

7 STEPS FOR BETTER LIVING WITH DIABETES



National Jewish Health™
Science Transforming Life™

1

EAT HEALTHY



Make healthy food choices



Watch portion sizes



Eat regular meals

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

2

BE ACTIVE



Exercise 5 days a week



Be active 30 minutes a day



Lose 10–20 pounds if you are overweight

6

REDUCE RISK



Quit smoking



Do regular health exams (eye, foot, dental)



See your doctor regularly for check-ups and tests

3

MONITOR



Check your blood sugar levels; know your A1C



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

7

COPE WELL



Get support from your family, friends and diabetes care team



Set realistic goals and work toward them

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G Psacharopoulos



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