

# 7 STEPS FOR BETTER LIVING WITH DIABETES

## 1

### EAT HEALTHY



Eat lots of vegetables and fruit  
Reduce or eliminate sugary foods and drinks  
Watch or reduce carbs



Watch portion sizes



Eat regular meals



Lose 10–20 pounds if you are overweight

## 2

### BE ACTIVE



Exercise 5 days a week



Be active 30 minutes a day

## 3

### MONITOR



Check your blood sugar levels;  
know your A1C



Check your blood pressure,  
cholesterol, eyes, feet and teeth

## 4

### TAKE MEDICATION



Know your pills and insulins,  
understand how they work  
and take the right doses at  
the right times

## 5

### PROBLEM SOLVE



Recognize your high and low  
blood sugars, understand what  
caused them and learn to treat  
and prevent them

## 6

### REDUCE RISK



Quit smoking



Do regular health exams  
(eye, foot & dental)



See your doctor regularly  
for check-ups and tests

## 7

### COPE WELL



Get support from your family,  
friends and diabetes care team



Set realistic goals and  
work toward them



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# Educating Diabetic Patients

**Lingsheng Yao**



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