

The more you know, the better you will be able to control your diabetes and take charge of your health.

Diabetes touches every part of your life. It's a serious lifelong condition, but there's so much you can do to protect your health. By working with your health care team and educating yourself about your diabetes, you can take charge of your health – not only for today, but also for the years ahead.

You are your own best advocate!

Managing your diabetes will take time, effort, and courage. You can do it! By improving the quality of your life, you can live a long, healthy life and prevent diabetes complications.

Balance is the key! It is important to balance your food, physical activity, and medicine.



Health New England *How Can We Help?*

The material contained in this brochure is for general information only and is not intended to provide specific medical advice or recommendations for any individual. Your physician or other health care professional must be consulted for advice with regard to your individual situation.

Visit Healthy Directions at hne.com

The most important thing to remember is that you are not alone. You should work closely with your doctor and health care team.

How you take care of your diabetes day to day affects your long-term health. Because diabetes complications can progress silently and damage organs in your body, it's important to remember to maintain a healthy lifestyle to lessen your chances of developing complications.

ADDITIONAL RESOURCES

The American Cancer Society
1-800-ACS-2345
www.cancer.org

American Diabetes Association (ADA)
1-800-DIABETES
www.diabetes.org

American Heart Association (AHA)
1-800-AHA-USA1
www.americanheart.org

Diabetes Watch
www.AimBelieveAchieve.com
www.A1CChampions.com
www.mydiabetestoolbox.com

My Diabetes.com
www.mydiabetes.com

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)
1-800-438-5383
www.niddk.nih.gov

THINGS YOU CAN DO TO CONTROL YOUR DIABETES

The following chart shows how the things that you can control today can have a direct effect on your long-term health. For example, by controlling your blood sugar level, you will help prevent high blood pressure, heart disease, kidney disease, and nerve damage.

COMPLICATIONS YOU CAN HELP TO PREVENT:

THINGS YOU CAN CONTROL	HIGH BLOOD PRESSURE	HEART DISEASE	KIDNEY DISEASE	EYE DISEASE	NERVE DAMAGE
Blood Sugar Level	√	√	√	√	√
Weight	√	√			
Physical Activity Level	√	√			
Smoking	√	√			√
Alcohol		√			√
Sodium/Salt Intake	√	√	√		
Protein	√		√		
Saturated Fat		√			
Medicine	√	√	√	√	√