You've Just Been Diagnosed With Diabetes - Now What?

Getting the best care for your diabetes is a joint effort between you and your healthcare providers (HCPs). Your HCPs are a primary source of the information and resources you need to help you manage your condition. But no one knows your body as well as you do—so *you* are in the best position to take charge of your daily care. Understanding your treatment goals and the daily care measures required to reach those goals will help put you well on your way to success.

Your Diabetes Management Goals

Goal #1: Managing Blood Sugar (Glucose)

Glycemic control — lowering and controlling your blood sugar — is key to managing diabetes. Your HCP will help you focus your efforts on changes you can make to reach your blood sugar goal. These changes may include diet, exercise, and/or medications.

There are several ways to know how well you are controlling your blood sugar. Home glucose testing will show your blood sugar levels at specific times during the day. This will help you understand how your blood sugar level responds to food, exercise, and medication. However, it is also important to see the "big picture" of your blood sugar control during the time between doctor visits. To get this information, your HCP will use a simple blood test known as A1C. The A1C test will be repeated at certain office visits.

The American Diabetes Association (ADA) recommends keeping your A1C below 7%. Maintaining this level has been proven to reduce the risk of other medical problems associated with diabetes.

Goal #2: Managing Other Risk Factors

Diabetes can increase your risk for other serious problems such as heart attack and stroke. You can greatly reduce the odds of developing future problems by also working toward keeping your blood pressure and lipids (high- and low-density lipoprotein cholesterol and triglycerides) at recommended levels.

Steps You Can Take to Get to Goal

Manage Your Weight

If you are overweight, losing weight is one of the most important things you can do to manage your diabetes. Losing just 5% of your body weight can help you reach your blood sugar control goals.

- □ Do you have a diet plan you can understand and follow?
- □ Do you have an exercise plan you can understand and follow?
- What questions do you have about managing your weight?

Stop Smoking

Diabetes can worsen the bad effects that cigarettes have on the body. By not smoking, you can help avoid some of the most serious complications of diabetes, such as heart attack, stroke, and circulation problems.

Do you feel ready to stop smoking? If you need help to stop smoking, be sure to ask your HCP.

Stay Involved

Remember, you are an active participant in your care. Be sure to ask your HCPs for help if you need it. Consider letting your family members or caregivers know about your condition so they can support your efforts.

Here are some questions you may want to ask your HCPs:

How can I learn more about diabetes?

What is an appropriate nutritional/exercise program for me?

What is my appropriate weight?

What are the right blood sugar (A1C), blood pressure, and cholesterol goals for me?

What can I do to reach my goals?

What options are available to help me stop smoking?

Notes



