

What You Should Know About

Type 2 Diabetes

Type 2 diabetes is a chronic (lifelong) disease. It keeps your body from turning food into energy. That's why you feel tired and rundown. Controlling your diabetes means making some changes that may be hard at first. Your healthcare team is here to help.

Managing Your Diabetes

Controlling the level of sugar in your bloodstream is the key to managing your diabetes. Your healthcare team will help you make a treatment plan to manage your diabetes. This team includes your doctor, nurse, diabetes educator, and dietitian.

1 Eat Healthy

Eating right helps keep your blood sugar in balance. A nutrition expert (dietitian) will help you create a meal plan. You don't have to give up all the foods you like. But you'll need to eat on a regular schedule and follow some guidelines.



2 Monitor Your Blood Sugar

Check your blood sugar level as often as you are told. This is vital to keeping your diabetes in control. It helps you be sure that your treatment plan is working. Make checking your blood sugar a part of your daily routine.

3 Exercise

Daily exercise helps keep your blood sugar in balance. It helps lower blood sugar. Your blood sugar can keep falling for hours after you stop exercising. Check with your healthcare team before you start an exercise program. You may need to begin slowly.



4 Take Medication, If Prescribed

Your doctor may prescribe medication to help manage your blood sugar. If so, follow your doctor's instructions with care.