

# 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

**Liyong Dong**



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## **Table of Contents Educating Diabetic Patients**

1. Understanding the eBook Educating Diabetic Patients
  - The Rise of Digital Reading Educating Diabetic Patients
  - Advantages of eBooks Over Traditional Books
2. Identifying Educating Diabetic Patients
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Educating Diabetic Patients
  - User-Friendly Interface
4. Exploring eBook Recommendations from Educating Diabetic Patients
  - Personalized Recommendations

- Educating Diabetic Patients User Reviews and Ratings
- Educating Diabetic Patients and Bestseller Lists
- 5. Accessing Educating Diabetic Patients Free and Paid eBooks
  - Educating Diabetic Patients Public Domain eBooks
  - Educating Diabetic Patients eBook Subscription Services
  - Educating Diabetic Patients Budget-Friendly Options
- 6. Navigating Educating Diabetic Patients eBook Formats
  - ePub, PDF, MOBI, and More
  - Educating Diabetic Patients Compatibility with Devices
  - Educating Diabetic Patients Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Educating Diabetic Patients
  - Highlighting and Note-Taking Educating Diabetic Patients
  - Interactive Elements Educating Diabetic Patients
- 8. Staying Engaged with Educating Diabetic Patients
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Educating Diabetic Patients
- 9. Balancing eBooks and Physical Books Educating Diabetic Patients
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Educating Diabetic Patients
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Educating Diabetic Patients
  - Setting Reading Goals Educating Diabetic Patients
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Educating Diabetic Patients
  - Fact-Checking eBook Content of Educating Diabetic Patients

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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