

good news

Information *you can use*
for diabetes and your health



Good News is an educational newsletter you can receive that we hope will be a beacon to those who are dealing with diabetes or supporting a family member who is impacted by the disease. The newsletter is filled with tips, ideas, and information on healthy living, working with your doctor, affording medications, and more.

Healthier You



As you look ahead to the future, set a goal to be a healthier you. Because when it comes to managing your diabetes, it's important to take care of yourself. African Americans are two times more likely to be diagnosed with type 2 diabetes than non-Hispanic whites. And for every three African Americans diagnosed, there is at least one undiagnosed.

IN THIS ISSUE:

GET THE MOST OUT OF
DOCTOR VISITS

GET YOUR MOVE ON

LET'S TALK ABOUT
GLUCOSE

THIS MONTH'S
CHALLENGE

For more understanding, guidance, and diabetes support, visit wellness4yoursoul.net



Whether you see your primary care doctor or a diabetes specialist, your doctor is an important person in helping you manage your diabetes. When you have your checkups, it’s important to use the time you have with your doctor to talk about how your treatment is going. Ask questions about any part of your condition or treatment that you don’t understand. Here’s how you can better prepare for the next meeting with your doctor and get the most out of your visit.

Before your appointment

Know your history

It’s important that you go to your appointment prepared to share all of your health information, even if it doesn’t seem related to your diabetes, so your doctor can properly treat you. This includes your health history, name and dose of all medications or supplements you are taking, surgeries, and any other factors affecting your health.

Track your health

Each day, keep a detailed log of how you are feeling, any symptoms you experience, and your blood sugar levels, and bring your log to your appointment. Sharing as much as you can with your doctor will help him or her provide you with the best care possible.

At your appointment

Ask questions

During your visit, it’s important to ask your doctor to explain anything that you do not understand. If you don’t speak up and ask questions, your doctor will assume that you understand everything.

Before you go home

Gather information

At some visits, your doctor has a lot of information to share with you and it could get overwhelming. Ask him or her to write it down, or give you handouts to take home.

DID YOU KNOW?

1 in 4

people who have diabetes don’t realize they have it.



When you have type 2 diabetes, it’s important to stay active. Physical activity, including exercise, can help control your blood sugar and make your heart healthier. Always talk with your doctor before starting or changing an exercise routine.

30 minutes of activity at least 3-4 times a week provide a wide range of health benefits.

Here are some ways to get exercise that don’t require a gym:

- Walking the dog
- Cycling
- Dancing
- Cleaning up around the house
- Vacuuming, sweeping, or mopping
- Doing yard work like raking leaves, gardening, or mowing the grass
- Taking the stairs
- Going on a brisk walk during your lunch break
- Swimming

Let’s talk about glucose

Blood glucose is the sugar found in the blood and is your body’s main source of energy. It’s also called blood sugar.

Your blood glucose level is the amount of glucose (or sugar) in your blood. It’s measured in milligrams per deciliter [mg/dL].

What causes high blood glucose levels?

When you have type 2 diabetes, you have high blood glucose levels caused by either a lack of insulin or the body’s inability to use your insulin efficiently. It typically develops in middle-aged and older adults, but can appear in young people.

When you have type 1 diabetes, the body stops making insulin so the blood glucose levels become high and unhealthy. It typically develops in young people, but can appear in adults.

When do you measure your blood glucose?

When it’s time to measure your blood glucose levels, you’ll use a glucose meter. You measure your fasting blood glucose when you haven’t eaten in at least 8 hours (typically overnight). It is also a good idea to to measure your blood glucose 1-2 hours after eating. Remember to measure your blood sugar at the times your doctor has requested.

Your glucose levels can also be measured with an A1C test that tells you what your average blood glucose levels are over a 2-3 month period. The A1C is one of many tests which can evaluate your overall treatment plan.



*The strongest people
are not those who show
strength in front of us,
but those who win battles
we know nothing about.*

– JONATHAN HARNISCH



Add one vegetable to each meal

When you have diabetes, even small changes can make a big impact. So this month, try to add at least one vegetable to every meal.

