

Let's be well



Start the new year off right by understanding your diabetes

Have you been diagnosed with Type 2 diabetes? Understanding this disease and how to manage it can be overwhelming at first. Just remember, diabetes is a journey. And many people with diabetes live long and healthful lives.

Here are the basics

- When you have Type 2 diabetes, your body does not make enough insulin or use it well.
- This affects your health from head to toe.
- Diabetes-related health issues can include increased risk for glaucoma and cataracts; nerve damage that brings tingling, pain, numbness or weakness in your feet and hands; decreased kidney function; and low blood glucose (sugar).

Now for the good news

Balancing the food you eat with exercise and medicine (if prescribed) will help you control your weight and can keep your blood glucose in the healthy, target range — all efforts that can help prevent or delay these health complications and others.

Tips for managing your diabetes and being well

Focus on healthy eating

- Eat a variety of foods, including vegetables, whole grains, fruits, non-fat dairy foods, healthy fats, and lean meats or meat substitutes
- Try not to eat too much, or too much of one type, of food
- Space your meals evenly throughout the day
- Not skipping meals

You'll want to get getting moving, especially with aerobic activity — which makes your heart and bones strong, relieves stress, helps your insulin work better and improves blood flow.

Make an effort to lose weight — your improved your blood glucose, blood pressure and cholesterol levels will thank you!

Check your blood glucose regularly — for the most reliable way to know how food, activity and medicine are affecting your blood sugar (and take action if needed!).

For more information visit:
diabetes.org/living-with-diabetes