

Overcoming Common Diabetes Self-Care Barriers

Sometimes, when you're trying to make lifestyle changes, something may get in your way. These are called barriers.

The important thing is to recognize what is getting in your way and think of the steps you can take to get around these barriers. To help you solve the problem, enlist the help of your diabetes care team.

"It's a good idea to touch base with your diabetes educator, because he or she has probably worked with people who are dealing with a similar sense of getting off track and needing to get back on track."

Some common barriers people face include lack of skills. It may be difficult to make a healthy food choice if you don't know how to read the food label.

Knowledge. Keeping up on changes and advances in diabetes care can help you to better manage your diabetes while reducing discomfort.

Resources. You may be trying to lose weight but find the gym too expensive. Try adding exercise into your day by walking in your neighborhood or at the mall.

Support. It can be stressful to cope with diabetes and still run a busy household. You may need help. Reach out to family, friends or co-workers for the extra emotional support you need.

"My wife's a big support; she'll always kind of keep an eye on me."

And life. Sometimes, life can be your biggest barrier. Something may tempt or trigger you to slide off your healthy path.

Like a holiday party, extra work piling up on the job, or a storm on your exercise day.

There's no way you can predict everything that may block your path to success. However, now is the time to start thinking about the ones you can predict and ways to work around them.

Remember making lifestyle changes is an ongoing process. If you get off track remind yourself why you want to make a change and get back to taking steps toward your goal as soon as you can.

And when you reach your goals, reward yourself in a healthy way. You're doing a good job.

If you feel that you may need help getting past a barrier, talk with your diabetes care team to help you come up with a plan and to continue on with your successful diabetes management.