

Quick Tips for Living Healthier with Diabetes

1. Follow the healthy eating plan that you and your doctor, dietitian, or certified diabetes care and education specialist have agreed on.

2. Be physically active for 30 minutes most days of the week. Don't forget to include activities that strengthen your muscles. Ask your doctor what activities are best for you.

3. Take your diabetes medicines at the same times each day.

4. Check your blood glucose every day, or more often if recommended by your doctor. Write the number in your record book.

5. Check your feet every day for cuts, blisters, sores, swelling, redness, or sore toenails.

6. Brush and floss your teeth and gums every day.

7. Don't smoke.

8. Get support and learn new skills. Ask your doctor for a referral to a Diabetes Self-Management Education and Support program.

9. Don't skip out on important check-ups and tests. This includes testing of blood A1C, blood pressure, cholesterol, kidney function, eyes, feet health, and any other tests recommended by your doctor.

10. Take care of your mental health. Spend time every week doing things you enjoy, and ask for help if you frequently feel down.



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