

# Learning All You Can About Diabetes

Everyday doctors and researchers are learning more and more about Type 2 Diabetes and how it affects your body.

And they all agree – diabetes is complicated. It can affect your entire body, and touch almost every part of your life.

You do not have to learn everything a doctor or researcher knows about diabetes.

But learning how it affects your body can help you manage your health day to day and prevent or delay serious long-term complications.

A great place to start learning about diabetes is with your diabetes care team.

Your diabetes care team is there to help and will move you along your path to better diabetes self-management.

Members of your care team can help you: make healthy food choices to manage your blood glucose (or sugar); add exercise to your daily routine safely; take your medicines as directed; understand your blood sugar readings, either by your meter or continuous glucose monitor (CGM); so you can begin to make adjustments to your lifestyle that leads to keeping your blood sugar in your target range.

Your doctor can continue to help you learn by problem solving.

Being able to problem solve on your own will make you a stronger self-care manager, able to take charge of your diabetes in most situations.

And your doctor can also help you learn to manage any complications you may have, and help you develop the skills needed to reduce the long-term effects of those complications.

To help you learn the most from your doctor visits, keep track of any questions or concerns you have between visits, so you don't forget to discuss them.

Sometimes you can find answers to your diabetes questions through other educational resources.

Join a support group, or start one of your own.

Search the internet for diabetes websites.

Just be careful though, because some contain incorrect or out of date information.

Ask your doctor for a list of reliable websites you can go to.

And remember, the internet cannot take the place of regular diabetes health care visits.

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To find sources of diabetes support in your area, including accredited education programs, visit The American Diabetes Association at [www.Diabetes.org](http://www.Diabetes.org).

Learn all you can about diabetes. The more you know about it, the more you are able to understand and manage it.