

Where to Begin

WHAT IS DIABETES?

Diabetes is a condition in which your blood sugar is too high. Your body controls blood sugar with the help of a natural hormone your body makes called insulin. People with diabetes either do not have enough insulin or cannot use insulin well. People with diabetes have a higher chance of:

- Nerve damage
- Kidney disease
- Stroke
- Eye problems and blindness
- Early death
- Heart disease

If you have diabetes, you are not alone.



One in 9 adult New Yorkers has been told they have diabetes.

WHAT SHOULD YOU DO?

Diabetes is a serious disease, but you can live a long and healthy life. Here is what you need to do:



See your doctor regularly.



If you smoke, quit. Visit nysmokefree.com for tips.



Take your medicines as prescribed.



Drink water instead of sugary drinks.



Get an eye exam at least once per year.



Increase activity by moving more and sitting less.



Keep a healthy weight. Visit choosemyplate.gov for tips.



See your dentist every six months.



Eat more whole foods like fruits and vegetables, and fewer processed foods.



Keep your feet clean and dry, and check them every night for sores, cuts or other issues. If issues occur, tell your doctor as soon as possible.