

# Managing and understanding diabetes.

## Additional resources.



Whether you have just been diagnosed with diabetes or have had it for a long time, there is a lot you can learn about diabetes to help you live as healthy as possible. After all, the more you know the better you can control it.

### Quick tips

It is more common than most people realize because many people will not talk about it.

- Take your medications every day as recommended by your doctor.
- Be active every day to help keep your blood sugar down. Walking is a good form of exercise.
- Learn to eat right and avoid sugary foods. Focus on eating lots of fruits, vegetables and lean meats, such as fish, chicken and turkey.
- Stop smoking – it causes poor blood circulation.
- Talk with your doctor about how to check your blood sugar and what to do when it is too low or too high.
- Get your eyes checked every year to help protect your vision.

The websites to the right have much more information about diabetes. So start learning, and take control of your diabetes instead of letting it control you.

### Self-help diabetes education resources

#### Academy of Nutrition and Dietetics

[eatright.org](http://eatright.org)

#### American Diabetes Association

800.DIABETES (800.342.2383)

[diabetes.org](http://diabetes.org)

#### National Institute of Diabetes and Digestive and Kidney Diseases

800.860.8747

[NIDDK.NIH.gov](http://NIDDK.NIH.gov)

#### MedlinePlus

[medlineplus.gov](http://medlineplus.gov)

#### Centers for Disease Control and Prevention

800.232.4636

[CDC.gov](http://CDC.gov)



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