



Keeping your type 2 diabetes in check

Careful control of blood sugar is an essential part of managing your diabetes. This can help reduce your risk of heart attack and stroke, as well as kidney and eye damage.

When you have diabetes, there are also many other things you can do to improve your long-term health.



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Balanced information for better care

What can YOU do to manage your diabetes?

Work with your healthcare team:

1. Lifestyle and medication

- ✓ Eat right, stay active, and maintain a healthy weight.
- ✓ Quit smoking.
- ✓ Take your medicines as directed to help control blood sugar, blood pressure, and cholesterol.

2. Know your levels

- ✓ Know your hemoglobin A1c level and have it checked regularly.
- ✓ Check your blood glucose as directed.
- ✓ Know your blood pressure and cholesterol levels.

3. Keep up with foot and eye specialists

- ✓ Check your feet every day for sores, swelling, and redness, and see a foot specialist regularly.
- ✓ Tell your doctor if you have trouble with your vision, and have regular check-ups with an eye doctor.

Make sure that all your health care providers know you have diabetes.

Follow a healthy diet

Whatever you eat, choose reasonable portion sizes that are not too large.



EAT MORE



- fruits & vegetables
- whole grains
- fish and poultry
- nuts

EAT LESS



- red meat
- refined grains
- sugary beverages

Increase your exercise

Regular, moderate activity can help control your weight and reduce your risk of heart disease, high blood pressure, high cholesterol, and stroke.

Aim for at least 20-30 minutes 5-7 days per week. Choose a time of day that works for you, and do a variety of different physical activities that you enjoy.



Medications to control blood sugar

You may need medicines to help keep your blood sugar levels normal. Continue with your healthy eating, exercise, and weight loss to improve your blood sugar.

Some patients with diabetes will need insulin to control their blood sugar levels. While insulin treatment requires a daily injection, it is simple to use and is very effective.

Know your levels

See your doctor or nurse at least once every three months to talk about how you are doing.

Control blood sugar:

- **Blood sugar (glucose)**

levels: Your healthcare professional may recommend checking your blood sugar at home with a glucose meter. A normal range for most people is 80 to 120 before meals.



- **Hemoglobin A1c (“A-one-C”):** This blood test shows your average blood sugar levels over the past few months. A good A1c level is 7% for most patients.

Comparing A1c and blood glucose levels

A1c (%)	Average blood glucose over the last 3 months (mg/dL)
6	126
7	154
8	183
9	212

Blood pressure:

- Blood pressure for most people with diabetes should be 130/80 or lower.



Cholesterol:

- If you are over age 40, your healthcare provider may recommend a medication called a statin to control your cholesterol and reduce your risk of heart disease.

Watch for sugar lows

Low blood sugar is called hypoglycemia. It can come on if you don't eat enough or as often as needed. It can also occur if you drink alcohol, take too much medication to lower your sugar, or exercise more than normal.

If you feel dizzy, tired, hungry, shaky, or confused, you may be experiencing low blood sugar. Have a glass of juice or milk and check your blood sugar, if you are able. Then call your health care provider.

More information

Additional useful information for patients is provided at [AlosaHealth.org/Diabetes](https://www.AlosaHealth.org/Diabetes).

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These are general recommendations only; specific clinical decisions should be made by the treating clinician based on an individual patient's clinical condition.

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