HOW TO MANAGE DIABETES

DON’T SKIP YOUR MEDICATION
- Follow your doctor’s recommendations and do not skip doses, even if you feel fine.

REACH AND MAINTAIN A HEALTHY WEIGHT
- Exercise regularly.
- Eat a diet high in fiber and low in fat and added sugar.

MONITOR YOUR BLOOD GLUCOSE
- Have your A1C tested every 3 months.
- Monitor your blood sugar levels regularly.

HAVE REGULAR FOOT AND EYE EXAMS
- Check your feet for cuts, sores, and swelling and call your doctor if they don’t go away.

Regularity visit your healthcare provider.
YOUR GOAL IS GOOD CONTROL!