live chronic diseas diabet asthma live chronic diseas like diabet asthma present uniqu set challeng n't defin life condit requir ongo manag dedic tailor approach maintain good health live fulfil life diabet disord affect blood sugar control often necessit dietari modif learn manag carbohydr intak becom crucial work regist dietitian help creat person meal plan incorpor prefer keep blood sugar level check regular exercis even moder activ like brisk walk becom power tool weight manag also improv insulin sensit manag asthma inflammatori lung condit trigger episod wheez short breath chest tight requir proactiv approach identifi avoid trigger like allergen dust smoke essenti follow doctor-prescrib medic regimen paramount inhal often incorpor corticosteroid bronchodil effect control inflamm prevent flare-up peak flow meter simpl devic measur well air move lung help monitor asthma identifi earli sign worsen symptom allow time intervent live diabet asthma necessit holist approach consid interplay condit exampl asthma medic may elev blood sugar level requir adjust diabet manag convers poorli control diabet increas suscept respiratori infect potenti trigger asthma flare-up open commun healthcar team crucial ensur condit effect manag coordin manner beyond medic lifestyl adjust emot well-b play vital role manag chronic ill chronic condit emot tax feel frustrat discourag isol common join support group connect other understand challeng face share experi cope strategi emot support invalu addit stress manag techniqu like mind medit yoga help manag emot burden chronic ill live diabet asthma requir daili vigil commit self-car howev n't limit life technolog advanc offer tool continu glucos monitor smart inhal connect app provid valuabl data remind proactiv approach support healthcar team commit healthi habit effect manag diabet asthma allow live life full possibl