

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.



DON'T SKIP YOUR MEDICATION

- ▶ Follow your doctor's recommendations and do not skip doses, even if you feel fine.



HAVE REGULAR FOOT AND EYE EXAMS

- ▶ Check your feet for cuts, sores, and swelling and call your doctor if they don't go away.



REACH AND MAINTAIN A HEALTHY WEIGHT

- ▶ Exercise regularly.
- ▶ Eat a diet high in fiber and low in fat and added sugar.



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



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