

10.1. Staying on the lane when life happens

Life changing events can have very strong impact on blood sugar control. Example of such events include;

1. Ill-health
 - a. Avoid ill-health through self care, use of vaccines and infection prevention and control
 - b. Managing blood sugar during ill-health
 - c. Recognizing signs and symptoms of complications
2. Loss of a job
3. Loss of a loved one

When these events happen, it is important to seek emotional support, adhere to medications and monitor blood sugar levels regularly.