

# Your Type 2 Diabetes Management Plan

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

Together with your care team you can create a diabetes management plan to help steer you through the challenges of living with diabetes day to day.

Your plan can help you reach your blood glucose (or sugar) goals, and at the same time help manage any serious health problems that diabetes may cause.

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 medicine if necessary, monitoring your blood sugar on a daily basis, regular healthcare appointments, and monitoring for long-term complications.

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 health issues from Diabetes.

For example, you will be screened for your risk of a heart attack and stroke by checking your blood pressure and cholesterol.

Depending on the results, they may recommend further lifestyle changes or medicine to reduce your risk.

Other complications you will be checked for include: kidney disease, eye disease, nerve problems, low bone density, and sleep apnea.

If you have sleep apnea, it can make it more difficult to manage your blood sugar so make sure you follow your doctor'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 manage your diabetes.

Remember, your diabetes care team will be with you every step of the way.

Type 2 diabetes can be overwhelming. Start with a plan. Meet with your doctor and set up a management plan specific to your needs so you can feel better now and in the future.