

Coping with Diabetes and Heart Disease

Many people with diabetes who are working to lower their heart disease risk, at times, face challenges and become frustrated in their self-care efforts.

There isn't any "break" when practicing good self-care, and that alone can take a toll on your emotions.

"I would come home on the days that I didn't exercise and I would sit on my couch and just stare at the television."

Reach out to people and build a support care network that you can rely on during these times.

Many people in your life want to support you.

Family, friends, co-workers, neighbors, and your religious congregation care about you.

And don't forget your diabetes care team.

They are always a great resource to problem solve and get encouragement.

"If something gets out of whack she don't get you all upset about it. She helps you through it. So, I have-- if I have a problem I just call up and make an appointment."

Support groups – in person, or on-line, are great ways to meet others with diabetes who are also working to reduce their risk of heart attack and stroke.

And you are at the center of your support network. Treat yourself as you would your best friend. If your best friend was having the same issues, what would you say and do for them? Do that for yourself!

But for some people living with diabetes, these emotions are more than a bump in the road, or a bad day.

Some people have depression and anxiety.

"So there can be emotions from anger and frustration, sadness, even depression, some anxiety about, "Am I doing this well enough?"

If you experience any of these symptoms nearly every day for two weeks, contact your care team: feelings of sadness or emptiness; poor concentration; irritability; sleeping too little or too much; a change in appetite; fatigue; not caring about your appearance or things you used to enjoy; or thoughts of death and dying.

There are treatments for anxiety and depression. Don't be afraid to be honest about your feelings with your healthcare team so you can get the help you need.

Managing diabetes while working to reduce your risk of heart disease and stroke can be challenging. And it can weigh you down emotionally. But you have people who want to help you.

Reach out to form a support network that you can rely on. Your network can help you to better manage your diabetes and heart disease every step of the way.

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Although Diabetes is complex, it's manageable when you have the right information and support. Diabetes Care and Education Specialists are trained to be your diabetes expert and can help you learn how to successfully thrive with diabetes. You deserve nothing less!

Ask your provider for a referral today! Find one at www.DiabetesEducator.org/find.