



Managing Type 2 Diabetes



Overview

Type 2 diabetes requires careful management. If you've been recently diagnosed, you will most likely need to make some lifestyle changes. A more active and healthy lifestyle can help you avoid the serious complications linked to diabetes.

Management Plan

Your doctor will help create a management plan for your diabetes. This plan will teach you strategies for healthy living. You will need to schedule regular checkups and follow the advice of your healthcare team.

Check Your Blood Glucose

One of the most important aspects of diabetes care is monitoring your blood glucose, which is also called your blood sugar. Your blood glucose level changes depending on the foods you eat, your activity level, stress and other factors. At times it can get too high or too low, and this can cause serious problems. For some people, regular insulin injections may be necessary. By monitoring your glucose level regularly, you can learn how to keep it within a healthy range.

Get Regular Exercise

As part of your healthcare plan, you should exercise regularly. Try to be physically active for 30 minutes to one hour on most days. Brisk walking, dancing, swimming and bicycle riding are great low-impact exercises. Try to do strengthening exercises, such as sit-ups or weightlifting, twice a week.

Eat Healthy Foods

You should eat healthy foods. Replace red and processed meats with healthier sources of protein. Choose fish, poultry, nuts, whole grains and vegetables. Limit refined carbohydrates, which are found in foods such as white bread, pretzels and chips. Skip the fried foods. Eat only small amounts of sugary foods, and choose water over sugary drinks. Limit your alcohol consumption.



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Other Tips

You should also take other steps to ensure your health. Wear an ID bracelet or necklace to let people know that you have diabetes. Take care of your teeth. See your eye doctor regularly. Inspect your feet regularly, and make sure to care for any foot problems immediately. Don't smoke. With frequent checkups and careful management, you can keep your type 2 diabetes under control. You can enjoy a long and healthy life.

