

# Your Type 2 Diabetes Plan

When you first find out you have Type 2 Diabetes, you may feel overwhelmed.

*"When I was first diagnosed, I was upset. And I was getting ready to turn fifty-five, and I thought, 'This is ridiculous, I'm halfway through my life and I don't want it to be this way.'" - Becky, Patient*

There is a lot you need to think about when you have diabetes, and a lot you need to do to reduce insulin resistance and protect the health of your blood vessels in order to prevent or delay the long-term complications of diabetes.

But diabetes care is constantly improving. We know a lot more about Type 2 Diabetes today and it is manageable.

Together with your diabetes care team, set up a management plan that will help steer you through the challenges of living with diabetes day to day in order to help you reach your blood glucose goals, and at the same time will also help manage any serious health problems that Diabetes may cause.

You have the support of all of the members of your diabetes care team, but remember; your care team includes you.

Take an active role in creating a management plan that works best for you. Be honest about what you can and cannot do.

For most people, a Type 2 Diabetes Management plan will include: making healthy food choices, getting physical activity, taking medication if necessary, monitoring your blood glucose on a daily basis, regular healthcare appointments and monitoring long-term complications.

Taking healthy steps in each of these areas will go a long way to help control your blood glucose levels day to day and reduce your risk of serious health problems.

As part of your management plan, your diabetes care team will take a look at your overall health and assess whether any other changes need to be made to prevent or delay long-term damage from Diabetes.

For example, your diabetes care team may recommend you be checked for heart disease and stroke by looking at your cholesterol and blood pressure levels. Depending on the results, he may recommend further lifestyle changes or medication to reduce your risk.

Other complications you may be checked for include: kidney disease, eye disease, nerve disease, a loss of feeling in your legs, feet and toes, and sleep apnea.

*"Having feet neuropathy my feet would just keep me awake at night. Even the sheet lying on my toes would bother me. I mean it would just hurt; it would tingle like pins and needles on my toes." - Ann, Patient*

If you have sleep apnea, it can make it more difficult to control your blood glucose so make sure you follow your

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healthcare provider's instructions on how to treat it.

Your daily diabetes management plan, together with any treatments needed to prevent or delay complications will give you an individual plan, specific for your health needs. By following that plan, you can feel confident that you are taking action to get your diabetes in control.

None of this is easy. But it is up to you as the manager of your own self-care to make a commitment to take control of your diabetes and your overall health.

Remember, members of your diabetes care team will be with you every step of the way. Talk to them about your test results, what the numbers mean and what you can do to improve your health.

She will talk with you to discover things that may interfere with effective self-care. Together, you and your diabetes care team can make changes to your management plan to help you reach your goals.

Type 2 diabetes can be overwhelming and scary. Start with a plan. Meet with your diabetes care team and set up a management plan specific to your needs so you can begin to take control of your health today.

*"I've made a lot of progress. I have a lot of work still to do, but I'm getting there, one step at a time, one day at a time, one pound at a time." - Becky, Patient*