

WHAT YOU CAN DO

Diabetes

People with diabetes have high levels of sugar in the blood that can hurt parts of the body. They are often too heavy and have high blood pressure and high cholesterol.



Eat less sweets.

Here's what you can do to keep your diabetes under control.

- Eat less and don't eat too many sweets and starches.
- Try to exercise every day.
- Check your blood sugar levels and write them down to show your doctor.
- Don't smoke.
- Take your medicines every day.

Ask your doctor about the best way to diet, exercise and lose weight.

Ask your doctor about an A1c test, your blood pressure, cholesterol level, an eye exam and foot care.

If you are taking diabetes medicine and you feel shaky, sweaty or confused, eat some candy, check your blood sugar, and call the doctor right away.

Ask your doctor or nurse to help you fill in the following:

- I should check my sugar level at _____
- I should take my medicine at _____
- My goal weight is _____
- My blood sugar level should be _____
- My hemoglobin A1c level should be _____
- My cholesterol level should be _____
- My next eye exam is on _____
- My next foot exam is on _____
- My next doctor's visit is on _____



Try to exercise every day.



Your doctor can help you manage your diabetes.

Supported by a grant from **Novartis Pharmaceuticals Corporation**
To order **Living With Diabetes: An Everyday Guide for You and Your Family**,
go to <http://foundation.acponline.org/hl/diabguide.htm>