

TAKING CHARGE

OF YOUR TYPE II DIABETES.

As you've discovered, type II diabetes can be very demanding, especially when you need to make changes in your diet and lifestyle. Your doctor will be glad to help you make any adjustments that will keep you healthy. But here's what you can do to help yourself stay in charge of your life with diabetes.

Eat healthfully.

That's number one, because what you eat affects your weight, your blood sugar levels, and your cardiovascular system. Find out from your doctor what foods are good for you and what to avoid. You might be surprised to learn that many of your favorite foods are okay to eat.

Exercise regularly.

Exercise offers you many benefits. Physical activity helps you maintain a reasonable weight, control blood glucose, and improve your overall health. Best of all, exercise boosts self-esteem and psychological well-being. Find an exercise program that you enjoy and stick with it.

Take your medication correctly.

This is not usually a problem for people with type II diabetes. However, if you are taking multiple medications and ever get confused about which medication is which, check with your physician or pharmacist immediately.

Monitor your glucose levels.

Check with your doctor to see if self-monitoring is suitable for you. Self-monitoring helps you measure your own blood glucose levels so that you can adjust your diet or medication plan.

Perform routine foot care.

Because high blood glucose levels impair circulation, many people with diabetes have foot problems. You need to examine your feet routinely, checking for cuts and sores, since infection is always a risk.

Manage your illness.

You probably know how important it is to maintain proper nutrition when

you become ill. If you have any questions when you are sick, make sure you call your doctor so that complications don't develop.

Develop a support system.

Remember that you're not alone. Try to deal with stress by helping your family members understand your diabetes, by joining a diabetes support group, and by talking to your doctor if you're having difficulty living with diabetes.

Use the health care system.

You have lots of ways to keep healthy. Keep your regular doctor and dentist appointments, and be sure to get routine evaluations of your eyes.

Tips for healthy living.

- Keep your weight down.
- Follow your recommended diet.
- Exercise regularly.
- Take your medication properly.
- Keep your appointments with your doctor and other diabetes care professionals.

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