

Good reasons for sustaining blood sugar control, the winning lane

- Staying on the winning lane requires maintaining a positive outlook towards type 2 diabetes
- Staying on the winning lane for managing type 2 diabetes is very important for the following reasons;
 - A positive outlook about living with type 2 diabetes helps a person to cope with the daily demands of self-care, adhere to treatment and lifestyle recommendations
 - A positive outlook is associated with less complications and deaths
 - A negative outlook makes it difficult for a person to cope with the demands of treatment and self-care
 - A negative outlook may make the person to take up harmful habits that give temporary relief but are very harmful in the long run. Such habits include smoking, comfort eating, staying in bed or sitting for a long time, alcohol abuse.
- This makes it important to maintain a positive outlook about living with type 2 diabetes. To achieve this, a person has to stay motivated to cope with the long-term demands of self care, make needed adjustments to daily routine, diet, physical activity and social interactions that will enable them to cope.