

KNOW YOUR TYPE

TYPE 1

Your body does not make enough insulin. You need to take insulin every day.

TYPE 2

Your body does not make or use insulin well. You may need to take pills or insulin.

KNOW YOUR DIABETES ABC'S

- A A1C-** measures average blood sugar over the last 3 months (*different than daily blood sugar checks*). High blood sugar can harm your heart, blood vessels, kidneys, feet and eyes.
- B Blood Pressure-** the force of blood against the wall of your blood vessels. High blood pressure makes your heart work too hard and can cause heart attack, stroke, and damage to your kidneys, and eyes.
- C Cholesterol-** know your 'good' HDL and 'bad' LDL numbers. Talk to your doctor about where your numbers should be.

LEARN TO LIVE WITH YOUR DIABETES

Manage your stress

Stress can raise blood sugar, take steps to reduce stress (meditate, deep breathing, listen to music, work on your hobby, take a walk)

Eat Well

choose foods that are lower in calories, saturated fat, trans fat, sugar and salt. Fill ½ your plate with fruits/vegetables, ¼ with lean protein, ¼ with whole grain.

Be Active

Get to or stay at a healthy weight by using a meal plan and moving more. Keep your muscles strong using exercise.

Manage Blood Sugar

Ask your doctor how and when to check your blood sugar and how to use the results to manage your diabetes

Talk to your doctor

Make sure to schedule regular exams and ask questions!

EDUCATION & SUPPORT

NATIONAL DIABETES EDUCATION PROGRAM

At CDC:
1-800-CDC-INFO (1-800-232-4636)
www.cdc.gov/diabetes/ndep

At NIH:
Phone: 1-800-860-8747
www.ndep.nih.gov

AMERICAN DIABETES ASSOCIATION

1-800-DIABETES (1-800-342-2383)
www.diabetes.org

DIABETES HEALTHSENSE

www.YourDiabetesInfo.org/HealthSense