

Living with Diabetes

There are many ways to live with diabetes. Some people with diabetes do not believe that they have the disease. Some know they have it, but do not think it is serious. Others may doubt that they can make a change in how diabetes affects them.

Do you know anyone like this? Having diabetes is not hopeless, but it is a serious disease. If not treated, it can increase the risk for more health problems. It may lead to a person being less able to work or do the things they enjoy. Also, your body has to work extra hard when you have diabetes.

Some body parts that diabetes can harm are your:

- Heart
- Brain
- Eyes
- Ears
- Teeth
- Feet
- Kidneys
- Nerves



How to improve your diabetes:

- Check your blood sugar as recommended by your doctor.
- Check your feet daily to make they are clear of cuts and wounds.
- Keep your blood sugar under control through healthy eating.
- Take your medication as prescribe by your doctor.
- Quit smoking and maintain a diabetic diet.
- If your diabetes is not under control right now, meet with your doctor to find the best plan to control your health.
- If you feel your treatment is not working, ask your doctor about your options. Share how you are feeling and what you think may not be working.
- Take small steps to better your health and control diabetes.