6 WAYS to manage your diabetes

Managing diabetes requires a combination of lifestyle changes, adhering to medications, and monitoring lab work and blood pressure.

1. **Know your diabetes ABCs.** Talk to your doctor about how to manage your **A**1C (a blood test that measures your average blood sugar), **B**lood pressure and **C**holesterol to help lower your chances of having a stroke, heart attack or other diabetes problems.

2. **Eat a balanced and healthy diet.** Being overweight is a major risk factor in developing type 2 diabetes. Roughly 30 percent of overweight people have the disease, and 85 percent of diabetics are overweight. A healthy meal plan can help improve your blood glucose, blood pressure, and cholesterol numbers. Exercising can also help control your blood glucose. Don't smoke.

3. **Exercise regularly.** Regular activity helps improve insulin sensitivity. Aim for 150 minutes/ week of moderate exercise like walking, biking or swimming. Include strength training with light weights 2 to 3 times a week.

4. **Get your eyes checked.** Regular eye exams can help diagnose eye problems due to diabetes. Eye doctors can treat many of these problems before there is damage, which can cause blindness.

5. **Look down at your feet.** Diabetes can cause foot problems, including neuropathy (nerve damage), skin changes, poor circulation and ulcers. Alert your doctor to any redness, swelling or pain to avoid serious complications.

6. **Don't miss appointments with your doctor.** Regular monitoring of your diabetes will help catch changes or complications before things get serious. Share your family history with your physician to ensure proper testing.

Being proactive can save your life so talk to your doctor today about managing your diabetes!

This health alert is brought to you by:

TPA THE PHYSICIAN ALLIANCE

Source: U.S. Health & Human Services; Centers for Disease Control and Prevention; American Diabetes Association

These items are provided solely for informational purposes and are not intended as a substitute for consultation with a medical professional. Patients with any specific questions about the items on this list or their individual health should consult their physician.