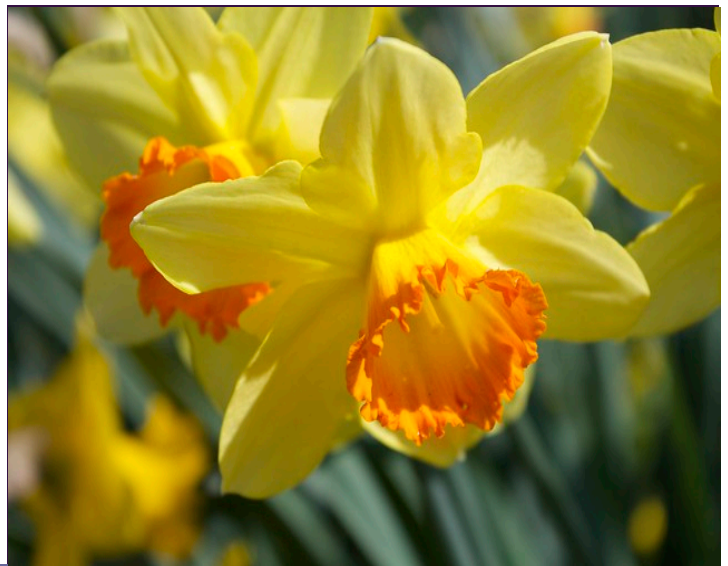




**“A Smart Way to  
Strengthen &  
Nourish Your Hair”**



## LIVING HEALTHY

Life is not merely being alive, but being well, living healthy!

# TOP 10 TIPS TO CONTROL DIABETES

The following are helpful tips to help you stay in control of managing diabetes.

## 1. It's not about your diabetes — It's about your LIFE

Ask yourself:

- What do I love to do?
- What things about diabetes keep me from doing it?
- What are some solutions?
- How can making an action plan help?

## 2. It's not just about blood sugar

Heart disease and stroke are the big killers for people with diabetes. Here's how to lower your chances:

- If you use tobacco, quit.
- Keep your blood pressure at or below 129/79.
- Consider taking a statin drug.
- Ask your doctor about ACE-inhibitors.
- Talk to your doctor about whether a daily aspirin is right for you.
- Make healthy lifestyle choices.

## 3. Stress makes everything worse

Stress can get in the way of taking care of yourself and managing your diabetes.

- Find out what's causing stress in your life.
- Learn ways to reduce or cope with daily stressors.
- Schedule something fun for yourself on a regular basis.

## 4. Exercise makes everything better

Exercise is good for everybody. It gives you more energy, reduces stress, helps you relax, and makes it easier to fall asleep.

- Work towards doing at least 30 minutes every day.
- Make it fun, not a chore.
- Try a pedometer.

## 5. Don't diet — Make healthier food choices

Find a healthier way of eating that you can stick with for life.

- Instead of thinking about food as either "good" or "bad," think about which foods support good health.
- Eat a variety of foods to make sure you're getting the vitamins and minerals your body needs.
- Talk to your dietitian to find a meal plan that works for you.

## 6. Be smart and use your "flashlight"

Your blood sugar monitor helps you see in the dark, like a flashlight. Test your blood sugar to get information you can use, for example:

- When you first wake up in the morning.
- Before or after meals.
- Before, during, and after exercising.

- Whenever you feel “odd.”

## **7. Get regular checkups**

Keeping regular appointments with your doctor and getting tests and screenings on time, helps you be an active partner with your health care team.

- Know what questions to ask.
- Write them down ahead of time.
- Let your doctor know at the beginning of each visit what specific things you want to talk about.

## **8. Make sure you're not depressed**

It's often hard for people to know when they're depressed. Here are some common signs:

- Feeling down, blue, hopeless, sad, or irritable
- Not enjoying activities that used to be enjoyable
- Feeling as though you're letting other people down
- Trouble concentrating
- Tired all the time, no energy
- No interest in food
- Overeating
- Trouble falling asleep
- Feeling like life isn't worth living

## **9. Write down your care plan**

Work with your doctor to design a diabetes care plan that's right for you. Be sure to include:

- What drugs you're taking and why you're taking them.
- Your daily targets for the numbers you can control.
- The goals you want to achieve.
- Who you should call and when

## **10. Join a group**

Groups work magic!

- A problem shared is a problem solved.
- You'll be amazed at how much you have to offer others.
- Check out the [Living Well With Diabetes](#) workshops.

Clinical review by David McCulloch, MD

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