



# TAKE CHARGE OF YOUR DIABETES

Follow these steps to help manage your health

When you have diabetes, the choices you make about your health care and lifestyle matter. Taking an active role in your well-being can help you stay healthy and happy as you manage your condition.

## TALK TO YOUR DOCTOR

Talk to your doctor about your diabetes during your annual wellness visit. Be sure to discuss your:

- Medical conditions (existing and new)
- Diet and nutritional therapy
- Exercise
- Current medications
- Foot care
- Tobacco cessation

## GET YOUR SCREENINGS

Getting your preventive screenings is one of the most important steps you can take to manage your diabetes. Be sure to schedule the diabetes screenings that are recommended for you, including:

- Diabetic eye exam with an eye doctor
- Kidney function screening
- A1C blood sugar control test



**Studies show that people with type 2 diabetes who lose weight with physical activity and make healthy changes to their eating plan are less likely to need diabetes and heart medicines.\***

\* National Institute of Diabetes and Digestive and Kidney Diseases. Diabetes and Physical Activity. [www.niddk.nih.gov/health-information/diabetes/diabetes-physical-activity](http://www.niddk.nih.gov/health-information/diabetes/diabetes-physical-activity). Accessed August 18, 2016.

## WHAT YOU CAN DO

- Regular exercise can help you manage your weight and help your body use insulin better
- Eliminate processed meat and switch red meat for healthier protein options like poultry, fish, nuts, low-fat dairy or whole grains
- Eat three main meals around the same time every day
- Swap sugary drinks like soda and juice for water, unsweetened tea or coffee
- Start with 10-minute walking sessions if you're new to exercise, and work your way up to 30 minutes a day



**SIMPLE CHANGES**  
CAN MAKE A BIG DIFFERENCE



### DID YOU KNOW?

Diabetes impacts seniors at a high rate, almost 26% or 11.8 million people, age 65 and older are diabetic.

*American Diabetes Association -  
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