2. Follow a meal plan:** Talking to a registered dietitian about your diet is key for managing diabetes. Build a meal plan that works for you, fits your lifestyle and is tailored to your specific diabetes needs.
- 3. Exercise regularly:** Regular exercise is vital to managing diabetes. Develop a plan that works best for you, and stick to it. Try to get 150 minutes of exercise each week in 30 min periods. It is also essential to warm up before and cool down after physical activity.
- 4. Manage stress:** Managing stress is vital for managing diabetes. Stress can affect your blood glucose (sugar) levels, so look for ways to reduce stress, such as meditation and deep breathing.
- 5. Monitor your cholesterol and blood pressure:** Regularly checking your blood pressure and cholesterol allows you to monitor your diabetes and stay healthy.
- 6. Take medications as prescribed:** Following your doctor's advice is essential. Make sure you understand when and how to take the medicines prescribed.
- 7. Get enough sleep:** Sleep is important to managing diabetes. Aim for at least 7 to 8 hours of sleep per night.
- 8. Develop healthy habits:** Healthy habits such as eating a balanced diet, monitoring blood glucose (sugar) levels, exercising regularly, and getting enough sleep can help you better manage your diabetes.
- 9. Get informed:** Learning more about diabetes helps you better understand how to take care of yourself. Talk to a healthcare professional about your diabetes and how to manage it.
- 10. Attend regular health screenings:** These are important for anyone with diabetes. Get regular eye, foot, and dental exams and any other tests your doctor suggests.

### Conclusion

Managing diabetes can be difficult, but you can live a healthy life with the right strategies. Talk to your healthcare provider to determine which strategies are best for you.

For Additional Information about Diabetes, Visit:

<https://diabetes.org>

<https://www.cdc.gov/diabetes>

<https://www.mayoclinic.org/search/search-results?q=diabetes>

\*This flyer is informational and not considered to be medical advice. Please consult your healthcare provider for information related specifically to your condition.