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## SP526-E-Ways to Lower Your Risk of Breast Cancer

The University of Tennessee Agricultural Extension Service

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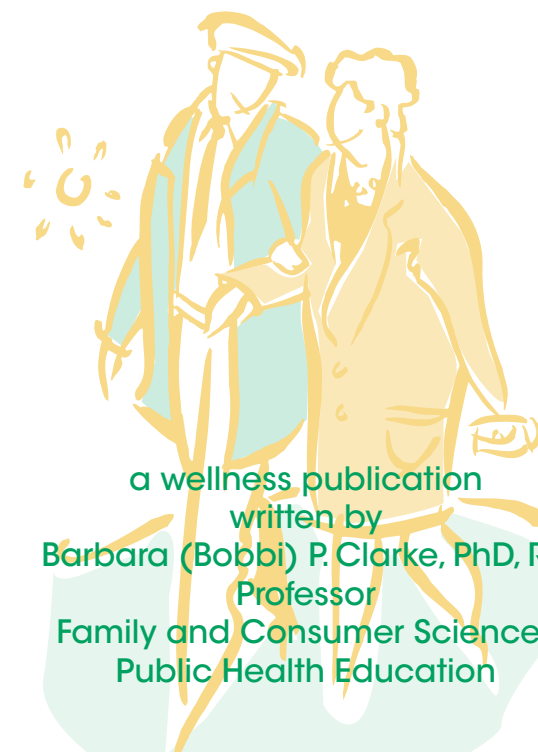
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# Healthy Living with Type II Diabetes



a wellness publication  
written by  
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## Care for Your Feet

- ❑ Wear comfortable shoes and clean, loose-fitting socks.
- ❑ Wash your feet daily.
- ❑ Watch for cuts, scratches, redness or swelling. Call your health care provider if a wound doesn't heal. Trim toe nails straight across.

## Care for Your Teeth

- ❑ Brush and floss teeth daily.
- ❑ Have teeth cleaned by a dentist or a dental hygienist every three to six months.
- ❑ If you notice any problems such as bleeding gums or soreness, tell your dentist.

## Care for Your Eyes

- ❑ Have your eyes checked at least once a year.
- ❑ Tell your eye doctor if you see spots, see poorly in dim light, have eye pain or any eye problem.

## Monitor Your Blood Glucose

- ❑ Test your blood glucose daily.
- ❑ Have hemoglobin A<sub>1c</sub> test done by your doctor.
- ❑ Write down results each time you test your blood glucose.

## Take Diabetes Medication as Directed

- ❑ Talk to your health care provider if you have difficulty taking diabetes pills or insulin as directed.
- ❑ Tell your pharmacist that you also take diabetes medication when you buy an over-the-counter medication.
- ❑ Keep a record of your medications (prescription, over-the-counter, herbals and vitamins) to share with your doctor and pharmacist.
- ❑ Ask your county Extension office for a UT Med Minder card to help you remember the medications you are taking or print out a copy from the <http://bemedwisetn.tennessee.edu> Web site.



For more information on diabetes, diabetes cooking school and medications contact:

Visit the UT Extension Family and Consumer Sciences Health Program Web site at <http://fcs.tennessee.edu/healthsafety/index.htm> for information on diabetes and other health issues.

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Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.

You can protect your health by learning more about diabetes. (✓) Check those health actions you plan to try:

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## Know What Diabetes Is

- ❖ Diabetes is a chronic disease.
- ❖ The body does not produce enough of the hormone insulin.
- ❖ There is no cure for diabetes.
- ❖ Diabetes can damage the eyes, heart, kidneys and lead to stroke and amputations.
- ❖ People with diabetes can live active and healthy lives by:
  - ◆ eating a regular and balanced diet.
  - ◆ losing excess weight.
  - ◆ staying physically active.
  - ◆ monitoring blood glucose.
  - ◆ caring for their feet, eyes and teeth.
  - ◆ managing their stress.
  - ◆ using medications as prescribed.
  - ◆ communicating with their health care providers.
  - ◆ not smoking.

## Know the Warning Signs for Diabetes

- Frequent urination.
- Extreme thirst.
- Tiredness or drowsiness.
- Unexplained weight loss.
- Blurred vision.

## Eat a Healthy Diet

- Use a meal plan that is designed to fit your lifestyle and your food likes and dislikes. Develop your meal plan with a registered dietitian.
- Review your meal plan regularly and make changes as needed.
- Plan ahead. Have food available for meals and snacks.
- Eat at the same time each day to help keep your blood glucose levels in the normal range.
- Let others know your dietary needs.



- Take a cooking class.
- Purchase cookbooks written for people with diabetes.
- Call the American Diabetes Association (1-800-232-3472) for their catalog of cookbooks and other resources on diet.

## Get Moving

- Choose activities you enjoy.
- Carry some form of sugar with you.
- Wear clean, natural fiber socks and shoes.
- Test your blood sugar before exercising.
- Snack during your workout.
- Eat after exercising.
- Warm up and cool down.
- Stop if you feel pain, nausea or dizziness.



## Lose Excess Weight

- Set a healthy weight goal.
- Lose weight slowly – no more than 1 pound per week.
- Keep a food diary to help you follow your diet plan.
- Consider weighing and measuring food to help you with portion sizes.
- Drink plenty of water.
- Eat slowly.
- Include physical activity to help you reach your weight-loss goals.

## Manage Your Stress

- Talk things out.
- Join a diabetes support group.
- Walk it out.
- Learn to relax.
- Pursue a hobby.
- Volunteer.
- Learn to say “no.”
- Balance work and family.
- Talk to your health care provider if you are depressed.