

DIABETES MANAGEMENT



There are several simple lifestyle habits that can help you control your diabetes:

- Check your blood sugar levels as directed by your doctor.
- Be sure to take your medications every day, as prescribed by your doctor.
- Exercise for 30 minutes a day, 5 days a week.
- Keep a food diary.
- Eat a balanced diet. Limit carbohydrates and fruits.
- Avoid drinking alcohol.
- Check your feet and skin every day for cuts or sores.
- If you smoke, talk to your PCP about strategies to quit.
- Don't skip your doctor appointments.
- Manage your stress.
- Join a support group. This can be a great way to help you through your day-to-day diabetes management.

WHAT IS DIABETES?

Diabetes is a metabolic disease in which the body's inability to use or produce insulin causes elevated blood sugar levels.

There are two different types of diabetes. Type 1 diabetes means your body cannot produce insulin. Type 2 diabetes means your body produces insulin, but the cells do not respond like they should, so blood sugar levels increase.

Living with diabetes? HERE'S SOME GREAT NEWS:

**INTUNEHEALTH CAN HELP
YOU TAKE CONTROL, SO YOU CAN
LIVE A HEALTHIER LIFE!**



Maintaining good blood sugar control can significantly lower the risk of diabetes-related health complications, such as heart disease, stroke, kidney disease, blindness, nerve damage and circulation and digestion problems. It can also help prevent health issues like these from getting worse.

At IntuneHealth, your PCP works closely with endocrinologists, podiatrists and optometrists to manage your diabetes closely. Since we have many medications right in our office, you never have to worry about running out of your diabetes prescriptions.

Sources:

Centers for Disease Control and Prevention - http://www.cdc.gov/diabetes/pubs/pdf/ndfs_2011.pdf

American Diabetes Association - <http://professional.diabetes.org/admin/UserFiles/0%20-%20Sean/FastFacts%20March%202013.pdf>

World Health Organization - http://www.who.int/features/factfiles/diabetes/03_en.html

QUICK FACTS:

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Some services not covered under all plans. Check your plan documents for details and service availability at each individual center. Due to space and time limitations, some services are not available at all centers. Limitations, copayments, and restrictions may apply.

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