

Small Changes. Big Rewards.

Are you ready to make a few healthier lifestyle changes right now? Small changes that can add up to big rewards like a healthier heart, eyes, kidneys, nerves...you name it.

Since having diabetes increases the risk for future health problems, it's important that you follow your doctor's advice and take charge of our health. It may take some effort, but one thing's for sure: **better health and freedom from diabetes complications is worth the effort.**

Ways to better manage diabetes:

- Always follow your doctor's advice.
- Schedule your regular checkups. To help you, remember you're A-B-C's:
 - A1C
 - Blood pressure
 - Cholesterol
 - Dental Exams
 - Eye exam
 - Foot check
 - Kidney function tests – including microalbumin and creatinine tests
- Choose healthier foods as part of your daily meal plan.
- Stay physically active most – if not all – days of the week. Ask your doctor about the right type of exercise for you.
- Check your feet every day.
- Develop a sick day plan with your doctor or diabetes educator.
- Take medicines exactly as your doctor tells you.
- Graph your blood sugar every day. If you don't know how to do blood sugar graphing, talk to your doctor or diabetes educator about how to do it. Graphing is a way to chart your blood sugar readings each day. It can help you better understand how small changes in food, activity, stress and some medicines affect your blood sugar level.

Source: <http://journal.diabetes.org/diabetesspectrum/00v13n3/pg125.htm>

This information is intended for educational purposes only, and should not be interpreted as medical advice. Please consult your physician for advice about changes that may affect your health.

