

Diabetes Improvement

You can improve your chances for preventing long term complications of Diabetes.

Good diabetic management can provide up to a 76% reduced risk for eye disease

50% reduced risk for kidney disease

60% reduced risk for nerve disease

57% reduced risk for heart attack, stroke, or death from cardiovascular causes.

It has been shown that diabetic education and self-management can help lower the chance of complications. Take advantage of any opportunity to learn more about your disease. Consider joining a support group.

There are 4 areas that affect blood sugar daily, besides your weight and the condition of your pancreas.

- Diet
- Exercise
- Stress management
- Medications

As you take control of your disease management, remember to check your blood sugar more frequently while you make changes. Keep your health care team informed and call with any questions or concerns.

As you work to improve your health, think about some goal-setting. If you set too high a goal, you will never make it. Try to make it something worthwhile yet attainable. You are the only one who can make it happen.