


NATIONAL DIABETES MONTH


7 Steps For Living With Diabetes

November is National Diabetes Month. This month is focused on promoting diabetes awareness. Type 2 Diabetes is a disease that occurs when your blood glucose (blood sugar) is too high. This disease affects about 37 million American individuals. Diabetes can damage the eyes, kidneys, nerves, heart and it is also linked to certain types of cancer.

1 EAT HEALTHY  Make healthy food choices  Watch portion sizes  Eat regular meals	4 TAKE MEDICATION  Know your pills and insulins, understand how they work and take the right doses at the right times
2 BE ACTIVE  Exercise 5 days a week  Be active 30 minutes a day  Lose 10–20 pounds if you are overweight	5 PROBLEM SOLVE  Recognize your high and low blood sugars, understand what caused them and learn to treat and prevent them
3 MONITOR  Check your blood sugar levels; know your A1C  Check your blood pressure, cholesterol, eyes, feet and teeth	6 REDUCE RISK  Quit smoking  Do regular health exams (eye, foot, dental)  See your doctor regularly for check-ups and tests
7 COPE WELL  Get support from your family, friends and diabetes care team  Set realistic goals and work toward them	

 **WARNING**

Signs and symptoms for Type 2 Diabetes may include blurry vision, fatigue, frequent urination, extreme thirst, numb/tingling limbs, dry skin, slowed healing time, etc.

 **Did you know?** There are also Type 1 Diabetes and Gestational Diabetes. Type 1 Diabetes is due to the immune system mistakenly attacking the pancreas and destroying it. Gestational Diabetes is diabetes during pregnancy but does not affect everyone.

Mental Health Corner

Stress Awareness Month in November aims to raise awareness about the effects of chronic stress. You can manage stress by creating a routine, practicing deep breathing, maintaining a healthy sleep schedule and finding new hobbies. Learn more at [mayoclinic.org](https://www.mayoclinic.org) 