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SP526-D-Healthy Living with Type II Diabetes

The University of Tennessee Agricultural Extension Service

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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 A1c 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](http://bemedwisetn.tennessee.edu) Web site.

### Visit the UT Extension Family and Consumer Sciences Health Program Web site at [http://fcs.tennessee.edu/healthsafety/index.htm](http://fcs.tennessee.edu/healthsafety/index.htm) for information on diabetes and other health issues.
You can protect your health by learning more about diabetes.

✔ Check those health actions you plan to try:

### 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.

### 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.